

# Salford Carers Newsletter

## February 2010

**A carer is someone, who, without payment, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help. This could be due to age, physical or mental illness, addiction or disability. Carers come from all walks of life, all cultures and can be of any age.**



The Princess Royal Trust

*Salford Carers Centre*

**Salford Carers Centre, 1 St Philips Place, Salford M3 6FA**

**Phone: 0161 833 0217      Fax: 0161 833 1992**

**E mail: [carers.centre@salford.gov.uk](mailto:carers.centre@salford.gov.uk)**

If you get this letter as part of your work and you are also a Salford carer - would you like us to send you an information pack and further details about our service? If yes please contact us by email or telephone.

If you work in an office or you facilitate a group and you receive this newsletter in email format you may wish to print this out and display it on a notice board for others to see or circulate it among your colleagues.

Supported by the Booth Charities



## Editorial

Hello and a belated Happy New Year to everyone. Hope you all had a peaceful festive season.

What happened to the weather? I can't believe we had so much snow! I hope by the time you read it the weather will be milder and a lot warmer. But please note that if you are due at any of the events listed in the newsletter namely the coffee mornings, complementary therapies, outreach sessions at the library or Humphrey Booth Centre and you want to check that they are still going ahead please give the centre a ring and chat to one of us. We will, however, be doing our very best to keep things running smoothly.

Thank you to the carers' who attended the last coffee morning of 2009 and who completed the evaluation forms. I am currently sorting through the options you suggested for new speakers and looking at organizing a trip later in the year.

If anyone has any articles or interesting items which you think may be of interest to other carers, please submit them to the Carers Centre and I will do my best to include them in future editions. The next newsletter mail out will be on Thursday 4<sup>th</sup> March.

For those of you who were able to join us for the Anniversary Dinner on 4<sup>th</sup> December at Buile Hill, I think you will agree, was a resounding success and enabled us to celebrate our 10<sup>th</sup> Anniversary and Carers Rights Day in style!

Thank you to everyone who came to support us on the night and enjoy the excellent food, jazz music and disco.

### Swine flu update.

We have had a reminder from NHS Salford to say that Swine Flu cases are again on the increase in Salford. The NHS encourages members of the community who fall in to vulnerable groups including those who have underlying health conditions to contact their GP regarding immunisations. For more information see the NHS 'Important information about swine flu' leaflet or contact the Swine Flu Information Line on 0800 513 513 which will be updated regularly.

### **I look forward to meeting you at one of the February events**

With best wishes,

*Helen*

Helen Hills, Development Worker

## Dates for your diaries February 2010

The **Carers' Centre coffee morning** will be held on **Tuesday 9<sup>th</sup> February 10.30 to 12.30 at the Carers Centre.**

The speaker will be Fiona James, Crime Reduction Advisor. She will be giving us a presentation, with messages that carers can pass on to those who they care for, about the signs to look out for regarding doorstep crime, including bogus officials and rogue traders. There will be the opportunity to ask questions about how you can help reduce your risk of being a victim of crime and how you can make yourself safer and protect your home, your family and your belongings.

*Note: we quite understood that due to the appalling weather, that many of you were not able to join us for the January coffee morning. We are therefore going to reschedule the Tai Chi and complementary therapy talk for later in the year.*

## Complementary Therapies

This month we are out and about again with the complementary therapies and visiting

**Pendleton Gateway Centre on Wednesday 24<sup>th</sup> February from 10am.**

If you could do with de-stressing this February - please give us a ring on 0161 833 0217 and book your place. These taster sessions are primarily for new carers to try, however we sometimes have spare slots – so even if you have been before please give us a ring – there may be a spare appointment available.

## Coffee morning at Irlam Library

I will be out and about again in February visiting Irlam Library coffee morning.

**on Friday 19<sup>th</sup> February from 10am for the**

I would love to meet with any carers, especially those new to caring, from the Irlam and Cadishead area. This is a chance for me to update you about the information and services that are provided by the carers centre and also explain about the help and support offered by our Carers Support Workers. I look forward to seeing you then.

## Outreach work at the Humphrey Booth Centre

Our Support and Information Workers are starting a drop in session, for any carers, to visit us at the Humphrey Booth Resource Centre (16-18 Worsley Road, Swinton, M27 5WW Telephone: 0161 906 1500). Our first visit will be on **Wednesday 10<sup>th</sup> February from 10am to 12.** If you live in the area please pop in to see Jane – she will be able to answer questions, help with your enquiries, or introduce you to all the services we can offer from the centre.

## Friends for Life with Dementia project

Dementia Support Services at Age Concern Salford are involved in an 18 month Pilot Project aimed at providing Peer Support for people diagnosed with dementia. This is to reflect the views of people consulted who have expressed the wish to continue to have a life albeit with dementia. We will be offering groups in each of the 8 neighbourhoods of Salford in which we will support people with dementia, to discover ways to cope and live well with their dementia. There will be discussions, information and an emphasis on well-being of mind and body. In this way we can encourage people to have the confidence to link in with mainstream community activities.

