

# Salford Carers Newsletter JULY and AUGUST 2010



The Princess Royal Trust

*Salford Carers Centre*

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*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.*

## Editorial

First of all a big thank you to everyone who supported us and joined us for the Carers Week 2010 events in June.

All the events were a great success and very enjoyable too. It was especially nice to meet the many new carers who joined us for the coffee morning in the Creation Café at the Angel Centre, who we met at the Carers Express LIVE event at the hospital and who joined us on the trip to Port Sunlight . We look forward to seeing you all again at future events.

The details and dates of our coffee mornings at the Carers Centre are on page 3.

The July coffee morning should bring out your creative tendencies and talents with a card making session.

**Please note that in August there won't be a coffee morning at the Centre** as we will be out and about enjoying a gentle walk round Buile Hill Park. However, if you feel that you don't want to join in the walk you can still join us afterwards (from 10.45am) in the Buile Hill Garden Centre Café where the walk will finish and we can all join in to enjoy a drink and a cake.

This months newsletter also has several interesting articles including Information Corner advice on benefits for those of pension age as well as another article on advice about reviewing your utility bills from Age Concern.

If anyone has any ideas for articles to be included in future newsletters or suggestions for events or speakers / activities for our coffee mornings please let me know. I look forward to hearing from you.

Other dates for your diaries:

Newsletter mail outs will be on Thursday 1st July and Thursday 2nd September (no mailout in August).

Deadline for articles for the September edition of the newsletter - **Monday 16th August**

Meanwhile it just leaves me enough space to wish everyone a very enjoyable summer. I hope to see some of you at the Self Care Summer Celebration on 29th July (see page 10) and will be back in touch with the September newsletter.

With best wishes,

*Helen*

Helen Hills, Development Worker

## Salford Carers Centre — dates for your diaries

### July coffee morning

The coffee morning will be held in the **Carers Centre from 10am on Tuesday 13th July** when we will be having a card making craft session. There will be a demonstration of fancy folding card making then an opportunity for you to have a go and make a card yourself to take home. We will ask for a contribution of £1.00 to cover the cost of materials

### August coffee morning

This is a coffee morning with a difference - **on Tuesday 10th August we are joining one of the Healthwalks at Buile Hill Park Eccles Old Road, Salford M6 8GL.**

This gentle walk round the park takes about 45 minutes and is led by the park rangers.

We will need to meet a bit earlier than usual – **from 9.30 am at the gates of the compound** (near the Lancashire Mining Museum and Garden Centre entrance). The walk sets off at 10am.

Anyone who hasn't done the walk before will need to fill out a short health questionnaire beforehand.

Health walks are short organised walks, often led by trained volunteers from the local community. Designed with health in mind they can improve both physical and mental health by offering a safe and relaxed atmosphere in which to walk. The walks are a great way to be more active as well as being sociable event with time to talk and more importantly 'time for you'. It is recommended that you wear flat grippy shoes or trainers and all the walks have at least one route for wheelchair users.

If you don't want to join the walk you are still welcome to join us for a cup of coffee and a cake at the garden centre café (in Buile Hill Park) - we will be there from about 10.45 am.

I hope lots of you will be able to join us. Please could you ring us on **0161 833 0217** to let us know if you are coming to this event.

## Information Corner

### Are you over pension age?

#### Did you know that you may qualify for help towards paying your rent and council tax?

At Salford Carers Centre, we have been contacted by several clients who are retired and get state pension and a work or personal pension. Their income is too high for them to get pension credit, but they may still qualify for some housing and council tax benefit paid by Salford council.

- You can claim housing benefit if you or your partner rent from the council, a housing association or a private landlord.
- You can claim council tax benefit if you or your partner are responsible for the council tax bill.
- The maximum benefit will cover all your weekly rent and / or council tax. However, you may qualify for less than the maximum amount.

Housing and council tax benefit are worked out by looking at the amount of rent and / or council tax that you have to pay, then calculating your weekly income. Your income is compared with the amount that someone in your circumstances is expected to live on. There may be deductions if certain other people live with you.

