



Wirral Carers Newsletter

Spring 2011

National Carers Week - 13th June 2011.

The theme this year is 'The True Face of Carers'

3 in 5 people will be a carer at some point in their lives. This means there is a high chance that one day, the true face of a carer will be the one you see in the mirror.

Carers Week 2011 will be revealing the surprising stories behind the 6 million carers who save the country's economy £87 billion every year.

Carers provide unpaid care for someone who is ill, frail or disabled. Some are forced to give up work to give 24 hour care. Others hold down top-level jobs, working a double life as carer and employee. Some carers are children and young people; those who should be the cared for, having to do the caring.

Carers Week 2011 will be highlighting and celebrating the incredible contribution that carers make, sharing the challenges overcome as well as those still being faced. We will be campaigning for greater support and recognition for carers and informing those who are unaware of the services and benefits to which they are entitled.

To thank Wirral Carers this year the Carers Agency Network has joined forces with Wirral Metropolitan College to provide over 200 carers with a therapy including facials, massage, nail treatments and hairstyles.



15th June

The true face of carers

Your personal invitation to a Carer Wellbeing Day at The Academy Hair & Beauty Salons at Wirral Metropolitan College

Europa Boulevard, Conway Park, Birkenhead, CH41 4NT
(Opposite Conway Park Rail Station)

Free Sessions for Men & Women: (One session per person)

- | | |
|--|--|
| <input type="checkbox"/> Facials | <input type="checkbox"/> Specialised Facials |
| <input type="checkbox"/> Full Body Massage | <input type="checkbox"/> Make Up |
| <input type="checkbox"/> Full Body Hot Stone Massage | <input type="checkbox"/> Manicure |
| <input type="checkbox"/> Full Body Aromatherapy | <input type="checkbox"/> Blow Dry |
| <input type="checkbox"/> Indian Head Massage | <input type="checkbox"/> Cut/Blow Dry |
| <input type="checkbox"/> Seated Thai Massage | <input type="checkbox"/> Shampoo & Sets |
| <input type="checkbox"/> Facial with essential oils | <input type="checkbox"/> Hair Toned |
| <input type="checkbox"/> Waxing | |

Wednesday 15th June 2011 between 10am and 4pm
Free tea and coffee provided, information stalls and family support workers to give you a very warm welcome.

Please give the Carers helpline a call on 0151 670 0777
with your interested therapy between:

Mon - Fri 9am - 4.30pm
Book early to avoid disappointment



To celebrate National Carers Week we are taking this opportunity to launch our Carers page on Face book. As the theme of National Carers Week is the 'True Face of Carers' we thought this was very apt! Just log onto Face book and type Carers support @Wired in the search box.

Let us know what you think about the content.

Email carers.support@wired.me.uk or call the Carers Helpline 0151 670 0777

Carers Personal Budget

Who is eligible to receive a Carers Personal Budget?

As a carer, to be eligible for a Carers Personal Budget, you must be:

- Over 16
- Caring for a person aged over 18 – they must be ill or disabled, or have a mental health or substance misuse problem
- The person you are caring for must be in need of, or already receiving, community care services
- You must be providing 'regular and substantial care'
- The person you're caring for must be living at home but you don't necessarily have to be living with them.

What can I use this money for?

The Carers Personal Budget is designed to give you the chance to do things like:

- Take a break from caring
- Enjoy more leisure or social activities
- Take part in any education or training courses
- Help improve your health and well-being.

If you're a carer, the Carers Personal Budget is a payment which aims to give you a break. It can help you pay for leisure activities, buy services you need, and have a life outside of caring, and in that way support your own caring role.

Are you currently in receipt of a personal budget?

Would you like to talk with other carers who have been/going through the experience?

Would you like to hear information that could help you?

I would like to invite you to an informal meeting for carers to discuss and share experiences regarding personal budgets and the impact felt.

If you are a carer who is in receipt of a personal budget and had a good experience would you like to share this with other carers?

I am looking for any volunteers to come and share best practice. For more information please call Jacqui Canning at WIRED on 0151 670 1500 x 247

Benefit Changes

Contact a Family has issued an urgent call for families with disabled children to get advice about forthcoming benefits changes.

To help parents make sense of the recent welfare reforms announced by the Coalition Government and what the changes will mean for them, Contact a Family has produced a free guide to Future Benefit Changes. The guide is available from the Contact a Family Helpline on **0808 808 3555**.

Derek Sinclair, Senior Welfare Rights Specialist at Contact a Family, said: "The recently announced benefits changes amount to the biggest shake up to the benefits system in generations.

Changes include replacing means tested benefits such as income support with a new 'universal credit', major reform of Disability Living Allowance and cuts in housing benefit.

"It is really important that parents with disabled children understand what these changes will mean and that is why we are making our guide to Future Benefit changes available to them for free."

The changes will impact on all families with a disabled child. While some of the changes will not take effect for a year or two, others will start to impact from this April - including changes in housing benefit for many private tenants, and a number of tax credit cuts including reduced help with childcare costs. While many of the changes proposed will mean cuts in financial help – there is some good news. One of the changes being made in April will allow children aged 3 or above who have a severe visual impairment to start qualifying for the high rate of the DLA mobility component.

