

**Appendix 8a
Saddleworth and Lees District
Public Health Project Proposal**

Name of project: Grant to support the 2014/5 social programme
Project owner: Saddleworth Carers Group for those with memory problems
<p>What is the idea: As we all know, dementia is a growing problem, and most families will be affected by dementia at some point. The number of people diagnosed with dementia is set to rise significantly as people are living longer with 850,000 people currently diagnosed in the UK.</p> <p>The Carers Group is a sub-group of the Patient Participation Group of Saddleworth Medical Practice (SMP) and has a committee made up of Chair, Secretary, Treasurer and four Carers. This is our sixth year, and we have a regular attendance of 34 members plus. The group meets three times each month in Uppermill. Our programme of events and trips reflect the needs of our Carers and is discussed and agreed with them. Our goal is to support Carers, many of whom have their own health problems and who face a difficult role later in life that they are not well prepared for. Isolation and depression are common features in Carers. Many have good family support but some do not, for a variety of reasons.</p> <p>The group offers support through a social setting for Carers and often the people they care for, with people who are in the same situation, in which they feel comfortable. Enabling much needed respite for Carers but also a chance for people with memory problems to feel they are still part of a community by attending the meeting and going on the outings.</p> <p>A light lunch or soup and a sandwich is provided which is part of the normalization for Carers and the people they care for. The cost of this is £90 per session.</p> <p>The group also provides practical support by informing on allowances that Carers are entitled to apply for, and practical support through helping to complete the required forms. Signposting Carers to Admiral Nurses, Community Liaison Nurses, and local help in the home organizations has also become part of the information that the group can provide.</p> <p>The group works closely with Saddleworth Medical Practice in identifying Carers and patients who may find the group beneficial to their health and wellbeing, but membership is not just limited to patients from the practice and currently has members from Saddleworth, Lees and further afield.</p>
Estimated costs: £2,160 would fund 2 out of the three sessions per month for the full year.
Who will benefit: Carers and the people they care for with memory problems from Saddleworth and Lees district.
How many residents will benefit: Group attendance is 34 has an average, although the additional week will allow the group to grow in numbers.

What impact do we expect and how could we measure it:

Improved health and wellbeing of Carers and people with memory problems living longer within their community through support for their carers.

Increased numbers of carers being supported through the group.

Numbers of Carers signposted to support social and care organisations

A satisfaction survey could be undertaken from all of the group members.