



The Princess Royal Trust
Salford Carers Centre

Salford Carers News

september 2011



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Caring for carers

IN Salford



Hello !

This year's Carers Week events were a great success. We had events and activities on every day of the week. For more information and pictures of some of the events please see the articles on pages 4 and 5.

During Carers Week new estimates compiled from a study by Carers UK and the University of Leeds were published, which showed that care provided by friends and family members to ill, frail or disabled relatives is now worth a staggering £119 billion per year! The figure has risen by a third from the 2007 estimate of £87 billion which means that carers' contributions now outstrip the NHS contribution of £99 billion. The new figures suggest that the £119 billion of care provided by the 6.4 million unpaid carers equates to £18,473 per year for each carer.

Hard on the heels of this study was another publication launched by the Princess Royal Trust for Carers and produced by accountancy firm Baker Tilly. This publication, entitled *Carers Centres: What impact do they have?*, reported the outcome of a Social Return on Investment analysis based upon qualitative data taken from five Carers Centres. They found that an annual investment of £5m in Carers Centres produced social value worth £73m per annum. This gain arises from carers maintaining better physical and mental health by reducing stress and depression. In addition to this, the person who is cared for is able to continue living at home while some carers may also be able to continue working. The services targeting young carers were found to play a crucial role in assisting young carers to continue education, find employment or receive training. They also emphasised the importance to carers of all their services being accessible in one place.

Centre activities from September include a talk about Wills and Trusts and a creative arts course. We particularly welcome any new carers who would like to join us for these events – see pages 8 and 9 for more details.

Also we are looking for **new members for the Carers Centre Advisory Group** – if you are interested in having a say about the role and direction of the Carers Centre, have a look at the back page – if you think that you would like to become a member please give us a call.

Finally Glyn Meacher who is Integrated Commissioning Manager for Physical Disability has also been confirmed as Carers Lead for Salford taking over the role from Judd Skelton. Glyn has already been to meet staff at the Carers Centre and we look forward to working with him in the future.

Best wishes

Dawn O'Rooke

Carers Centre Manager



Dementia Support Service and new Carers Training Course

The Dementia Support Service (DSS) which is run by Age Concern Salford is running a range of new groups. A new Carers Training course will start on Thursday 22nd September. This six week course runs for two hours and offers an informal setting in which people who are living with someone who has dementia can find out more, share tips with other carers and get support for themselves.

DSS is also running weekly Neighbourhood Groups for people with mild to moderate dementia. These friendship/activity groups help people to remain active and give an opportunity for them to socialise whilst giving carers a short break. If the person you care for doesn't wish to attend a group by him or herself or if you would like to join a group for your own benefit, then you can drop in to the Dementia Cafe at Humphrey Booth Resource Centre, 16 - 18 Worsley Road, Swinton, M27 5WW - for tea and chat combined with quizzes, gentle exercise and a range of other activities. (This Dementia Cafe will run on alternate Tuesdays to the Woodlands one). For more information about any of these groups, or for one-to-one information and advice, call the Dementia Support Service office on: **0161 788 7700**.

Supporting and Listening to Carers Task Group (Learning Difficulties)

The Task Group are holding a Development Day on Thursday 22nd September from 10am to 2.30pm at St Georges Resource Centre, Cromwell Road, Salford M6 6SB (Tea and coffee will be provided and the St Georges Café is on site). The day is the opportunity to support the way forward for the Task Group in these ever-changing times and carers' contribution is vital. The group will be looking at 'What is working/what's not working for carers in Salford' and setting out the priority areas to be worked on. They will also be looking at the roles and responsibilities of the Task Group members so that they are clear about the challenges ahead. The day will be facilitated by the 'Provider Services Development Team'. If you are a carer looking after a person with a learning difficulty and would like to attend or to confirm attendance please contact:

Mr N Redford (Person Centred Planning Co-ordinator) Mobile: **07919 325 662**, or Eileen Cunnah **0161 799 6787** (home) or leave Eileen a message at Salford Carers Centre **0161 833 0217**

STOP PRESS

Free flu jabs for unpaid carers

Many people are offered a free flu jab by their doctor because they are on an 'at risk' register. But did you know that if you look after someone who wouldn't be able to cope if you fell ill, you're entitled to ask your doctor for a free flu jab as well? Please call your GP practice for details.

