



Hertfordshire Partnership
University NHS Foundation Trust



**Want to get involved?
Join our Carer Council...**

Our  values
Welcoming Kind Positive Respectful Professional

The Carer Council

Hertfordshire Partnership University NHS Foundation Trust wants to enlist carers of people who have received the Trust's mental health, drug and alcohol or learning disability services; to join its Carer Council.

The aim of the Carer Council is to discuss:

- Issues that local carers and carers groups want to talk to the Trust about;
- Issues on which the Trust wishes to consult with carers to gain the carer perspective.

The ultimate aim of the Council is to help the Trust to improve its services and to make a difference for service users and carers.

The Trust will offer regular support to Carer Council members from the Customer Inclusion and Engagement Lead.

Council members must be committed to attending a 3 hour Council meeting every 2 months. Members must also be willing to spend time in preparation for meetings and be willing to visit local carer groups to gather a wider carer perspective on issues.

Payment of £10 per hour is offered and expenses will be reimbursed. This will include up to 3 hours preparation time and 3 hours liaising with other carers. Interested carers will be asked to complete a short information statement with details of their experience and will be invited for an informal discussion with the Trust.

The Council aims to be representative of the community served by the Trust and encourages citizens from all backgrounds to join.

What is the definition of a Carer?

A carer is a friend or relative who regularly looks after and supports, in an unpaid way, an ill or disabled person on an informal, voluntary and sometimes long term basis. They are sometimes known as 'informal carers'.

The 'cared for' person can be a family member, a partner, friend or neighbour. Carers may be heterosexual, gay or lesbian. A carer can be of any age, including those under the age of 18 (who are often described as young carers). Carers come from all cultural and religious communities and live in diverse geographical areas. A carer can also experience disability or ill health.

The 'cared for' person may be frail, have physical or mental illness, a disability or be dependent on drugs and or alcohol. The help and support provided may include all or some of the following; emotional support, help with meals, washing, feeding, dressing and taking medication on time.

Support for the cared for person may be provided in someone's own home, in supported accommodation, in hospital, or in a residential or a nursing home.

Anyone looking after a person with an illness or disability, whatever their situation, is a carer.

Who to contact:

If you think you can help, and would like more information or an informal chat, please contact:

Customer Inclusion and Engagement

Sophie Taylor

Inclusion and Engagement Manager

Hertfordshire Partnership University NHS Foundation Trust

99 Waverley Road

St Albans

AL3 5TL

Direct line: 01727 804761

sophie.taylor@hpft.nhs.uk

NHS Direct

Telephone: 0845 4647

POhWER

Telephone: 0870 7702 652

ICAS - Independent Complaints Advocacy Service for Hertfordshire and Bedfordshire. Telephone: 0845 456 1082

PALS - Patient Advice and Liaison Service.

Telephone: 01707 253916

If you require this information in a different language or format please contact the Trust on 01707 253903 or speak with the service providing you with support.

Hertfordshire Partnership University NHS Foundation Trust works toward eliminating all forms of discrimination and promoting equality of opportunity for all.

We are a smoke free Trust therefore smoking is not permitted anywhere on our premises.