

# Barnabas Bulletin

Newsletter of the Barnabas Medical Centre

Issue 3, September 2013

## The State of Caring 2013

*Carers provide an invaluable service to the community. In this issue Dr Parmar focuses specifically on carers, the problems they face and the support which is available.*

With the announcement in the Queen's Speech of the Care and Support Bill going through the legislation timetable in the current parliamentary session, Carers UK has published a far reaching report entitled *The State of Caring 2013*.

The report, based upon a survey of 3000 carers, has highlighted five key areas which have an impact on the quality of the lives of carers.

### Access to Support and Information

42% of carers felt they had missed out on financial support as a result of not getting the right information and advice early enough.

31% of those caring for 35 hours or more per week receive no practical support with caring.

43% of carers surveyed were not aware that technology is available to support their caring.

### Juggling Work and Care

65% of carers in work have used annual leave to care while 47% have done overtime to make up for taking time off to care.

15% have taken a less qualified job or turned down promotion because of caring responsibilities.

17% continue to work the same hours but find their job is negatively affected by stress, tiredness or lateness.

56% of carers who gave up work to care spent, or have spent, over five years out of work as a result.

### Financial Hardship

44% of carers surveyed have been in debt as a result of caring.

58% carers spend at least 10% of their income on energy bills.

36% of carers are struggling to afford utility bills like electricity, gas, water or telephone.

52% of carers say that financial concerns are affecting their health.

### Health and Well-being

84% of carers surveyed said that caring has a negative impact on their health.

92% of carers said that their mental health has been affected by caring with only 1% saying that caring has improved their mental well-being.

67% of carers said their GP is aware of caring responsibilities but gives them no extra support.

### Quality of Health and Social Care Services

46% of carers surveyed have raised concerns about poor quality care services.

52% of carers surveyed have recommended a service or given positive comments about a service.

38% say poor care has affected their ability to work.

50% of carers surveyed felt that health and care professionals involve and consult them about the treatment of the person they care for.

## Local Support for Carers

### Carers' Emergency Card Peace of Mind for Carers

Many carers worry about what will happen if they become ill or an emergency arises leaving them unable to continue to support, or care for, the person who relies on them. Ealing Council has re-launched the *Carers' Emergency Card Scheme*, which enables carers to register their details on a social care database. If anything happens to the carer, Ealing Council will put into place an emergency support plan. To obtain a registration form, or for more information, please contact the Ealing Council Adults Contract Team on 020 8825 7920 or at [carersemergencycard@ealing.gov.uk](mailto:carersemergencycard@ealing.gov.uk).

### Caring and Coping Re-Think Offers Support for Carers

The national charity, Re-Think, is running a training course for carers of people with mental health conditions in the boroughs of Ealing and Hillingdon. Entitled *Caring and Coping*, the course is aimed at anyone who cares for an adult family member, friend or neighbour with a mental health need, particularly those who are new to mental health or who have recently taken on a caring role. The course runs over a period of ten weeks, every Friday from 6 September to 8 November, at Key House, Yiewsley, close to West Drayton station. To book a place or to find out more, please contact Re-Think on 01895 441 898 or email [ealingcarers@rethink.org](mailto:ealingcarers@rethink.org). Re-Think also offers access to carer support groups and activities for carers at different sites across the two boroughs, including in Acton (second Tuesday of the month) and Southall (every other Friday), so please contact them to find out more.





### Children's Services Information Fair

On 24 September, Ealing Council will hold an information fair on services for children, young people and young adults with disabilities. Taking place from 12 noon to 6pm at Ealing Town Hall, the fair will involve staff from a host of council services, health services, voluntary, community and independent sector groups and local schools. Parents and carers of children with additional needs will be able to find out more about a range of relevant services, including social services, education, recreation and play, short breaks, support at home, and health advice and guidance. For more information, please contact the Family Information Service on 020 8825 5588 or email [childrenscommissioning@ealing.gov.uk](mailto:childrenscommissioning@ealing.gov.uk).

