

Salford Carers Newsletter

APRIL 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



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Salford Carers Centre telephone lines are open Monday to Friday 9.30am to 12.0pm 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 this packed edition of the April newsletter.

There isn't room to mention all the articles but I hope you find them all very interesting and informative.

Carers Week 14th to 20th June

The themes for this years event is 'A life of my own' and the topics will include: why supporting carers is crucial, how carers miss out on things we take for granted and what needs to be changed.

For professionals and carers groups — the May edition of this newsletter is dedicated to Carers Week with listings of all your local events within Salford.

If you are planning any events to celebrate CARERS WEEK please can you let me know the details by MONDAY 19th APRIL so that we can include them in the next newsletter bulletin.

Email

carers.centre@salford.gov.uk

The next newsletter mail out will be on Thursday 6th May.

I look forward to meeting you at one of our April 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 13th April 10.30 to 12.30 at the Carers Centre.**

The speaker for the talk is Naomi Lewis, from Salford Museum and Art Gallery. Her talk is entitled '**Glitz and Glamour**' Some of the questions Naomi might be asking you are 'What was your favourite outfit? What perfume did you wear? The Glitz & Glamour reminiscence handling box from Salford Museum & Art Gallery is packed full of those things that helped us look our best, from curling tongs to 'Californian Poppy' - everything the glamorous woman would need ... clothes, hats, gloves, jewellery, a handbag, nylons, and powder compacts.

And gentlemen don't feel left out - I have asked Naomi if she can bring in the His not Hers: Objects for Gentlemen box too with braces and bow ties, collar studs and cigarette cases. When Naomi came to talk to us last time it was a very interesting and lively morning so I hope that many of you will be able to join us for this excellent interactive session.

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::

The Carers Centre on Friday 30th April from 10am

Please give us a ring on 0161 833 0217 to book your place then you can look forward to enjoying a relaxing therapy session.

These therapy taster sessions are primarily for new carers to try, however we sometimes have spare appointment slots available.

Outreach visit to Little Hulton Library

I will be out and about again visiting the library coffee morning on **Friday 23rd April from 10-12 at Little Hulton Library.**

I would love to meet with any carers from the Little Hulton area 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 and support offered by our Carers Support Workers. I look forward to seeing you then.

Information Corner

Jackie had been a carer for her mum for several years and was reaching the end of her tether. Benefits were all in place, mum was attending a day care centre and on a practical level things were going smoothly but Jackie could not understand why she felt so tired and fed up.

In desperation, she rang the Carers Centre and spoke to a carers support worker. Jackie found herself feeling better just by being able to talk openly about how she felt and expressing her frustration and sadness with the situation in which she found herself. Jackie realised that the caring role had become her life and she needed to look at her own needs as well and find a way of coping with the stress.

The support worker suggested a relaxation class and gave her some numbers for local counselling services.

Both carers support workers here at the Carers Centre are trained counsellors and are able to listen, offer emotional support and signpost carers to appropriate emotional support services.

Caring can be lonely and talking over our feelings and thoughts with another person can help.

Carers Support workers provide an empathic and sensitive approach towards the needs and difficulties faced by carers, helping carers prioritise and define their own needs.

'Information Corner' is hosted by 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 in future editions.

Outreach work in Swinton - at the Humphrey Booth Centre

Our Support and Information Worker is visiting the Humphrey Booth Resource Centre at 16-18 Worsley Road, Swinton, M27 5WW on **Wednesday 14th April from 10am to 12 for a carers advice session.** **If you are a carer living in the Swinton area you are invited to pop in and chat to Jane** or phone us here on 833 0217 to book a definite appointment time — we look forward to seeing you there.

Carers trip to Port Sunlight in June

To celebrate Carers Week we are organising a visit to 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 one hour guided tour of the village aboard our bus, approximately 40 minutes in the museum and 15 minutes in the well-stocked gift shop. There will then be opportunity for you to enjoy the village, gardens, garden centre or Lady Lever Art Museum (free entrance). Lunch is not included however, there are plenty of places to eat out — for example Lady Lever Art Gallery café, Sun Café Lounge at the garden centre, Railway Inn or tea rooms. (More details will be sent with the booking confirmations)

We hope that lots of you will be able to join us for a grand day out on what I hope will be a lovely warm, summers day (!).