The 2nd Compassion and Value Based Care Conference

The Conference, organised with the Service User and Carer Forum within the School of Nursing & Midwifery and in collaboration with Salford Carers Centre, was held on 5th July. Over 95 health and social care professionals attended, and for the second year the Carers Centre featured in the keynote speeches, workshops and exhibition hall. The workshops including - 'Who Cares? Identifying and supporting adult carers, and the Young Carers 'Are we Invisible' were particularly well attended. This is a quote from one of the health professionals who attended:

'I am writing to tell you that I thoroughly enjoyed the training and feel it has refreshed my views on carers. Thank you very much for including me in the training'.

E-Learning Opportunities for Carers (Carers Training)

E-Learning allows the learner to undertake a range of interesting and exciting training programmes at a time and place that suits you. The Salford Care Training Partnership has made available free e-learning courses for carers in Salford. There are two types of e-learning available:

E-Tutor - a broad range of materials from 'Dementia Awareness' to 'Personal Effectiveness' and 'Body Language' or 'Safeguarding Adults in Salford'.

To find out details of the full list of training available and how to access the courses visit the website:

www.salford.gov.uk/sctpetutor

Social Care TV - The online social care training courses are easy to use and interesting. High quality audio-visual e-learning, always available to help you to learn and put that learning into practice. To find out details of the full list of training available and how to access these courses visit

www.salford.gov.uk/socialcaretv



Carers Week 2011 the Hidden Face of Carers



This year's Carers Week celebrations began early with an excellent 3 course carers lunch event on Friday 10th June provided by the students and staff at La Sallian Restaurant, de la Salle College. You may recall that the Winter Warmer lunch in February was significantly oversubscribed and so this second visit to the College was to enable all those carers who had originally applied, to attend. Judging by the comments it was obvious that everyone had a good time:

"The meal was excellent and the company great. I would like to go again!"

"Lovely to feel, as a carer, I am not on my own"



Given the number of positive comments and feedback, we will endeavour to look for more funding to be able to offer similar carers' events in the future.

The mental well-being of young carers in Manchester 'Who Cares About Me?'

On the Friday of Carers Week, we were invited to the launch of the Manchester Carers Forum's research study about young carers 'Who Cares About Me? – the Mental Wellbeing of Young Carers in Manchester' produced by Khent Abraham, Manchester Carers Forum and Jo Aldridge, Young Carers Research Group, Loughborough University. Imelda Redmond, Chief Executive of Carers UK, was the keynote speaker at the launch. This report looked at young carers at the point at which they were identified and referred to young carer services.

The following recommendations were made as a result of this study:

- Expansion of young carers services (in Manchester).
- Services should include providing more opportunities for social interaction, information provision, signposting and guidance on health issues and life skills.
- Early interventions in young carers' lives including needs assessments and referrals to services.

- Increased knowledge and awareness of young carer's issues among professionals and health care practitioners.
- Support services for young carers should be based upon professionals listening to young carers about their needs and their expertise.
- Support services for young carers should be based on models of good practice.
- It was also felt to be beneficial for young carers if they had access to a transitional service to assist those older young carers in making a successful transition into adulthood.
- Increased support for young carers in schools
- Further research with respect to gender, BME and resilience factors amongst young carers.

Findings from the study showed that older young carers who had been caring for longer periods of time experienced poor or inconsistent levels of mental well-being. The study showed that, alongside age and length of time caring, gender was significant in the mental well-being of young carers.



Carers Week at Salford Royal Hospital

On June 16th Salford Carers Centre held a 'Carers Information Event' inside Entrance 4 at Salford Royal Hospital, as part of our special programme of events for Carers Week. We invited along a number of other organisations including the Stroke Association, Making Space, the Alzheimer's Society, the MS Society, Welfare Rights and NHS Salford's Health Improvement team.

In the afternoon we were joined by local MP Barbara Keeley, who for many years has spoken up in Parliament on behalf of unpaid carers. As well as talking to carers and staff, Barbara helped out on our free tombola and raffle which featured a superb variety of prizes generously donated by local pharmacists and Sainsbury's. These stunning prizes ensured that few people could resist stopping to look at our display, which meant that we had a good opportunity to find out if they were caring for anyone or if they knew anyone who was a carer, and to let them know where they could get help, support and advice.

