

CALDERDALE CARERS PROJECT

Spring - Newsletter May 2006 Issue

39

In sickness and in health.

Carers Week starts on Monday June 12th and Carers UK have adopted the theme of 'In Sickness and In Health'. Here in Calderdale we'd like to concentrate on carers' health and so have arranged two events for any carer to come along to.

Carers' Lunch. Come along for a three course lunch on Monday June 12th at The Tower House Hotel. This is a lovely relaxing hotel and will give you a break. The special cost to carers will be £5 per head, so ring Wendy to book a place.

Carers' Coffee Morning: Join us for coffee and a chat on Friday June 16th from 10.30am to 12 noon. No need to book – just turn up at the Imperial Crown Hotel, opposite the railway station, in Halifax. Many thanks to the Imperial Crown for free use of their facilities. Sitters can be arranged and transport costs paid for both the above events.

Carers Week 2006 is 12 – 18 June

Carers Week is about:

Recognising and celebrating the contribution made by carers.

Campaigning for better support and services for carers.

Promoting best practice and improving carers' quality of life.

Reaching out to 'hidden' carers in every community, and ensuring they know where support can be found.

Jobcentre Plus - We can advise you

In recent months a number of carers have contacted us regarding 'Work Focused Interviews.'

Carers have been called into Jobcentreplus for meetings with advisers to discuss the possibilities of taking up employment. For some carers this is definitely not an option and they feel under pressure to attend.

If you have been contacted by Jobcentreplus and would like more advice on what to do, please give Louella a ring at the Carers Project and we may be able to help.

We are continuing our sessions of counselling for carers.

Counselling can help with many problems like depression, anxiety, stress, coping with trauma and difficult relationships. The carers who have taken part so far have found it very beneficial.

The aim of counselling is to help people who have become unhappy or feel 'stuck', to explore ways they can help themselves to make beneficial changes.

Each session will be for 50 minutes and they are being offered weekly for 8 – 12 weeks starting as soon as possible.

The sessions will take place at Calderdale Business Park at times to suit and are available to carers who care for someone at home, have not had counselling previously, and can make a weekly commitment to meet with the counsellor.

Why not find out if it might help you?

If you think you may benefit from this opportunity please ring us to arrange for an initial confidential discussion to help you decide if this is for you. If numbers exceed places available, places will be allocated on a first come first served basis.

First of many special days?

"I've never been pampered so much in my life". This was just one comment from a carer who attended a relaxation day for minority ethnic carers, held recently. Twenty carers came along and were treated to a talk about flower essences, meditation and relaxation plus facials, reflexology, Indian head massage and henna hand painting

Do you have issues about transport?

Howard Maude is a carer and he is a public transport user. Howard attends a variety of meetings all related to transport and puts across carers' views.

We are waiting for a transport review group to be set up to look at transport issues in relation to the changes to hospital services and Howard has volunteered to join this group. So give him a ring on 01422 247386 if you have any concerns.

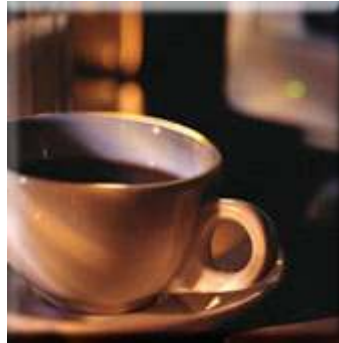
It was a really enjoyable day and we hope it's the first of many such days.

New support group formed

We're working closely with Nazia Khatoon from Making Space to begin a carers' support group for minority ethnic women carers. The group will meet on the third Wednesday of each month from 10.30am to 12 noon at Kingston Court, off Queen's Road, in Halifax.

There will be bi-lingual workers at each support group and sitters can be arranged as usual. Transport costs will be reimbursed. For further information contact Wendy on 369101 or Nazia on 383062. The first meeting is being held on May 17th and then June 21st and July 19th. There will be no meeting in August.

New carers group starts in Ovenden.



