

Carers Support Networks 2011: Projects Approved by the Grant Assessment Panel in April 2011

REF.	APPLICANT	PROJECT TITLE PURPOSE	AMOUNT
3251	The Good Neighbour Centre	<p>The Ezmin Caring for Carers Project</p> <p>The project is going to assist carers to access the services they need to support them in their caring role by undertaking a consultation exercise to establish what services they need and give practical support to make the services accessible and or work in partnership to create it if it does not exist.</p> <p>The project will enable carers to have a life of their own by establishing a respite 'sitting' service so carers can have time off from the caring role during the day, evening, night, week or week end to recharge/re balance themselves or to engage in educational, social and recreational activities.</p> <p>The project will support carers to stay mentally and physically well through the provision of holistic therapies such as reflexology, aromatherapy, Indian head relaxation treatments at the good neighbour centre in a dedicated relaxation treatment room and as an outreach home service for those unable to attend the centre. In addition:-</p> <ul style="list-style-type: none"> • Deliver weekly learning workshops to teach tools/skills in caring for themselves; stress management, relaxation techniques, • meditation and correct breathing techniques. • Networking social events such as a salsa night, karaoke, DVD movie night. • Health & Nutrition workshops, stress level check and health advice • Guided walks, swimming, day trips. • Health awareness day <p>The project will be delivered through a weekly planned series of activities as outlined above. Beneficiaries will be involved in the planning and delivery. A programme of events will be advertised in advance through a carer project newsletter to be circulated in the local community and other PCT wards. The project will be delivered by qualified and experienced in house facilitators and the service of external providers will be bought in. The Ezmin Caring for Carers project network will be open to all carers irrespective of age, gender, religious faith, disability, ethnicity or otherwise. We will aim to target between 20-30 new carers through the activities and marketing of the project. The idea for the project has come from the facilitators of the existing carer group.</p>	£3,000

3253	Parents on The Move	<p>Looking After Our Health POM Wellbeing</p> <p>The project we wish to undertake is the Looking After Our Health programme. The programme will run for six week for 15 parent/carers. The idea for the project came from the parents who attend the support group; it would give an opportunity to attract other parents/carers who would not usually attend our parent group meetings.</p> <p>Parents on the move have liaised with Invest in Your Health to deliver the Looking After Our Health project. Invest in Your Health is an organisation that has a holistic approach to health. They have therapists who are qualified and experienced. They look at ways to treat the whole person rather than the person's individual symptoms. During each session they will look at a different aspect of health and wellbeing. The venue for the <i>Looking After Our Health</i> project is the Birmingham Community Children's Centre, 61 Bacchus Road, Winson Green, Birmingham, B18 4QY. The duration is one session per week on a Friday for six weeks; each session lasting two hours. Excluding half term Friday 3rd June, the dates for the project are 27th May, 10th June, 17th June, 24th June, 1st July and 8th July. The sessions will start at 10.30 am and end at 12.30pm followed by refreshments. Over the six weeks the project will include various activities. These will include activities such as stress management, relaxation, aromatherapy, healthy eating and exercises. The idea of the programme is to try to promote a holistic approach to health and wellbeing. A useful reference is the booklet that each carer will receive end of the Looking After Our Health project. The booklet will cover the activities that were in the project.</p>	£2,523
3254	Chinese Community Centre – Birmingham	<p>Tongle Project- Chinese carer peer support groups</p> <p>Where is the project idea from? We've gathered from past consultations with Carers that there is a strong and common interest amongst Chinese carers in participating in a regular group. We've also observed that there are volunteers who are willing to take on certain responsibilities and roles but need a lot of support from workers and training for certain skills. Tongle programme has been thoroughly based on the expressions of members' interests.</p> <p>What the project will do? Tongle project aims to consolidate, shape and expand the Chinese carers' peer support group. Through the Tongle project, we hope to form a carers/volunteers-led, self-running group, delivering leisure combined with learning activities, meeting on regular basis, with more than 15 regular, core members. Group will have formed its specific aims and objectives, programmes and routines, as well as key roles leading the group. To achieve this, Tongle will deliver:</p> <ol style="list-style-type: none"> 1. 4 3 leisure combined with learning group activities; 2. 3 tailored training sessions to leading members; 3. Support and work with leading members to formalize the group's future self-running structure and programme. <p>Through above work, Tongle aims to:</p> <ol style="list-style-type: none"> 1. Engage 30 Carers, including 5 ex-carers. This is to create opportunities for ex-carers to mentor new carers. 2. Improve access to services by group visiting a few key services, including: Crossroads; 	£2,000

