

Forward

Midlothian

Disabled People

www.forwardmid.org.uk



Equality - Diversity - Inclusion

The Scottish Government's Independent Review of Adult Social Care

On 1 September 2020 the First Minister announced that there would be an Independent Review of Adult Social Care in Scotland as part of the Programme for Government. The Review was chaired by Derek Feeley, a former Scottish Government Director General for Health and Social Care and Chief Executive of NHS Scotland. Mr Feeley was supported by an Advisory Panel of Scottish and international experts.

The review listened to people's experiences of social care support (users, carers and workers). From September to November 2020, the Chair of the review, members of the advisory panel and members of the review Secretariat gathered information by carrying out the following:

- An Open Enquiry where individuals and organisations could submit views.
- Stakeholder Engagement Events with each event focusing on specific areas such as physical disability, mental health, etc.
- Meetings with Key Stakeholder Groups and Organisations where the review team met to hear from key stakeholder groups and organisations as well as people who worked in social care support services.

In January 2021 the Independent Review of Adult Social Care report was published. Taking on board what individuals and organisations had said the report made 53 recommendations which could make adult social care support far better than it currently is. Here are some of the key recommendations of the report makes.

A human rights based approach

Human rights, equity and equality must be placed at the very heart of social care and be mainstreamed and embedded. This could be further enabled by the incorporation of human rights conventions.

Unpaid carers

Carers need better, more consistent support to carry out their caring role well and to take a break from caring with regular access to quality respite provision.

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A national care service (NCS)

Accountability for social care support should move from local government to Scottish Ministers, and a Minister should be appointed with specific responsibility for Social Care.

Models of care

There must be a relentless focus on involving people who use services, their families and carers in developing new approaches at both a national and local level.

Investment in alternative social care support models should prioritise approaches that enable people to stay in their own homes and communities, to maintain and develop rich social connections and to exercise as much autonomy as possible in decisions about their lives. Investment in or continuance of, models of social care support that do not meet all of these criteria should be a prompt for very careful reflection both by a National Care Service and local agencies.

Fair Work

Specific priority should be given to pay, travel time, sick pay arrangements, training and development, maternity leave, progression pathways, flexible pathways and pension provision. The national evaluation of terms and conditions should be undertaken to inform these minimum standards, and these should be reviewed as required.

Finance

Prioritising investment in social care as a key feature of Scotland's economic plans for recovery from the effects of the Covid-19 pandemic.

Remove charging for non-residential social care support.

Re-open the Independent Living Fund, with the threshold sum for entry to the new scheme reviewed and adjusted

Review financial support made available to unpaid carers and increase investment in respite.

What happens now?

At the time of writing no political party has published their manifesto which means that we don't know which Party (s) will implemented all the recommendations, some of the recommendations or none of the recommendations. The SNP have said they are having positive discussions with COSLA and hope to deliver all the recommendations from the review. One stumbling block may be accountability for social care moving from local authorities to the Scottish Government - which COSLA, along with some political parties do not support. Do read all the parties manifestoes to find out what their position is on this.

Ian Hood, Vice Chair of Scotland Against the Care Tax (a campaigning organisation who has led the fight against Care Charges for the last ten years) said: "This commitment is good news. But unfortunately there is no date for this to happen, Disabled people will have to keep on waiting year after year and in each of these years according to Derek Feeley's Care Review will pay at least £50 million in care charges. There is no need for this delay. COSLA may say there is a need to be slow to manage an increase in demand for care but they said the same thing two years ago when Free Personal Care was introduced for the under 65s and there was no such increase. It's time to turn fine words into action. "

You can read the full report here:

www.forwardmid.org.uk/pdf/independent-review-adult-care-scotland.pdf

Fancy a Blether befriending service



Midlothian Health & Social Care Partnership

Fancy a Blether is a free befriending service that connects clients with a volunteer for a weekly telephone call or in-person meeting (where appropriate and where circumstances allow) for a time-limited period up to a maximum of 12 months.

Volunteers provide friendly chat, a listening ear, and can support clients to become more connected in their community. Volunteers are screened, trained and disclosure-checked before matching with clients.

What volunteers can help with:

- Volunteers can provide a regular friendly contact by phone or in person,
- Volunteers can offer support and encouragement to access services and activities in their community and to create new social connections,
- Volunteers can accompany someone to places of interest in the local community.
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What volunteers do not help with:

- Volunteers do not provide a counselling or therapy service,
- Volunteers do not provide personal care or medical advice,
- Volunteers do not help with errands or household tasks such as essential grocery shopping, collecting prescriptions, transport to appointments, cleaning, gardening, or pet care,
- Volunteers do not provide an open-ended service; at some point the match or service will end. We aim for a planned ending for each befriending match as this helps both clients and volunteers to have a positive experience.
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If you think this would benefit you, please get in touch with Eric Johnstone

 eric.johnstone@mvacvs.org.uk

Activities Volunteers Wanted!

