

Salford Carers Newsletter

MARCH 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

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Supported by the Booth Charities



Contents

Page

Dates for your diaries	3
Outreach work & training	4
Caring with Confidence dates	4
Information Corner	5
Funding for young carers	6
News and events	7
Theme for Carers Week 2010	8
Survey and research	9
News and events	9

If anyone has any articles or interesting items which you think may be of interest to other carers, please submit them to the Centre and I will do my best to include them in future editions.

The next newsletter mail out will be on Thursday 1st April.

Salford Carers Centre telephone lines are open Monday to Friday 9.30am to 12.3pm and Monday, Tuesday and Thursday afternoons 1 – 3.30pm.

If you wish to speak to a specific member of staff please call the office first to arrange an appointment. 0161 833 0217.

Editorial

Hello and welcome to the March edition of the newsletter.

We have included dates of the sessions we are holding at the carers centre as well as an outreach clinic we are hosting at the new Humphrey Booth Centre in Swinton.

In future the coffee mornings will be altering slightly too. Each month there will be a theme or topic we think carers would be interested in.

This month its training and work opportunities for carers.

Over the next few months we also hope to get out and about around the patch to give carers who don't live locally to the centre the chance to meet with us and other carers.

We have been busy planning other events for the forthcoming months including several for Carers Week in June.

I hope you find the articles in the newsletter informative and useful and I look forward to meeting you at one of our March events.

With best wishes,

Helen

Helen Hills, Development Worker

Dates for your diaries March 2010

The **Carers' Centre information session and coffee morning** will be held on **Tuesday 9th March 10.30 to 12.30 at the Carers Centre.**

The theme for this mornings session is 'training and work opportunities'.

We will have two speakers this month first Jean Hennedy from Salford City Council training department — which offers free training courses for carers. It will be your chance to hear about courses that are available in the near future and even put your ideas forward for future courses that you think would benefit you in your caring role.

The second speaker is Mark Inman from JobCentre Plus who will explain about the improved employment support opportunities for carers (following on from the article in the February edition of the newsletter).

Mark will be able to explain more about the project and how carers can have access to appropriate employment programmes – including one-to-one work focused support, funding for replacement care for participation in approved activities and access to training.

We hope that many of you will be able to join us.

Complementary Therapies

Complementary therapies may help to relieve stress and tension as well as giving you the chance to 'take a break' from caring and enjoy some 'me time' and relaxation. The therapy treatments are suitable for men and women. This month the therapy sessions will take place at:

Walkden Gateway Centre on Thursday 25th March from 1pm

Please give us a ring on 0161 833 0217 and book your place.

These therapy 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. You can look forward to enjoying a Indian Head Massage, Reflexology or Reiki session!

Outreach work in Swinton - at the Humphrey Booth Centre

Our Support and Information Worker is visiting the Humphrey Booth Centre for outreach work session once again.

Address: 16-18 Worsley Road, Swinton, M27 5WW

The visit will be on **Wednesday 10th March from 10am to 12.**

If you live in the area you are invited to pop in and speak to our Support Worker, Jane – she will be able to help with your enquiries and introduce you to all the services we offer from the Carers Centre.

Alternatively phone us here on 833 0217 to book a definite appointment time — we look forward to meeting you there.

Training Courses provided by Salford City Council for carers

FREE CARERS COURSES will be starting in March 2010

Please ring 0161 603 4185 for more information or check our website

www.salford.gov.uk/sctp for full calendar of topics dates and venues.

Caring with Confidence — free programme for carers

JUST A REMINDER OF THE DATES.....

The programme will run on WEDNESDAY mornings 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.

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

There is more information on the website www.caringwithconfidence.net

If you are interested in starting the course please give us ring. If you can't make these dates there will be more courses available in the future.

Information Corner

We have had a few requests recently from carers about the warm front grants. If you own your own home or rent from a private landlord you may be eligible for a grant of up to £3500 for free insulation and other heating measures. If you are aged over 60 and get income support, council tax, housing benefit, pension credit, income based JSA (Job Seekers Allowance), income related ESA (Employment and Support Allowance) you qualify or if you have a child under 16 and receive any of the above benefits. Also, if you receive DLA (Disability living Allowance) or certain other benefits you may qualify.

Please call the Warm Front Scheme directly on 0800 316 2805 to see if you do qualify. In addition, if you are over 60 and do not qualify you may still be able to get £300 rebate so still worth giving them a call.

News flash ...

Free phone calls for most people using their mobiles to claim benefits and pensions have been announced by the Department for Work and Pensions. Six of the biggest mobile phone network companies will no longer charge their customers for calls to the Department's 0800 Benefit Claim lines. Currently 12% of UK households use only mobile phones and do not have a land line. Calls to claim benefits and state pension use 0800 numbers are already free to customers using BT land lines and mobiles. But currently people calling 0800 numbers from other mobile phone providers are charged for these calls. Department has now reached agreement with O2, Orange, Tesco Mobile, T-Mobile, Virgin Mobile and Vodafone to end charges to their customers for mobile calls to around seventy of its 0800 numbers. These numbers are used by people making initial claims for benefit and pensions and to request emergency payments, such as crisis loans.

If you need further information on the above or other issues please contact the Carers Centre. We are not always able to take your calls straight away but will always call you back as soon as we are able.

'Information Corner is hosted by the Lynne Cardwell and Jane Wilkinson the Carers' Support and Information Workers.

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'**.

£1.5 million from Comic Relief to help vulnerable young carers

The Princess Royal Trust for Carers has been re-appointed by Comic Relief to manage a third grants programme of £1.5m for the development of services for the most vulnerable and hidden young carers.

The grants programme will prioritise support to the most vulnerable young carers, including those who are hidden because of the stigma attached to the person they care for and those from under represented or excluded communities.