Carers Groups: come along and meet others

All support groups are informal, friendly, give carers an opportunity to have a break, obtain information, have a say and raise any issues and concerns, enjoy a cuppa and talk to other carers. Below is a summary of all support group meetings fixed for the next three months.

AREA	VENUE	DATE	TIME OF MEETING	TIME OF INFO	DATES BOOKED
Elland	Ellen Royd Surgery	1 st Thurs	2pm to 4pm	1.30pm to 2pm	June 1, July 6, Aug 3.
North Halifax	Ovenden Initiative	1 st Tues	12.30pm to 2.30pm	2.30pm to 3pm	June 6, July 4, Aug 1.

North Halifax	Ovenden Initiative	1 st Tues	12.30pm to 2.30pm	2.30pm to 3pm	June 6, July 4, Aug 1.
Sowerby Bridge	St Pauls Church	3 rd Wed	12.30pm to 2.30pm	2.30pm to 3pm	June 13, July 11, Aug 8.
Todmorden	Oddfellows Hall	2 nd Tues	10.30am to 12.30pm	12.30pm to 1pm	June 21, July 19, Aug 16.

If you are unsure about coming along to a support group, or you need directions to get to any of the venues, then give us a ring and we can have an informal chat. As always, we can arrange and pay for sitters but we need about 10 days notice. Transport costs can also be reimbursed.

Look what we have in store for you in the next few weeks. Study the planned events on this and the next page, then ring Wendy at the Project to book your place. Give us plenty of time to book sitters and transport if needed.

<p style="text-align: center;">DIARY DATES</p> <p>17 May Minority Ethnic Women Carers' Support Group</p> <p>17 May Sowerby Bridge Support Group</p> <p>1 June Elland Support Group</p> <p>6 June North Halifax Support Group</p> <p>7 June Paint A Pot Event</p> <p>12 June Carers' Lunch at Tower House Hotel</p> <p>13 June Todmorden Support Group</p> <p>16 June Coffee Morning, Imperial Crown Hotel</p> <p>21 June Minority Ethnic Women Carers' Support Group</p> <p>21 June Sowerby Bridge Support Group</p>	<p>Paint A Pot Why not try decorating a ready made pot, plate, tea light holder or mug? We've booked ten places for a couple of hours at the Last Ceramic Café in West Vale, Halifax on Wednesday 7th June at 1pm. This event is free to carers so come along and have a go, enjoy a coffee and chat while you paint. Ring to book your place.</p> <p>Calderdale Independent Living Show This event will be held at North Bridge Leisure Centre on 21st June from 10.30am to 4.30pm with free entry. There will be over 70 exhibitors with a wide variety of equipment, adaptations and information for disabled people and their carers. The show aims to encourage further independence and a better quality of life for disabled people in Calderdale and surrounding areas. It also aims to highlight the rights and abilities of disabled</p>
--	--

21 June Calderdale Independent Living Show
26 June Tea Dance at Square Chapel
3 July Ten Pin Bowling Session for Carers
3 July Oral Health Information Session
4 July North Halifax Support Group
6 July Elland Support Group
11 July Todmorden Support Group
12 July Complementary Therapy Session, Hebden Bridge.
19 July Minority Ethnic Women Carers' Support Group
19 July Sowerby Bridge Support Group
20 July Carers Info. Event on Home Safety
1 Aug North Halifax Support Group
3 Aug Elland Support Group
8 Aug Todmorden Support Group
16 Aug Sowerby Bridge Support Group
31 Aug Relaxation Day, Pennine Healing Centre
27 Sept. Oral Health Information Session

people to have full and equal participation in social, economic and cultural activities. Carers should find the day useful as there will be plenty of help and advice that may help them in their caring role.

May I Have This Dance?

Age Concern hold a monthly tea dance at Square Chapel in Halifax and on Monday June 26th carers will be especially welcome to come along to this event, where the entrance fee will be free. There'll be an afternoon tea put on and dancing for all. You don't need to be an expert and you can just come along and listen to the music if you wish.

The dance starts at 1.30pm with a break for afternoon tea at 2.40pm. Dancing then continues to 4pm but you can leave when you need to. You never know, you may get the dancing bug and make it a regular date! Ring for details or just come along.

