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Suffolk
Family Carers
Living Fuller Lives



PRESS RELEASE

HEALTH EDUCATION TRAINING AND ONE-TO-ONE TO SUPPORT FOR FAMILY CARERS IN SUFFOLK

Thursday, February 25th 2016 – A project aimed at helping family carers spot signs of deterioration in the nutrition and health of the person they are looking after, as well as giving them one-to-one support at home, has been launched by three Suffolk care organisations working in partnership.

The year-long *Integrated Family Carer Support Project* involves practical training on four key health areas, in conjunction with support for carers in their own homes and GP surgeries.

It is being run in partnership by the charities Sue Ryder and Suffolk Family Carers, funded by the Suffolk Brokerage and Health Education East (HEE).

A total of 30 group training sessions are being launched for family carers who want to attend at Sue Ryder Synergy Café locations in **Bury St Edmunds, Felixstowe, Ipswich, Stowmarket and Sudbury**. (See attached details and dates).

Health experts will cover the topics of nutrition, resilience and wellbeing, prevention of urinary tract infections (UTIs) and chronic obstructive pulmonary disease (COPD), which are some of the most common health ailments to affect people being cared for.

The aim of the workshops is to give family carers crucial training and help them better self-manage their condition at home.

Suffolk Family Carers' support workers can provide one-to-one support at the carer's preferred location.



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Emma White, Deputy Workforce Manager at Suffolk Brokerage, said: “The idea behind this initiative is to give practical help to carers so they gain the skills and confidence they need when dealing with key, long-term health conditions.

“Family carers do a fantastic job, often with little practical support. The aim of this initiative is to change that, and to focus on giving family carers training from experts.”

Jo Marshall, Neurological Care Centre Director at Sue Ryder – The Chantry, said: “By providing health education training, we hope to reduce the personal costs in term of physical and emotional strain on carers as well as alleviate pressure on the NHS.

“We think many carers will find the workshops very useful, as they will cover things like spotting signs of deterioration and incorporating preventative measures for some common health conditions. All family carers are welcome to attend. All you have to do is to get in touch with Sharon Barber, Development and Funding Officer, at Sue Ryder – The Chantry on 01473 295200, or contact community.services@sueryder.org to find out the dates and locations of the courses in your area and book a place.”

Hayley Hancock, Adult Services Manager, from Suffolk Family Carers said: “It is important that carers feel they have all the necessary resources and knowledge to support them in their caring role. This training can only add to their knowledge and experience. They will also have the opportunity to meet other family carers at the training sessions.”

For further information, please contact:

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Suffolk Brokerage
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Sue Ryder – The Chantry
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Notes to Editors

Suffolk Brokerage

Suffolk Brokerage is an independent, not-for-profit organisation based in Needham Market supporting the care sector in Suffolk to deliver high quality care. It does this by providing information and advice aligned to the needs of care providers in Suffolk. This includes information and help with training, workforce and planning assistance, qualifications and funding www.suffolkbrokerage.co.uk It runs an information portal called Carewise. www.carewisesuffolk.co.uk

Care Careers Suffolk is part of The Suffolk Brokerage. It supports individuals, as well as employers with information, guidance and advice on apprenticeships and careers in care. www.carecareerssuffolk.co.uk

Sue Ryder

Founded in 1953, Sue Ryder is a national health and social care charity providing compassionate hospice and neurological care across the UK. It does this throughout its seven hospices five neurological care centres, community-based services, and in people's own homes.

Sue Ryder offers a range of personalised care, advice, education and support services in local communities to help improve the lives of individuals – including their carers and families – with conditions such as cancer, heart failure, respiratory failure, acquired brain injury, multiple sclerosis, Huntington's disease, Parkinson's disease and Motor Neurone disease.

In order to continue to provide and develop its range of invaluable services, Sue Ryder relies predominantly on income from its retail shops, fundraising activities and generous donations from members of the public. For more information, visit www.sue Ryder.org

Suffolk Family Carers

Suffolk Family Carers is a registered charity in touch with 14,239 carers of all ages in Suffolk, for whom it provides information, advice, guidance and support. A family carer is someone of any age whose life is restricted because they are looking after another person who cannot manage without help because of illness, age related frailty, mental health need, substance misuse or disability.

Family carers are not paid and do not always live with the person they care for. They may be caring for a friend, neighbour or relative. For more information, visit www.suffolkfamilycarers.org

The 2011 census states that there are around 78,000 family carers in Suffolk, but Suffolk Family Carers believes there to be many more than this, as some family carers don't identify themselves as such.



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Integrated Family Carer Support Project 2016 - Synergy Café locations:

Bury St Edmunds

British Sugar Social Club
IP32 7BB

Felixstowe

United Reformed Church
Tomline Road
IP11 7PP

Ipswich

The Stables,
The Chantry
IP2 OBP
and
All Hallows Church Hall
Landseer Road
IP3 OEW

Stowmarket

Redwoods at Red Gables
IP14 1BE

Sudbury

20 Gainsborough Street
CO10 2EU

Courses may also be held in other locations.

Contact Sharon Barber, Development and Funding Officer at Sue Ryder – The Chantry on 01473 295200 or email community.services@sueryder.org to find out the dates and locations of the courses, and to book a place.

For dates of the sessions, see Page 5.



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Training sessions by subject:

Urinary Tract Infections (UTIs), 2pm – 3pm.

Monday, 29 February - Felixstowe
Tuesday, 26 April - Ipswich
Wednesday, 8 June - Bury St Edmunds
Thursday, 14 July - Stowmarket
Monday, 12 September - Sudbury
Tuesday, 8 November - Ipswich

Nutrition, 2pm – 3pm.

Tuesday, 29 March - Ipswich
Monday, 9 May - Felixstowe
Monday, 27 June - Sudbury
Tuesday, 27 September - Ipswich
Wednesday, 12 October - Bury St Edmunds
Thursday, 24 November - Stowmarket

Resilience and wellbeing, 2pm – 4pm.

Thursday, 31 March - Stowmarket
Monday, 25 April - Sudbury
Tuesday, 10 May - Ipswich
Monday, 11 July - Felixstowe
Tuesday, 25 October - Ipswich
Wednesday, 30 November - Bury St Edmunds

Chronic Obstructive Pulmonary Disease (COPD), 2pm – 3.15pm.

Monday, 14 March - Bury St Edmunds
Thursday, 26 May - Stowmarket
Tuesday, 12 July - Ipswich
Monday, 10 October - Felixstowe
Monday, 14 November - Sudbury
Tuesday, 13 December – Ipswich