

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

 **6th February 2019, 11.00 – 1.00 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

It was brought to everyone’s attention that new parking restrictions had been introduced on the centre’s carpark and that some bays were limited to 45 minutes. This news was met with some dismay and Chairman Lee Murray agreed to speak with Paul Ashley the centre manager. **Action : Lee Murray.**

**Chairmans Welcome:**

Lee welcomed all present especially new members. Introductions followed for the benefit of the new members.

Lee also reported that we had been turned down for funding by the National Lottery at this time.

**Members Present:**

L Murray, P Acutt, M Pardoe, J Grainger, V Drew, B Walker, F Waldron, S Ridgway, D Cook, J Myatt, J Corbett, A Woodall, J Mundon , M and B Anderson, L Snape, T Smith, W and S Harbach.

**Apologies:**

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 V Drew and seconded by L Murray.

**Matters Arising:**

None

**Monthly Report:**

For December 2018 and January 2019

Income December Raffle: £22.25

Admin expenses for November:

Bursaries: (3x£60 =£180/12 months) £30.00

Printing £23.98

Postage £13.92

Total £67.90

The Forum has been represented at the following

* No meeting was held in January.
* New Social Diary was released.
* Sadly local media has shown no interest in the story of our social diary.
* Interim mail out sent to members.
* Jane attended Carers Hub to finalise details for Active Carers.
* A steady number of new members to database.
* Jane made a presentation to Carers Alliance, assisted by Lee.
* Paid room for Christmas Part in December 19
* Paid ‘save the date’ deposit for Forge Oct 19
* Paid deposit for Canal Trip in April 19
* Coaches paid for all trips, obtaining a 5% discount.
* PLI insurance paid.
* Represented at Sounding Board

**Feedback from community:**

V Drew reported that Rethink may be arranging new meetings.

Jane had been invited to give a presentation at Carers Alliance. Lee assisted with the distribution of publications. Covering all aspects of our work the talk was well received and led to some sign ups of the database. Keen interest was shown of our social diary and we were asked to include events from other organisations.

There was also presentations from Ridgeway Surgeries offering services in Sedgley. And Dudley Hub and Outreach Services who offer mental health support throughout the borough.

The Carers Hub and Well-being service gave updates on their activities and have plans for sessions covering awareness financial advice and online safety. Plans for Carers week in June include a need for short videos and radio interviews please contact the hub if you would like to take part. They are also hoping to have an Official opening of Dudley Carers Hub and the launch of Dudley Carers Strategy and 3 year forward plan. We will work closely with the Hub so as not to clash with our own events and there may be room to collaborate with some. Nicola McGregor is booked to discuss the strategy at our May meeting.

**Treasury Report: Jane Grainger**

As at end of December 2018

Helpline £1197.09

Bank £5437.19

Cash £615.40

Jane explained that many businesses’ no longer accept cheques in payment. She has a bank account with no money in it and transferred £500 at the end of the month in order to pay a number of bills. Our own account cannot use a debit card as it takes two to sign.

As at end of January 2019

Helpline £1197.09

Bank £ 52.56 CR

Cash £ 326.44

A large amount of cash has been used to pay bills as outlined in the monthly report. Although showing a minus balance on the bank the account holds both the bank and the helpline monies so no bank charges will be incurred. All of our day trips have been carefully costed for the worst case scenario and money will trickle back into the funds as the events take place. Excess cash will be banked asap.

**Any Other Business:**

An email received from West Midlands Police highlights bogus emails from TV licensing either announcing problems with your recent payment or that you have over paid. Don’t get caught out.

Martin reported that there was an increase on distraction burglaries taking place.

Sarah Nixon Vulnerability, Early Help & Referral Officer West Midlands Police has been booked as speaker for our next meeting.

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| Holistic TherapiesCarers Therapeutic Massage**Mon - 11/02/2019 (male) 10am – 5pm****Mon - 25/02/2019 (male & female Masseur) 10am -6.30pm****Mon - 11/03/2019 (male & female Masseur) 10am -6.30pm****Mon - 25/03/2019 (male & female Masseur) 10am -6.30pm**You and your therapists will discuss what treatments are suitable for you.• Seated Chair massage• Indian head • Back neck shoulder/Deep tissue • Facial rejuvenation • Reflexology• Reiki Healing Carers Mindfulness Sessions**Wed - 13/02/2019 10.30am - 11.30 & 12pm – 1pm****Wed - 27/02/2019 10.30am - 11.30 & 12pm – 1pm****Wed - 13/03/2019 10.30am - 11.30 & 12pm – 1pm****Wed - 27/03/2019 10.30am - 11.30 & 12pm – 1pm**Have you thought what it would be like to detach from the world. •Do you worry? •Do you feel stressed? •Do you suffer from anxiety?•Well Mindfulness is for you!!!!! |  |  |  |