For many years now, Salford Carers Centre (and the carers we support) has benefited from working in partnership with the Pharmacy Team at the PCT and Community Pharmacies in Salford as well as receiving support from our local Sainsbury's store. Following the success of this event, we'd like to take this opportunity to say a special thank you to: Monica Roper from NHS Salford, Absar Bajwa and Anne Marie from Sainsbury's, Mel Hope and Gerry Haydock from Tims and Parker, Kieran Kapoor and Prakash Jha from Bowness Pharmacy, Karen Rice from Cohens Chemist and Caroline Boyle from Co-operative Pharmacies for all their help and support.

Says Salford Carers Centre Manager, Dawn O'Rooke: 'It's so good to see such great local partnership work and support. It not only raises awareness of carers with those services who frequently come into contact with carers - such as the pharmacists, but the generous donations of prizes help raise awareness with carers themselves when they come to take part in events such as the raffle and then subsequently find out what services there are to support them.'



Top left and above: prize winners from our free raffle at Salford Royal Hospital

Other events for Carers Week included the **carers' trip on the Bridgewater Canal** where we were joined by 35 carers on the gentle two hour trip to the Barton Aqueduct - on the only fine day of the week! These are some of the comments from the carers who joined us...

'The break from caring is an opportunity to feel relaxed'.

'Nice to have some time out for myself. Being a beautiful sunny day added to the enjoyment.'

The Carers Centre were also pleased to support and participate in several other local events including the launch of a 'Carers Network' at Salford University which is the start of a process to identify and support carers within the workforce, staff and students. We were also invited to promote Carers Week at the local Sainsbury's store on Regent Road.

STOP PRESS

Carers Rights Day this year will be on Friday 2nd December.

So keep the date free! We are in the early stages of organising an event and more details will be available in the next newsletter.

Improving Parkinson's Services

Salford Royal NHS Foundation Trust and Parkinson's UK are looking to redesign elements of the Parkinson's Service provided by the Trust. They want to identify the barriers people have accessing the service and how these can be overcome.

It is estimated that approximately 320 Salford residents have Parkinson's disease, yet only around half this number access the Specialist Nurse Service. The local Parkinson's Information and Support service would like to make contact with those people who do not currently access the service, to firstly understand why, and secondly identify what service they would like. The Parkinson's information and Support service says it is really important to understand the barriers to accessing the Parkinson's Services so that they can improve the service for patients, carers, family and friends, so please do get in touch. Janatha Whitehouse, the Parkinson's UK Information and Support Worker would very much like to hear from you. Please contact Janatha on **0844 225 3747** or email: jwhitehouse@parkinsons.org.uk

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Local yoga group in Walkden

Do you suffer from aches and pains? Carers are invited to join the local yoga group at Worsley Road Methodist Church, Walkden M28 3GD. The group runs from 12.30pm to 2pm every Friday with tea and coffee to follow. The cost: £4 and refreshments £1. For more details, please ring Julie on **07791 574 385**.

Citizen and Patient Panel Event

Carers are invited to attend the eleventh **Citizen and Patient Panel Get-Together** at Buile Hill Park Hall on Wednesday 12th October from 9.45am to 4pm (lunch and refreshments will be provided). This is an opportunity to find out more about the NHS and help to develop future plans for healthcare services in Salford. Planned workshops include patient forums, health research and the future of NHS Salford. If you, and/or a friend would like to attend, please contact India Wood on **0161 212 4824** to book a place. Travel expenses can be provided for mileage or public transport; taxis should only be used in exceptional circumstances.

Falls awareness in Salford

Reducing the risks of falling is very important, especially if someone has poor health such as heart problems or if they have had a stroke. Already in Salford we know that 10,000 older people will fall this year, and 4,000 of these will never be as active again. Research shows that a person at risk can help themselves with just five simple steps: check your medication, take regular exercise, wear the right shoes, have an eye test and check for hazards. The Falls Service can offer a full and comprehensive assessment and treatment and provide help and advice to reduce the risks of falling as well as offering a variety of exercises and activities as well as transport to their groups. They also provide a home activity programme. There are falls clinics in all areas of Salford as well as the home visiting service. These services are also there to help carers who often end up having the responsibility for looking after people at risk of falls. If you would like further information about preventing falls please contact the Falls Service on: **0161 212 4097** or **0161 212 4435**.

