

ISSUE 7

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Valuing Carers

Carers' issues receive wider recognition under the Social Services and Well-being Act

Welcome to Issue 7 of the Western Bay Programme's Newsletter.

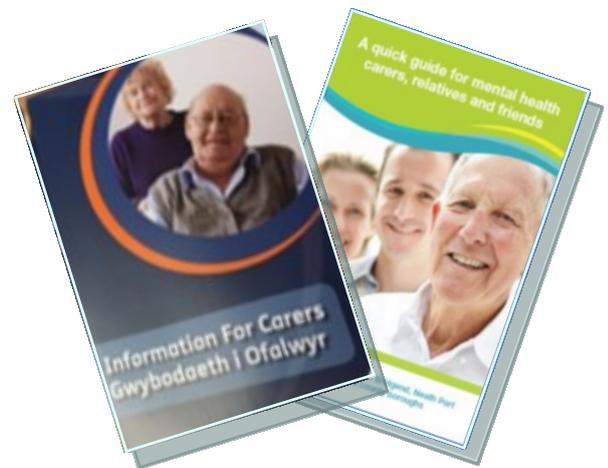
Since the Social Services and Well-being (Wales) Act came into force in April of this year, health and social care services across the region have made great progress in terms of adapting to change and embracing new ways of working. The provisions of the new Act also bring significant changes for Carers, including new rights and increased responsibilities for Local Authorities.

In Western Bay, the ABMU Carers Partnership works co-productively to offer a wide range of valuable services and resources to Carers of all ages.

Established in 2011, the Partnership is a collaborative arrangement between the ABMU Health Board, Bridgend County Borough Council, Neath Port Talbot County Borough Council, the City and County of Swansea Council, the Carers Services in each area, Third Sector organisations and Carers themselves.

Hilary Dover, Service Director of ABMU Health Board's Primary and Community Services Delivery Unit and Chair of the ABMU Carers Partnership Board, said:

"Results of the 2011 Census indicated that over 63,000 people (13% of the Western Bay population) are Carers. The Partnership's vision is that all Carers, irrespective of age and situation, should be supported throughout their



time as a Carer, given information when they need it and in a way which meets their needs, and be full partners in the planning and provision of care and support for those they care for."

Key Achievements

Some of the Partnership's key achievements over the past year include the publication of the ABMU Carers Information Pack, which includes a wealth of information relating to Welfare Benefits, getting a Carer's Assessment and how to access help and support in your local area.

A new guide specifically designed for Carers of people who are experiencing Mental Health issues has also been produced and circulated throughout the region.

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This Newsletter is available in different formats. For more information, please contact 01792 633950 or email western.bay@swansea.gov.uk

Mae'r cylchlythyr hwn ar gael yn Gymraeg. Ffoniwch Swyddfa'r Rhaglen ar y rhif uchod i ofyn am gopi.

Cymraeg

Valuing Carers (Continued from page 1)

“The Partnership’s vision is that all Carers, irrespective of age and situation, should be supported throughout their time as a Carer, given information when they need it and in a way which meets their needs, and be full partners in the planning and provision of care and support for those they care for.”

Hilary Dover,
ABMU Health
Board

Targeted work has been undertaken with Young Carers in the region, with the aim of raising their profile and providing an insight into the issues they face.



The Bridgend Young Carers ID card (pictured) was launched at Brynteg School in September 2015, and was developed by Young Carers themselves with the aim of: “allowing me to have some choice and independence regarding my caring role, and to be able to ask for assistance or guidance if I need it” - *Young Carer, Bridgend.*



Young Carers in Swansea have also been involved in designing and producing a leaflet offering advice and support, in partnership with the Carers Trust Swansea Bay Crossroads Care Service.

In Neath Port Talbot, work has been undertaken with 14 GP Surgeries where a worker from Carers Trust Swansea Bay - Young Carers Service has provided information, support and awareness raising sessions to highlight what Young Carers need from GP Practices. The worker has also made contact with 19 schools in the

Swansea and Neath Port Talbot areas, facilitating Young Carers awareness raising sessions to over 1000 Secondary School pupils.

‘Reclaim Your Life’

A wide variety of training opportunities have been made available to Carers of all ages across the region. The purpose of the training is either to acquire skills which assist Carers in their role, or to learn new techniques which help Carers maintain their own health and well-being. One such course is ‘Reclaim Your Life’ - 12 training sessions organised in a partnership arrangement between Neath Port Talbot Carers Service and MIND.



Swansea Carers Centre’s Education and Training project also offers a monthly programme of training delivered based on identified care needs. Training courses range from Stress Control, Emergency First Aid, to Body Confidence, Tai Chi and Sleep & Relaxation Techniques.

For more information on the work of the ABMU Carers Partnership, please contact Kevin Duff via email at kevin.duff@wales.nhs.uk, or telephone 01639 684552.

Advocacy and the Act: Online Training Resources



With advocacy and the provision of independent support being a significant aspect of the Social Services and Well-being (Wales) Act 2014, colleagues in Age Cymru have teamed up with partners in Disability Wales, Swansea University and the former Chief Executive of Action for Advocacy to develop a comprehensive training package aimed at those working with (or potentially working with) advocates in the wider workforce.

The training comprises a suite of materials designed to support the development of knowledge, understanding and skills in relation to advocacy support and services in light of the provisions of Part 10 of the Act.