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| Please contactDudley Carers Hub at Queens Cross Network, Wellington Rd, Dudley DY1 1RB 01384 818723qAll treatments/sessions must be booked |
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| https://s3.amazonaws.com/interests-organisation/2347/stories/2347_1545389983.jpg**Carers Information Support Programme (Brierley Hill venue) February 2019**We will be running a course for carers, friends and family of people with dementia, who require information about a recent diagnosis of dementia, coping with the implications of this and the support available to them. **Address: Oakfield Community Centre, 245 Brettell Lane, Brierley Hill, West Midlands, DY5 3LTSession 1 – Understanding dementia: Thursday28th February 2019** **10.30am – 1.00pm Session 2 – Providing support & care: Thursday 7th March 2019** **10.30am – 1.00pm Session 3 – Legal and money matters: Thursday 14th March 2019** **10.30am – 1.00pm Session 4 – Coping day to day: Thursday 21st March 2019** **10.30am –1.00pmIf you would like to attend this course or require further information,please contact: Sue Day on: 0121 521 3020Or Email:** **blackcountrydementiasupport@alzheimers.org.uk**[**www.alzheimers.org.uk**](http://www.alzheimers.org.uk/) **Registered CharityNo. 296645**https://s3.amazonaws.com/interests-organisation%2F36%2Fstories/36_1542971883.jpg **An invitation to help Austism Don't Panic develop a social group for over 18s!**People aged 18 and over who have a condition on the Autistic Spectrum are invited to share their thoughts on the development of a social group. Autism Don't Panic would like to understand what people would like from a social group to make it the best it could be. Autism Don't Panic is a small organisation that tries to support adults with a condition on the Autistic Spectrum. Group members know what it's like for adults who have left children's services and who may now be feeling isolated. Therefore Autism Don't Panic would like to offer a social group for adults with these conditions, based on the feedback they receive.If you are 18 years old or over, please take a few minutes to complete the survey at this link: <https://www.surveymonkey.co.uk/r/6BKFHMM>

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| https://s3.amazonaws.com/interests-organisation%2F2227%2Fstories/2227_1548882602.jpg**Sgt. Pepper's Friendship Club**Wall Heath Community Centre every Tuesday - 10.30 - 12.30Tea, coffee, snacks and biscuits. Speakers, fun and a song or two. Everyone is welcome. Phone: 07512 338594 To find out more about Sgt Pepper's Friendship Club visit [sgtpeppersfriendshipclub.interests.me](http://sgtpeppersfriendshipclub.interests.me) NB Not specifically for carers but would help someone wo wishes to reduce isolation. |

**This Months Speaker: Shelagh Cleary – Signs and Symptoms Campaign**Shelagh explained that the four main killers were COPD, Heart Disease Cancer and Stroke. But with early diagnosis this does not have to be a fatal outcome.Many of these conditions are hereditary so make sure you know your family history.Heart Failure – common signs* Chest pain
* Pain in left arm
* Pain in shoulders
* Pain in jaw
* Breathlessness
* Pale and clammy skin
* Nausea

The signs vary between men and women, some people may not experience all the signs. If you experience any of the above signs you should see a doctor. At first a patient will get over these episodes. They will be experiencing angina which needs treating. If ignored, the most likely outcome will be a full heart attack.Stroke – common signsRemember the advert FAST!* Face. It is not always easy to spot a weakness. Ask them to screw up their face so that any weakness is more apparent.
* Arms. Ask them to lift their arms. One arm will be lifted higher than the other.
* Speech. Slurred speech. Using inappropriate words.

It is possible to recover quickly from these symptoms and brush it off as nothing. Get it checked! It may be a mini stroke warning. Within a month a full blown stroke could occur.COPD – common signs* Pursed lips
* Breathlessness
* Chest pain
* Fatigued
* Reduced capacity for exercise
* Smoker or working in industry known to cause lung problems.

Often affecting more men because of lifestyle. See a doctor at the earliest signs. Most will leave it until their lung capacity is badly affected by which time damage is irreparable. If early diagnosis is sought there is much to be done to reverse the damage.Cancer – common signs* A change in how you normally are. Often symptoms can be normal for one person but not for you. Check it out.
* Unexplained weight loss
* Changes in bowel habits
* Tiredness for no reason
* Skin changes. Texture, blemishes, changes in moles, puckering of skin, wounds that refuse to heal.
* Persistent cough
* Discharges
* Blood from places you don’t expect.
* Pain
* Shortness of breath
* Lumps
* Needing to pee several times at night.

Most cancers are treatable if diagnosed early. **If you experience any of the above symptoms see your doctor urgently. No excuses.**Early diagnosis makes for easier treatment. Saves NHS resources. Saves you time, means you will need less drugs may even avoid hospital and surgery. It could save your life! And we want to keep you around.  |

**Time and Date of next Meeting:**

The next Meeting will be held on the 6th of March 2019 at 11am at the Queens Cross Network Centre.

**Close:**

Meeting closed 1.00pm.