		<p>Independent Living Centre; Assist Birmingham Centre; a couple of selected care home / specialised day care service.</p> <ol style="list-style-type: none"> 3. Capacity-build volunteer leaders in organising and leading group activities, e.g. using computer to search for information; etc. 4. Participants build up friendship and trust through doing the leisure/learning activities and understanding of each other's situations. 5. Promote the Be Active scheme to the group throughout the Tongle programme and help people with filling application forms and getting their free leisure cards. <p>When Tongle project finishes, the group will continue to have access to Centre's own resources and get support from workers.</p> <p><i>How will we go about delivering Tongle?</i></p> <ul style="list-style-type: none"> ▪ Tongle will be co-ordinated and delivered by the current Chinese Carer project worker, using the Centre's resources to promote Tongle. ▪ We've already identified just about 10 potential leading members. They will be part of the delivery. Some of them have taken part in forming ideas this proposal. <p>Training sessions will be provided by invited consultants at the Centre. Group activity sessions will Impact on direct beneficiaries – the 30 participants of Tongle project.</p>	
3259	HANDSWORTH CARERS GROUP	<p>Handsworth Carers Holiday Group</p> <p>If the project is funded this will enable the group to advertise more trips and activities by sending out regular letters and invites to carers, and organisations such as residential homes, warden controlled and semi independent schemes for carers and there families to attend planned and organised excursions and activities. Part of the funding will be used to subsidise the cost for trips which will include coach day trips, trips to the theatre and weekend breaks away to enable the carer to have a good quality of life and a break away from there caring commitments. Also due to the demand from carers wishing to get information about meetings, trips, and events happening. The group would benefit from having its own computer, printer fax machine and telephone to set up a database that will be used to collect and store carers contact information and keep a record of all active and non active carers, by sending letters, emails and also storing information on organisations who may have or can come out to provide information to the group in a scheduled meeting. Tables and chairs would also be required to facilitate larger group meetings for carers, and to cater for the demand of new carers who may wish to join the group. On quarterly basis normally the last Wednesday of each quarter I would like to hold a luncheon club for carers and allow them to refer other carers who they may know to join the group, as an incentive I would send invites out to carers, local organisation as a network event and hold a buffet for all attendees. As part of advertising this can be done via the Birmingham Carers magazine that advertises the group when new members request to join I would like to provide a carers pack with a schedule of activities and events that will be taking place throughout the year (preferably spring, summer autumn and winter events) Membership details, events and meetings dates will be included in the carers pack</p>	£2,800

