

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

 **3th July 2019, 11.00 – 13.30 at**

 **The Queens Cross Network Centre**

**Wellington Rd Dudley.**

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

Chair for the Meeting L Murray

The Tesco bags for life are looking good with possible 1st or 2nd place.

The 2 recent trips out with the Coach Company went well and new driver passed muster.

Also a big thank you to Jane and Martin for all their work last Month with out-reach and tombola.

**Members Present:**

P Acutt, M Pardoe, J Grainger, L, E & V Murray, F Waldron, V Drew, J & W Cartwright, M & B Anderson, P Bartley, P & D Robinson, A Laurence, B Walker, G Busby, J & D Corbett, J E Mundon, W & H Harbach and A Woodall .

**Apologies:**

None.

**Minutes from last Meeting:**

Meeting brought to order by Chair Mr L Murray, and Minutes from last Meeting to be a true record of that Meeting we’re J Cartwright and Seconded by L Murray.

**Matters Arising:**

The Committee has noted that carers and cared for are being asked at venues to produce letters or documents stating their Disability and are working towards either a card or something like blue badge scheme on a national level. There is a card at the moment to enter Cinema’s that support the CEA card. If you wish more info on this card we have added it at the end of the Minutes. Jane has written to CEA, minister for tourism, minister for disabilities and Mike Wood MP to explore the possibility of a nationally recognised card for disabled people to obtain appropriate discounts at venues. Thus eliminating the necessity of showing personal details ie. Letters/proof of benefits. We await responses.

A limited number of the new ‘Fix-A-home’ issued by Dudley Trading Standards were obtained and distributed to those present.

The Talk last Month by the Saltwell’s Ranger was a mix up of date and venue, so we’ll be rebooking him for a later date.

**Monthly Report:**

**June 2019**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Number attending**  | **Duration Hours** | **Total Hours respite** | **Total Nett cost £** | **Cost per hour respite £** |
| Canal Cruise 15th June | 14 | 2 ½  | 35 | 390.80 less 270 tickets = nett £120.80 | 3.45 |
| Day trip to Corris 21st June | 11 | 10 | 110 | Coach 627 less grant 454.54 = 172.46 + entrance 80.85 = 253.31 less tickets 138 = £115.31 nett | 1.05 |

Income raffle June £22.00

Admin expenses March

Bursaries (3x£60/12 months) 15.00

Printing 6.00

Postage 1.50

Stationery – printer paper

Travel 3.50

**Total £26.00**

* Jane attended a meeting of Alzheimers at Brierley Hill to promote
* Paul and Jane represented at Carers Alliance meeting
* Lee and Jane attended Saltwells Carers Walk
* Jane promoted carers week at RH hospital, new sign ups
* Canal Cruise social activity
* Tombola and promotion at Duck Race, Wordsley raised £29, no stand fee
* Day trip to Corris Craft Centre Mid Wales
* Tombola and promotion at East Coseley Big Event, Jane and Martin, raised £73, no stand fee
* Jane and Martin promoted at Older Persons Fair, Wordsley organised by Mike Wood MP

**Treasury Report: Jane Grainger**

Cash £318.41

Bank £3.14

Helpline £1127.09

**Social Activities:**

Tombola and information stands planned for

* Saturday 6th July at Netherton Park Funday
* Sunday 7th July at Stourbridge Carnival
* Saturday 13th July at Wordsley Carnival
* Saturday 20th July at Buffery Park Funday

Saturday 27th July Day trip to Weston Super Mare £10 per head

Monday 12th August Day trip to Matlock Bath with the additional option to visit Heights of Abraham or Gullivers Kingdom. Prices from £5 per head.

Sunday 18th August FREE picnic at Himley Hall

Saturday 31st August Day trip to Hawkstone Follies or Wellington from £6 per head.

**Any Other Business:**

We’ve received a Document from Dudley CIL about the PIP Assessment, if you wish to read this Doc we’ve added it at the end of the Minutes.

We’ve been informed about an archaeological dig on going on the Wren’s nest site and a possible talk about this may happen next year when this has concluded.

