

**Better Care Fund: Carer Breaks Summary Report**  
**Report on first period - Carer Breaks Grants – 2016/2017**

Carer Breaks Grants were funded through the Better Care Fund for 2016/17.

This year, organisations could apply for up to a maximum £37,500 per application.

A total of 16 grants were awarded with a total spend of £366,452.39 for the period.

Organisations could apply to deliver a range of carer breaks and activities to meet the needs of young carers, parent carers and carers of adults living in Cheshire East. There was no restriction on the age of the carer.

The grant award period is 1<sup>st</sup> July 2016 to 31<sup>st</sup> March 2017.

All Carer Breaks Grants are monitored twice during the grant period; at the mid-point and at the end of the project which in all cases is 31<sup>st</sup> March 2017.

This report provides a summary of the performance of the Carer Breaks Grants based on submitted monitoring information from the first period (December 2016).

### Carer Breaks – Grant Awards 1<sup>st</sup> July 2016 to 31<sup>st</sup> March 2017

Awarded Grant	Amount	Description of Carer Breaks	Performance against outputs – mid point	Action Required	Further Information and Contact Details
<b>Cheshire and Warrington Carers Trust</b>  ❖ Carers Wellbeing Fund Crewe/Nantwich	£37,300.00	The Carers Wellbeing Fund - carers can apply for funds (a max of £350) to spend on individually tailored breaks from caring.  This follows a referral following a carers assessment with SMART teams or through children's support services (for parent carers).	<b>Full Target – 432 Awards</b>  225 awards made at the mid-year point.  This represents 52% of target met.	None required.  To manage demand for the service, referrals to the scheme were ceased on 31/12/16 to allow time to process all cases before 31/3/17.	Cheshire and Warrington Carers Trust 146 London Road, Northwich, Cheshire, CW9 5HH  Tel: 0800 085 0307
❖ Carers Wellbeing Fund Congleton/Sandbach	£37,300.00				
❖ Carers Wellbeing Fund Macclesfield	£37,300.00				
❖ Carers Wellbeing Fund Wilmslow, Poynton and Knutsford	£37,300.00				
<b>Wishing Well</b>  ❖ Young Carers	£26,105.00	Wishing Well Young Carers project will provide a service for young carers in the Crewe and Nantwich areas. Young Carers will	<b>Full Target: max 45 young carers per week</b>  29 young carers benefitted at mid-year point	None required	The Wishing Well Project Jubilee House St Paul's Street Crewe CW1 2QA <b>01270 256919 /01270</b>

		be able to attend organised sessions each week, outings and activity weekends			<b>253551</b>
<b>Audlem &amp; District Community Action</b>  ❖ Audlem Carers Support Group	£8,927.00	Audlem & District Community Action offer twice monthly Audlem Carers Support Groups, carers training courses and day break/ activities	<b>Full Target: 55 carers accessing activities</b>  41 carers accessing the range of carers services.  There have been 8 new carers to the carers group.	None required	Lynn Morear, ADCA's Assistant Coordinator on 07595 919727
<b>Wishing Well</b>  ❖ Older People Mental Health	£33,000.00	The project supports carers through a range of services. These include access to transport for carers (and the person they care for), volunteer visiting scheme to give freedom to carers while their loved ones are supported, carers and cared for attending events together and access to Wishing Well Lifelong Learning programme.	<b>Full Target: 150 carers accessing activities</b>  72 carers have benefitted from the service	None required	The Wishing Well Project Jubilee House St Paul's Street Crewe CW1 2QA <b>01270 256919 /01270 253551</b>
<b>Deafness Support Network</b>  ❖ Specialist support for carers of	£5,000.00	Support to carers of individuals who are either deaf or have a degree of hearing loss (D/deaf). A series of 6	<b>Full Target: 6 carers workshops, 60 - 120 carers attending in total</b>	Take up at the first carers workshop was very low. A further 5 workshops are	Deafness Support Network 144 London Rd, Northwich CW9 5HH Tel : 01606 47831

