



# caretime

The newsletter of the  
**Carers' Centre Bath &  
North East Somerset**



Left to Right: Sandie Waite, Discharge Liaison Nurse, Jen Powell, Occupational Therapist, Sarah Dagger, Discharge Liaison Nurse, Cerys Forester, Social Worker, Dr Chris Dyer, Consultant Geriatrician, Matt Brindley, Deputy Chief Pharmacist, Sue Vost, Discharge Team Manager, Helen Brewer, Physiotherapist, Mary Lewis, Deputy Director of Nursing - Medicine, Valerie Brandling, carer, Tessa Newman, carer and Pippa Hawkins, carer.

**Pull out  
and keep  
What's On  
guide.**



Consultant Geriatrician  
Dr Chris Dyer

## Hospital DATE With Carers

**Senior medical teams from the Royal United Hospital in Bath have met with carers to ask for input into the development of a new service. The Discharge and Therapeutic Evaluation Service, known as DATE, aims to improve the journey from hospital admission to discharge for all patients.**

The DATE With Carers event was organised by the Carers' Centre and brought 20 key RUH staff, including Consultant Geriatrician Dr Chris Dyer, Physiotherapists, Occupational Therapists, Ward Managers, Senior Pharmacists and Nurses together with 15 carers, all of whom care for someone with long-term health problems.

"The aim of the event was to develop understanding between carers and medical teams and to reduce patient readmissions due to carers being unable to cope once a patient is discharged," explained Neil Drinkwater from the Centre.

"It was a unique opportunity for carers to explore ideas, give feedback and provide constructive criticism," said Ian Dagger, who cares for a son with mental health issues. "We all felt recognition

that our voices were being heard; events like this put carers and the caring role at the top of the agenda and help improve services."



Carers Ian  
Dagger and  
Liz Hayward

Dr Chris Dyer added: "The event was a fantastic and moving experience; I wish all RUH staff could have heard the powerful messages coming through from carers. We are committed to take action on the key points raised and we would like to thank every carer that attended the event for their valuable contribution."

**If you would like more information on how to get involved with the Carers' Centre, contact 01761 431388.**

# Help For Carers Moving Towards Work

Funding from Lloyds TSB Foundation has brought a new Employment and Training Service to the Carers' Centre. Career specialist Clive Brooks has been recruited to run the initiative.



"I'm here to support carers who are thinking about employment by helping with training advice, CV writing, interview skills and job searching," explained Clive. "The key to finding the right job for most carers will be flexibility. I am going to be working with good local employers, helping them to understand the issues faced by carers looking for work. I'm also building links with key organisations in the area who can provide useful services."

Clive is a working carer himself; his 18-year-old son, Joshua, has cerebral palsy and a learning disability. "I've juggled work and caring for many years, and understand how difficult it can be to balance working with caring responsibilities."

**For employment and training advice, contact Clive on 01761 431388.**

**NEW!**  
**Community Resilience Manual**  
Useful advice on emergency planning for carers.  
Contact 01225 477000 for your FREE copy.

## The Day Life Changed Forever

**If you're only 45 and never smoked or even had a drink, the last thing you expect to wake up to find is that your life has changed forever because of a massive stroke.**

One day, 12 years ago, that's what happened to Julie Vangorph.

"I'd been having very bad headaches for over a year, but nothing was diagnosed," said Julie. "I woke up one morning and knew something was terribly wrong; I was taken into hospital with a brain haemorrhage and a few days later I had the stroke."

Since then, Julie has been cared for by her husband, Den. "We've always been a close couple," said Den. "Julie's mobility is now very limited and she's unsteady on her feet; she walks with a frame and needs a lot of help from me."

Den and Julie have effectively reversed roles, and cope by trying to keep a good sense of humour.

"I feel guilty that I've messed up Den's life," said Julie, sadly. "He's wonderful and I am very lucky to have him."

"I've had to give up work to take care of Julie, and money's a problem," said Den. "But she's amazing and I'm so proud of her. We've been to hell and back in the last 12 years, but for me, being Julie's carer is a role I've always accepted - and it's fine by me."





Carer Liz Hayward

## Liz Gets Involved

Carer Liz Hayward, from Weston in Bath, has looked after her mother and father for over 30 years. Both her parents are now in residential care, but Liz has decided to use her caring experience to help others through the Carers' Centre.