Lonely or Isolated? Community Connectors are in Coseley contact Shona: shonajst@gmail.com

Beacon Centre for the Blind are offering FREE sight loss training. Call 01902 880111 for details of courses operating during this month.

Club Vibe disco’s are currently suspended whilst seeking a new venue.

Dudley CVS Annual Awards are open for nominations, closing 9th September. To nominate visit dva2019home.wordpress.com .

Blue badges should be extended to people with hidden disabilities from 30th August 2019. Contact DMBC for further details.

Advice from police to limit use of public wi-fi as it is not always secure. Avoid accessing email, social media, online banking. For safety use your mobile data such as 4G. Use a VPN. Change settings on devices so that they do not connect automatically to public wi-fi. If you must use public wi-fi avoid using accounts that require log-in details.

A debate arose about the potential problems of medication. If you have any worries you should initially discuss with your doctor. Don’t be afraid to voice your opinions to him. If serious consequences occur you can contact Healthwatch with your complaints not only of hospitals but of other health care providers too.

Our Speaker today is Tracy Tomlinson speaking on the new Music for Dementia. It’s called the Playlist for Life, this is using music on an Mp3 player of music from their past. There have been studies done regarding this sort of treatment and it really does work. For more info please ask and we’ll forward the necessary info.

**Time and Date of next Meeting:**

The next Meeting will be held on the 7rd of August 2019 at the usual time at the Queens Cross Network Centre.

**Close:**

Meeting closed 13.30.

Please if you have or use a Blue Badge you must start the renewal process 6 weeks from the expiry date as it take up to 6 weeks to process!

**Adddendum:**

*The following advice has been sent from Dudley CIL regarding PIP/ESA assessments.*

* Always take someone with you. Showing up alone gives evidence of your independence and can be mis-perceived. Ask your friend to take notes, these could be useful if you need to appeal at a later date. Note time when assessment starts and ends. Note if you are cut off or not allowed to give a full answer.
* If you have anxiety. Don’t take public transport. Ask them to fund a taxi or travel by car.
* If you would be made more anxious by being in a waiting room, ask for somewhere quieter to sit. If you need to face a wall or sit outside do it and make sure in the assessment how you felt and what you had to manage.
* Do not do anything you don’t need or want to do. Even opening a can of pop could be used as evidence of self care. Explain the reason if you do anything.
* Bring Evidence. Ask your GP to print out all of your medication and history. Ask for copies of letters sent by specialists. Take copies of all documents.
* Take evidence of contract and assessment from wheelchair services if you have it. Or of walking aids supplied by your OT therapist. These give valuable evidence of your mobility.
* If you don’t do something you should, explain why especially where NOT doing it makes it appear that you do not have a problem.
* If you do not have inco products from the NHS explain why you get them yourself/do not see the inco team.
* If you are asked to do a physical and you feel it will cause you pain or problems now or later. Say so. Explain the problems it will cause. They cannot insist that you do it and they are not allowed to assist you.
* If you are asked questions about how often something occurs be honest and full with your answer. Tell them how many times per day/week. Terms like ‘often’ or ‘sometimes’ can be misconstrued.
* When asked how fast you can walk think carefully. If you do stairs how long does it take you, how many times do you need to rest?
* With any activity how many times can you reliably repeat it in a day? How long do you need to rest afterwards? What help you need to do the activity? Does the activity change your ability to do other things?
* If you are not sure that they have fully understood your answer to any question then ask them to read out what they have written. If they refuse document it.
* ‘Show your dirty knickers’ Your pride means nothing in these assessments. Tell them how bad it really is. You have to be completely honest about these things.
* Take a copy of your PIP/ESA assessment with you, make sure you know what you said on it. Contradictions can be costly. If there have been changes since the form was filled, be honest and ask to explain.
* If you have a serious mental health problem, ask an advocate, social worker or therapist to come with you.
* If you are involved with the crisis team, bring the number and info about the team. Know when the last couple of calls were made.
* When moving from the waiting room, take your time, don’t rush. The assessor is watching from the time they call your name.
* If you have been impacted by waiting for the assessment (anxiety, nightmares, nausea, sleeplessness etc) tell the assessor.
* Finally do not fib. Do not put on a brave face or make things worse than they are. But do give as much details in every answer as possible.