

Camden Carers' Voice meeting
Minutes – 30th January, 10.30-12.30pm
Charlie Ratchford Centre, Belmont Street NW1 8HF

Attendance: (Steering Group) Jacky (Chair), Kate (vice chair), Jessica, Janet, Costas, Sue, Galatea. 15 Carers. Shanta Joseph. Allegra Lynch, Kemi Bandele-Forbes, Mollie Delaney, Bee Lee and Tibor Gold (Camden Carers Trustees)

Apologies: Terry, Shahram, 2 YAC carers

Speakers: Colin Beasting and Rhona Hobdey (Orthopaedic Surgery), Adrianna Duarte (Community Sports Officer), Kemi Bandele-Forbes (Young Adult Carer Lead)

- Jacky welcomed everyone to the meeting and drew attention to the Ground Rules, 10th anniversary, previous minutes.
- Jacky read out highlights of 2019 CCV meetings and actions
- **Minutes of last meeting, October 3rd:** Camden – How to get services. There have been changes made and actions have been completed.
- Kate advised everyone to look at and complete CCV questionnaire on their chairs.
- **ACTION - Steering Group will discuss feedback at their next meeting on February 20th. Aim to do this regularly.**

Update and Information about consultation on proposed changes to planned orthopaedic surgery in North Central London with Colin Beesty and Rhona Hobdey

- **Focus Group and Telephone interviews-** They want Carers to get involved and share their views, a focus group will be taking place on Tuesday 3rd March.
- **Proposal -** To reorganize the Orthopaedic services in North London. There are 10.5 million people in these boroughs waiting for orthopaedic surgery. 10 appointments per week get cancelled due to emergency care. In the future they hope to deal with 2 kinds of orthopaedic surgeries in different ways. A stay in hospital (have operation and stay overnight) or day surgery, (go in on day then go home). Overnight stays will be offered at either UCLH or Chase Farm hospitals. Follow ups would be locally. Benefit – Separating emergency and planned care. 6 or 7 day working. Care coordinator role.
- Carer is concerned about how they will get to the surgery. Colin explained that patients can either travel in their own way or if eligible for patient transport, be referred to patient transport service. People with financial difficulties can claim back.
- Carer said that she tends to get told what hospital to go to. Colin explained that they are aiming to change that and ensure that there is a choice of where to go, patients have the right to challenge.
- Carer would like public transport available to be able to get to Chase Farm easier. Would like to start a petition to get transport for London to provide a service. North London Partners have already engaged with transport for London, there have been some changes made to the routes. There should always be a choice to go to a hospital nearby.
- Carer has had an operation cancelled, the way he received this appointment to get hip surgery is through MSK. How will people that don't know about this service receive surgery? If you're looking after someone and then not going to be there, what happens?
- Shanta asks if the Car Park at Chase Farm, is this free for Carers?
- **ACTION – Colin to find out whether parking in Chase Farm is free.**
- **ACTION – Camden Carers to remind Carers about focus group on March 3rd at The**

Charlie Ratchford Centre.

Update on what's available in Camden gyms/how to join/membership from Adriana Duarte (Community Sports Officer, Camden).