Hello to Sherell!

Sherell Calame began working with us as a Carers Support Worker in June, covering for Jane Wilkinson who is on maternity leave until the beginning of next year. As well as speaking to those carers who have telephoned the carers centre for support and information, Sherell has already met up with quite a few carers during the events held during carers week and is now very much a part of the team.



New Carers Support Worker, Sherell Calame with the luxury hamper donated by Sainsburys for our free raffle at Salford Royal.

Salford CVS - Heart of Salford awards ceremony



The awards ceremony was held on Wednesday 29th June at Buile Hill Park Hall. Local voluntary sector groups had been invited to nominate a volunteer who helped out and supported their organisations, to be included in one of the many Volunteer Award categories. It was an excellent afternoon when we celebrated and gave well-deserved recognition for the valuable contribution volunteers make to the many organisations in Salford.

As is the case most years, it was a difficult choice to nominate only one volunteer from the Carers Centre, However, on this occasion, we nominated Elsie Farrar. Elsie has volunteered at the Centre regularly since 2002 and helps out at our newsletter mail outs, making up Carers Information Packs and has also been part of the local carers' 'voice' helping to shape and improve the services for carers in Salford by being a representative on groups including the Advisory Group and Carers Strategy Groups. However last, but not least, we nominated Elsie for her help with our Carers Week and Carers Rights Day events, which form part of the national celebrations and awareness-raising for carers' issues. The last event we organised was for Carers Week in June and as always, Elsie was an invaluable member of the team who stood in Entrance 4 at Salford Royal Hospital to give out our information leaflets and to chat to both carers and patients who were visiting the hospital on that day. Elsie's down-to-earth and gentle approach is such a great asset and she regularly finds and introduces new carers to the team. Elsie received a certificate to honour her volunteering contribution and although she didn't win overall we were proud to be part of the event.

National Carers Summit & Annual General Meeting (AGM)

The Carers UK AGM and National Carers Summit 2011 will take place on Thursday 3rd November at Clifford Chance, Canary Wharf, London.

The full agenda and guest speakers are yet to be confirmed, though in previous years the summit has seen a variety of Government Ministers and politicians face questions from an audience of carers. The event is for carers and former carers only. Although the event is open to all carers, if it is oversubscribed then priority is given to Carers UK members. The event is free to attend and lunch is provided and Carers UK acknowledge that as a trip to central London may be unaffordable they do provide a number of bursaries for Carers UK members (up to £70) to help with travel and accommodation costs. (If the bursaries are oversubscribed then they are allocated by random draw). To apply for a bursary or for more information about the event please visit the website. Carers can also join Carers UK for free via their website www.carersuk.org.

World Mental Health Day - Monday 10th October

This year the City Council are organising a campaign to get Salford talking about Mental Health and raise awareness of mental health issues. They are asking people to share their experiences about Mental Health - by either writing it down or videoing it and they want to know 'top tips for feeling positive'.

To get involved please get in touch with Clare Mayo (Mental Health Development Worker): Telephone **0161 793 3832** or **07971 495526** Email: clare.mayo@salford.gov.uk Twitter: [@SalfordMHViews](https://twitter.com/SalfordMHViews) Facebook (search for) Salford Development Worker



Salford Talking News Goes Digital!

Do you know anyone who can't see very well but who would like to know what is going on in the Salford area? Salford Talking Newspaper, which is run entirely by volunteers and is over 30 years old, sends out a recording on memory stick each week, which contains articles from local newspapers. It also produces a monthly magazine recording. For anyone who can't read the paper for themselves a simple to use playback speaker unit for listening to the recording is lent to them. This service is entirely free of charge. For more details, please phone Salford Talking News: **0161 736 8670** or email

admin@salford-talking-news.org.uk

Dates for Your Diary

Free creative arts course for any budding artists!

We have been successful in obtaining grant funding so that we can offer carers a free 8 week creative arts course - painting, drawing, acrylics or textiles. The course is open to everyone - you don't need to have any special skills or even have tried your hand at painting or drawing before - it is open to complete beginners who would just like to have a go at creative art!