Liz was invited to help the Centre to recruit its new Operations Manager, David Harris. Panels of carers and staff were chosen to interview and select the right candidate for this important new role. "I voted for the person with the best attitude," said Liz.

Having a learning disability has not held Liz back from getting involved. "I really like helping people," she explained. "I gave a talk to Social Work students at the University of Bath. They need to understand what being a carer is like. Although I was nervous, I felt pleased and proud afterwards. It's really boosted my confidence!"

Liz is a member of the Carers' For Each Other group that meets regularly at the Carers' Centre.

All the carers in the group have learning disabilities and enjoy an art workshop every fortnight with artist Gillian Hulse.



The Carers For Each Other Group: Carers Liz Hayward, Tracy Elliott, Dee Stainer, Nathan Rodgers, Karen Lobley, Katie English and her support worker, Robert Whiting, Rose Hamblin, Lydia Clark from the Carers' Centre and artist Gillian Hulse.

## Working Together



Young carer, Jess Rose, makes a Fruity Face with Crossroads Care Wessex at the Family Fun Day.

This break can be used to take part in an activity organised by the Carers' Centre or to attend a family event, play a round of golf or just to go out and enjoy a few hours' free time.

Crossroads Care works with over 41,000 carers and their families throughout the UK, helping to make a life outside of caring.

The Princess Royal Trust for Carers and Crossroads Care are the two biggest providers of carers' services in the country, and work together at national level. Discussions are underway to bring the two organisations together to create a new UK-wide organisation.

**Crossroads Care Wessex and The Carers' Centre work closely to achieve a common goal: to improve the lives of the thousands of carers in Bath and North East Somerset.**

Crossroads employ a team of Carer Support Workers who can step into the role of the carer, often for just a few hours, to provide a break from caring.



**For more information on our services, contact Crossroads Care Wessex on 01761 436673 or visit [www.crossroadscarewessex.org.uk](http://www.crossroadscarewessex.org.uk)**

## Sonia says...

**This summer has been busy for everyone at the Carers' Centre. Sadly, we have said goodbye to Cheryl Thomas after 8 years' service. She will be greatly missed by the carers she has supported, but we are proud of her attainment of a place on Bath Spa University's Creative Writing course and wish her the very best for the future.**

David Harris, Clive Brooks, Lorraine Frapwell and Tom Fox-Proverbs have now joined the Carers' Centre team and we wish them all a warm welcome.

A new pilot, using funding from St John's Hospital, has been launched to help carers get support and free counselling in the Bath area.

Funding from Santander and Quartet Community Foundation will provide parent carers and their families with healthy activities and Face 2 Face befriending. We are looking for parent carers who



David Harris, Sonia Hutchison, Lorraine Frapwell and Clive Brooks

would benefit from this service and for volunteer befrienders too.

Quartet Community Foundation has provided funding for activities for our Carers For Each Other Group, and Lloyds TSB Foundation has funded the new employment and training project. We'd also like to thank all our donors for their huge contribution to our work.

**Chief Executive**

## Grand Day Out For Carers

**Carers and their families got together at Bath Sports and Leisure Centre at an event to highlight the end of Carers' Week 2011. A packed day of dance, art, drama, music, sport, craft and even a stress-busting Laughter Workshop run by Joe Hoare ensured everyone had a smile on their face.**

Sonia Hutchison, from the Carers' Centre, said: "The theme of this year's Carers' Week was The True Face of Carers and highlighted the experiences of the country's 6 million people who care for someone because they are ill, frail or disabled. The Carers' Centre, along with Community Arts Therapies, Crossroads Care Wessex and Off The Record Young Carers' Service brought local carers of all ages together with their families for a wonderful day out."

Alan Ruttley, who is 86 and cared for by his wife, attended the Laughter Workshop run by Joe Hoare. "I really did enjoy myself," he said. "Joe's a good teacher, and I've learned you can surprise yourself by joining in and trying something new."



Laughter guru Joe Hoare (left) enjoys a laugh with Lorraine Frapwell from the Carers' Centre, Ruth Wishart, Betty Wishart and Alan Ruttley.

**Contact  
the Carers'  
Centre**



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**Carers'  
Centre**

Bath and North East Somerset