		<p>can be sent via fax or post to new members and carers if requested. Therefore carers stationary i.e. letterheads, fax memos and pens would be a great way to still advertise the group to new members and when writing out to organisations it would look more professional. Regular correspondence can be maintained with all carers and allow all carers to have regular communication as and when required The equipment will also be also beneficial when the group moves to larger premises, as currently I am using my work computer to store carer's information, and meetings are held within my office on the last Wednesday of each month for carers within Handsworth which is now increased a lot over the years and the meeting room is no longer big enough to facilitate the meetings and to hold events such as carers week which takes place in June. I have identified a couple of possible sites and would like to have part time surgeries within Lozells, Handsworth, Perry Barr, Aston to welcome carers and new members. I have also made contact with Birmingham Carers Centre and I have been able to advertise my trips, and excursions for carers at subsidised rates which are affordable for the carer.</p>	
3260	<p>Action for Children Birmingham Young Carers</p>	<p>Young Carers Transition Support Network The new Young Carers Transition Support Network will aim to do the following:</p> <ul style="list-style-type: none"> ▪ Provide a support network for vulnerable and isolated young carers aged 16 to 24 primarily living in the HOB areas of Birmingham and hence reduce their vulnerability and isolation. ▪ The network will provide a forum for young carers to support each other emotionally and thus improve health and wellbeing. ▪ The network will provide an information and peer support base for older young carers to access adult carer and other support services. ▪ The network will ensure older young carers make a more effective and less stressful transition to independence and adulthood. ▪ The Peer Support available will improve the take up and access to adult services as they can support each other to do so. ▪ Project input will provide a series of Carer-related information and empowerment activities to enable the young people to carry out their caring role with greater confidence and safety and will include: Money Management Skills, Home Safety, Lifting & Handling, Healthy Meal preparation, Self Care and Personal Safety Awareness, Career, Employment and Independent Living Skills. ▪ Network members will plan and organise a varied programme of leisure and learning activities of choice and to include weekly activity breaks of between 2 and 6 hour duration: Options already proposed include: Rock Climbing, Mountain Biking, Team Building, Discussion Groups, Film Nights, Confidence Building, Film and Music making, Creative Writing, Drama, visits to Theatre, Youth Parliament, City Breaks, Karting, Paint Balling, Golf and Swimming <p>Where did the idea come from/How do we know there is a need for the Transition Support Network? Extensive consultation with older young carers aged 15 to 19 has identified that the young carers themselves view the approaching end of service and support form Birmingham Young Carers with considerable trepidation and anxiety. Over 75% of those asked said they would benefit from a</p>	£3,000

		<p>Transition Support Network to enable them to continue to support each other as well as to support new and other more isolated young people in a caring role. Feedback from our Senior group has stated that many of these older young carers feel able and actively want to take responsibility for leading and running this network themselves with some guidance and support from Project workers. The Network will use our existing project base as its core base, ideally located to make contact with and serve primarily but not exclusively those older young carers living in the HOB area. Paid Project Workers will provide guidance and support for the network members in the following areas:</p> <p>Draw up a Formal Constitution for the Network of its purpose and objectives</p> <ol style="list-style-type: none"> 1. Devise relevant policies re membership, safeguarding, risk assessments, acceptable behaviours 2. Establish a Steering Group of active members 3. Set up a web based site and encourage e-contacts 4. Planning & delivery of sessions and meetings at The Ladywood Centre. <p>Older young carers aged 16 to 24 will themselves lead on the planning and delivery of the network and all of its core elements with minimal guidance and support from Project workers where needed</p>	
3261	African Communities Council for the Region (ACCR)	<p>Women Inclusion</p> <p>We want to pilot a Personal Development and Networking project for 20 African Women who are carers from across Handsworth and Ladywood. There will be 8 personal development workshops which will use a technique called Creative Visualisation (CV): This element of the project will empower women through language and communication skills to identify areas of their lives that they want to improve. These workshops will support the women in identifying their goals and aspirations and how they can practically attain them. The final CV workshop will be a presentation of artwork produced by the women and will form part of the monitoring and evaluation report of the project. Based on previous projects we have found that CV has developed confidence, self awareness and positive ways of identifying and moving towards personal goals. The workshops will also be looking at the role of women and for them to explore what they want as women and the personal barriers to their development. Therefore the sessions will look at Women in the Home, Overcoming Barriers to Becoming More, Women as Leaders within their Communities, and Confident Women Developing Confident Women. Our final day will be a celebration of all that we have learned on the journey and will be captured on a Networking Day whereby women will be celebrating African culture in Britain. The outcomes of the programme are to enable women in their roles of carers. In terms of learning more about British life, these carers will have an opportunity to become more self-aware and confident about overcoming perceived barriers within and without the domestic sphere.</p>	£2,946
3264	Satnam Training & Education Project (STEP)	<p>STEP Carers Support Network</p> <p>I am planning to establish a Carers Support Network through my Expert Patient Programme (EPP) and Community Connectors Project (CCP). The EPP training runs for 6 sessions for 3 hours a week and most of the times we loose touch with most of our patients after the course and sometimes hardly ever</p>	£3,000

see any of their carers. If there are any carers present in any of the establishments we work with they do not take part in the training thinking it is for the patients only. Sometimes the carers show interest in the training because they prefer to become trainers and are looking for further employment especially if they are volunteers only caring for their friends and family members.