Make a note of more special events

Oral health information session

Carers are being encouraged to come along to find out more about: maintaining good oral hygiene for both themselves and the people they care for. increasing awareness and knowledge of conditions that may affect the mouth. the effects that various drug treatments and medical conditions may have on the mouth.

Half day sessions are being held on Monday 3rd July and Wednesday 27th September, both at the Learning and Development Centre, Calderdale Royal Hospital from 9am to 12.30pm.

Strike! Knock them all down

Come along and try your hand at 10 pin bowling. Two lanes have been booked for 12 carers for two games each. This will be on Monday 3rd July from 10.30am to 12.30pm at the Electric Bowl, Commercial Street, Halifax. This event is free to all carers.

Stay calm and focused under pressure

This is a complementary therapy session at The Bodyworks Centre in Hebden Bridge on Wednesday 12th July. The session will be from 10am to 3pm with refreshments provided throughout the day and a delicious vegetarian organic lunch served in the café.

Do you ever feel frustrated, angry or stressed out? Come along and learn some practical and effective relaxation techniques to help you destress, unwind and revive your energy. We will also introduce some simple ideas that you will find useful for increasing confidence and assertiveness in dealing with stressful situations. Participants will go home with a kit of simple 10 minute stress busting tools that you will have at your fingertips to use whenever you are feeling under pressure.

The course is free for carers and there are eight places.

Carers Information Event on Home Safety

Do you have a smoke alarm? Do you need information about pensions? Keep your diary clear for Thursday 20 July and come along to Halifax Central Library, (Room 1) from 10am to 12.30m when you will be able to discuss such issues with representatives from West Yorkshire Fire and rescue services, Age Concern, Crime Prevention Officer, The Pension Service and Calderdale MBC Home Energy Team. They will all be joining us to provide you with lots of useful information. It's always much easier to talk to people face to face, so don't miss this opportunity. Free refreshments will be provided.

Relaxation Day.

This will be held at the Pennine Healing Centre, Burnley Road, Luddenden Foot on Thursday 31st August from 9.30am until 3pm. A time for you to relax and learn how to cope better. Lunch and refreshments throughout the day.

Contact Wendy at the Project to book. Sitters can be arranged and transport costs reimbursed.

Looking to the Future

Important decisions have been made about the future of health services across Calderdale and Huddersfield. A joint committee of the Boards of the local Primary Care Trusts approved the following resolutions for Calderdale.

1 They resolved to work with primary and secondary care colleagues to develop a broader range of services in the community.

2 They resolved to continue to provide the broadest range of safe, high quality and sustainable local hospital services from two hospital sites including two fully functioning A & E departments (Calderdale & Huddersfield)

3 Planned inpatient orthopaedic and planned inpatient general surgery, including breast surgery, and all in patient gynaecology will be provided at the Calderdale Royal Hospital.

4 All emergency inpatient orthopaedics and emergency general surgery, complex planned surgery and emergency paediatric surgery will be provided at Huddersfield Royal Infirmary.

5 All inpatient obstetrics and services for babies needing special care will be at Calderdale Royal Hospital.

6 They resolved to retain a midwife led unit at Calderdale Royal Hospital and develop a clear transition plan to include a full obstetric service at both hospitals for a minimum of 12 months while establishing a midwife led unit at Huddersfield Royal Infirmary.

7 Increase the provision of community midwives.

8 They resolved to work with partners across Calderdale and Kirklees to improve access and transport links to support the service changes to mitigate any detrimental effects on service users as a result of these service changes.

Martyn Pritchard, Chief Executive of Calderdale Primary Care Trust said:

We understand the emotions and concerns raised by people. We have listened to everyone and I am confident that the decisions we have made here today are in the best interests of our local residents.

In the ideal world we would like to provide all services, at all sites, but this is rarely possible due to the specialist nature of healthcare and operating within the resources we have available.

Patient Advice and Liaison Services and Primary Care Trust can be contacted on 0800 183 0912.

New respite service

The new respite service at Glenholme in West Vale opened on 31st March and replaced services at The Grove and Whitehill Drive.