Do you have a talent you could share to entertain others? Maybe you are a budding quizmaster, musician, or crafter! Volunteers plan, organise and lead activities and entertainment for small groups of residents in extra-care housing in Midlothian.

With each activity you offer, you can expect to feel the immediate impact of donating your time as you help to enhance wellbeing and reduce isolation for local people in Midlothian. This role takes place during mornings or afternoons from Monday to Sunday for 2 hours per week at Cowan Court, Penicuik. A minimum commitment of 6 months is requested.

To apply or find out more, visit www.nhslothian.scot/GetInvolved/Volunteering/ or email Georgia Sinclair at  georgia.sinclair@nhslothian.scot.nhs.uk

Macmillan – Improving the Cancer Journey Service

We're Here to Help

Being diagnosed with cancer can be overwhelming and many people don't know where to go for support. NHS Lothian and Macmillan Cancer Support want to offer everyone affected with cancer (including families and carers) time with a Link Worker to think about 'what matters to them' and access to the support they need. This service is for anyone affected by cancer at any point on their cancer journey.

Here are some of the things we can offer support with:

- Money or housing worries
- Work
- Caring responsibilities
- Physical concerns
- Emotional Concerns
- Other types of support
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Anyone can refer into this service. This includes people affected by cancer, or anyone working with people affected by cancer.

Due to COVID-19 guidance and to keep everyone safe, the service is offered over the telephone or by video call. If you would like to find out more about how we can help or to book an appointment,

please contact us:

Tel no: ☎ **07977307286** / ☎ **07929784315**

Email : ✉ loth.icj@nhslothian.scot.nhs.uk



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

Local Area Co-ordinators

Hello. My name is Caroline Rodger. I have just started working with the Local Area Co-ordinators for two days a week. Some of you may already know me; I have worked in Midlothian for 12 years, previously with People First (Scotland).

I am delighted to be working alongside Catherine, Stuart and Carrie and am really looking forward to the groups starting up and meeting people.

Caroline



The Local Area Co-ordinators team are delighted to welcome Caroline and also look forward to renewing community connections as the restrictions lift. We continue to work with people face to face on an individual basis at the moment, and keep people in touch with one another via social media, but there will be genuine joy in getting together again amongst friends. If you feel Local Area Co-ordinators could help you, please get in touch. you can find all our contact details in the Forward Mid directory www.forwardmid.org.uk/directory42to54.html#link5

Catherine

National Entitlement Card

Midlothian Council customers can now apply online for a new bus pass or Young Scot card.

The new service will mean anyone in Midlothian applying for a new National Entitlement Card, which covers discounted travel and Young Scot benefits, no longer needs to fill in a form and send in or email paperwork.

Instead, the whole process, including verification and photo ID, can all be done quickly and easily online at www.midlothian.gov.uk/nec This is for new applicants only, if you have lost or damaged your bus pass please email ptu@midlothian.gov.uk



A Midlothian Council spokesman said: “This will make the whole process so much easier for people with disabilities or those over 60 applying for new bus passes if they have access to the internet.

“Young Scot cards will continue to be issued from schools but anyone not at school who needs a new card can now also apply online at any time of the day or night from the comfort of their own home.

The spokesman said the online service was particularly helpful given public buildings are closed because of coronavirus restrictions.

He said: “Normally application forms can be handed in to some public buildings including libraries but this isn’t currently an easy option because of lockdown.”

Apply at www.midlothian.gov.uk/nec

Customers who prefer can fill in an application form, scan or photo documents and email them back to ptu@midlothian.gov.uk

Or email the above address if you have any problems applying at all.

More information including how to get the applications forms can be found at www.midlothian.gov.uk/nec

The National Entitlement Card (NEC) is Scotland's National Smartcard. Supported by Scottish Government to deliver national and local services, the NEC makes it convenient for citizens to access various public services and facilities with only one card.

Trouble with bus pass

Please contact us if the electronic ticket machine did not recognise your card. It may have expired or be damaged.

The driver should offer you a ‘7 day replacement ticket’ in exchange for your card, which the driver will keep. The 7 day pass will give you time to contact ptu@midlothian.gov.uk to order a replacement card.



Age Scotland Carers' Rights

Age Scotland currently have three courses related to Dementia Carers' Rights and will be offering them all over the next quarter. They are all designed for the unpaid carers of people living with dementia.