Call the Contact a Family Helpline now to order your copy of Future Benefit Changes – **0808 808 3555**.

Equality Impact Assessment Quality Assurance Panel

The Department of Adult Social Services is recruiting volunteer adults from across the range of diversity to form a Panel to help ensure that our Equality Impact Assessments (EIA's) are inclusive and of a high quality.

The Panel will meet monthly to review and advise on the quality of Initial Equality Impact Assessments (IEIAs) and where necessary facilitate consultation on the effects proposed changes to a service is likely to have on particular groups of people.

Panel members will participate in the Panel for a maximum of two years and will be remunerated in line with the Department's Involvement Policy.

What you will do

- ❖ Check IEIA's to see that they have considered potential impacts both negative and positive on people from across the range of diversity
- ❖ Make suggestions about how to improve the quality of the EIA's where applicable
- ❖ Make recommendations where appropriate for the need to carry out a full equality impact assessment
- ❖ Check that the actions arising from the EIA's have been implemented and delivered the intended outcomes

No formal qualifications are required

Support will be available to members of the Panel from staff from the Department of Adult Social Services and training around EIA's will be provided. Contact Tony Excell on 0151 606 5009 for further information

AGE Wirral
Concern

Do you have responsibility for your grandchildren aged under 18?

We are seeking to learn more about the issues that grandparent carers face, in order that we can better influence local and national services and policies.

If you would be willing to share your experiences or if you would like to join our Grandparent Carers Group, please do get in touch.



**For more information contact
Ian Bourbonneux on 0151 653 4404
ianbourbonneux@ageconcernwirral.org**

Registered Charity No. 1034510

Short Breaks Allowance Pilot Programme 2011

The Aiming High for Disabled Children Short Break Allowance is available to young people (0-19) receiving DLA Care or Mobility (or both) and not currently receiving any other social care service. It will provide £15.00 per week which can be used flexibly according to each individual family's needs. The payment will be available from 1st April 2011 until 31st March 2012. The maximum amount payable will be £780.00.

If you are interested in receiving a Short Breaks Allowance, please contact Willow Tree Resource Centre, Stavordale Road, Moreton, Wirral CH46 9PS 0151 606 6801

You will need to provide evidence of:
Receipt of DLA care/mobility allowance.
How you intend to spend the Short breaks Allowance funding.
Receipts/Invoices to show how you have spent the money.

Health and Well Being

Zumba is a Latin inspired, calorie burning, exhilarating and effective easy to follow dance fitness party !

It all began in the mid 90's when a fitness instructor from Columbia (Alberto Perez) forgot his traditional aerobic tapes.

He improvised by using his own mix of salsa and merengue music he had in his back pack. The class loved it and Zumba was born !

The music is addictive, the steps are contagious and over 12 million people of all ages, shapes and sizes are taking part in the world's largest and most successful dance fitness party.

Classes are run by licensed instructor Isabel (Izzy) Williams in Wallasey, Bromborough, Pensby and Great Sutton.

Wallasey

St Georges Primary School, Claremount Road, Wallasey

Tues 7.15pm – 8.00pm

Thurs 7.15pm – 8.00pm

Fri 6.30pm – 7.15pm

New Brighton Primary School, Vaughan Road, Wallasey

Sat 10.30am – 11.15am

Pensby - St Michaels Church hall

Mon 6.00pm – 7.00pm

Everyone is welcome

Bromborough

Village Hotel

Mon 11.30am – 12.30pm

Tues 9.30am – 10.30am

Wed 5.30pm – 6.30pm

Great Sutton

Hope Farm Community Centre

Mon 8.00 – 9.00pm

Fri 10.45 – 11.45am

for further information about carers Health and Wellbeing please call the Carers Helpline on 0151 670 0777

It's a Goal

IAG! is an 11 week programme which is primarily aimed at men aged 18 years and over who are Wirral residents with low self-esteem and mild/moderate depression. By holding the programme in a football stadium such as Prenton Park and using football metaphor instead of clinical methodology, IAG! engages with its target audience who typically feel alienated from mainstream mental health support services to focus on achieving a major personal goal such as getting back into work; facing the impact of a relationship breakdown; staying clean and dry during/after rehab support; etc. The thrust of the programme is to guide IAG! team-players (service users) away from the negative debilitating effects of depression to focus on 'becoming the best you can be'.

We are now actively seeking team-players (service users) Please contact me for more information.

Kieran Hatton – It's a Goal! - Coach – Chester FC & Tranmere Rovers FC

Nacro, changing lives.....creating opportunities

Mobile: 0778 971 6479 Phone: 0151 643 3020 Fax: 0151 644 6919

E-mail: Kieran.hatton@nacro.org.uk

If you have a change of circumstances please contact us on 0151 670 0777.

If you visit www.wirralcarers.co.uk and have any ideas or feedback, please contact us.

We do appreciate hearing from you. The views and suggestions in this newsletter are those of individual contributors and not necessarily supported by Wired. Wired cannot accept responsibility for goods and services mentioned in this newsletter.