It has increased respite capacity by two beds approximately – 700 extra nights per year. Both the short stay bed and the emergency bed are located at Glenholme. The need for this increase in capacity in respite was identified in consultation with families. The service will meet the needs of more than 80 families providing short breaks from one night to 14 nights at a time and the service will be open 365 days per year.

The new service is run by St Anne's who were selected through a tender and families were involved in the choice of the new support provider.

All St Anne's staff have undergone a comprehensive programme of training. The contract will be monitored by a Health and Social Care Compliance officer and the Commission for Social Care Inspection will also inspect the service. The building has undergone considerable refurbishment and this will continue during the next six months. Do you have any comments or news about the new service? Let us know.

CARERS SMALL GRANTS 2006

Once again the Small Grants Scheme will be available this year. Carers can apply for up to £200, to enable them to have a break from their caring responsibilities.

The scheme was very popular last year, with carers applying for grants towards short breaks, days out, complementary therapies, education courses and driving and swimming lessons.

To be considered, a carer must be receiving a means-tested benefit, such as Council Tax Benefit, and be caring for an average of at least 25 hours per week. You must not have been given a grant in the preceding two years. Please contact the Carers Project for more details and an application form. The deadline for completed applications is July 3rd.

Seeking to give voluntary help?

Over the past few years a number of carers and ex-carers have asked us about volunteering for the Project to provide extra pairs of hands. In addition, ex-carers would like to do something to help current carers, perhaps by helping at support groups and events or helping to distribute information. Ex-carers have a wealth of knowledge and skills that they want to put to good use.

To this end, the Project put in a bid to Volunteering England for help in developing a volunteering scheme.

We are very pleased to announce that this bid has been successful.

We have decided to start the scheme with some small steps.

Initial consultations with ex-carers have been conducted and we have decided to launch the scheme in June, with a small group of potential volunteers. We also hope to announce some of the bigger steps that we hope to take in the future. If you would like further information, please ring Louella at the Project.

Find out if you are getting all the benefits.

Are you getting all the benefits that you should be? If you or the person you look after is over 60 why not contact the Dept. for Work and Pensions, Pension Service and ask them for a benefit entitlement check? Someone will call to see you in your own home, at a date and time convenient to you. They will go through the different benefits and complete any relevant claim forms for you. Why not ring today on Halifax (01422) 305228 or 305115.

Calderdale Carers Project - the aims

The main aims of the project are to raise awareness about carers and their needs and to provide a contact point for advice and information.

The project facilitates carers support groups, administers an emergency card, also produces a quarterly newsletter and has a wide range of information leaflets for any carers to access. We have a specific fund to pay for and arrange transport and sitters to enable carers to attend events the project organises.

Trustees of the project are: Stephen Barker, Lesley Crawshaw, Iris O'Donnell, Roy Conway, Sue Pears Margaret Williamson and Tracy Thornton.

Our address is:

Calderdale Carers Project, Unit 8A,
Calderdale Business Park, Club
Lane, Ovenden, Halifax, HX2 8DB.

We can be contacted on Tel:

01422 369101

Fax:

01422 369643

E-Mail:

enquiries@calderdale-carers.co.uk

lynn@calderdale-carers.co.uk

louella@calderdale-carers.co.uk

wendy@calderdale-carers.co.uk

BIG PRINT

Anyone who would welcome receiving the newsletter in big print format is asked to contact the project and we will put this in hand.

Staff are:

Lynn Ward - the project co-ordinator who is responsible for the day to day management of the project as well as taking the lead in consultation and policy work

Wendy Mitchell - Carers support worker, responding to carers support needs by telephone as well as face to face at support groups.

Louella Ramsden - Information and outreach officer co-ordinating the projects publicity and providing information to carers about services available to the

Elaine Greenwood - provides admin support at the project and is currently producing our newsletter.

There will generally be direct telephone access at the project between 9-30am and 12-30pm and at other times an answering service may be in operation.

All views expressed are those of the individual contributors and not necessarily of Calderdale Carers Project