- **Introduction of Better Gyms in Camden** - Swiss Cottage, Kentish Town, Talacre, Oasis, Pancras Square. There is an Older people membership and disability membership. If you are accompanying your cared for at the gym, you'll gain free entry. When you join the gym you'll get an induction, there will always be a fitness instructor around to help.
- There are specific fitness sessions available for people with physical impairment at Pancras Square and Kentish Town and a monthly dementia club at Kentish Town.
- A membership costs £9.95 a month in Camden, if you have a disability. A lot of sessions are free anyway. No discounts for Carers at the moment.
- You're able to receive a free trial, for gym / fitness classes.
- **Carer expresses concern that there is a different process from Swiss Cottage to Talacre.** We are not able to go straight into the room to set up in Talacre and have to wait for the instructor to arrive which wastes time.
- Jacky states that she was referred to Rebalance 2 years ago at Swiss Cottage. 12 weeks of free gym training, walks and nutrition advice. Adrianna explains that Rebalance isn't run by Better Gym so separate organization.
- **ACTION – Adriana to pass on concerns from Carers regarding different organisations (Aqua Terra and Better Gyms).**
- Adriana has since sent flyers on Better Dementia Club UK at Kentish Town Leisure Centre; Better 55+ Club Activity calendar in Camden; Oasis Sports Centre – Come And Read With Us
- **Carer questions why there isn't a Carers discount.** Usually at other services you can show your Carers card and get discount. Adrianna explains that the fees and charges have to be agreed with Camden Council.
- **ACTION – Camden Carers to send letters to councillors regarding Carers discount.**

Young Adult Carers update and discussion on how can we encourage more to attend CCV meetings by Kemi Bandele-Forbes from Camden Carers.

- **Introduction on Young Adult Carers (YAC)** – Carers aged between 18-25 years old are quite difficult to engage with for several reasons, e.g figuring out who they are, leaving college and going to university whilst juggling caring role. Some people's caring role is so difficult that they drop out of university.
- **Transition** – Family Action, support carers from the ages of 5 to 18. We are working on a more solid process of Carers transitioning from Family Action to our Camden Carers Service.
- YAC's get offered the same general support as other Carers, however the only difference is that they are allocated to Kemi and have specific social activities. We have planned our first residential trip for YAC's in March. Quilter has pledged to raise money towards YAC support nationally over a 3 year period. We were able to secure funding from them for the residential trip. The people that have booked on share their caring role so are able to take this break. We're trying to think of ways for YAC's to have a break.
- Costas states that he previously had a job which focused on helping young people so that they don't drop out of University. Costas would like to volunteer to help with YAC's.

- **How to encourage YAC's to join a group like CCV** – The Steering Group would like YAC's to participate in order to diversitise the group. There was a discussion about activities that could bring YAC's and older Carers together, e.g Silent Disco, cooking session, paint jam, choir. A bake off was held a few years ago with YAC's and older Carers which went well. The Art Group is also a good group to ease YAC's in.
- A consultation will take place in a few months so it'd be good to get some questions from CCV to ask the YAC's
- **ACTION – The Steering Group to come up with questions to include in the consultation.**
- Carer believes that YAC's should know more about sexual health services. Kemi explained that she is contact with a few local organizations that are able to help young people with this.
- Kate asks whether Kemi mentions CCV to YAC's when she first meets them. Kemi says that she doesn't but that there are a lot of young people that are very vocal. The fun activities first will encourage them to come to CCV in the future.
- Carer states that the issue with organizing a lot of activities is the space.

- **Update on Camden Carers Centre move to Greenwood by Allegra Lynch from Camden Carers.**
- We will be moving into Greenwood Centre from 16th March. We will potentially be closed for two weeks. Moving across to the building on Crogsland Road is no longer an option.
- **Challenges moving to Greenwood** – Layout will be different, Carers can't just walk in, rooms and space. Other organizations are already located within The Greenwood Centre that will also have groups and need rooms so it may be difficult to book rooms there. However, we are working on this and will also be able to use other facilities within Camden.
- Carer states that the move isn't preventable. The positives are that there will be more Carers around as a lot of disabled people visit the Centre.
- Jacky states that there is a Greenwood users group which includes there a lot of people with learning disabilities and mental health.
- **ACTION – Jacky has joined the GUG (Greenwood Users Group) and will report back to Allegra and CCV**
- Allegra is looking into whether we will still be able to use rooms at The Charlie Ratchford Centre before it gets knocked down. We are updating our business plan and an important Carer's survey will be sent to all carers in the spring.

- Any Other Business -

- **Date of next meeting** – To be confirmed and will be in our new building Greenwood Centre, Greenwood Place, Kentish Town