The sessions will also give you the chance to have a relaxing couple of hours 'time for you'. The course will be on **Friday mornings at the Carers Centre from 10am -12 noon starting on Friday 23rd September**. We understand that you may not be able to commit to each and every week but we do need to know numbers so, if you would like to come and join us as often as you can please ring the Carers Centre on **0161 833 0217** to book a place or ask for more details - the final programme will be available shortly.

Stroke Association Listening Event

Has someone you care for had a stroke?

The Stroke Association are holding a listening event to ask Salford residents about the care that they received following a stroke. They are also interested in talking to people who look after friends and family members who have experienced a stroke. The listening event will take place on Thursday 6th October at Buile Hill Park, Eccles Old Road Salford, M6 8GL from 10.00am - 1.00pm and lunch will be provided. Anyone with an interest in stroke within Salford is welcome to attend.

For further information about the event please contact Sue Fawcett (Community Stroke Co-ordinator) on **0161 745 8222** or **07717 275711** or by email at susan.fawcett@stroke.org.uk

Carers Research Projects

The following articles may be of interest to any carers who would like to contribute to research projects:

Researching Personal Budgets

Dr Emma Richardson from the Carers Federation, a Nottingham-based charity, would like to speak to carers who are married to, or living with a partner, who has a physical disability and whose partner is in receipt of a personal budget that helps to pay for their social care costs. The aim of the research is to find out how the lives of carers may be changing as the personalisation agenda progresses.

All participants will receive a £10 High Street Voucher. For further information please contact Dr Richardson, Research Development Worker at the Carers Federation, on **0115 962 9328** or email research@carersfederation.co.uk or see the website www.carersfederation.co.uk/researchopportunities

Research project for carers and care-givers of those with dementia

Carys Jones, a researcher from Bangor University invites carers to take part in a short survey that will help healthcare professionals better understand what affects quality of life for family and friend caregivers of people with dementia. To be eligible to take part in the survey participants must be a current or former caregiver for a friend or family member with dementia and must be 65 years old or over. The survey should take no more than 15 minutes to complete and responses received before 31 December will be put into a prize draw for one £250 Marks and Spencer voucher. The survey is online at www.surveymonkey.com/s/Carersurvey.

Alternatively, if you would like to complete the survey by post or require any further information please contact: Carys Jones, Centre for Health Economics & Medicines Evaluation, Bangor University, Dean Street, LL57 1UT. Telephone: **01248 38 2483** Email: c.l.jones@bangor.ac.uk

Research project for families affected by autism

The BASIS network (British Autism Study of Infant Siblings) and Manchester University, in collaboration with Birkbeck College, London, are running a project called I-BASIS which involves working with parents to maximise social communication opportunities for baby siblings of children with autism.

The first phase of the I-BASIS programme has been running in the Manchester area for the last 12 months and is now completed. A total of seven families have taken part so far including baby Isabella and her mum Rachel. Those that have taken part to date have reported that they found the project enjoyable and helpful in terms of understanding their babies' communication better. The second phase of the project is about to start and IBASIS are looking to work with more families across the North West. If you would like to know more about the project or are interested in taking part, please contact: IBasis Office, Room 4.306, Jean McFarlane Building, University of Manchester M13 9PL. Telephone **0161 306 7953** or email clare.holt@manchester.ac.uk or alternatively contact BASIS, The Babylab, Centre for Brain and Cognitive Development, Telephone **020 7079 0761**, email basis@bbk.ac.uk or visit the website www.basisnetwork.org

Dementia friendly hospital design

Salford University School of Nursing and Midwifery and the School of the Built Environment have planned a 'Listening Event' to look to undertake research to make hospital environments more appropriate for the care of people who have dementia. We would like to meet with individual members of the public who have dementia or are carers, family or friends of people who have dementia. This free event will be on Tuesday 6th September from 10.00am - 12 noon (Registration from 9.30am). Refreshments will be provided. University of Salford, Mary Seacole Building MS 1.51 (first floor) Email Karen West k.m.west@salford.ac.uk or telephone **0161 295 7960**

Obsessive Compulsive Disorder (OCD) Support Group in Salford

The UK's National Charity ocd action: www.ocdaction.org.uk runs a support group at the Energise Centre in Salford on the 3rd Monday of every month. The next dates are 19th September, 17th October, 21st November. The OCD support group is from 4 - 6pm and is an opportunity for people with OCD as well as people close to them, such as family members, friends and carers, to share their experiences and to give support to each other. Alongside this, each month the group will focus on a different issue surrounding having OCD. For more information about the group and details of where it meets please contact Jude Wynne (Advocacy Manager) telephone **0845 390 6234**.

