



CARERS CONFERENCE

NOVEMBER 2018

DEWARS CENTRE, PERTH
EVENT REPORT





ACKNOWLEDGMENTS

This annual Carers Conference was a joint effort between PKAVS Carers Hub Team and representatives from Perth and Kinross Health and Social Care Partnership.

The structure of the conference was based on feedback from previous years. We are thankful to all delegates, presenters, exhibitors and workshops providers who supported this event.

We would like to thank those Carers and professionals who made time available for this event to contribute their valuable views and share their experiences.

If you would like to have a say in the planning of next years conference please contact our team on **01738 567076**.





Welcome to the report of the Carers Conference 2018 which took place on 29th November. The day was an invaluable opportunity to learn from carers, professionals and colleagues about the current key issues that carers face. This report gives a flavour of the day and links to the presentations used by the speakers. It also incorporates some of the feedback we received which will be used to make further improvements to the Carers Conference in 2019. Please forward this report on to your colleagues, hopefully this will encourage partners to get involved in future conferences and other events organised for carers.

Who was the event for?

We welcomed **179** delegates to this year's event. In total there were 38 stall holders who attended as well as **77 unpaid carers** and 102 professionals. The number of carers attending has grown year on year but still isn't where we'd like these numbers to be. With this in mind PKAVS are considering looking at still delivering a 'showcase' carers event on Carers Rights day in November 2019 and may also look to stage 2 or 3 smaller Conference type events in rural communities during Carers Week. That way we should be able to talk to more carers directly and ensure that these conversations are being delivered throughout Perth & Kinross.





Purpose of the event

The Carers Conference is such an important event because:

- It gives carers an opportunity to find out more about what support may be available to them (especially in their local community).
- Promotion of the Conference may lead to some hidden carers self-identifying or known carers seeking additional support.
- It helps raise awareness of carer issues and keeps these conversations high up on the agenda.
- It provides a fantastic networking opportunity for professionals working with carers to find out what other services are available.
- It gives carers a voice and a chance to talk freely about the challenges they face and how these could be best supported.

This year's Conference was particularly relevant considering that 2018 was the year when the Carers (Scotland) Act 2016 was implemented and, at a more local level, a Carers Programme Board was created in Perth & Kinross. The Conference gave all a chance to look back at what had been achieved in our local area since the Act's implementation in April 2018. It also allowed us to reflect on what else still needs to be done.





Conference programme

The structure of the conference consisted of a range of informative talks in the morning and afternoon, as well as inspiring talks from carers who shared their own personal stories. There were also two rounds of workshops focused on different topics offered in the morning and afternoon. We also had a packed exhibition area with information stalls offering advice during the breaks. The day ended with a fantastic performance from Renfrewshire Carers Centre Choir who received a standing ovation!

For the full programme see **Appendix 1**.



The theme of this year's Carers Conference was Your Life Your Choice. The conference addressed a variety of topics relevant to the main theme, including self directed support and short breaks for carers. Presentations are available at PKAVS Carers Hub website

<https://www.pkavscarershub.org.uk/Carers-Conference-2018>



Speakers

Raymond Jamieson, PKAVS Carers Hub Manager, welcomed everyone and gave an update on the work completed throughout Perth & Kinross in the past 12 months, including the implementation of the Carers Act.



Karyn Sharp introduced herself as the new **PKC Strategic Lead for Carers** and gave an update on the Short Breaks Statement to be published by the end of 2018 and also the work being done on a new Carers Strategy for all unpaid carers in Perth & Kinross.

Lyndsey Baillie, NHS South Locality Service Manager, talked about her role in Carers Programme Board and support for carers in each of the localities.



Perth Provost Dennis Melloy officially opened the conference. Provost Melloy talked about all the positive work PKAVS does in supporting carers in Perth & Kinross and highlighted the importance of the work that carers do. The Provost also announced PKAVS will be opening a new Carers Centre in the spring of 2019.



Dina Scott, SDS Coordinator at PKC, delivered a joint presentation with Billy Morrison and Donna Murray Trail on personalisation and Self-Directed Support. the spirit of personalisation means every person who receives support will have choice and control over the shape of that support in all care settings. Self-directed support (SDS) allows people to choose how their support is provided, and gives them as much control as they want.