The scheme will be open to third sector organisations across the UK who want to develop services for young carers most in need of support.

Applications for grants up to £75,000 will be considered by a selection panel from the Trust, Comic Relief, partners from the National Young Carers Coalition and young people.

Alex Fox, Director of Policy and Communications at The Princess Royal Trust for Carers said: "We believe that, in an ideal world, no child would have to take on caring roles that are more appropriate for adults. Neither the child nor the person they care for would choose this situation.

"Sadly, due to low levels of awareness of the issues and patchy support services, this situation is a reality for many children. We hope that this continued partnership with Comic Relief will improve the chances for many young carers and help them to be children as well as carers.

He continued, "We hope that the publicity surrounding the third Grants Programme will also raise awareness of the issues amongst the public and prompt professionals such as teachers and doctors to identify and support the young carers with whom they come into contact."

Gilly Green, Head of UK Grants, Comic Relief said: "The Princess Royal Trust for Carers managed the previous two grants programmes which are already demonstrating huge benefits to young carers. With its network of 85 young carers' services (Including Salford Carers Centre) and YCNet, its dedicated young carers web site, the Trust continues to be the ideal partner to ensure that this third grants programme will make a significant difference to even more young carers throughout the UK."

Get a free 'medicines check-up' from your pharmacist

If you help someone take their prescription medications, or if you take them yourself on a regular basis, did you know that you can get a free 'Medicines MOT' from your local pharmacist?

Known as a Medicines Use review, the session will give you – and the person you look after - the chance to talk to your pharmacist about the medicines you're taking and check to see that you're taking the right dose at the right time. You can also ask about side-effects and anything else about your medications that might be worrying you.

To book a Medicines Use Review at your local pharmacy, simply call the phone number printed on your prescription medication labels.

STOP PRESS!

Do you normally get your medications from Tims and Parker? And do you (or the person you look after) find it hard to get out of the house?

For a limited period only, Tims and Parker's pharmacists can carry out a Medicine Use Review **in your own home**. This service is a pilot funded by NHS Salford and is specially designed for housebound people and their carers. It's particularly useful for people who have a cupboard full of unused medications or have stopped using a medication because of side-effects. To book an MUR in your own home, **please call Paul Benson on 0161 703 3757.**

“Question Time ‘in Seedley and Langworthy

You are invited to have your say at a Seedley and Langworthy Trust event taking the format of TVs 'Question Time'.

Four themed events are taking place at Salford Arts Theatre, Kemsing Walk, Liverpool Street, Salford, M5 4BS on Thursdays from 7 to 8.30pm

- 4th March – Housing and The Environment
- 11th March – The Economy and Employment
- 18th March – Education, Children & Young People
- 8th April – Current National Issues.

Tickets are free but please book as there is limited availability

Telephone 0161 737 9918 Or email admin@sali.org.uk

Theme for Carers Week 2010

Carers week this year is from Monday 14th to Sunday 20th June. The theme this year is 'A life of my own' and it will highlight:

- ⇒ why supporting carers is crucial
- ⇒ how carers miss out on things we take for granted
- ⇒ what needs to be changed

The theme will enable carers to talk about many parts of life that most of us take for granted e.g. family occasions, going on holiday, a meal out even just chilling out.

We expect the topics carers will speak out about during carers week will include:

- ◆ access to relevant and practical information to help them with their caring role
- ◆ the opportunity to take a break when they need it
- ◆ support at time of crisis
- ◆ financial support

There are several local events being planned for the week by the Carers Centre, we will let you know more details in the next newsletter and hope that you will be able to join us for some of them.

A grand day out - visit to Port Sunlight in June

We will be hosting a trip to celebrate Carers Week and this year we are visiting Port Sunlight Museum and Garden Village on Thursday 17th June. Port Sunlight on the Wirral is a beautiful garden village created for the Sunlight Soap workers. The trip will include a village tour and visit to the museum and there will be opportunity for you to enjoy the village, gardens, garden centre, Lady Lever Museum and there are plenty of places to eat out too. Application forms will be in the next newsletter.

Notes for professionals and supporters of Carers Week

If you are planning any events for Carers Week please can you let me know as soon as you can. The May edition of this newsletter is dedicated to Carers Week with listings of all the local events within Salford.

Email carers.centre@salford.gov.uk

Survey and research on carers training opportunities

Carers in the North West, who look after a friend or relative, are being asked to take part in a new survey to help improve learning and training opportunities available to unpaid carers.

Organisations who provide support or training for carers are being questioned on the services they provide for unpaid carers. The information will be collated into a wider piece of research on learning and training opportunities for carers as well as creating an online directory to enable carers and professionals to easily search for information on local services for carers.

If you would like to take part in the survey it can be accessed on line at www.caringwithconfidence.net and click on the green 'online survey' button on the right of the homepage screen.

Alternatively to request a questionnaire by post please call 0800 849 2349.

Your views on mental health services

Greater Manchester West wants to find out what you think about mental health services across Salford. Come and use the Big Brother style video diary booth on the 12th March at Buile Hill Garden Centre to tell us what you think.

Places are limited.

Please contact PALS on 0800 587 4793 for details.

Request for carer representatives – Independent Living Partnership

Do you care for someone who has a physical disability or a sensory impairment?

Would you like to have a say in how local services are delivered? The Independent Living Partnership Board is looking for a carer to reflect the views of other carers in Salford.

If you would like an informal chat to find out more, please contact Di Critchley 0161 793 3833.

Mailing list updates

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.

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 ...

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

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.

The Data Protection Act 10998 means that we need to have permission to hold information about you. Your details will be held securely on a computer database and will be used for the purposes of mailing Carers Centre newsletters and occasionally other relevant information. Your details will not be passed on to any other party for other uses.