Unlimited Potential - working in Irlam and Cadishead

Working with carers in the City, Salford City Council identified that there is insufficient local support for carers in Irlam and Cadishead. It therefore engaged a local social enterprise, Unlimited Potential, to work in the area for the next year to develop locally-based support for carers. This draws on learning from the successful development of support for carers in both Clarendon & Weaste and Little Hulton. Sue Hinder, the Carers Development Worker, started work in Irlam and Cadishead on 1 August. Born and bred in Salford, Sue is first identifying key local resources and support. She will then engage local carers to find out their strengths and wishes. With this knowledge, Sue will then work to establish extra support for carers in the area "This is an exciting development", said Chris Dabbs, Chief Executive of Unlimited Potential. "We know from experience the exceptional value of what unpaid carers do, many for well over 50 hours per week. We want to ensure that carers in Irlam and Cadishead have access to better support." If you are a carer in Irlam and Cadishead and want to share your views on what support carers most need, please contact Sue Hinder on **07796 848364**.

Remember

If you are a carer and want information, practical advice, or support, including information about funds in order to have a break, please contact Salford Carers Centre on 0161 833 0217.

Dates for Your Diary

Talk about Wills and Trusts

'It's never too early to make a will, but quite often it's too late'

We are pleased to be able to offer a talk and short question & answer session for carers about Wills and Trusts. It will be held on:

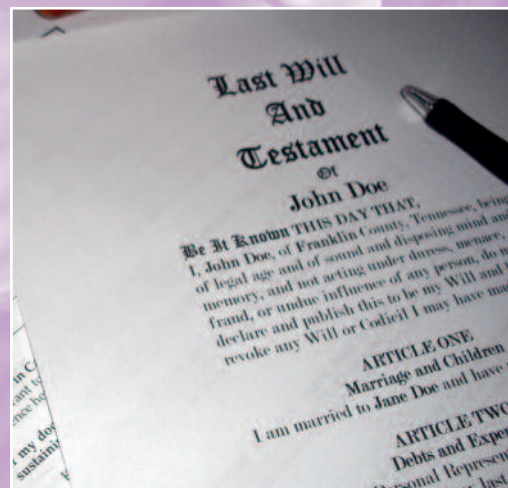
Thursday 29th September from 1.30 - 3pm at the Carers Centre.

Malcolm Ashton is a qualified Legal Executive of 30 years' standing and a JP on the Bury Bench. He deals with all aspects of estate planning including inheritance tax planning, protective property trusts, single and mirror wills, specialised trust work and lasting powers of attorney.

- Are you worried about losing your house to fund long term care?
- Do you have children from a previous relationship?
- Do you have a disabled child or relative?
- Do you have a Will? No? Then you are not on your own. 65% of the adult population of this country do not have a Will.

Malcolm has a wealth of experience in estate planning, wills and trusts and has previously done this very popular presentation to carers in Bury.

If you would like to attend the talk please book your place by telephoning the Carers Centre on: **0161 833 0217**



Hospital Fares

As a carer you may find yourself spending a lot of money travelling to and from hospital, whether it's to an outpatients appointment or as a visitor when the person you look after is an inpatient. But did you know that, if you're exempt from NHS charges or receive income-related ESA (Employment and Support Allowance), income support, income-based jobseekers allowance or pension guarantee credit, you may be able to get help with travel costs? The same applies to the person you look after as well.

If neither of you get a qualifying benefit you may be able to get help based on low income. You can find out more by calling in at the hospital's Cashiers Office - there is usually a Cashiers office at the hospital where travel costs can be sorted out. Or you can call the Health Costs Advice Line on: **0845 850 1166**. You'll need to provide proof of your entitlements, as well as travel receipts, so be sure to keep hold of all your bus and train tickets. Normally, you'd be expected to use public transport, although if you travel by car your fuel costs may be refunded. Taxi fares would only be paid when someone can't use public transport because of their disability and you would need to get an agreement from the hospital first.

