

**Camden Carers' Voice meeting
Minutes – 21st May, 5-6pm
Via Zoom**

Attendance: (Steering Group) Jacky (Chair), Kate (vice chair), Jessica, Janet, Sue, Galatea, Terry. 19 Carers. Allegra Lynch, Ciare Reynolds, Mollie Delaney, Bee Lee Tibor Gold, Suzanne Curry (Camden Carers Trustees)

Apologies: Shahram, Costas

Speakers: Cllr Pat Callaghan, Cllr Richard Cotton, Anna Walsh, Interim Community Engagement and Partnerships Lead (Healthwatch Camden)

- Jacky and Kate introduce themselves and the guidelines. Previous minutes weren't mentioned due to time limit, however all actions were completed. The minutes were sent out in the initial invite.

Update from from Healthwatch Camden from Anna Walsh:

- HealthWatch Camden launched a survey to gather information from people in Camden and how COVID-19 has impacted them. They heard from 22 Carers, one stated that they feel 'physically and mentally exhausted'.
- The information gathered from the surveys may be used in emails, blog posts and in finalised reports.
- If anyone needs support, Healthwatch can be contacted by phone on 020 7383 2402.

General discussion:

- Jacky says that Camden Carers have been helpful and she has received three phone calls during the time we have been in lockdown to see if she needs any support.
- Carer states that if you have a social worker, you should have received a call from them. If you don't have a social worker, you can contact Camden for support and speak to a duty worker.
- Allegra states that Camden Council are trying to provide as much support as they can. The council will help Carers if they need support.
- Carer states that Zoom is a learning curve, people have to get used to using it. Would be helpful if Camden Council could do IT training sessions on Zoom.
- Richard – The IT department are overwhelmed at the moment as staff are working from home.
- Allegra – The London Irish Centre and Age UK offer training sessions. Miles at Camden Carers has also created a guide on how to use Zoom.

Update about Camden's response to COVID-19 from Cllr Pat Callaghan.

- Camden Council have gone above and beyond to support people during this time. 200 members of staff have been re-deployed into other areas. The COVID-19 deaths aren't as high as other areas.
- Mobilise is an organisation which has been helping Carers, Camden Carers have been promoting Mobilise and their daily cuppas at 4pm.
- The pandemic is having an impact especially on Young Adult Carers (YACs) mental health and wellbeing. Camden Carers have sent out a survey to YACs to find out how COVID-19 is impacting them. There's also support for people over the age of 55+ from Age UK.
- There is a mutual aid group in Camden which a lot of people have joined to volunteer and help others.
- Overall, a lot of good things have taken place and Camden have responded fairly well to the pandemic.
- Kate asks - There may be a lot of people being physically abused at home during this time, what is being done to support victims?
- Pat - Victims can report this to Camden. Child abuse is also a main focus as many children may be at home getting abused by parents, so there is now a bigger team working on this. People will have more mental health issues after this lockdown so we'll need to focus a lot on mental health in the future. **ACTION** - Pat to send information to Allegra.
- Carer states that support can be found on Camden's website which may answer a lot of people's questions.
- Carer asks if there is accommodation that victims of abuse can go to if they're not safe at home.
- Pat answers - There are some that Camden are providing. There is enough capacity at the moment. After lockdown, there may be more cases that people weren't able to report.
- Jacky states that CCV Steering Group discussed possibility of talking about the big issue of domestic abuse coming up at the next CCV meeting in July. She asked whether we could invite a designated police officer for domestic abuse to the next meeting. **ACTION** - Pat to arrange for the next meeting which is on July 2nd.
- Carer states that one of the problems is that the victim lives with the prosecutor, explains that if you call 999 and press 55 then the police will respond.
- Jacky states that at the Planning Together meeting, isolation of Carers came up in discussion.
- Pat states that unpaid Carers should also be publicly thanked. A column will go in the Camden New Journal and possibly the Ham and High about unpaid Carers.
- Allegra states that unpaid Carers save the NHS 132 billion a year. We will be showing our appreciation to Carers during Carers Week.
- Carer asks what is being done to help children that are Carers?
- Allegra states that Camden Carers only focus on Carers over the age of 18. However, Family Action support young carers.
- Pat states that she would like to come to another CCV meeting in the future. **ACTION** - Mollie/Allegra to invite Pat to future meetings.

- Carer states that this week is mental health week, a lot of people won't contact Camden themselves for support and usually neighbours will do it on their behalf. Message from carer that we should focus on "being kind".
- Carer asks to be advised on how to get an antibody test.
- **ACTION** – Pat to email Allegra with answers to questions that Carers have asked.
- Allegra states that some Carers Cards have discounts. Another carer showed example of the Carer's Emergency Card which connects to Careline. **ACTION** - Pat to look into discounts for cards.

- **Any Other Business** – Ran out of time, so no update from Camden Carers
- **Date of next meeting** – 2nd July 2020