

**Minutes of the Dudley Carers Forum Meeting held on Wednesday**

**4th of March 2020, 11.05 – 13.00 at**

**The Queens Cross Network Centre**

**Wellington Rd Dudley.**

**Website:** [**www.facebook.com/dudleyCarersForumFundays**](http://www.facebook.com/dudleyCarersForumFundays)

Chairman’s Welcome Mr L Murray.

Chair would like to thank Jane for the organising of the relaunch at the Civic.

Also Chair brought the group up to date about the possible weekend away to Beamish and would need numbers of people who wish to go, along with disabilities or carer status, due to possible lottery

Funding.

**Members Present:**

P Acutt, M Pardoe, J Grainger, F Waldron, V & K Drew, W Harbach, D & P Robinson, S Robinson, G Busby, M & B Anderson, E & L Murray, E Pearson, L Dines, A Woodall, B Walker, M & J Coupland, J & W Cartwright, J Mundon, and S Ridgeway .

**Apologies:**

P Bartley.

**Minutes from last Meeting:**

Meeting brought to order by L Murray, and Minutes from Frebruary Meeting to be a true record of that Meeting we’re Proposed M Anderson and Seconded by W Harbach.

**Matters Arising:**

Age UK doing well promoting and classes for the teaching of Sign Language. Jane, Jez and Gina have signed up for a course.

**Gala Night Round up:**

The evening was a great success with all attending having a great time. Some feedback had already been received and Jane asked anyone present to give theirs if they had not already done so.

The festivities were brought within budget from the Tesco Bags of Help Grant.

About 20 feedback forms were left at the event enquiring over membership and the social activities, these have all been followed up. Already 5 new members have signed up. Also we have a volunteer who would like to work with us. Jane is booked on a workshop for ‘Volunteers and the Law’ and will look into the viability of this.

**Monthly Report: February 2020**

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| --- | --- | --- | --- | --- | --- |
| **Event** | **Number attending** | **Duration hours** | **Total hours respite** | **costs** | **Cost per hour respite** |
| Gala Night | 107 | 4hrs | 428 | £4000 grant less costs £2947.01= £1052.99 | £-9.84 |
|  |  |  |  |  |  |

Income February Raffles £15 + Grand Raffle £557

Admin Expenses December & January

Bursaries (3x£60/12months) £15.00

Printing £17.99

Postage £3.81

Meeting Refreshments £8.00

Travel £5.90

**Total £65.70**

* Printed more yellow flyers
* Interview Black Country Radio - Jane
* Gala Night
* Applied for funding – for afternoon tea
* Community Grants Workshop –Jane and Lee
* Meet the Experts at Brierley Hill Health and Social Care – Jane and Martin
* Jane’s voluntary Hours for February 103 hours
* Booked for ‘Volunteers and the Law’
* Booked for Precious Homes open-day
* Social calendar – bookings made
* Grand raffle raised £557
* Lee and Paul represented at Carers Alliance
* Lee represented at Sounding Board

**Treasury Report: Jane Grainger**

Helpline £745.91

Bank £988.55

Tesco Bags of help £52.99

Cash £19.25

**Social Activities:**

Jane has provided a sheet for all in attendance. Details are also available on our website. Members will also receive an email or newsletter shortly.

**CoronaVirus :**

Before moving on Jane gave a few facts regarding Coronavirus

**Coronavirus (COVID-19) Advise Sheet**

53 cases in Britain. Corona Virus is expected to spread.

**Protect Yourself** – Wash hands with soap and hot water for at least 20 seconds. Don’t touch your face. Sanitizer as an extra not in place of. Keep at least 2 meters away from anyone who looks unwell.

These simple hygiene measures can help stop viruses like coronavirus spreading.

Face masks play a very important role in places like hospitals, but there is very little evidence of widespread benefit for members of the public.

**Early symptoms** fever and cough and shortness of breath. Do not go to GP. Self isolate. Do not share towels cutlery etc. Do not stay in same room. Thoroughly clean bathroom after use of victim. But these symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as [cold](https://www.nhs.uk/conditions/common-cold/) and [flu](https://www.nhs.uk/conditions/flu/).

It’s very unlikely to be coronavirus if:

* you have not been in close contact with someone with confirmed coronavirus

you have not been to a country or area with a high risk of coronavirus in the last 14 days

The only people who may need to stay away from school, work or university are:

* people with confirmed coronavirus
* people who have been in close contact with someone with confirmed coronavirus

Otherwise, you should continue to go to school, university and work as normal.

People of all ages can get coronavirus. Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) are more likely to become severely ill with the virus.

There is currently no evidence that you can catch coronavirus from parcels and letters, Food, or Pets Viruses like coronavirus cannot live for very long outside the body.