The Friends for Life project are keen to encourage people to volunteer to help with the groups along side the team – we are a friendly bunch and would welcome any input! The theme of the groups will be informal, welcoming and enjoyable for all involved. They will run fortnightly and be held either morning or afternoons for two hours each.

For more specific details of information please contact:

Anne Kiney at Dementia Support Services, Age Concern Salford  
Telephone 0161 788 7700 email: [anne.kiney@ageconcernsalford.org.uk](mailto:anne.kiney@ageconcernsalford.org.uk)

## NHS Credit Crunch Stressline tackles New Year money blues

NHS Stressline Tel: 0300 123 2000 is open 8am to 10pm 7 days a week. The credit crunch hits people in lots of different ways. Job insecurity, redundancy, debt and money problems can all cause feelings of distress. NHS Stressline callers will receive practical information and advice from trained health advisors. If they are suffering from stress, anxiety or depression, they will be directed to a wider package of financial and mental health support. *Information taken from NHS Direct website.*

## Information Corner - Carers Allowance and breaks in care

### Case study

Mrs A looks after her husband. Mr A is getting the higher rate of the mobility component and the middle rate of the care component of Disability Living Allowance (DLA). Mrs A has been getting carer's allowance for eight months. Mrs A needs to go into hospital for six weeks because she is having an operation. She has just got back from a two week holiday by herself and there was a letter waiting for her saying she could go into hospital for the operation next week. Mrs A contact the centre for advice regarding her break in caring role.

Once you have been providing care for at least 22 of the last 26 weeks and claiming carers allowance you can qualify for a break from caring. Carers allowance allows you to take up to 12 weeks break in any 26 week period.

You may still be able to receive carers allowance during holidays, stays in care homes and hospital. Carers Allowance may also still be paid when the person you care for is in hospital etc. Some of the regulations are a bit complicated and the number of weeks entitlement can vary.

In general, it is worth keeping the Disability, Work and Pensions office informed of stays on hospital etc. to ensure no overpayments occur, especially if you and/or the person you care for has frequent hospital stays.

Please contact us on 833 0217 for more information and advice regarding your specific circumstances to make sure you are not missing out on carers allowance during breaks in caring.

Lynne Cardwell and Jane Wilkinson  
Carers Support and Information Workers

**'Information Corner'** is a new feature for the newsletter, hosted by the Carers' Support and Information Workers. We are planning to have regular **'Information Corner'** to address questions and issues regularly raised by carers. If you have any questions, or any suggestions on carers' issues that we should feature, please write in and let us know - and we will try and answer them and feature them on the **'Information Corner'**.

## Caring with Confidence — a free programme for carers

As mentioned in the December newsletter we will be offering the 'Caring with Confidence' programme (provided by Manchester Carers Centre).

We are holding an initial get together to give you an overview of the course — what topics will be covered each week and to meet the facilitators and a carer who has already completed the programme.

The meet and greet day is **Thursday 11<sup>th</sup> February from 10-11am** at the Carers Centre. We have already had a good response from carers who would like to join the course - but we still have places available – if you would like to book your place or need some more details about the course please give us a ring. Even if you can't make it to this initial session on the Thursday you can still attend the course which will be held on Wednesday mornings starting in March.

The topics covered will be:

- Overview of the programme
- Caring and Coping
- Caring and Me
- Caring Day to Day
- Caring and Resources
- Caring and Life
- Caring and Communicating

At the end of each session you will receive a work book containing useful information and details for you to keep for future reference.

The course itself will run on a WEDNESDAY morning from 10am to 1pm at the Carers Centre and includes refreshments and a light lunch.

The dates for the 7 week course are

Wednesday: 3rd, 10th 17th and 24th March (with a break for Easter) then 14th, 21st and 28th April

Caring can sometimes be a lonely and isolating experience and the Caring with Confidence programme offers a fantastic opportunity to get support and share experience, meet people in similar situations, learn new skills and best of all its all free.

**Please can you ring the Centre on 0161 833 0217 to register your interest**

We hope that many new carers will be interested in attending the course.

There is more information on the website [www.caringwithconfidence.net](http://www.caringwithconfidence.net)

## Extra employment help for carers from JobCentre Plus

The Department of Work and Pensions have released the news that thousands of carers are set to benefit from improved employment support giving them the chance to combine paid work with caring and help reduce financial hardship.

Jobcentre Plus customers with caring responsibilities will also be able to access replacement care funding while that are taking part in employment training.

The extra support announced includes:

- ◆ Ensuring carers have access to appropriate employment programmes – including one-to-one work focused support for carers
- ◆ Funding for replacement care for participation in approved activities
- ◆ A Care Partnership Manager in every Jobcentre Plus district
- ◆ Specialist training will be provided to Jobcentre Plus advisers who work with carers

If you have any questions about employment issues please contact our support workers on 833 0217 in the first instance, for advice.

