

ST JOHN AMBULANCE

Supporting carers and
"making a difference"



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The Commandery of the
Bailiwick of Jersey



CARERS' SUPPORT PROGRAMME AND FIRST AID TRAINING



More than just a training provider

What can St John Ambulance do to support the informal carers in Jersey ?

There are believed to be at least 5,000 people caring for someone in their own homes. This is someone looking after a friend, member of their family or neighbour, sometimes for several hours a week but in many cases 24 hours a day, 7 days a week.

The person being cared for may have had a short term illness and need some temporary assistance but can often have a long term chronic illness and be quite dependant on the carer.



Most carers have little or no experience prior to becoming a carer and find themselves looking after someone which can feel a huge responsibility. Research and feedback from carers often describe a feeling of isolation, stress and exhaustion.

Carers often receive very little training and often find themselves in the role as a carer over a short space of time. They save the States a lot of money by caring but will require further assistance on services available to them and some knowledge that will help them in their acquired role.

St John Ambulance recognised a need to support carers across the UK and a "Carers' Support Programme" was set up and commenced in Jersey in 2006.



Free support programme for carers

Our trainers within the four session "Carers' Support Programme" will endeavour to provide you with some knowledge and skills in an informal atmosphere to assist you with your caring role. Most importantly the attendees will meet people in a similar situation and be able to share your experiences in a safe environment that aims to support you. We hope to provide some answers to any queries you may have or suggest further contacts.

In March 2017, 70 local people with caring responsibilities, staff from charities, voluntary organisations, the parishes and statutory departments attended an event to develop a "Jersey Carers Strategy" This was run by the Jersey Association of charities Incorporated and the Carers' Partnership Group.

Key strengths were identified but also the key gaps.

St John Ambulance Jersey hopes to bridge the Care gap with their "Carers' Support Programme" they offer. One of the key actions that the strategy states is "that Jersey carers are supported appropriately, practically and emotionally "

**THE LEVEL AND RANGE
OF PRACTICAL AND
EMOTIONAL SUPPORT
WAS SEEN AS
ONE OF THE
BIGGEST GAPS LOCALLY**

JERSEY CARERS' STRATEGY
JUNE 2017



What do we cover?

We consider the role of the carer, reducing the risk of infection, awareness of resources and services available to assist, advice regarding safe handling, stress management, social security assistance, safety in the home and first aid. However the programme is flexible to the needs of the group.

We also offer a light lunch and an opportunity to socialise with others in the group in an informal atmosphere.

This course is run several times a year so please contact 735611 for further information or to discuss your concerns and the Care Programme Leader will call you back or arrange to meet you. Otherwise check our website www.stjohnambulancejersey.com for dates or email countryhq@sja.org.je prior to booking a place on our programme.



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Feedback from attendees

WELL PRESENTED
IN A USER
FRIENDLY WAY

I HAVE GOT A BETTER
IDEA OF WHO TO
APPROACH
TO HELP
IF I NEED IT



I HAVE MORE OF AN
UNDERSTANDING
OF THE HELP
AVAILABLE

IT WAS AN
EXCELLENT
COURSE FOR ME

We have recently set up a Carers' Support Group whom will meet monthly. This will give carers the opportunity to meet other carers in an informal, supportive atmosphere. Speakers will be arranged on a variety of related topics. For further information please call 735611 or check our website or facebook page.

AS THE NATION'S LEADING FIRST AID CHARITY WE WANT TO TEACH EVERYONE SIMPLE LIFE SAVING SKILLS

First Aid Course - For Carers

We also offer a 5 hour first aid course in which you will receive a certificate of attendance. This course is for the unpaid carer wanting to gain further first aid knowledge, having completed the care support programme or volunteers that support service users within charitable organizations.

Subject areas to be covered include

- > Primary survey
- > Communication and Casualty care
- > Burns
- > Bleeding
- > Chest pain
- > Stroke
- > Choking
- > Sprains and fractures
- > Heat stroke and hypothermia
- > Care of the unresponsive casualty
- > Recovery position
- > Head injuries
- > Seizures

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I found the first aid course offered to carers most useful. Whilst the course did not go into great detail and there was not a lot of practical work, it was very reassuring to have the basic, essential knowledge gained during the course and it gave a good grounding for going on to take a more advanced course if one's situation demanded it. I would recommend it.

As an informal carer, First Aid is an invaluable skill to have to hand should accidents happen. The training provided by the trainers through the Carers Course was very well delivered and leaves you with the comfort that you can deal with the issues that come up in day to day life, as well as should something more serious occur.

Feedback from carers that have attended

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