Billy Morrison, SDS Support Worker at PKAVS Carers Hub. Billy offers independent support to carers on options for self-directed support and can be contacted on 01738 567076 or Billy.Morrison@pkavs.org.uk



Donna Murray-Trail works at **Care and Wellbeing Co-operative** which has been awarded funding to support people in rural (Highland) Perthshire around SDS options hello@thecareandwellbeing.coop



Marthe Handling, Respitality

Development Officer at PKAVS,

gave information about all the options for carers who want to access respite through PKAVS Carers Hub. Marthe gave a few examples of carers who accessed person centred respite breaks using respite opportunities PKAVS currently administer. Feedback continually received from carers highlights that these breaks are an important part of supporting them cope with their caring roles. If you would like more information about the respite options available at PKAVS or would like help with applying please contact Marthe on **01738 567076** or

[**Marthe.Handling@pkavs.org.uk**](mailto:Marthe.Handling@pkavs.org.uk)



The overnight stay proved to be an ideal tonic. We felt so re-energised and positive about our lives. It was great to be cared for by others and have some quality me time.



This break has helped us to reconnect. We went crab fishing every day and had a lovely fun time which we can't do at home. I feel supported and more importantly like someone cares about us.



Carer's Journey

Two carers, **Jean Campbell** and **Alison Reynolds**, kindly agreed to share their stories with the audience. Their inspiring and heartfelt talks described their personal journeys and highlighted the challenges they have faced. Such was the impact on the audience you could hear a pin drop during each of these talks. A huge thank you to Jean and Alison from everyone at PKAVS Carers Hub for talking so frankly about what is a very personal subject.



Jean Campbell is a strong advocate for carers throughout Perth & Kinross.



Alison Reynolds visited us from Midlothian and attended with Lorraine Bairstow from TIDE (Together in Dementia Everyday). Alison's story can be found at <https://goo.gl/wVoX1e>





Carer's Journey

"Talks from carers were fab."

"Listening to carers life stories was really humbling, put things into perspective for me."

"A very good atmosphere, excellent speakers, the stars of the day."

"The two ladies giving an account of their carer's experience were very moving."

"The two carers speeches topped everything. This is what carers appreciate, connect with and feel human again."



Workshops

The conference featured five workshops, each delivered twice during the day. As they were attended by both carers and professionals it helped to exchange ideas, increase awareness of carers' issues and make valuable contacts. The workshops were very well received, there was a lot of engagement and enthusiasm among the delegates.

Body Boosting Bingo

Delivered by Yolanda Strachan from Age Scotland this workshop was run similarly to a regular game of bingo but with a bit of a twist! Yolanda used a variation on the familiar rhyming bingo calls which was linked to an exercise or activity. Carers have learnt that exercising can be fun, interactive and can help to prevent conditions such as strokes or heart disease amongst other ailments.





"What an original and fun way of doing exercise!"



Carers, Caring and Chronic Pain Management

This workshop, delivered by Ron Johansen from Pain Association Scotland, explored participants' experiences of chronic pain, whether as a person living with pain or as a carer. Participants were encouraged to practice applying the self-management skills known to be effective in reducing the social and psychological impacts of pain.

We are going to run Chronic Pain Management workshop again for unpaid carers so if you didn't have a chance to attend and still would like to take part, please contact Marlena on 01738 567076 or Marlena.Nowaczyk@pkavs.org.uk

"Really informative how pain works"



Community Connections

This workshop was delivered by Social Prescribing team and representatives from Health & Social Care Partnership. Participants were given a case study about a Carer and were asked to reflect on the carer's situation, feelings and thoughts. The task was to find appropriate support for the carer based on the given information. The room was buzzing with conversations among participants - both carers and professionals.

"I'm glad to see the opportunities coming to the fore to support unpaid carers. This is quite an undertaking."

Meditation

Lynne Crow from Lynne Crow Holistics has offered to deliver a meditation session for the conference participants. Participants were guided through the relaxation which allowed them to clear their mind and relax.

"Lynne's voice was amazing. A totally wonderful experience. I will try to incorporate this in my life."

"Mindfulness was fantastic"



"Thank you for allowing me to take part in two workshops, the morning was relaxing meditation and I don't think I have laughed so much in a long time as I did at laughter yoga."

Joyworks session

Joyworks kindly offered to deliver Laughter Yoga workshops for participants at the conference. Lindsay used laughter yoga, creative arts and powerful drama strategies to teach positive techniques for day to day happiness in a fun and deeply exhilarating way. Safe to say there was a lot of hilarity in the room!