### Workshops for Family Carers Go Down a Storm!

Ealing Carers' Centre has recently successfully completed a pilot course of five workshops, offered free to people who are caring for a family member or friend who is disabled or ill. Responding to demand from informal carers, the course has been designed to increase their confidence and ability to care, as well as give guidance on maintaining their own physical and mental wellbeing. Modules on moving and lifting, healthy eating, managing medications and handling emergencies, were balanced with information on carers' rights and sessions on boundary setting and identifying skills & interests. It is hoped that further funding can be found to repeat the course and reach more carers later this year. There were positive comments from participants including: "I appreciated learning about manual handling, so as not to injure either of us"; "I'm already eating more healthily"; "Stimulating and thought-provoking"; "I'm going to look more closely at my priorities and sort out my life for 'me'". To find out more about the pilot, please contact Cecilia Coleshaw, the Carers' Centre Manager, on 020 8840 1566 or [cecilia.coleshaw@ecil.org](mailto:cecilia.coleshaw@ecil.org).

### Carer Information and Support from the Alzheimers Society

The Alzheimers Society is running a series of workshops as part of its Carer Information and Support Programme (CRISP), targeted at carers of people with dementia. The programme covers practical questions such as what is dementia, how to care for someone with dementia, what other support services are available and how to plan for the future. Up to twelve carers can attend per workshop and respite care may be available. To find out more or to make a referral, please contact Taslima Begum at the Alzheimers Society at [taslima.begum@alzheimers.org.uk](mailto:taslima.begum@alzheimers.org.uk) or on 020 8580 1057.

### Support Available for Young Carers

Young carers are children and young people who look after someone in their family who has an illness, a disability, a mental health problem or a substance misuse problem. Young carers take on practical and/or emotional caring responsibilities that would normally be expected of an adult. They are often totally consumed with their responsibilities, leaving them isolated and putting at risk their emotional and physical wellbeing, educational achievement and life chances. Young carers and their families can access support from the SAFE (Supportive Action for Families in Ealing) Project, which offers an assessment of the needs of the young carer and their family and works with other key professionals and family members to meet these needs. SAFE can be contacted on the following duty lines:

Acton, Central Ealing and Hanwell - 020 8825 7819  
Northolt, Greenford and Perivale - 020 8842 0220  
Southall - 020 8825 9800

Further support is also available from the Ealing Young Carers Project, which offers young carers the chance to have a break from their caring role and to meet other young carers who are in a similar situation. It runs clubs where young carers can have fun and support each other in a safe environment. For more information, please contact Kathryn Sobczak on 020 8326 7044 or at [ksobczak@brentfordfcst.com](mailto:ksobczak@brentfordfcst.com).

## Barnabas Medical Centre

Girton Road  
Northolt, UB5 4SR

☎ 020 8864 4437

[www.barnabasmedicalcentre.co.uk](http://www.barnabasmedicalcentre.co.uk)

### Surgery Times

Monday to Friday  
0830 to 1800

(Closed Mon & Fri 1300-1400)

### Out of Hours

If you need healthcare urgently outside surgery times please call  
111

### Repeat prescriptions

Repeat prescriptions must be requested in writing or online and will normally be available for collection after 2 working days

### Doctors

Dr MG Parmar  
Dr DG Knight  
Dr HS Kooner  
Dr HK Bhatoa  
Dr M Dhinsa  
Dr K Patten

### Practice Nurses

Henny Shanta, Anna Wan  
Purnima Gurung (née Dave)

### Heath Care Assistant

Niki Onoufriou

### Practice Manager

Paul Ranken

### Patient Participation Group

Chairman: Keith Marshall  
020 8864 7993

[barnabas.ppg@gmail.com](mailto:barnabas.ppg@gmail.com)

This newsletter is a joint production of  
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Patient Participation Group.  
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### Next PPG Meeting

Tuesday 17 September, 2pm  
St Barnabas Church Hall

**Remember you can  
request your repeat  
prescription online**

**A large print version is  
available from  
Reception**