people who are Deaf		carers workshops providing specialist support for carers and signposting them to the appropriate services.	One workshop and one carer benefitted to date	planned in the New Year. We have requested that DSN widen the target audience to include people with dual sensory loss.	<a href="http://www.dsnonline.co.uk/">http://www.dsnonline.co.uk /</a>
<b>Cheshire and Warrington Carers Trust</b> ❖ Carers Advocacy	£19,950.00	A Carers Advocacy Pilot Service. Carers will be supported through a self-advocacy programme. They can also access a specialist worker giving one to one support where required..	<b>Full Target: 30 referrals over 9 months through the self advocacy programme. Specialist worker - 50 carers supported.</b>  14 carers referred to self advocacy and 29 carers supported	This is a pilot project. Referrals are now increasing as awareness of the service increases among frontline staff.	Cheshire and Warrington Carers Trust 146 London Road, Northwich, Cheshire, CW9 5HH  Tel: 0800 085 0307
<b>Cheshire and Warrington Carers Trust</b> ❖ When caring comes to an end	£12,400.00	The pilot service will support carers who have been bereaved and their caring role has ended	<b>Full Target: A minimum of 70 carers will be supported</b>  13 carers supported	This is a pilot project. Referrals are now increasing as awareness of the service increases among frontline staff.	Cheshire and Warrington Carers Trust 146 London Road, Northwich, Cheshire, CW9 5HH  Tel: 0800 085 0307
<b>Cheshire Buddies</b> ❖ Young Carers	£6,210.49	The Cheshire Buddies-Young Carers 'sibling group' aims to provide help and support to children and young people with a brother or sister with a disability living in Cheshire East	<b>Full Targets: 12 full day sessions for 10-12 young carers per session. Support over 35 individuals. 12 half day sessions over a 9 month period.</b>	Targets exceeded at end of first monitoring period.	Stephanie Lawley: 07873423389 or email slawley@btinternet.com  Louise Bailey: 07938163103 or email

			They have delivered 8 full day sessions with 50 attending overall. 10 half day sessions and 46 attending overall. Targets exceeded at end of 1st period monitoring.		cheshirebuddies@outlook.com
<b>Neuromuscular Centre</b>  ❖ Carer Convention	£5,750.00	To hold a Carer Convention. This family carer event will be held at Jodrell Bank Macclesfield in on 18 <sup>th</sup> March 2017. It will target families including parent and young carers of people with muscular dystrophy (md).	<b>Target: to hold a Carer Convention for anticipated attendee numbers of between 60-100.</b>  Organisation of the Convention has taken place in the first period.	Although no carers have benefitted directly in the first period, the planning for the Carer Convention is well underway. This will take place on 18th March 2017.	The Neuromuscular Centre Woodford Lane West Winsford Cheshire CW7 4EH  Tel: 01606 860 911
<b>East Cheshire Hospice</b>  ❖ Dementia Carers Support Programme	£31,515.90	The Dementia Carers Support Programme at East Cheshire Hospice provides bespoke support to carers of people living with dementia in Cheshire East.  Activities take place in the Hospice Sunflower Centre in Macclesfield The programme delivers a range of activities	<b>Full Targets: 36 carers to attending the Dementia Carers Support Course, 30 carers to be supported by the off-site befriending project, 22 carers referred for complementary therapies, 5 carers receiving counselling, 8 monthly dementia friendly lunches</b>  24 carers have attended	None required	Telephone Main Reception on  01625 610364  General Enquiries Email: admin@echospice.org.uk

			the dementia carers support course, 24 referred for complementary therapies, 5 dementia lunches, 16 have had counselling		
<b>Cheshire Buddies</b> ❖ Parent Carers	£28,944.00	The project will support parents and carers of a child or young person with a disability living in Cheshire East through the provision of 14 group sessions per month. These include: further educational and lifestyle courses e.g. first aid, food hygiene, hospitality, IT skills, interview skills, basic first aid training, using specialist equipment, moving and handling.	<b>Full Target: 150 individuals through 126 sessions over a 9 month period.</b>  173 carers supported and 70 group sessions held at end of 1st period.	Targets exceeded at the end of 1st period monitoring.	Stephanie Lawley: 07873423389 or email slawley@btinternet.com  Louise Bailey: 07938163103 or email cheshirebuddies@outlook.com
<b>Making Space</b> ❖ Mental Health Carers	£37,500.00	Carer group breaks and individually arranged breaks for carers of people with a mental health condition. The service will provide a programme of social activities/breaks which carers can access in order to take a break	<b>Full Target: Support a minimum of 320 carers</b> • Provide an average of 2 breaks per carer • The average cost of a carer break = £75.00  121 carers have benefitted from a break.	Numbers of carers accessing the breaks were lower than expected. We suggested that Making Space link in with local area coordinators and actively promote the service in the	Jane Reeves Cheshire Team Leader Making Space  01606 606694/ 07843 268001