The materials can be accessed via the Care Council for Wales’ Information and Learning Hub - click below for details:

www.ccwales.org.uk/learning-resources-1/advocacy/

Case Study - Neath Port Talbot LAC

Emma Jones is the Neath Port Talbot Local Area Coordinator for the Skewen, Longford and Neath Abbey areas.

Her role includes supporting people to build and develop their vision for a good life by getting to know the person, their family and neighbourhood and helping individuals gain confidence and feel connected with their local community.

Here, she tells us about her journey with 19 year old Zoe, who is making great progress thanks to this new, person-centred way of working.



Emma Jones
Local Area Coordinator

Zoe's Story...

Zoe is 19 and has learning disabilities. She was referred to Local Area Coordination by her doctor after being prescribed medication to treat depression. Zoe spent a great deal of time sleeping and had lost motivation to participate in any social activities.

After the referral was received, I arranged to meet Zoe at home and spent a few hours chatting with her and her mother about LAC and its key principles. Zoe was initially nervous and reluctant to chat, but she soon relaxed and started to open up. Zoe said she felt low and that her mood rapidly changed throughout the day: "One minute I feel ok, the next very down". She explained that although she was bored, she couldn't be bothered to do anything and had lost confidence.

During the discussion, I asked Zoe what she was interested in and what she felt would improve her life. After giving it some thought, Zoe started to identify activities she would like to try. These included working with and helping animals, making her own art and taking some exercise.



What happened next?

Over the next few months, I met with Zoe on a regular basis and was able to build a positive, trusting relationship which allowed her to talk about her problems, address some issues, break down barriers and plan what her vision for a better life would look like.

Together, we were able to look at creative opportunities where she was able to focus on her interests and pursue her goals. I supported Zoe with introductions and spent time alongside her with all activities until she felt confident enough to undertake them independently. I also helped connect Zoe with other local young people with similar interests.

A new lease of life

I think it's fair to say that Zoe's life has started to be transformed. She is undertaking a number of activities which are helping to increase her confidence and motivation.

These days, a typical week for Zoe will include:

- Volunteering at Llys Nini Animal Rescue Centre.
- Volunteering at the 'Dognasium', where her role includes walking, feeding and training dogs, as well as taking advantage of the organisation's training opportunities.
- Participating in a new weekly community 'walk and talk' group set up by Local Area Coordination in partnership with the 'Go Green for Health' project.
- Creating her own artwork as part of the Dragon Arts and Learning 'Upcycling' initiative.



Zoe has come such a long way and it's been wonderful to see. She's recently expressed an interest in taking up rugby, so our next plan is to find a local women's rugby team for her to give it a go. There's no stopping her now!

"It's been like an adventure, trying different things which have made me feel confident and proud of myself. Volunteering with the dogs is great and gives me something to look forward to. It's all very exciting and gives me something to get out of bed for."

- Zoe, LAC Participant



Consultation: Care Homes Commissioning Strategy

The draft Western Bay Care Homes Commissioning Strategy is currently out to consultation, and we're keen to gather your views!

The Strategy's aim is to ensure people living across Swansea, Neath Port Talbot and Bridgend can access high quality care home services that are suitable for their needs and that help them to achieve their own personal well-being goals. It sets out a shared commitment by the Western Bay Health and Social Care Partnership to ensure a sustainable range of high quality care home placements are available to meet the needs of older people and their families across the region.

We are consulting with Service Users, Carers, Providers of Care Home Services, members of the public and people who work for either Bridgend County Borough Council, Neath Port Talbot County Borough Council, the City & County of Swansea or Abertawe Bro Morgannwg University Health Board, to gather opinions on how care home services are commissioned, arranged, and delivered across Western Bay.

The consultation period ends on **Wednesday 3rd August 2016**, so please take the time to click on the link below, where you'll find links to the full Strategy, a summary version and the consultation survey.

www.westernbay.org.uk/consultation-care-homes-commissioning-strategy/

If you have any queries about the consultation, please contact Jessica Fitzpatrick at jessica.fitzpatrick@swansea.gov.uk, or telephone 01792 636679

What else is new in Western Bay?

The Social Services and Well-being Act Population Assessment

An important piece of work being progressed across Western Bay is the regional Population Assessment. The information gathered will be used to shape our services and inform future decisions about health and social care provision. It will capture an assessment of care and support needs and builds upon work being carried out in each local area.

A mapping exercise designed to identify existing resources and engagement mechanisms is currently underway, and will be followed by some targeted engagement activity in late summer/early autumn 2016 to determine whether the data and information being gathered resonates with people using services.

Interested in taking part?

The second meeting of the Western Bay Regional Citizens' Panel is scheduled for early September, and will feature an item on the Population Assessment and activities intended to capture members' views and experiences on the theme of personal well-being.

If you'd like to know more, please get in touch via email or telephone (details below).

The Western Bay Regional Partnership Board

Along with 6 other Regional Health and Social Care Collaboratives in Wales, Western Bay is in the process of establishing a Regional Partnership Board. This brings together a wide range of individuals from each of our core partner organisations, including Elected Members and Directors.

In the spirit of coproduction, the Board's membership will also include representatives from the Third Sector, as well as two members of the community representing the interests of Service Users and Carers.

The Board will have oversight of the Population Assessment work, overseeing the Integrated Family Support Service and will be responsible for identifying and responding to opportunities for collaboration and integration in the delivery of health, social care and well-being across the region.

Keep an eye out for more on the progress of the Regional Partnership Board in future editions of the Newsletter.

If you have any comments or queries about the items featured in our Newsletter, please email western.bay@swansea.gov.uk or telephone the Western Bay Programme Office on 01792 633950