NHS
South West Yorkshire Partnership Teaching
NHS Foundation Trust

Carers, family and friends passport

With **all of us** in mind.

What is a carer?

A carer is anyone looking after a family member, partner or friend who needs support due to their illness, frailty, disability, mental health condition or addiction and cannot cope without their support. This is an unpaid role.

Parent carers provide support to their children, including grown up children who could not manage without their help. The child/adult can be ill, disabled, or have mental health or substance misuse problems.

About the carers, family and friends passport

The passport is a place for people in a caring role to keep important information, details of local groups who can help, a reminder of the support available, and to reflect on what being in a caring role means for you.

One of our carers said: “The passport highlights a range of effective practical support options that are available for both my carer role and my personal wellbeing.”

Here are some of the words that we have heard from people about their carer, family or friend role:

The carer's pathway

Our Trust's carers' pathway is a way of helping carers get the support they need at the right time. It also helps health care staff identify, recognise and support carers, and helps carers recognise if they are receiving the support they're entitled to. You can have a look at our carer's pathway on our website:

https://www.southwestyorkshire.nhs.uk/service-users-and-carers/carers-support/

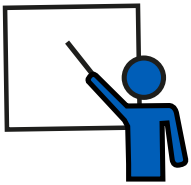
or scan the QR code.

Triangle of Care

Our Trust is a member of the Triangle of Care which is about making sure carers are an equal part of a person's journey through our services. We want to keep families, loved ones, and carers of people who use our services informed and supported.

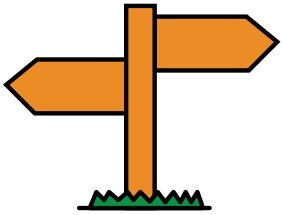
To do this, there are six key standards you can expect from us:

Carers, and the essential role they play, are identified at first contact or as soon as possible thereafter.



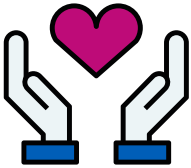
Staff are 'carer aware' and trained in carer engagement strategies.

Policy and practice protocols about confidentiality and sharing information are in place.



Defined post(s) responsible for carers are in place.

A carer introduction to the service and staff is available, with a relevant range of information across the care pathway.



A range of carer support services are available.

My details and who I care for

My details
Name Address   Contact number
I am the carer of…
Name Address   Contact number Services involved in

Families and carers matter

This passport will be made successful by working in partnership with our carers, staff and stakeholders.

Carers' commitment	Trust commitment
I will ensure my passport is kept up to date and report changes when they occur	We will work with you as a partner
I will use this passport to support my caring role and my own wellbeing	We will support you to get the help and assistance when you need it
	We will train our staff to be aware of carers' needs

Me and my caring role

My caring responsibilities are… (Think about the practical, physical and emotional support you carry out). You may have more than one caring role.

What impact does this have on me? (Think about your emotional and physical health). Is there anything that could make this better?

Do I need support to carry out my caring role?

If yes, what would help?

What support am I currently getting?

Is there anything that services can do to be more accessible for you? Do you have any additional needs?

At the back of this passport you will find information about the additional support that is available, including support in a crisis.

Speak to staff if you would like a carers' assessment.

My skills, knowledge and experience

What skills have I developed as a carer? (You could think about how you are an expert by experience, or personal qualities for example, being dependable). You may wish to have a reflection conversation with someone else if helpful.

Is there something you would like more experience with or particular skill you wish to develop? (This could be for example how to manage unusual behaviour, risks and self harm).

At the back of this passport you will find information about the additional support that is available, including support in a crisis.

Review

If your circumstances change you may wish to revisit some of the information you have put in your passport.

I was given this information by

Service name

Contact details

Lanyards for carers

- If you give support to someone who uses our services, you can ask us for a carer lanyard and a card. You can wear your lanyard with your card or show your card when you come to our services with the person you support.

  By wearing a lanyard or showing a staff member a card, it will make it easier for us to know that you care for someone, and make sure you are getting the right support and information.

  If you would like a lanyard or a card, you can ask any member of staff in our services to give one to you. You can ask for a carers lanyard and card if you are an:

  » unpaid carer – family members or friends who support someone
  » paid carer – such as personal assistants

- This is what a carers lanyard looks like:

- Other places that recognise and provide the lanyard and card are:
  » Locala
  » Mid Yorkshire Teaching NHS Trust
  » Calderdale and Huddersfield NHS Foundation Trust
  » Kirklees Council
  » GP practices in Kirklees
  » Carers Count, Carers Wakefield and Making Space in Calderdale

Additional support

Please contact the carers project management officer to be added to the Trust carers' network for further support: gillian.cowell1@swyt.nhs.uk

Suicide prevention support for families and carers: https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2024/03/4025-Suicide-prevention-support-for-families-and-carers-booklet-V3.pdf

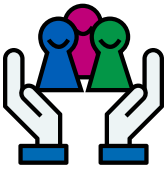
Carer support information is available on our Trust website: https://www.southwestyorkshire.nhs.uk/service-users-and-carers/carers-support/

Information about getting help and support in a crisis is available on our Trust website: https://www.southwestyorkshire.nhs.uk/service-users-and-carers/in-crisis/