"Enjoyed laughter therapy workshop great to laugh!"

"Joyworks Session was really good at helping to relax and feel good about yourself."

"Great fun!"



Performance from Renfrewshire Carers Centre Choir

The day ended with an excellent live performance which received a standing ovation from all present. The Choir was led by Kirsty Duncan.



"Excellent,
please come again!"

"Choir was
really good
and entertaining."

"The choir raised
the atmosphere up
another level."

"Excellent,
inspiration!"



Information stalls

A range of organisations were present with information about their services during the conference. This allowed carers and professionals an opportunity to network and share information. We were delighted with such a great response from various organisations and grateful for their contribution to making it a successful day.



"Lots of great information to take away"

"Well set out and the ones I visited were very helpful"



"Nice to have them present all day, good information available!"





Information was provided from the following organisations:



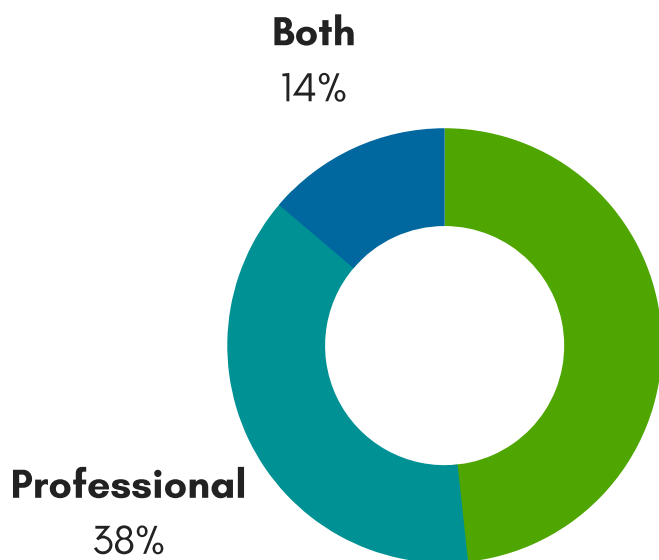
Thank you for supporting the Carers Conference!



Feedback Statistics

N.b 179 people attended the Conference

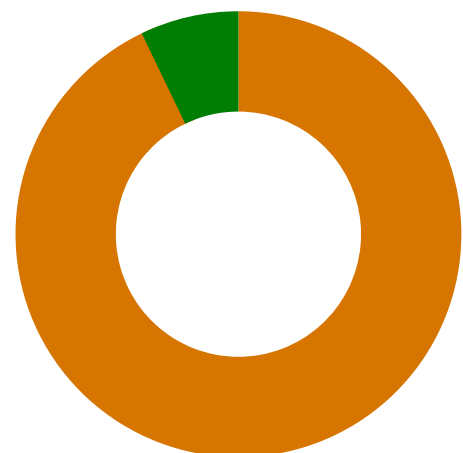
Who attended and in what capacity?



Who provided Feedback?