Love later life

Dementia Carers' Rights: Adult Carer Support Plan

An interactive online session for the unpaid carers of people living with dementia to introduce the Carers (Scotland) Act and what this means for carers, with a particular focus on the Adult Carer Support Plan. Learn more about what your rights are as a carer and how to access these.

Friday 30th April 10:00 hrs – 11:30 hrs

www.eventbrite.co.uk/e/dementia-carers-rights-adult-carer-support-plan-30-april-tickets-143847141673

Thursday 20th May 14:00 hrs – 15:30 hrs

www.eventbrite.co.uk/e/dementia-carers-rights-adult-carer-support-plan-20-may-tickets-143847510777

Dementia Carers' Rights: Your rights and Self-Directed Support

Self-directed support aims to give people more choice and flexibility in how care and support is arranged. This workshop will provide an introduction to self-directed support, enabling participants to learn more about what this is, what this can mean for carers and how to access it.

Thursday 22nd April 10:00 hrs – 11:30 hrs

www.eventbrite.co.uk/e/dementia-carers-rights-your-rights-and-self-directed-support-22-april-tickets-143844325249

Thursday 3rd June 14:00 hrs – 15:30 hrs

www.eventbrite.co.uk/e/dementia-carers-rights-your-rights-and-self-directed-support-3-june-tickets-143844868875

Dementia Carers' Rights: Power of Attorney and other advanced decision making

This interactive workshop for unpaid carers of people with dementia gives an introduction to power of attorney, with a particular focus on the role of the attorney, and other forms of advance decision-making.

Monday 7th June 10:00 hrs – 11:30 hrs

www.eventbrite.co.uk/e/dementia-carers-rights-power-of-attorney-7-june-tickets-143942242121

Thursday 17th June 10:00 hrs – 11:30 hrs

www.eventbrite.co.uk/e/dementia-carers-rights-power-of-attorney-17-june-tickets-143943110719

NHS HEARING AID REPAIR DELIVERY SERVICE



ARE YOUR HEARING AIDS NOT WORKING?

Due to the pandemic, the Audiology Department has been unable to offer repair clinics and the local clinics have also been temporarily halted.

We have arranged a volunteer led service to uplift and return your faulty NHS aid(s) from your home, to an Audiology repair clinic.

Place your aid(s) in a sealed envelope/package along with a note of your name, address and details of what is wrong with your hearing aid(s).

A volunteer will call at your house, ring the bell and stand 2 meters back. You should then place your package on the door step and close the door. The volunteer will then lift the package and take it for repair.

Volunteers will uplift your aids between 10am – 12 on Tuesdays.

They will be returned to you on Wednesday morning

TO ACCESS THIS SERVICE please call ☎ 0131 270 7500

OR EMAIL  Batteries@midlothian.gov.uk

Requests should be made by 3.30pm on Friday



The sight loss charity Sight Scotland has launched a new Family Wellbeing Service, including a freephone telephone helpline, providing support to people with sight loss and their families, carers and friends.

Support Line

Here for you when you need support

If you need to talk to someone about sight loss, Sight Scotland will listen. Sight Scotland Will explore what living with sight loss means for you and talk through your concerns, finding solutions together.

Need answers and advice on adapting to living with sight loss? Sight Scotland are here for you.

Sight Scotland here for everyone with sight loss, and can help you tackle the future with confidence.

- Talk to Sight Scotland today ☎ 0800 024 8973
- Send Sight Scotland an email 📧 supportline@sightscotland.org.uk
- Or complete the form at <https://sightscotland.org.uk/supportline> to book a call back from an advisor at a time that suits you.

Opening times

10am-12pm and 1pm-3pm, Monday to Friday

Sometimes it's helpful to write down your concerns before you share. Send us a email and one of our specialist advisors will come back to you. We aim to respond to emails within 24 hours.

At Sight Scotland, we know that sight loss is challenging not only for the person, but for the people around them too. Our friendly team can provide information on a range of topics including:

- Sight loss conditions
- Adapting to and coping with sight loss
- Maintaining independence
- Benefits and financial support
- Where to get more support locally.

Alternative Publications

Please like us on Facebook www.facebook.com/forwardmid/

Forward Mid newsletters are available in large print on request from Eric Johnstone ☎ : 0131-663-9471 or 📧 eric.johnstone@mvacvs.org.uk write to him at MVA, 4-6 White Hart Street, Dalkeith, EH22 1AE with your request. Electronic copies can be found on www.forwardmid.org.uk/newsletters.html. The latest Firefox browser has the reader symbol 📖 in the address bar, click and select narrate from left menu. The latest Safari Browser has the reader symbol Reader but does not read aloud. These only work on websites without errors. If you require help please contact Forward Mid and we will arrange to help you.

Edited by Iain Tait for Forward Mid