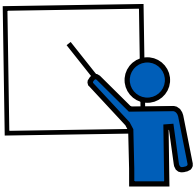
Notes, questions and reflections

What's on offer

Carers champion/ leads

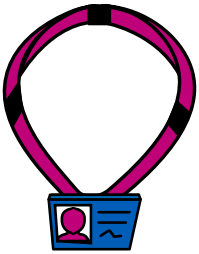


Carer support groups

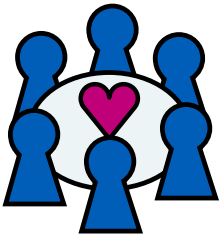


Staff carers awareness training

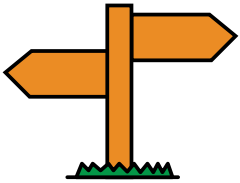
Carers information sessions



Carers lanyards



Carers wellbeing workshop



Signposting you to other support services

Local carer services directory

Barnsley	**Barnsley Carers Service - Cloverleaf** Tel: 01226 288772 **Family & Friends Team** Tel: 07425 737334 Email: CarerSupport.FFTeam@swyt.nhs.uk
Calderdale	**Making Space** Tel: 07815 493439 Email: carers.calderdale@makingspace.co.uk **Calderdale Carers Count** Tel: 01422 369101 (select option 4) Email: calderdale@carerscount.org.uk **Unique Ways (parent carers)** Tel: 01422 343090 Email: hi@uniqueways.org.uk
Forensic/learning disability services	**Wakefield Recovery and Wellbeing College** Tel: 01924 316946 **Yorkshire and Humber Involvement network** julianne.sidebottom3@nhs.net
Wakefield	**Carers Wakefield and District** Tel: 01924 305544 **Wakefield Recovery and Wellbeing College** Tel: 01924 316946 **Wakefield Admiral Nurses** Tel: 01924 316973
Kirklees	**Carers Count** Tel: 0300 012 0231 **Admiral Nurses** Tel: 01484 343126
Other	**Carers UK** Tel: 020 7378 4999 **Creative Minds – carer activities** Email: creativeminds@swyt.nhs.uk

Scan this QR code with your smartphone to be taken to our carer resources and young carer support online.

Recovery and wellbeing colleges

Recovery Colleges provide short, free-of-charge, wellbeing-focused courses and workshops to any member of the public. Our small groups, both face to face and online, are co-produced by people with professional and lived experience, providing a supportive environment to empower you to learn more about and take control of your own health and wellbeing (or that of someone you support), helping you to live your best quality of life. They provide the opportunity to explore personal strengths and talents in a relaxed and safe environment, introducing you to a wider network of people and organisations that benefit your wellbeing and recovery, and enable you to access more in your communities. Courses revolve around topics of understanding and managing health and wellbeing conditions, physical activity and learning new hobbies/crafts/skills.

Recovery and Wellbeing Colleges

The Exchange – Barnsley Recovery and Wellbeing College
Tel: 01226 730433
Email: Barnsley.Recoverycollege@swyt.nhs.uk
www.barnsleyrecoverycollege.nhs.uk

Calderdale and Kirklees Recovery and Wellbeing College
Tel: 07826 876172
Email: ckrecovery.wellbeing@swyt.nhs.uk
www.calderdalekirkleesrc.nhs.uk

Wakefield Recovery and Wellbeing College
Tel: 01924 316946
Email: wakefieldrecoverycollege@swyt.nhs.uk
www.wakefieldrecoverycollege.nhs.uk

Digital resources

www.southwestyorkshire.nhs.uk
www.carersdigital.org
Visit carersdigital.org and use code WESTYORKS to create a free account and access digital resources

My contact list

Name	Service	Contact details

If you require a copy of this information in any other format or language please contact the Trust.

إذا كنت تحتاج إلى نسخة من هذه المعلومات بأي تنسيق أو لغة أخرى، فيرجى الاتصال بـ Trust. (Arabic)

اگر شما به یک نسخه از این اطلاعات در هر قالب(فرمت) یا زبان دیگری نیاز دارید، لطفاً با بنیاد (Trust) تماس بگیرید.(Farsi)

Ha a jelen információk másolatát más formátumban vagy nyelven szeretné megkapni, akkor kérjük, hogy lépjen kapcsolatba a trószttel. (Hungarian)

ئەگەر ڕوونووسی ئەم زانیاریانەت بە هەر زمان یان فۆرماتێکی دیکە پێویستە تکایە لەگەڵ ئیمە پێوەندی بگرە. (Kurdish Sorani)

Jeśli potrzebują Państwo uzyskać kopię niniejszej informacji w innym formacie lub języku, prosimy o kontakt z Funduszem Zdrowia. (Polish)

Se necessitar de uma cópia destas informações em qualquer outro formato ou idioma, entre em contato com a Fundação. (Portuguese)

جے تہانوں ایس جانکاری دی اک کاپی دی کسے ہور فارمیٹ یا بولی وچ لوڑ اے تے مہربانی کر کے ٹرسٹ نال رابطہ کرو۔ (Punjabi Pakistani)

Dacă aveți nevoie de o copie a acestor informații în orice alt format sau limbă, vă rugăm să contactați Trustul nostru. (Romanian)

اگر آپ کو اس معلومات کی ایک کاپی کی کسی دوسرے فارمیٹ یا زبان میں ضرورت ہو تو براہِ مہربانی ٹرسٹ سے رابطہ کریں۔(Urdu)

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