		from their caring role.		New Year.	
<b>Ruby's Fund</b>  ❖ Parent Carers Yoga sessions	£1,950.00	Ruby's Fund will offer 30 weekly yoga sessions for a group of 15 parent carers during term time, with the aim of increasing physical activity, improving depression and stress levels, aches and pains and offer a social opportunity	<b>Full Target: 30 weekly yoga sessions for a group of 15 parent carers.</b>  12 sessions and 10 carers attending, average attendance 5 carers per session	Numbers of sessions are a little below target but 10 carers have accessed them against a target of 15.	Meridian House, Roe Street, Congleton, Cheshire, CW12 1PG  Tel: 01260 277666

## Case Study Examples:

### Cheshire Buddies

#### Young Carers 'sibling group' - Case study 1

MC is 9 year old she lives with her mother and younger brother. MS's brother is autistic with severe learning difficulties, he is doubly incontinent, limited communication and he frequently displays challenging behaviour and requires two support Personal Assistants at school to look after him.

MC has missed out massively on being able to go out as a normal family and this has restricted her from doing simple things that children take for granted like going to the park, swimming and walking

Her mother was concerned that the focus had always been on her youngest child and she felt guilty about this as it was not possible to give MC equal attention, the mother reported that MC had become withdrawn in herself and at times angry with her. The parent felt she had become more aware of other families and realised that her family was different

### **What the Buddies did:**

Initially Cheshire Buddies provided a club for her brother which actually gave MC the chance to have some quality time with her parent

Cheshire Buddies also invited MC along to the sibling group so that she had the opportunity to share experiences and talk to other children but also to try new things and to be active rather than having to stay at home and never going to places

MC was able to make new friends and try new activities, such as bike riding, swimming at water world , visiting the park and going on day trips to the beach and Blackpool illuminations

### **Positive Outcome:**

MC has made lots of friends that she is able to talk to and understand

Parent has said it has done MC a world of good – Knowing MC is having fun in a safe environment has meant that she too feels much better and less guilty

MC has gained new experiences for the very first time.

MC has memorised the activity dates and is on count down for the next trip

She has grown in confidence and self-esteem

### **Sibling comments**

*"I have been in all weekend because we can't go out as my brother screams and shouts . I love my brother but sometimes I get really fed up. Today I am happy! I am going to the beach with Buddies! "*

*"Awesome, it's a complete break, I can just be me"*

### **Cheshire and Warrington Carers Trust**

### **Carers Wellbeing Fund – Case Study**

#### **Reason for referral**

Peter (56 ) came to the drop in at an office local to himself. He cares for his wife who has COPD, obstructive sleep apnoea and arthritis. He also has mobility issues and uses a walking stick



Peter wanted some information about caring and the support available to him. We talked to him about having a carers assessment and he agreed to us ringing to request one for him. We rang the Smart Team and several weeks later the CA came through stating a referral to the Wellbeing Fund.

### **Support given**

Carers star completed, and action plan devised with actions for worker and Peter.

Request the Wellbeing Fund for a break away and meals out.

Referral to Rally Round to assist Peter with moving house.

Referral to a carer support worker to complete a benefits check and application for a blue badge.

Support with Pip assessment.

Details of local support groups and added to the mailing list.

### **Outcome**

Together we reviewed the carers star. Peter had maintained or improved his scores in all areas, the greatest improvements being time for yourself, the caring role and managing at home.

A referral was made to the OT and they have been approved for a stair lift and wet room.

Peter now regularly attends the drop in for a coffee and chat. He has attended a couple of the carer groups and was attending the male carers, unfortunately this group has now ceased due to funding.

Peter attended the hospice garden party with his wife and other fundraising events.

He rated the wellbeing fund 5/5 and found the whole process really useful. He has been able to enjoy a break away and was pleased with the outcomes of the referrals.

He found the action plan useful to look at what had changed, and completed his action of registering with his GP as a carer.

Carers' comments:

*"We have spent a lot of time at Alder Hey recently and so having something for myself has been such a treat. I can't thank you enough" Female (50)*

*"Thank you for the kind award. This will certainly help me to get through the current dark days with my husband's mental illness." Female (61)*