

**Carers Reference Group**  
**Friday 15th February 2019**  
**Carers Leeds, The Headrow, Leeds**

| Present at the meeting                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Apologies                                                                                      |          |
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| Jackie Hartley, Family Carer<br>Patricia Hardwick, Family Carer<br>Liz Davis, Family Carer<br>Shirley Evison, Family Carer<br>Louise Mills, Adult Social Care<br>Lynn Bailey, Family Carer and Facilitator<br>Maureen Lumb, Family Carer<br>Maire Sykes, Family Carer<br>Suzanne Jackson Bailey, Family Carer<br>Kausar Iqbal, Family Carer<br>Madeleine Fahy, Through The Maze<br>Elaine Wilkes, Mental Health / Learning<br>Disability Carers Leader based at Carers Leeds |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Ian Brooke-Mawson, Strategic<br>Commissioning Manager (Carers)<br>Becky Mitchell, Family Carer |          |
| <b>1.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Welcome and introductions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                |          |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Lynn thanked everyone for coming to the meeting and gave a special welcome to Patricia. The apologies were recorded as above.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                |          |
| <b>2.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Comfort Call</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                |          |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p>The guest speaker from Comfort Call didn't come to the meeting. Carers talked about being registered with and receiving information from the service and queried what happens after the 48 hour support has been provided if the carer's situation remains the same. <b>Action:</b> Louise to find out about this. Elaine offered to send carers further information, via Louise.</p> <p>Ian had sent his apologies for today but had also offered to talk about the emergency service at a future meeting and give carers the opportunity of discussing future service requirements.</p>                                   |                                                                                                | LM<br>EW |
| <b>3.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Carers Mental Wellbeing</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                |          |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p>Elaine talked about the different services Carers Leeds offer, which include one to one support sessions, help with completing forms, information/training events and newsletters.</p> <p>Carers Leeds work with organisations such as MIND (mental health service) and are looking to appoint a mental health worker 20 hours a week to support carers. They also work with Aspire and have regular carer's sessions at some of their hubs.</p> <p>Elaine offered to hold sessions for the Reference Group to fit around their needs. The Reference Group accepted this offer. Further details will be sent out later.</p> |                                                                                                |          |

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|           | <p>More information about Carers Leeds is available from:</p> <ul style="list-style-type: none"> <li>• Advice Line: 0113 3804300</li> <li>• Email: <a href="mailto:advice@carersleeds.org.uk">advice@carersleeds.org.uk</a></li> <li>• Website: <a href="#">Carers Leeds – Supporting unpaid carers</a></li> <li>• Calendar of Carers Leeds events: <a href="#">Events for February 2019 – Carers Leeds</a></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| <b>4.</b> | <b>Events – feedback and future planning</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |
|           | <p><b>Learning Disability Partnership Board meeting December 2018 - Feedback</b><br/> Maire gave a presentation on mental wellbeing, such as feeling depressed/worn out (which is not the same as having a mental illness). Board members gave positive feedback about the presentation. Maire highlighted the key points raised;</p> <ul style="list-style-type: none"> <li>• Annual Health checks should monitor the physical and emotional impact of being a carer</li> <li>• GP surgeries should better signpost carers to the support available</li> <li>• It would be helpful if carers received training on the various emotional stages/difficulties experienced by their loved ones i.e. the transition into adulthood and ageing.</li> </ul> <p><b>Learning Disability Partnership Board meeting - 12th March 2019</b><br/> The meeting agenda will focus on Being Safe and Travel.</p> <p><b>Inclusion North Members Day – 29th January 2019.</b> Attendees heard from a variety of guest speakers including a family carer talking about the cost of replacement care (when a carer cannot continue looking after their loved one). The carer's notes are attached with the minutes.</p> <p><b>Meeting with Councillor Khan</b> - Councillor Khan is meeting the Board members who are organising events such as the Being Safe and Travel pop up café in the Kirkgate market, the learning disability roadshow (Kausar's suggestion of reaching out to more people with learning disabilities and their families).</p> <p><b>Carers information and training at Ribby Hall 22-24th February</b> – this year's training topics includes benefits, learning disability/carers banking and carers wellbeing. Some of the Partnership Board Inclusion North vouchers are being used for this course.</p> |  |
| <b>5.</b> | <b>Meetings open to Carers and Carers sharing their knowledge</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
|           | <ul style="list-style-type: none"> <li>• Leeds Carers Partnership – Membership of this group includes carers and staff from the public, private and voluntary sector. When the group started, the Carers Reference Group were invited to send a representative and this invitation still stands. The minutes and other meeting papers are available on the link below. Any carer wishing to attend these meetings can contact Ian Brooke-Mawson.<br/> <a href="https://www.carersleeds.org.uk/wp-content/uploads/2019/01/Leeds-Carers-Partnership-Minutes-January-2019.pdf">https://www.carersleeds.org.uk/wp-content/uploads/2019/01/Leeds-Carers-Partnership-Minutes-January-2019.pdf</a></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  |

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|           | <ul style="list-style-type: none"> <li>Carers Reference Group members give up a lot of their time to work with professional bodies, to share their expertise of learning disabilities. The meeting was going to look at this but due to time restraints, this item will be added to a future agenda.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |
| <b>6.</b> | <b>Minutes of the meeting held 30th November 2018</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |
|           | The minutes were agreed as an accurate record of the meeting.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |    |
| <b>7.</b> | <b>Any other business and dates of the next meetings</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |
|           | <p>Liz raised the point that activities/trips organised for carers and their family member need to take place between 10am to 2pm otherwise many won't be able to attend. There followed a conversation about needing activities/trips at a variety of times to suit all, including working carers. <b>Action:</b> Elaine agreed to mention this at the next team meeting.</p> <p>Kausar congratulated Carers Leeds for being awarded a contract to continue delivering their service The new contract will start on 1st April 2019 for a period of 5 years, with the possibility of extending for a further 2 years.</p> <ul style="list-style-type: none"> <li>Friday 31st May 2019</li> <li>Friday 6th September 2019</li> <li>Friday 22nd November 2019</li> </ul> | EW |