Itinerary: 9.30am (prompt) leave Salford Carers Centre
11am tour of Port Sunlight
3pm (prompt) leave Port Sunlight at
4.30pm arrive back at the Carers Centre

For places please complete the booking form on page 11 and return it to us by the 30th April. No telephone bookings will be accepted.

We will try to accommodate everyone but in the event of us being oversubscribed names will be drawn out of a hat.

Please note this trip is for carers and not the cared for.

For more information you can visit www.portsunlightvillage.com

Caring with Confidence — free programme for carers

The Caring with Confidence programme is running on Wednesday mornings from 10am to 1pm at the Carers Centre. The remaining dates for this course are the 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. If you are interested in attending this course, or a course in the future, please let us know.

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

Singing with dementia — Forget me not group

As an extension to the work done by the Alzheimer's Resource Centre in Eccles the Forget me not group are starting a therapeutic singing and music session in April which will be held on Wednesdays, 11am to 1pm, at the new Humphrey Booth Resource Centre 16-18 Worsley Road, Swinton.

Carers and sufferers of dementia are all most welcome.

The sessions are completely free. They will be playing music from yesteryear, some to sing to, some will be a movement session and some you may like to just sit and relax to — it is all very therapeutic.

It is intended that the session will be a social one too. It is a warm friendly atmosphere where you can make new friends and the music will help you to recall memories from the past which you enjoyed and which you associate with happy times. To be able to sing is NOT a requirement!

The centre has a welcoming café which serves drinks and light lunches so you may want to stay for lunch or continue to chat.

Start date 14th April 11am -1pm. For more information please phone; June Smith on 0161 788 9053 or email jgumboots@hotmail.co.uk

FREE courses for carers provided by Salford City Council

The next popular '**Stress relief**' course for carers will be Friday 16th April at the Sports Village, 6.00 - 9.00pm. Tel: 0161 603 4185 for details.

E-Learning - Twilight Sessions - If you do not have access to a PC at home or at work or find it difficult to undertake e-learning due to interruptions then you can book onto one of these twilight sessions where you can access the City Council's IT training facilities and computers.

Twilight sessions are twice weekly, 2 hour sessions, held on various nights between Monday and Thursday, 4.30pm – 6.30pm. These sessions are designed for people who feel relatively comfortable with IT, but feel they would like the support of a trainer if required. Please note that this is not a tutor lead session but a trainer will be on hand to help if assistance is needed. If you feel that you need more in-depth training to enable you to undertake the e-learning then contact Joy Cooper on 0161 603 4204, who will be able to tell you how to access further training or visit www.salford.gov.uk/sctp for full calendar of topics, dates and venues.

Taking Care of the Carer — weekend residential course In Lancashire

Every year Lancashire Adult Learning runs a number of residential courses for unpaid carers at Lancashire College in Chorley. These courses are available for Salford carers and are a valuable opportunity for carers to relax and take a well deserved break.

The course is offered at a reduced cost of £45 — this includes all tuition, meals and accommodation. Lancashire College offers a friendly atmosphere, comfortable surroundings and good food and is easily accessible by car or public transport.

There are a limited number of en-suite bath/shower rooms available at an additional supplement of £11.80 per night.

Dates for this course are Friday 21st to Sunday 23rd May. Topics include:

- ⇒ Grow your way to 5 a day
- ⇒ How to trace your family tree
- ⇒ Introduction to Indian Head Massage
- ⇒ Healthy Eating

Please note that funding is limited, so places are offered on a first come, first served basis. For more information, enrolment forms or to book a place please contact Donna Galway on 01257 516325

Or email donna.galway@lancashire.gov.uk

FREE Elkie Brooks tickets for Monday 19th April

We have very kindly been offered two free tickets for the Elkie Brooks 50th Anniversary Tour concert on Monday 19th April at 7.30pm at the Lowry. Elkie will be performing some of her classic hits, blues and jazz material from her forthcoming album. If you would like to attend the concert, on that night, please return the slip below, marking the envelope Freepost, Salford Carers Centre and return to us by Friday 9th April. The lucky winners names will be drawn from a hat and we will let them know on Monday 12th April.

