

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

 **6th March 2019, 11.00 – 1.30 at**

 **The Queens Cross Network Centre**

**Wellington Rd Dudley.**

**Website:** [**www.thecarersforum.co.uk**](http://www.thecarersforum.co.uk)

Tel: 01384 572404

Chair for the Meeting L Murray

**Chairman’s Welcome:**

Lee welcomed all present especially given the day’s horrible weather.

**Members Present:**

M Pardoe, J Grainger, G Busby, W Harbach, F Waldron, B Walker, V Drew, P Bartley, S Ridgway, D Cook, J Myatt, M & B Anderton, J Corbett, D Corbett, L Murray, E Murray, K Davies, A Woodall. And S Nixon, speaker.

**Apologies:**

J Mundon, J and W Cartwright, V Murray.

**Minutes from last Meeting:**

Minutes from last Meeting were agreed to be a true record of that Meeting we’re proposed J Myatt and seconded by W Harbach.

**Matters Arising:**

Having met with Paul Astley, L Murray reported that a number of solutions were being considered for the car parking problems including the possibility of derelict buildings being demolished.

**Monthly Report:**

February 2019

Income December Raffle: £23.00

Admin expenses for November:

Bursaries: (3x£60 =£180/12 months) £15.00

Printing £19.99

Postage £0.00

Stationery – envelopes £1.00

Active Carers £18.14

Total £40.13

* Represented at Sounding Board
* February Meeting speaker – signs and symptoms
* Day trip to British Motor Museum
* First pilot of Active Carers delivered.

**Feedback from community:**

V Drew reported that James Morris, independent M.P. was looking into informal tea and chat sessions for those with mental health issues. A new coordinator for Rethink has been appointed. See also AOB for details of mental health training.

**Treasury Report: Jane Grainger**

As at end of December 2018

Helpline £1197.09

Bank £125.94

**Cash £38.17**

**Social Activities:**

The trip to British Motor Museum was attended by only 10. Arrangements were made with the coach company for a smaller vehicle that allowed us to offer a door to door service on this occasion. Altogether we delivered 70 hours of respite at a cost of £1.28 per hour.

The first pilot of Active Carers was delivered to 11 carers. A total of 44 hours of respite at a cost of 41p per hour. This however is deceptive as much of the day was paid for by the Carers Hub. The next pilot leaves more costs to us.

Upcoming events

**14th March** Second Active Carers ‘Something Different’ to take place at Queens Cross Network, 10 am till 2.30pm. Tai Chi, sketching and a speaker from the Black Country Museum that promises local history and a good loff. Free of Charge but please book as places are limited.

**19th March Shugborough Estate** The coach will start picking up at 10am and return at 2pm. Costs to registered Forum members is Free for transport plus £10 entry fee. If you are a National Trust member your entry will be free. Prices for others are on application.

**18th April Blists Hill** Costs for Forum members Adult £20 and Child £10. May seem expensive but real costs are £38/£27.

**27th April Canal Cruise** Forum members £15 per head to include lunch. Boarding at 11.15am for noon sailing from Bonded Warehouse, Stourbridge. **Yes** **we can carry wheelchairs.** *Please try to make this one. We have already paid £100 deposit with the balance of £185 due and the food to be paid on top, but only 5 out of 40 places are taken. It was decided not to cancel but forge ahead on this.*

**13th May Afternoon Tea** £10 per head

**29th May Chester** travel only £8 per head. Additional costs if you go to the zoo.

**Any Other Business:**

Next month’s speaker is to be Angela Katic talking on Universal Credit. You are invited to send questions and comments in advance to our office by 15th March. So far the following is asked

* Will severely mentally ill be exempt from having to apply online. Even with help this will be a major problem.
* Is there room, or availability for evidence of illness, i.e. psychiatric report, care plan, social workers reports etc.?
* There is concern for all those who are unable to sit at a computer and fill in forms.
* What about people with no internet access, who live in remote areas or find travelling difficult? Are there trained individuals available at public computers to help?
* Why should people be forced to share personal data in a public area like a library?
* What about the gap between payments? Will managed migration close this gap?
* Will notification of renewal be sent automatically?
* How will people with difficulties report changes?

The quarterly newsletter is almost ready for print and will be mailed early next week at the latest. This will give members without internet access a chance to put questions.

