

TRANSPORT

- ✓ Promote Carers Bus Pass to all who need them
- ✓ Carer friendly parking in hospitals
- ✓ All local bus companies such as Stagecoach need to be asked to consider at least a weekly service for isolated communities
- ✓ Improved bus services for isolated communities
- ✓ Affordable community transport (not statutory bus companies)

COMMUNITY SUPPORT

- ✓ Parish Councils to set up local groups and lunch clubs
- ✓ Parish Councils/villages to promote Carer awareness and services where people live
- ✓ Postman, neighbours – mapping/sharing information
- ✓ Promote Carers with very local organisations like Parish Councils to develop local provisions
- ✓ Encourage Parish Councils to set up clubs
- ✓ Carer presence in the libraries
- ✓ Contact Duke of Edinburgh (DoE) to see if a community buddy could be a small section
- ✓ Links between locally based groups/organisations (Carer Champions)
- ✓ Leominster and Ross meeting centres link for Carer and Cared For
- ✓ Communication – Leominster News and Community Brokers

HEALTHWATCH

- ✓ Promote use of feedback centre to Carers to ensure it hears the Carers voice
- ✓ Raise issues of GP considering Carers as well as Cared for (Make Every Contact Count)
- ✓ Focus on physical and mental health of Carers (Mental Health Forum a good idea)

WISH

- ✓ Directory information about what local organisations are available and can be accessed (WISH catalogue)

AWARENESS RAISING

- ✓ Organisations need to be made aware of Carers, so they recognise the Carers needs
- ✓ Pledge to Carers form companies or commercial/communities to support Carer in simple ways
- ✓ Carers presence in CAB and other advice bodies
- ✓ Making organisations aware of how many Carers there are who might want to participate
- ✓ Mobile meeting centre (bus)
- ✓ Huge venue, huge meeting with a strong message
- ✓ Pledge to Carers – companies, supermarkets etc to have a monthly Carer day with special care for Carers and information about local services and support
- ✓ Recognition of Young Carers (school, Scouts, Guides etc)

- ✓ Raise Carer awareness via parish magazines, pubs, Women's Institute (WI), GP surgeries, social clubs, churches and shops
- ✓ Promote idea of a Carer reduction/discount when accompanying cared for to cultural events
- ✓ Promote Carers Support to organisations who can provide cultural services eg. The Courtyard and Odeon
- ✓ Organisations should be made aware of Carers requirements for accessibility, support and fun (if necessary)
- ✓ Reaching Carers – mobile meeting centre (bus)
- ✓ Carer friendly poster/badges, accreditation and social media
- ✓ Networking with local organisations/businesses eg. Courtyard, Hereford Times, Healthwatch

HEALTH SERVICES INCLUDING HOSPITALS AND GP SURGERIES

- ✓ Carer Champions in GP practices
- ✓ Carer Champions/Leads in each GP practice recognising Carers and understanding Carer specific needs and their needs post full time caring
- ✓ Ability to discuss logistics of appointments for example with GP practices
- ✓ Hospital volunteer to keep an eye open/sit with patient – gives Carer reassurance when not there
- ✓ Dementia Advisors link with Social Prescribers
- ✓ Carer presence in hospitals (Carer Champions/Leads)
- ✓ Recognise Carers as Carers after the cared for goes into care
- ✓ Carers offered appointments with Social Prescribers as a matter of course
- ✓ Alzheimer's Society working with social prescribers
- ✓ Do GP surgeries have Carers Champions/Leads?
- ✓ Carer appointments as a matter of course with social prescribers
- ✓ Primary Carer Home – focus on care
- ✓ GP practice Carer Champions hold/use WISH catalogue
- ✓ Social Prescribers linked to GPs/Community Brokers

SUPPORT INCLUDING GROUPS

- ✓ Provide the opportunity to socialise in a group
- ✓ Social media groups can be helpful to access events and opinions (for some not others)
- ✓ Inclusion – Carers whose Cared For are now in homes/permanent care – financial and emotional support groups (look outside the care home)
- ✓ Carer groups to invite Carer Champions from GP practices to attend groups
- ✓ Former Carers time to grieve them re-join groups/keep links
- ✓ Non-family support – not wanting to burden family so better to talk to someone outside of the family
- ✓ Carers Champion/Lead in each organisation
- ✓ Don't rely on computers!
- ✓ Information and understanding – look out for Carers. Notice if someone is missing
- ✓ Coffee mornings
- ✓ Regular lunch clubs