Carers make a huge contribution to society and I feel supporting them and their loved ones is vital to sustaining that important contribution. In order to care safely and in good health, carers need information, support, respect and recognition. I am planning to set the support network where the carers can come and meet together in a safe, warm and friendly place that can offer the following support areas:

- Discussion Boards – discussion forum where carers can share their views and exchange information and tips with other carers to make life easy, sharing ideas about practical side of caring.
- Live chats – come and meet other carers in our chat room, have a general discussion and talk about being a carer.
- Counselling forum – aims to assist towards a deeper understanding, acceptance and responsibility for oneself in order to facilitate changes for a more satisfying and fulfilling life. We can offer a safe environment in which to recognise and come to terms with those issues that are restricting and causing distress.
- Voice of Carers – carer to carer as a social area of the forum, make friends and keep up with each other's news, share poems and jokes.
- Fun and games – word games and fun things in community languages taking into account pastoral, cultural, social and spiritual outlook and communication skills of service users.
- Current Affairs – Politics, issues and news posting links to stories in the news about carers or that which affects caring.
- Carers Health Issues – caring can seriously affect one's health. Carers need to look after themselves too. This section is to discuss ones own health problems be they physical aches and pains or depression. Do they have advice for other carers on how to look after themselves Specific disabilities and conditions – Mental ill health like stroke or depression. Discuss caring for someone with mental ill health such as bipolar disorder or schizophrenia, dementia, autism, learning disabilities, physical sensory disability or other specific conditions and disabilities and stroke.
- Training Needs - awareness raising or carers issues related to access, aids and adaptation, .community care and independent living, mobility, accessible holidays, discrimination and your rights, welfare rights, money matters, blue badge scheme and transport.
- Educational Training – 'Bills to wills' Finance training, basic first aid, manual handling, managing stress, assertiveness skills and effective communication skills, confident caring, bite size training and briefings as part of other support groups.
- Healthy eating and well being – how to cook vegetarian dishes in an interesting way – English, Asian, Afro-Caribbean and European dishes. Also bring a dish and enjoy sessions.

		<ul style="list-style-type: none"> • Social and Cultural Awareness –through learning ESOL, Community languages such as Punjabi, Music – Sitar, Harmonium and Tabla, IT, Art/Crafts, flower arrangements and Textiles. • Health Clubs – Swimming, walking, Exercise, Meditation and Yoga, Gardening, Stress/anger management, Alcohol/drugs abuse, Life coaching and positive thinking. • Peer Support – this will provide carers an opportunity to support and help each other in relation to common issues whilst identify and resolving bespoke issues. • Web-based support – we will set up a website, blogs, and tweeter facilities to enable on-line communication and support advise. Overall, we seek to support and empower carers to become more confident and resilient in their roles primarily in the BME community. 	
3266	Birmingham Chinese Society	<p>Setting up a Chinese Carers Network</p> <p>STEP has set up a Health Project and works with the NHS Trust - Heart of Birmingham Teaching PCT on the Expert Patient Programme (EPP). This is a Self – Management course for people with chronic disease or multiple/ long-term health conditions. I have been delivering this training for the last 5 years where the participants learn to deal with their health conditions and also with the impact these have on their lives and emotions. I also work with the local Community Connector Project as a Community Connector. This project allows front line staff to engage with patients and public to promote messages and campaigns to encourage better and more appropriate use of the NHS. The majority of my community link work is through teaching as a volunteer in a local Sikh Temple where children parents and grandparents come to learn and attend the services on a daily basis. Therefore our advantage is that we can communicate with our clients in their home languages and we have built up a trust within our community. Currently Step is planning to set up a Carers support network from our home base in Winson Green. This is where we were running a Nursery and Adult Education in the past but with the funding cuts it has not been able to continue. However, the needs of this community have not gone away and in cases intensified especially as far as health and well-being are concerned. Step aims to continue working on the EPP project and will seek to support the carers on a daily basis. We shall work in partnership with the patients, family members and their carers to provide improved life skills, self confidence, increased education and employment opportunities and mental and physical well being. Some of the carers will travel with the EPP groups while others will need to make their own way or we shall offer transport. I am also hoping to set up a STEP website using one of our sessional workers who is very much internet and IT literate and has studied social media.</p>	£2060
3270	Crossroads Care	<p>Young Carers Project</p> <p>"Tell me I will forget, Show me I will remember and involve me and I will learn!"</p> <p>Is true with most people, especially children. Young Carers Annual Festival that takes place every year, bringing together just over 1500 young carers from across the country. It is held at Fairthorne Manor in Hampshire. Young carers undertake a number of tasks such as cooking, cleaning, shopping, 'parenting' siblings etc; So it makes a refreshing change when they are participating in activities such as abseiling, skiing, canoeing and team building skills. It's a weekend aware where</p>	£1500