**A confirmed case** of coronavirus means someone who has been tested and found to have coronavirus.

**Close contact** with a confirmed case means:

* living in the same house
* contact with their body fluids
* face-to-face contact, for example talking for more than a few minutes
* being coughed on
* being within 2 metres of the person for more than 15 minutes

## Self-isolation

If there’s a chance you could have coronavirus, you may be asked to stay away from other people (self-isolate).

This means you should:

* stay at home
* not go to work, school or public areas
* not use public transport or taxis
* ask friends, family members or delivery services to carry out errands for you
* try to avoid visitors to your home – it’s OK for friends, family or delivery drivers to drop off food

You may need to do this for up to 14 days to help reduce the possible spread of infection.

**If in doubt**

Call 111 if concerned. But go online better. <https://111.nhs.uk/covid-19>

NB. Employees entitled to time off for emergency situations Such as caring for dependents affected by the virus. As at 04/03/2020

**Any Other Business:**

Black Country Museum is holding a Disabled Access Day, 10am – 4pm on Saturday 16th March. ‘Try something new’ in one of the many free activities running at the museum. Booking essential Email [salesandticketing@bclm.com](mailto:salesandticketing@bclm.com) or telephone 0121 557 5697. Note that the FREE activities does not include entrance to the museum.

The Brett Young Gateway in Halesowen already offers a drop in service Monday to Friday from 9.30am to 3.30pm providing advice and info. They also offer a programme of activities, Carers are welcome too.

**Monday:**11am to 1.30pm Knit and Natter. 1.30pm to 3pm reminiscence and life story session.

**Tuesday:** 11am to 1.30pm social group for carers. 1.30pm- 3pm Old fashioned board games.

**Wednesday:**11am to 1.30pm dementia café. 1.30pm to 3pm poetry and reading group.

**Thursday:** 11am to 1.30pm music and singing group. 1.30pm to 3pm dementia café.

Do you enjoy singing? Wallheath Ladies Choir meets on Thursday Evenings 7.15pm – 9.15pm Church of Ascension Church Hall.

We spoke in a previous meeting of taxi fares. The law states hackney drivers can’t overcharge when booked on rank. However if a customer phones a private hire company, the office does have the option to charge a £2 booking fee. The company must declare the booking charge at the time of booking giving the customer the choice to book or not.

The Friends of Coseley Library offer weekly coffee mornings to everyone. 11am – 1pm on Fridays. And a book club meeting monthly starting Monday 2nd March, 7.30-9pm

Jasmine Road Community Gardens are holding a Science Day on Saturday 14th March 11am – 3pm.

24Workshop offer a free 10 week course starting March 17th. Open to adults in Dudley with learning disabilities, autism and mental health needs, promoting creativity, inclusion and participation. Contact [Helen@goodlifecic.org](mailto:Helen@goodlifecic.org) or phone 07527 034662

Juniors at Museums. Dudley museums are offering the following activities during March.

**Creative Glass Spring Scene at Red House Glass Cone** Saturday 14th 11.30am – 1pm. £12.40 suitable for ages 11+. Book in advance 01384 812381

**Fused Glass Sheep at Red House Glass Cone** Saturday 14th 2-2.45pm or 3-3.45pm £6.20 suitable ages 7+

**Special Sticky Saturday at Dudley Museum** Saturday 21st 10am – noon. A quieter craft time for those with special needs or autism. Simple crafts to make and take home. Drop in session allow 30 minutes.

**Sticky Saturday at Red House Glass Cone** Saturday 21st 1.30pm – 3.30pm. Get messy and sticky then leave the clear up to us. Drop in session allow 30 minutes.

**Speaker: Jane Grainger on Scam Awareness**

Jane highlighted a number of ways in which fraudsters try to gain access to personal information and your money.

Scams come in many forms. Uninvited contact is received by email, letter, telephone, text, or in person. They offer false promises to trick you to hand over money.

Many scams claim that you have won a prize, if you didn’t enter a competition this is very unlikely. Others tell you that your computer has been compromised.

Criminals will impersonate officials, provide false documents or convincing sales patter.

**Banks and financial institutions will never ask your personal details.**

Doorstep callers will try to gain entry to your home under legitimate business reasons. Check first by calling a number on your bill or other official document. Never call the number they give you.

If you receive a suspicious caller:-

Hang up the phone or close the door.

Never give any personal details.

Never send cash, give bank details or buy goods to claim a prize.

Watch out for get rich quick schemes.

Always seek professional advice before signing up for anything.

If you need work done consult ‘Fix a Home’, we still have copies available.

Report any scams or rogue traders to Trading Standards 01384 818871

**Time and Date of next Meeting:**

The next Meeting will be held on the 1th April 2020 at 11am at Queens Cross Network Centre.

**Close:**

Meeting closed 13.00.