If you are not getting any pension credit and you have savings worth over £16,000 you will not be able to get any housing or council tax benefit.

This is only a summary; the full rules for housing and council tax benefit are complicated. To find out if you may qualify and about how to make a claim, please contact the Carers Support Workers on **0161 833 0217**.

**'Information Corner'** is hosted by the Carers' Support and Information Workers: Lynne Cardwell, Jane Wilkinson and Andrea Libman.

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'**.

## Visiting the libraries

This will be my last outreach session visiting Little Hulton and Irlam library coffee mornings. I will be visiting:

**Little Hulton Library on Friday 23rd July from 10am to 12 and  
Irlam Library on Friday 20th August from 10am to 12noon**

I would love to meet with any carers from these areas as 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 an offered by our Carers Support Workers. These are drop in sessions — you can just turn up and I look forward to seeing you there.

## Mental Health Service User Forum (SSUF)

**Are you a mental health service user, ex-service user  
or carer in Salford?**

**Would you like to join a city -wide  
Salford Service User Forum (SSUF)?**

We are a service user - led Forum which looks at issues raised by service users and carers about mental health services in Salford.

Recently, we have been discussing the plan to reduce the number of Community Mental Health Teams in Salford from 4 to 3. The plan is to stop using the building – not the service. No staff will be made redundant.

Anyone who has used, or is using, mental health (primary and secondary care) services or carers are welcome.

The next meetings are as follows:

25 <sup>th</sup> June, Eccles Gateway	2pm – 4pm
30 <sup>th</sup> July, Eccles Gateway	2pm – 4pm
25 <sup>th</sup> August, Pendleton Gateway	11am – 1pm
29 <sup>th</sup> September, Pendleton Gateway	11am – 1pm

**It's your Forum. Come along and have your say!**

## Supporting families with disabled children in Salford

**As part of the government's Aiming High for Disabled Children programme, Salford City Council has been awarded over £1 million to transform short break care services for children under 18 who have a disability.**

Over the past year, we have been asking parents what type of services they would like. You told us you would like to see:

- swimming
- more things to do in the holidays and at weekends
- better changing facilities and toilets at Fit City centres
- more services for younger children
- more places for families to go
- reliable services to help children in their own home

We have listened to what you have said, and have started to provide the following services:

- swimming sessions for disabled children at some Fit City centres
- improved changing facilities at the new Fit City Broughton
- watersports sessions for disabled children
- more specialist services to support children and families in their own homes
- after-school and holiday activities for disabled children

### Giving families a break IN Salford

This year we will be spending the money on more local play and leisure activities for disabled children, including holiday play schemes and more services for children under eight. We are also planning a new project to support children with complex physical and health needs.

For more information about any of these new services or to find out more about Aiming High for Disabled Children:

Please contact the Salford Family Information Service on **0800 195 5565**,

email: [fis@salford.gov.uk](mailto:fis@salford.gov.uk)

or visit [www.salford.gov.uk/disabledchildren](http://www.salford.gov.uk/disabledchildren)

## Advice and information about your utility bills



- Do you need information and advice on your utility bills
- Unsure of where to get this help?

If you are 55 or over? Age Concern's Utilities Advocate, Denise Yearsley can help by:

- Making sure you are on a social tariff, which enables you to have a cheaper tariff if you are on a qualifying benefit
- Help you switch to the cheapest provider
- Make provisions for payment plans, deal with problems you are facing with your current supplier

Don't delay, ring Denise today, telephone **0161 788 7300**.

## Weekly Art Sessions for Over 50s

'Start Over Fifty' (art project) in conjunction with Ordsall Community Arts are delivering weekly painting and drawing sessions for the over 50's.

The sessions will be held in the Ordsall Community Arts Room every Monday morning from 10am to 12noon starting on Monday 5th July.

If you are a Salford resident; over 50, and have ever fancied learning how to draw and paint, or want to develop your skills, please come along and join this friendly group!

- \* Absolute beginners are very welcome
- \* All materials are provided (for a small cost of £1.50 per week)
- \* Refreshments are included.

For more information please contact Danny Morrell on **0161 351 6000**.