Elkie Brooks tickets for:

Name (s):

Contact telephone number:

Number of tickets required? Please tick either one or two

New Carers Credit scheme

Here's some background information on the **New Carers Credit scheme**:

Home Responsibilities Protection (HRP) will be replaced by weekly credits for parents and carers. Carers caring for a total of 20 hours per week or more will be able to apply for Carer's Credit to protect their State Pension - both the basic and State Second Pension. This will help in situations where carers currently struggle to get their State Pensions protected, for example:

1. Carers caring for 20 hours or more per week (only those caring for 35 hours or more qualify before April 2010).
2. Carers looking after someone who refuses to claim disability benefits or who finds it extremely difficult because of their condition. This would benefit people caring for people with mental illness, for example.
3. Where more than one carer is looking after someone who is severely disabled - only one can claim Carers's Allowance (but from April 2010 the other will be able to claim Carer's Credit).
4. Carers who are looking after several people but cannot claim Carer's Allowance because they do not care for any one of them for 35 hours. After April 2010 people in these situations will qualify for Carer's Credit. To claim the Carer's Credit carers must be caring for 20 hours or more a week for someone who is either:
 - in receipt of a qualifying benefit (any rate of Attendance Allowance or Constant Attendance Allowance, middle or highest DLA care component),
 - or where there is no qualifying benefit, has a signed certificate from a health or social care professional to confirm that the level of care being provided is appropriate (as in 2. above).

To find out more about this new carers credit scheme you can also contact:

- (Princess Royal Trust) Welfare Rights Carers Helpline 0800 161 38 39 or visit the website www.carerscentre.com
- Salford Welfare Rights advice line on 0800345 7375 (10am to 12noon Monday to Friday)
- Citizens Advice Bureau telephone advice on 0870 120 24 24 from Monday to Thursday 10am – 3.30pm

Website <http://www.carersuk.org/Information/Caringforyourpension/CarersCredits>

LEARNING DIFFICULTY NEWS

On February 25th Eileen Cunnah and Irene Wood from the Listening to Carers Task group presented 4 key issues identified by carers of people with Learning Difficulties to the Partnership Board. We are pleased to say these issues were agreed by the Board and will now form part of the business plan for the next 12 months. **The key issues were:** Planning for the future (looking at support needs families require and how they can continue playing an active role in their sons/daughters new accommodation); Individual Budgets (how to publicise these more to carers and provide information in appropriate formats); Increased appropriate day opportunities for teenagers especially in the school holidays; PCT ensuring allocated carer monies are appropriately spent and provide yearly health checks for all in adult services. If you would like to attend the next task group we are always looking for new carer members. The next meeting will be 8th September 10.30am to 12.30 at Waterside Resource Unit. For further information please contact **Eileen Cunnah Telephone 0161 799 6787**

Bowel cancer screening and raising awareness

April is national Bowel Cancer Awareness Month. Bowel Cancer is the third most common cancer in the UK. It is important that we all recognise the symptoms of bowel cancer, and that people are not too embarrassed to seek advice from their GP. Symptoms include; a change in your bowel habits, bleeding from your back passage and/or blood in your bowel motions, a pain or lump in your abdomen, anaemia, tiredness or unplanned weight loss. If you are worried about any of these symptoms you should visit your GP. Bowel Cancer Screening started in Salford in 2007. It involves a FOBt test kit (*faecal occult blood test*). The test is sent to people age 60-69 every two years, to carry out in the privacy of their own home, using small samples of their own bowel motions. People aged 70 and over — you won't get the kit automatically, but you can opt into the programme using a freephone number **0800 7076060**. The test does not diagnose cancer, but people with abnormal results are offered further investigations. If you receive a kit through the post, make sure you use it. If friends or relatives receive a kit, please encourage them to use it. Remember, **Bowel Cancer Screening can save lives**. If you need more information you can ring the freephone number 0800 7076060, or contact the Greater Manchester Bowel Cancer Screening Team on **01204 462174**.

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.

Application form for the trip to Port Sunlight Thursday 17th June

I would like to visit Port Sunlight on Thursday 17th June:

Name (s)

Contact telephone number

Address

Please give details of any special requirements regarding access or travel by Community Transport. :

Please return the application form to:

FREEPOST

Salford Carers Centre

(this will not cost you anything, you will not need a stamp — but please do not put anything else on the envelope)

Or fax it to 0161 833 1992.

Please can all applications be returned to the Carers Centre by

Friday 30th April.

We will try to accommodate everyone who applies but in the event of us being oversubscribed names will be drawn out of a hat. All successful applicants will be informed by Monday 17th May.

Please note this trip is for carers and not the cared for.

If you have to cancel your place please let us know as soon as possible.