Imelda Redmond, Chief Executive of Carers UK, said:

“With three in five people caring for an ill or disabled relative at some point in their lives, how to juggle work and care is something we may all need to think about at some point. Replacement care to allow access to training and support, and staff with the expertise to help with the real challenges that face those trying to juggle work and care, are big steps towards giving carers new opportunities to stay in or return to work.”

## Free training available for carers from Salford City Council

Courses are available FREE for carers (provided by Salford City Council). The topics covered include: First Aid, Dementia care, Moving and Handling, Stress Relief and many more. Please call 0161 603 4185 for more details.

## 'Who cares' — a free course for anyone thinking about working in health a social care

At some point in our lives all of us will need care and support either for ourselves or for someone close to us. This might be for any number of reasons - disability, mental health difficulties, substance misuse, dementia or just finding it harder to manage as we get older.

But who cares when life gets too difficult to cope alone or with the help of our family and friends? Perhaps someone just like you!

Have you have been thinking about working in care but are not sure what opportunities are open to you? Are you wanting to return to work and unsure about what sort of job you could do?

If you are already in work, do you wish your job was more satisfying?

Have been trying to get a job in care but have not yet been successful?

Are you looking for a new direction and want to make a difference?

Do you want a career that will keep you interested throughout your working life, but are not sure where to start?

To help you with these questions we will be running two short courses starting in January 2010. You will be able to find out what working in care is really like, how many opportunities there are, what skills you will need and whether it is right for you. If you decide it is, you will be helped to get a job that will change your life and make a real difference to the lives of others.

A free course for anyone thinking of working in heath and social care.  
health and social care

Evening course: Cadishead Community Church, Liverpool Road,

5 sessions: 19 January 2010 to 16 March 2010 6.00pm - 9.00pm.

Daytime course: Elmbank Masonic Hall, Half Edge Lane, Monton, Eccles.

15 sessions: 25 January 2010 to 4 March 2010 9.30am - 3.00pm.

To find out more, contact Lyndsey on 0161 603 4202 for more information.

## Online training available for carers

Free on line training is available from the Open University covering lots of subject areas. See the website <http://openlearn.open.ac.uk>

The OpenLearn website give free access to Open University course materials. The LearningSpaces has free study units each with a discussion forum. You can study independently at your own pace or join a group and use the free learning tools to work with others. Topics include Health and Lifestyle, Study Skills or general topics including arts, history, maths and modern languages for example.

## Cold weather payments

If you're worried about winter fuel bills and receive a qualifying benefit, you might be eligible to receive a payment from the Government due to the continuing cold weather. The Cold Weather Payment means that this year you can get £25 when the average temperature where you live is recorded as, or forecast to be, zero degrees Celsius or below over seven consecutive days during the period from 1 November to 31 March.

These payments are non-refundable and different from the Winter Fuel Payment, which is available to people over 60. You must not be living in a care home or subject to immigration control.

*Who is eligible?* You can qualify for a Cold Weather Payment if you get Pension Credit (Savings Credit or Guarantee Credit) or income-related Employment and Support Allowance in its main phase.

You can also qualify if you get Income Support, income-based Jobseeker's Allowance or income-related Employment and Support Allowance in the assessment phase and have one of the following:

- a disability premium, enhanced disability premium or severe disability premium,
- a pensioner premium or higher pension premium,
- a disabled child premium,

*How do I apply?* You don't need to apply. You'll get a Cold Weather Payment automatically as long as you qualify. Tell your Pension Centre or Jobcentre Plus if you think you should have received a Cold Weather Payment but you have not had one.

For more information please contact: The Pension Service, JobCentre Plus or visit the Directgov website.

## Learn to Swim FREE — for men only!

Irlam Fit City, Liverpool Road, Irlam M44 6BR are offering FREE ten week male only swimming lessons. Starting Wednesday 10th February (2.45 to 3.45pm). Please ring to book onto the course as places are limited. Telephone Lesley Blay on 07554438580 or Katie Bates on 0161 606 6771.

## Health MOT Day

Local Salford citizens are invited to a 'Health MOT' day at Salford Royal Hospital, 1st Floor Mayo Building, Stott Lane, Salford M6 8HD on Saturday 6th February from 11-4pm. This free event is for anyone — senior citizens, teenagers or families. Local doctors, dentists and health professionals will be available to give advice on diet and exercise, you can have on the spot testing for things like high blood pressure and Age Concern will be available to give help with entitlements advice. The event is being organised by Hazel Blears MP and NHS Salford.

This newsletter is also available in large print, please ring 0161 833 0217. If you have picked up this newsletter in the library or at your GP's surgery and would like your own free monthly copy, or if you are a new carer and want to be contacted by a local support group, please complete the form below and return it to the address above.

Please tick the appropriate box and add your contact details:

I would like my name added to/deleted from the mailing list

I enclose an item for publication

I would like to be contacted by a local support group

If you know which group you are interested in please say so here ...

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

The opinions expressed in this newsletter do not necessarily reflect those of the Carers Centre. To the best of our knowledge, all information was correct at the time of printing.