## Carers Week survey results

**Three-quarters of carers have "no life of my own"**

**More than three-quarters (76%) of people caring for an ill, frail or disabled loved one do not have a life outside of their caring role, according to new research conducted for Carers Week (14 - 21 June).**

**The results show that huge numbers of carers are left isolated and lonely, missing out on opportunities that the rest of the population takes for granted. 80% have been forced to give up leisure activities or from going out socially since becoming a carer.**

**The majority of those surveyed can no longer rely on relatives for support as these relationships have suffered as a result of caring; 75% of the carers surveyed said they had lost touch with family and friends.**

**Carers Week celebrity ambassador, Arlene Philips OBE, renowned choreographer and TV personality, shared her experience of caring: "I helped to look after my father when he was suffering from dementia, so I know what a strain it can be, both physically and emotionally. You can feel so alone and isolated. Several million carers look after a parent, child, partner or friend, with love and dedication. Many do not receive the support and recognition they deserve."**

### **Other findings include:**

- **4 out of every 5 carers say they are worse off financially.**
- **More than half (54%) say they have had to give up work.**
- **Almost all carers questioned agreed a life of their own would be achievable if they received breaks, a decent income and were given support in times of crisis.**

**Carers Week is organised by 7 national charities. Their aim is to gain greater recognition and support for the UK's six million carers, while celebrating the contribution the carers are making to society. During Carers Week, the charities are calling for major changes to help give carers a life of their own**

***Reproduced from the Princess Royal Trust for Carers website***

**[www.carers.org](http://www.carers.org)**

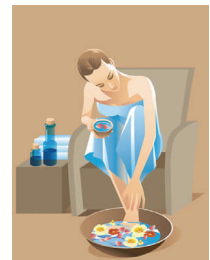
## Complementary therapy taster sessions for carers

These complementary therapy sessions will be the last that we are offering from the Carers Centre. The last two sessions will be held on:

**Friday 16th July from 10am at Pendleton Gateway Centre and  
Wednesday 25th August from 10am at Irlam Community Centre.**

These therapy taster sessions are primarily for new carers to try, however we sometimes have spare appointment slots available. Please give us a ring on **0161 833 0217** to book your place then you can look forward to enjoying a relaxing therapy treatment.

Although these therapy taster sessions will finish in August, in the future we are planning some 'Complementary therapy information sessions' which we will run once or twice a year which will introduce and explain more about the different therapies and where and how you can access them.



## Salford PCT website

The Self Care team at NHS Salford has put together a Salford Health guide—an online guide to all your self care needs. You can search for a specific service, support group, education programme, information and advice on all aspects of your condition or lifestyle or leisure activity via the website link: [www.salford.nhs.uk/healthguide](http://www.salford.nhs.uk/healthguide)

You can logon and search for Health and Wellbeing Services by:

- An organisation or service
- Your condition
- A self care topic
- Your local area

For further information on Self Care in Salford or for more information about registering for the directory please contact the Self Care Team:

Email: [selfcare.education@salford.nhs.uk](mailto:selfcare.education@salford.nhs.uk)

Telephone : **0161 212 6312**

## Free Self Care Summer Celebration

The Expert Patients Programme Community Interest Company (EPP CIC) and NHS Salford are hosting a self care summer celebration and would like to invite you, your friends and family to attend this free event focusing on self care and healthy living in Salford.

The event will be packed with activities and entertainment, a free summer barbeque and refreshments. It will be held on **Thursday 29th July from 3pm to 6.30pm** at Buile Hill Park Hall, Eccles Old Road, Salford M6 8GL.

For more information please contact NHS Salford on **0161 848 0918**.

## How to get in touch with us

Salford Carers Centre telephone lines are now open Monday to Thursday 9.30am to 4pm and Fridays 9.30 to 1pm. **Telephone: 0161 833 0217**.

If you wish to speak to a specific member of staff please call the office first to arrange an appointment.

If you get this letter as part of your work and you are also a Salford carer and would you like us to send you an information pack and further details about our service — 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.

This newsletter is also available in large print, please ring us if you would like to receive a copy in large print format.

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