	<p>the young carers will make invaluable friendships and enjoy themselves which boosts their self-esteem and confidence. Young carers never get a chance to participate in any of the out of school activities and for them to be able to go away for a weekend is a real treat. The project is currently working with 96 young carers and each of them will get an opportunity to come and participate in this activity. A carer's week is a fun packed day for all the family members to participate. Light food and refreshments will be available too.</p>	
<p>3275 Annie Wood Friendship Group</p>	<p>My Health, My Say Although there are rewards associated with caring it can be demanding on the carer's physical and mental health and they can find themselves isolated and been unable to engage in employment and social activities, The grant will allow friendship group to arrange a eleven week training programme for carers from various communities especially those who hard to reach, and following the training to develop a carer support group. The reasons for the training are because, there are major concerns with the needs of carers, their feeling and problems they have faced and those to come. It gives people opportunity to talk and share in a supportive safe environment and to give advice on stress, and information on various subjects potent to them as carers. The numbers of carers will be at least fifty, and these will be identified via referral from third sectors organisations, for example, day care centres, and from professionals. Once the referrals are received the carers will be invited to an in formal meeting to discuss the programme and the carers support network. The training will be delivered by train trainers and the sessions will be co-ordinated by a member of the group. There will be 10 sessions lasting for 3hours over 11 weeks. . Following session will consists of: Week 1 Introduction aims, and objectives of the training also brief overview of the programme Week 2 The role of the carer Week 3 Understanding dementia, aim Week 4 Identifying stress and ways of coping Week 5 Approaches to managing difficult situation/behaviour Week 6/7 Managing chronic illness such as diabetics, hypertension asthma Week 8 Services and agencies available for ongoing support Week 9 Optimising quality of life Week10 Caregivers well-being and facing the future Week 11 consolidation ,and evaluation of the training and launch of the carer support group The aim of the training is: To provide information on various health problems, Exploring emotional impact of being a carer and Improving self-help skills. Improving interpersonal relationships and communications. Advise regarding management of problematic situation. Following the training the group will be official establish as Carer Support Networks for the carers, the network will meet monthly and time and day will be determined by the group The volunteers will be responsible for facilitating the programme weekly, for e.g. by keeping records of carers, ensure that the venue is prepared for the training</p>	<p>£2300</p>

		and dealing with refreshments. Long term they will facilitate the Carers Support Network The Launch day will be full of activities, entertainment, stalls from various professional and networking	
3277	D.I.S.C. (Dementia Information and Support for Carers)	‘Let’s Walk Together’ Music Therapy To quote William Shakespeare: “If music be the food of love, play on; give me excess of it, that, surfeiting, the appetite may sicken, and so die!” It has been established by eminent psychiatrists that music plays a significant part in helping not only carers but people with a dementia too. A number of similar projects have been running quite successfully in other parts of the country – but none in the Birmingham area. The proposed project will enable 16 to 2- carers and the person with a dementia to actively enjoy the many benefits of music therapy – no experience is necessary! After a warm welcome and a chat, the group sit in a circle and are guided by a skilled and approved music facilitator in a structured session designed around the principles of music therapy and singing. Even when memories are hard to retrieve, music is especially easy to recall. It is also an opportunity to make new friends who are in a similar situation to themselves.	£2400
		Total Amount	£27,529