

Cross Party Group on Carers

Wednesday 29 June 2016, Committee Room 6, 5:30pm – 6:45pm

MSPs and their representatives: Joan McAlpine, Claudia Beamish, Johann Lamont, Graeme Dey, Stacey Adam (office of George Adam)

Individuals and organisations:

Andrew Muir, Psychiatric Rights Scotland	Janet Crozier, PASDA
Ashleigh de Vertueil, the ALLIANCE	Jude Clarke, Division of Clinical Psychology, British Psychological Society
Barry Gale	Kayleigh Thorpe, Enable Scotland
Ben Hall, Shared Care Scotland	Kelly Munro, Enable Scotland
Cath Purdie	Lorraine Keith, Support in Mind Scotland
Celia Sweeney	Linda Black, Standard Life Carers Network
Claire Crossan, Falkirk & Clackmannanshire Carers Centre	Linda Connon
Elizabeth Morrison, Life Changes Trust	Lorraine Allan
Ella Fisher, Marie Curie	Lynn Williams
Fiona Collie, Carers Scotland	Mairi O'Keefe, Leuchie House
Geoff Kitchener, Centrica Carers Network	Richard Meade, Marie Curie
Harry Robertson, North Lanarkshire Carers Together	Salena Begley, Family Fund
Iain Kirkman	Susan Lowes, Marie Curie
Ian Hood, Learning Disability Alliance Scotland	Tom Wightman, PASDA
	Lisa Ross, Mindroom

Claudia Beamish and Graeme Dey welcomed everyone to the meeting. Claudia Beamish and Graeme Dey were elected as co-conveners of the CPG. Carers Trust Scotland were elected as secretariat, and will share this role with other National Carer organisations when necessary. The conveners thanked Joan McAlpine for her contribution as co-convener in the last session of Parliament.

The need for MSP members of the group from the Scottish Conservative and Unionist party and the Scottish Liberal Democrats was noted; the secretariat will contact these MSPs and ask for expressions of interest before the group is re-registered.

Fiona Collie from Carers Scotland gave a brief update on the implementation of the Carers (Scotland) Act that was passed earlier in the year (see attached) There was a discussion about implementation; it was noted that information and learning from the unpublished Carers Rights Charter should inform the development of a new rights charter under the Act. There was also discussion of how local eligibility criteria will be monitored for consistency and how unmet need will be recorded. The full detail of the different implementation working groups is not yet available but will be shared with the group as soon as this information becomes available. There will be several different working groups that support the implementation of the Act and the

development of regulations and guidance. Announcement of the topics and proposed membership of the working groups will happen very soon.

It was decided that the CPG should write to the Scottish Government and relevant Minister to ask for clarification on several aspects of the Act's implementation, including:

- Recording of unmet need
- Local eligibility criteria for services
- Work already done on the Carers Rights Charter and how this will be used to develop new commitments
- How the changes to the GP contract could affect identification of carers

Jude Clarke asked how people could get involved with the working groups. Fiona Collie advised interested people to get in touch with the Carers Policy Branch at the Scottish Government and also noted that there will be a public consultation on some aspects of the guidance and regulations.

The Scottish Government can be contacted at

<http://www.gov.scot/Topics/Health/Support-Social-Care/Unpaid-Carers>
CarersAndYoungCarersPolicy@gov.scot

Mairi O'Keefe noted that unmet need could be recorded through GP systems such as SPIRE, or other anticipatory care planning systems, although it was acknowledged that until the GP contract was confirmed it was difficult to know how this would work. The new duty on hospital discharge will require GP involvement in order to be effective. Celia Sweeney highlighted that the first Carers Parliament in 2012 had agreed that identification of carers via GPs was the most appropriate method and wondered why this was still difficult. Changes to the GP contract and use of targets were noted as perhaps contributing to this.

Kayleigh Thorpe gave a short update on Enable Scotland's involvement in the emergency planning aspects of the Act and the next steps. Lorraine Allan asked about the Act's focus on preventative care; Fiona Collie said that this would be addressed more fully in guidance. There was some discussion about how good quality preventative care can reduce the demand for other types of support and how the outcomes for carers and their families can be better following preventative support.

Links with the forthcoming mental health strategy were also discussed. Lorraine Keith highlighted a paper published in Carers Week that examined the experiences of mental health carers.