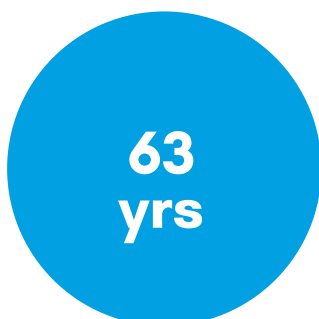
Unpaid Carer
48%

Male
7%



Gender of the unpaid carers who gave feedback

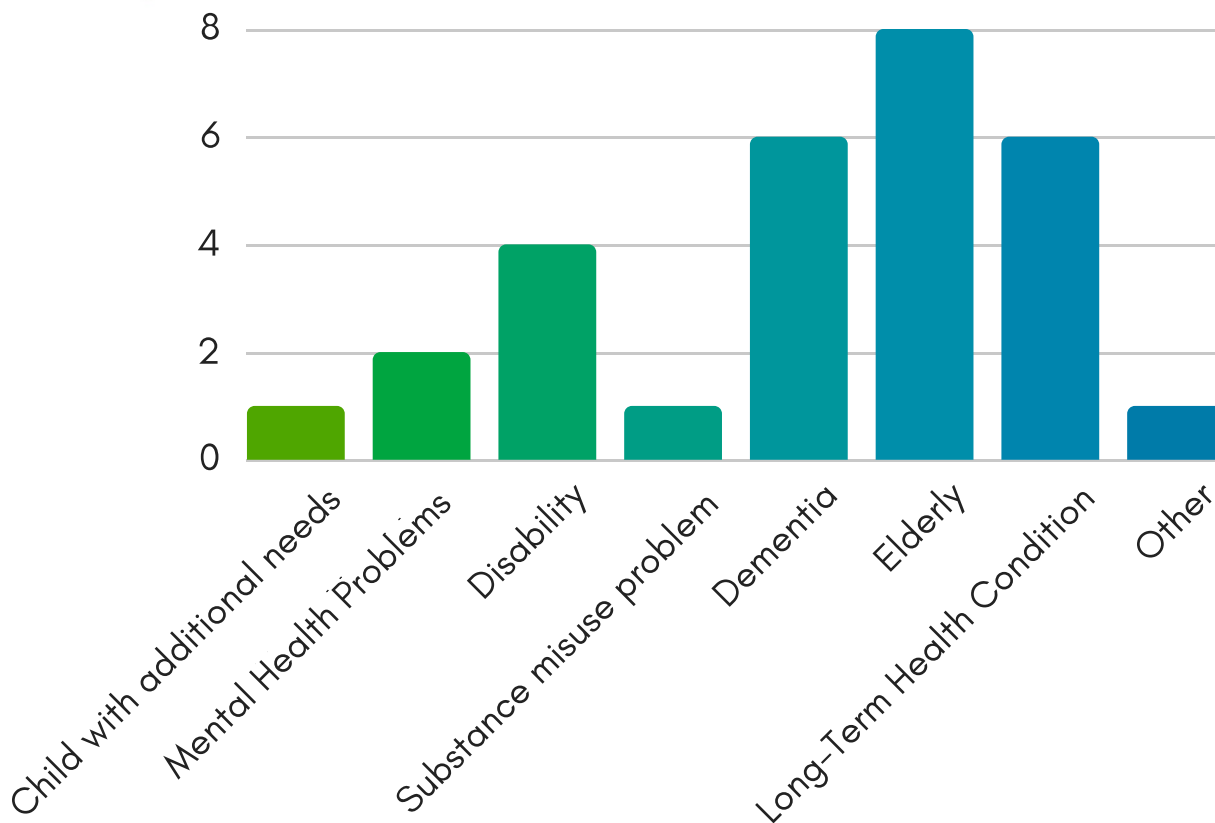
Female
93%



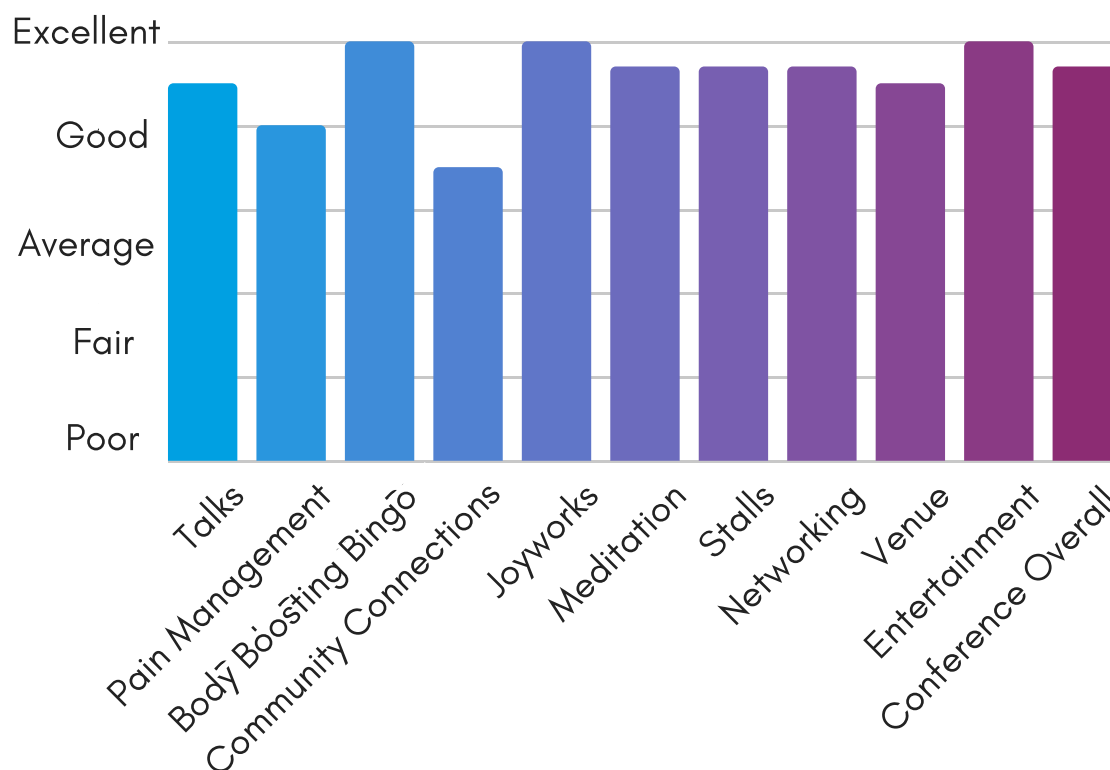
Average age of Unpaid Carers who gave feedback