For visiting you may also get assistance - through a social fund community care grant if you get one of the above qualifying benefits.

If you need further information you can contact the Health Costs Advice Line on:

0845 850 1166. Alternatively you can speak to a Carers Support Workers at Salford Carers Centre on: **0161 833 0217**.

New Disabled Living Centre in Salford



The new Disabled Living Centre in Salford can help you to support older and disabled relatives and friends. Formally based in Cheetham, Disabled Living has now relocated to a purpose built Centre in Worsley. Disabled Living provides advice and information about equipment and products to make everyday tasks easier. Their team of health and social care professionals will ensure you get the correct information to keep people more independent and improve the quality of life for the people you care for.

For more information please contact: **0161 607 8200** or see the website www.disabledliving.co.uk.

The address is: Disabled Living, Burrows House, 10 Priestley Road, Wardley Industrial Estate, Worsley, Salford, M28 2LY.

We value your feedback – so please let us know what you think of the newsletter. You can email comments to: carerscentre@salford.gov.uk or call us on **0161 833 0217**.



The Mayor and Mayoress of Salford with members of the Young Carers Newsletter group

Newsletter group update

The Newsletter Group have produced the second edition of their Salford Young Carers Newsletter and it is packed with information for young carers, as well as information about young carers that is aimed at different professionals too. If you would like a copy, please contact the Carers Centre on: **0161 833 0217**

Young Carers Forum article in International Nursing Journal

Following on from three very successful conference presentations in conjunction with Salford University on the topic of 'Young people and mental wellbeing'; the Forum have been informed that an article based on their presentation and their issues around the risk to their mental wellbeing as carers, is due to appear in an international nursing journal. They have also been asked to do a presentation at the National Nursing Conference in Oxford in September.

Young adult carer wins Student of the Year

Congratulations to a Young Adult Carer in Salford who has been voted as Student of the Year by De La Salle and Pendleton Campus, part of Salford College. He has shown real determination to complete his course and has gained a good set of marks in his exams. He has achieved all this whilst providing substantial care for his Mum who is disabled. He is now due to go onto the next level of the course in September and we wish him all the best. If you know someone like this young man who could benefit from some support in their caring role, please contact us on: **0161 833 0217**.

New Young Carer Support Worker

Precious Whitmore has been appointed as the new young carer support worker. Due to this appointment the young carer service will now be able to work in three extra schools in Salford offering drop in sessions and 'young carer awareness' lessons. The team now work in 12 schools across the city raising awareness about young carers' issues to both staff and pupils.

The young carer service is also looking to work within 3 high schools to pilot and develop a project about young people and their transition from junior schools to high school. If you need any further information about any of these services please contact the team on: **0161 833 0217**.



Salford Carers Centre Advisory Group - new carer members wanted

Salford Carers Centre is actively seeking new members for its Advisory Group and wish to encourage carers to apply to join.

The Advisory Group is a sub-committee of the Gaddum Centre Management Committee and forms a part of the monitoring processes of the Centre. It is an opportunity for discussions about service developments and for carers to have a say in the role and direction of the Centre, as well as an opportunity to raise issues of interest or concern to carers.

Although there is representation from funders at the group it has been agreed that carers should form a minimum of 50% of the membership and should ideally comprise of

- A carer of an older person
- A carer of an adult with physical disability
- A carer of a child (parent carer)
- A carer of a learning disabled adult
- A carer of an adult with mental ill health
- A carer of an adult with dementia
- A young adult carer
- A carer caring from a distance

There are generally only four meetings per year, all planned in advance. Members occasionally may be called upon to attend additional meetings, but this is rare and would not be at short notice. Carers will be refunded any expenses with respect to their attendance.

If you are interested, or know a carer who you think would be interested in being a member of the group, please let us know. We want to hear from you!

For further details please contact: Dawn O'Rooke at the Carers Centre on: **0161 833 0217**.

The next edition of the newsletter will be published and mailed out in mid November. If you have any articles, news or items that are relevant to carers, please submit a brief article (in Word format) to: carers.centre@salford.gov.uk by the next deadline date of Friday 23 September. (The newsletter will cover events from mid November to February 2012)

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.

Princess Royal Trust Salford Carers Centre

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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.