Louise Morgan, Young Carers Development Manager at Carers Trust, provided a written update on the Scottish Young Carers Festival, which is taking place 2-4 August in the Scottish Borders (See attached update). Jude Clarke asked how young carers could get involved with the Festival. Currently, attendance at the Festival is organised through young carers' services and the Scottish Young Carers Services Alliance, to ensure that the young people are supervised by youth workers who know

them and can support them. However, young carers who do not attend young carer services are therefore not able to take part in the Festival. Heather Noller will speak to colleagues in the Scottish Young Carer Services Alliance to explore these issues further.

Future meetings of the group were discussed. In the previous session, meetings were held in the evenings and at lunchtimes. In this session, the group would prefer to have most meetings during the day and fewer in the evening. It was agreed to have the next three meetings of the group at lunchtimes.

Topics for future meetings were suggested. These included looking after someone with mental health issues relating to transgender status, the need to maintain a short breaks marketplace, looking after young adults with disabilities, implementation of the Carers (Scotland) Act, carers' rights and legal issues surrounding human rights of carers and their families, transitions and self-directed support, forensic mental health carers, learning disabilities and mental health, implementation of the Children and Young People's Act and the Named Person issue, the forthcoming autism strategy, Brexit, new social security powers, and caring for someone with traumatic brain injury. The conveners and secretariat will work together to distil these issues into themes for upcoming meetings and also attempt to prioritise them.

Once dates are available for future meetings, the Minister for Public Health will be invited to attend a meeting. Educational issues were also discussed, with a focus on the lack of support services such as educational psychology. Support for young people is often organised through health services, but this means that young people who do not have a health condition and are not regularly seen by health practitioners, so the opportunity to make support links is not present. The lack of advocacy was also seen as a problem in these situations.

The potential for joint CPGs was discussed, particularly at meetings with Ministerial input as this could be more efficient. When relevant CPGs are registered or re-registered, the conveners and secretariat will explore the potential for joint meetings.

Next meeting:

The CPG has to be formally reconstituted. Dates for 2016-17 will be circulated as soon as possible.

Scottish Young Carers Festival 2016

Louise Morgan, Young Carers Development Manager, Carers Trust

This year's Festival will take place at Broomlee Outdoor Centre from Tuesday 2nd August – Thursday 4th August.

As in previous years, there will be a programme for invited guests who attend the Festival on the final day. This will include a tour of the site, a visit to the YC Zone – the main consultation area for young carers, and an opportunity to engage with the young people before the grand finale of the Closing Ceremony.

There will be a full programme of events and activities for the young carers as well over the 3 days, including bands, discos, yarn bombing, inflatables, music and dance workshops, forum theatre, petting zoo, a cinema, quiz night, and a games lounge.

One issue for the festival organisers this year is the reduction in funding for the event. Scottish Government have totally funded the event over the past years, but this year's grant left us around £50K short of the normal budget. This meant that we needed to manage people's expectations of the event from the outset of the planning process. Thankfully, through some providers' goodwill and generosity, we have not had to scrimp too much on the actual activities, and we hope that the young carers who attend will hardly notice any difference. However, where we have had to cut back is in the numbers actually attending the Festival this year, and the amount of re-imbursment we can provide to the services who bring the young people.

Carers Trust fundraising team are working to bring in more money for the event, and have so far contributed £15K.

The number of people on site this year has been lowered by roughly 10%, from 620 to 550, and we have had to significantly reduce costs which the young carers services can claim for staff and travel costs as well.

We consulted with young carers and workers about what elements of the Festival which we could cut back on, and it was agreed that this year we would not produce a DVD of the event. In the past, this has been a useful awareness raising tool for services to use locally, especially as it included a filmed consultation highlighting the views of young carers on education, health and young carers services. However it was felt that people would manage this year without this. The Festival 'Goodie Bag' has also been a victim of the cuts, but we are still making savings, so this might not be as big an issue as we first thought!

This year we are also looking in to the prospect of asking some of the young adult carers who have been involved in our events over the last couple of years to come along and be volunteers. This may be helpful in building their experience as well as seeing the Festival from the other side.

We are also going to invite some of the Trust's major donors along to the event, as well as some potential corporate sponsors with a view to attracting some funding for future Festivals.