Condition of the person you care for



Your experience of the Carers Conference



"A very well thought out programme
you met a great deal of peoples needs."



Recommendations for future conferences

We are constantly trying to improve the quality and content of the Carers Conference and appreciate all the feedback we received. We will consider all the suggestions for the Carers Conference 2019.

Programme was overcrowded, 5-10 minutes sessions never work

A map of where to find rooms etc. would be useful, maybe an idea for the venue

More carer talks

Would like to suggest a workshop on how to learn to have patience

Ordered vegetarian food but by the time I reached the front of the buffet there was none, was told some would arrive 'soon' and cheese and egg sandwiches did.

Would like to suggest for next year that we have a male carer's experience

It was sad to have the conference started off with statutory service using jargon with their agendas.

Perhaps it could be said at the outset that financial restrictions etc are not intended for this forum. I agree it gives us carers frustrations and anger but it is such an emotive subject I feel it should be addressed separately

Community Connections was more for the prescriber and how the carer feels rather than helping the carer see how it could help them

Meditation workshop should have been downstairs in a quieter room. Very noisy in Muirhead Suite.

When a speaker is given a time slot for a presentation make sure they only speak for the time allowed. I was disappointed in not having a proper Q&A slot because of the lack of time.

Stick to the timings given. The Q&A slot is important because when you hear how others are coping you know you're not alone with a similar problem

I feel you need to look at lunch time for diabetics

No real mention of drug and alcohol care provision

Appendix 1

Carers Conference Programme

Thursday, 22 November, 9:30 - 15:30

Dewars Centre | Perth

*Your
Life
Your
Choice*

09:30 – 10:00	Registration, Tea & Coffee, Exhibitions	Main Entrance Gallery/Tay Bar Area
10:00 – 10:15	Welcome & Introductions <i>Raymond Jamieson, PKAVS Carers Hub Manager</i> <i>Karyn Sharp, PKC Strategic Lead for Carers</i> <i>Lyndsey Baillie, NHS South Locality Service Manager</i>	Gannochy Suite
10:15 – 10:25	Opening Speech <i>Provost Dennis Melloy</i>	Gannochy Suite
10:25 – 10:45	Personalisation & Self-Directed Support <i>Dina Scott, SDS Coordinator PKC</i>	Gannochy Suite
10:45 – 11:00	A Carer's Journey <i>Jean, Carer</i>	Gannochy Suite
11:00 – 11:15	Q&A	Gannochy Suite
11:15 – 11:45	Tea & Coffee Break, Exhibitions	Gallery/Tay Bar Area
11:45 – 12:30	Morning Workshops Workshop A – Body Boosting Bingo Workshop B – Carers, Caring and Chronic Pain Workshop C – Community Connections Workshop D – Meditation Workshop E – Joyworks Session (Laughter Yoga)	Gannochy Suite Boardroom Hay Room Muirhead Suite Kinnoull Room
12:30 – 12:45	Respitivity & Time4Me Fund <i>Marthe Handling, Respite Development Officer</i>	Gannochy Suite
12:45 – 13:00	Losing and Finding 'Me' <i>Alison, Carer</i>	Gannochy Suite
13:00 – 13:15	Q&A	Gannochy Suite
13:15 – 14:00	Light Buffet Lunch & Exhibitions	Gallery/Tay Bar Area
14:00 – 14:25	Entertainment – Carers Choir <i>Renfrewshire Carers Choir</i>	Gannochy Suite
14:30 – 15:15	Afternoon Workshops	See above
15:15 – 15:30	Conference Round-up, Feedback & Raffle Prizes	Gannochy Suite