

Reflections of a Carer Consultant

Peter Woodhams

Carer

Carer Consultant

Meriden Family Programme

My Involvement with Meriden as a Carer

- 2002 Presentation at a Meriden Solihull event
- 2003 Joined Meriden Advisory Group as a Carer Rep
- 2004 Became Chair of the Meriden Advisory Group
- 2005 Started working with Meriden as a Carer Consultant

Happy Days

The Family

A Holiday in Corfu

Personal Perspectives and Highlights

- Caring for Carers and related training
- BFT in NHS Lothian
- The Commonwealth Fellowship Scheme
- Working on NICE Guidelines
- Developing family services in Nova Scotia
- Thoughts for the future

'Caring for Carers' in Sandwell 2011



BFT in NHS Lothian



The Commonwealth Fellowship Scheme

Thomas Walunguba
from Uganda
in training with
Meriden in 2012







NICE Guidelines 2014

The Family Project in Nova Scotia in 2010



Dr Ruth Sheen,
Peter Woodhams
and
Dr Gráinne Fadden

Thoughts for the Future From a Carer

- Structured psycho education information and support programmes for carers
- Regular family work training with a carer involved
- Mapping local family sensitive services and family work capabilities
- Applying NICE Guidelines for family interventions and not forgetting NICE recommendations about carer support
- External 'friendly' peer team (to include a carer) to review effectiveness of carer engagement and support across area

A Message to Meriden on Behalf of Families and Carers



Thank You!