We have had an email for Ilisha Temple a consultant speaker working for West Midlands Hospital in Halesowen offering her services. Members were keen to have her come and talk. **Action – Jane to contact and make arrangements.**

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Disabled Access Day

Saturday 16 March 2019 10.00 -16.00

As part of Disabled Access day, we’ll be opening our doors at the Black Country Living Museum. Come and join us to celebrate great access and inclusion at Black Country Living Museum during “Disabled Access Day” on Saturday 16 March 10-4pm. The event promises to be informative, creative and fun with Canine Partners, assistant dogs demonstrations, specialist tours, and touch tables in our information hub. There will be a chance to take part in one of our “try something new workshops” which includes an accessible keep fit class and Laughter Yoga sessions throughout the day.

As part of Disabled Access Day, we are offering FREE deaf friendly and Audio Descriptive tours (Limited places, booking essential).

Tel:0121 520 8054 (lines open Mon-Fri 10am-4pm)

Email: email salesandticketing@bclm.com to reserve your place.

Each tour begins with an introductory welcome to the Museum in the main visitor reception at 2pm.

Dudley Public Health has free places available on its Mental Health First Aid (half day) training course.

This training is suitable for anyone who wants to increase their confidence to speak to people about their mental health and wellbeing and to signpost them to support and has not previously attended Mental Health First Aid training.

Places are available on the following dates:

* Tuesday 19th March 2019, 9:30-14:50, Conference Room 2, The Broadway, Dudley College, Dudley, DY1 4AS
* Friday 22nd March 2019, 9:30-14:50, Conference Room 2, The Broadway, Dudley College, Dudley, DY1 4AS

Lunch is not provided but there is a café on site or attendees can bring a packed lunch. Tea/coffee are provided throughout the day.

**To book a place please email** **sarah.owens@dudley.gov.uk****.**

Best wishes

Sarah

Sarah Owens

Senior Health Improvement Practitioner

Health and Wellbeing Division, Dudley Council

CHITCHAT is a companion group for all, not just carers. Is holding a skittles night March 22nd at 7pm. Dartmouth Central Club, Devonshire Drive, West Bromwich. B71 4AA. Tickets are £10 per head to include food. For more details or to book please contact our Chair Lee Murray email dawlish73@virginmedia.com

**Speaker Sarah Nixon, Vulnerability, Early Help & Referral Officer, West Midlands Police**

Sarah explained that her role was to support venerable victims of crime. She can suggest help and contact agencies where she sees a need. Many people are unaware of the services available. She also speaks of safety at home and in the community.

With crime on the increase it is wise to take responsibility for yourself and your belongings to avoid becoming a victim.

Thinking about your home. Always lock doors and windows and remove the keys. Keep keys in a safe place where you can get to them easily in an emergency. Do not leave them in view. Do not answer the door to unexpected callers, if you must use a door chain.

Rogue traders and distraction burglaries are becoming more common. Often dressed in realistic disguises even as the police, and carrying id. Do not engage anyone to do work on the doorstep, even for a small job. Use Dudley MBC ‘Fix-A-Home’ to find traders and workmen you need. Never allow anyone into your house or step out yourself. Genuine representatives of any company will understand. Encourage callers to make an appointment to see you and arrange for someone to be there with you.

Ordinary cylinder locks take just 12 seconds to break. If you can consider fitting anti snap locks.

House alarms are a good deterrent but please set them. CCTV is also great as a deterrent but only as good as the pictures in the case or burglary. Perpetrators often wear hoodies or similar to cover their faces. Ring system doorbells allow you to speak directly with whoever is at your door from anywhere in the world, and the pictures are really clear, but they come at a price.

Take care when using social media, don’t post from the airport or photo’s whilst you are away. Wait until you return to share. If you buy a new tv etc break up the box and place in the blue bag.

Most burglaries are entered from the rear of the property. Be careful where you leave bins or ladders that can be used to access windows etc. Fence panels should be fixed to avoid them being lifted and stipple strips fitted to avoid climbing. Prickly bushes can be attractive and good to put the burglars off.

Remember things outside too. Mark property such as tools and lock them away after use. Again they are useful tools to gain access with. Padlocks and alarms are one thing on the shed but it is known for thieves to take the side off. For this reason it is better to chain together items. One bike etc is easy to carry off, but two or more together? Use a property marking pen with your postcode and house number.

And when you are out and about. Try not to keep everything in one place; if your bag is taken it’s all gone.

Use an atm inside the bank if possible and hide your pin number. Don’t let people around you distract you.

Never give bank details or pin numbers over the phone. If you have contactless cards keep them in specially protected wallets.

Finally if you find yourself walking alone in places day or night consider a personal attack alarm.

**Time and Date of next Meeting:**

The next Meeting will be held on the 3rd of April 2019 at 11am at the Queens Cross Network Centre.

**Close:**

Meeting closed 1.30pm.