

# Wirral Carers Newsletter

Winter 2010

**Hello everyone welcome to the winter edition of the Wirral Carers Newsletter.**

The snow earlier this month has caused problems for most of us but not for the kids!!! Since our last newsletter, we have had the first meeting of the Wirral Carers Forum. 53 carers attended and it was agreed that, indeed, Wirral did need a formalised group representing carers.

The forum is now known as Wirral Carers Association and is steered by the Wirral Carers Association Executive Committee which has 11 members, who are carers. The Association now has a Chairperson who is Lisa James and vice Chairperson, who is Simon Wagener.

The Association will meet on the last Wednesday of every month at 10am – 12pm. **For more information please call the help line 0151 670 0777.** The Executive Committee will meet more regularly while developing an agreed infrastructure.

You can attend the Association meetings to highlight any carers issues you feel need addressing or to meet other carers and build up a network of support. You can also become a member of the Association and receive notes about meetings or other communication.



Hi everyone. My name is Lisa James. I am so glad to be part of the Carers Association as I feel that carers continue to get a raw deal with regards to support. We, as carers, save the Government

billions of pounds each year and yet receive very little in return. The impact of caring

responsibilities can affect carers emotional and physical wellbeing, prevent or lessen employment opportunities, cause social isolation, financial hardship and guilt around spending less quality time with siblings or partners, among many other issues. We provide a valuable service caring for our loved ones and are often undervalued and under-resourced. I feel I am in a privileged position and hope to secure further links with other groups to support others who have no voice.



Hello my name is Simon Wagener.

The issue of carers' place in society, together with the importance of preserving quality of life for older people, have

occupied me greatly since I cared for my father for 10 years. Representing carers is what I see myself doing long term; I feel that they need to be fully incorporated into mainstream services, not regarded as a side-issue or an add-on. Considering that they save the state an estimated £87 billion a year I think that such a vital resource needs safeguarding: we need to give our carers the support, attention and respect that they give to the people they look after.

**The next meeting will be  
Wednesday 24th February 2010  
10am at Wallasey Town Hall.**

**Please call the Carers Helpline for more information 0151 670 0777**

**The Carers Team would like to take this opportunity to offer a huge thank you to Dave Jones who very kindly, in his own time designed and completed all the graphics for the Carers Calendar which we recently had for sale. As you may know the calendars not only contained some of the wonderful art work created by carers at the recent art classes but also information about the Carers Help line here and nationally and local and national carer's websites.**

**If anyone has any good ideas on how we can raise the awareness of carers issues please give Jacqui Canning a call on 0151 670 1500...I look forward to hearing from you.**



# The Lonsdale Centre

**The Lonsdale Trust Wallasey** is a registered charity that has been working locally for the benefit of frail elderly people and their carers for many years. The Trust is an independent charity with its own constitution, committee structure and Board of Trustees.

The Trust prides itself in offering specialist **day care** services of the highest quality to local elderly people and has been recognised as a quality service provider. It operates at two local centres - the **Lonsdale Centre** and **Granville Court Day Care Centre**. Not only do clients benefit from the services on offer but the Trust also provides **respite for their carers**.

To contact them call 0151 630 4017 or visit [www.lonsdaletrust.org](http://www.lonsdaletrust.org)

**We, at the Carers Team would like to offer our special thanks to Liz O'Brien (Chief Executive Officer) and her staff at the Lonsdale Trust for providing not only a wonderful service to carers and the people they care for across the Wirral, but also for giving us the use of their facilities for carers art classes, meetings and other activities.**

**Liz and her staff have been very kind and hospitable throughout the year, giving up their time to help carers and the Carers Team in working in partnership to ensure a quality service has always been achieved.**

## Free Weekend Away offer

**Some very exciting news....The Bond Hotel Group have very kindly offered us a FREE weekend for 2 carers to stay at their hotel in St. Annes .**

**We are offering you the chance to enter into our FREE prize draw to win this fabulous prize.**

**In return The Bond Hotel would like us to share your contact details with them so they can send you information about future offers.**

**All you have to do is call the Carers helpline on 0151 670 0777 between 23<sup>rd</sup>- 25<sup>th</sup> February 2010 9am - 4.30pm and give us your name and details. We will then pull the winning name out of a hat. The winner will be notified on the 26<sup>th</sup> February and will choose from one of the weekends below.**

**Weekends available are:**

- 5th - 8th March - Variety Cabaret Weekend
- 19th - 22nd March - Variety Cabaret Weekend
- 26th - 29th March - Sixties and Seventies Weekend

Pam and Alan Hollinshead took advantage of the last offer from Bond Hotels for a cheap Carer's weekend last month - there is nightly entertainment and accommodation is on dinner and B&B basis, allowing you a free day to explore the beautiful countryside or venture into Blackpool or simply sleep!

The rooms are well designed, fully accessible bathrooms and loads of hot water. Bed hoists come as standard, hydrotherapy pool is very warm and bubbly. All function rooms are fully accessible.

For more information go to <http://www.bondhotel.co.uk/> (<http://www.bondhotel.co.uk/index.php/bond-hotel-st-annes.html> this is the St Anne's link)



**The Award Wining Specialist Hotel Group for Disabled People**

**Celebrating Carers across the UK**

## Carers Direct

Carers Direct, the national information service for carers, has recently launched their England wide advertising campaign. The campaign, titled "Who Cares?" is aimed at hidden carers, those who care for someone but who do not see the help they provide as care and thus do not access support available to them through the NHS, Local Authorities or care organisations.

You will start to see adverts in National press (Sun, Mirror, Mail, NoTW, Sunday Mirror and Mail on Sunday) and

inserts and display advertising in women's titles (Yours, Take a Break, Chat, That's Life, Woman's Own and OK). There will be posters around pharmacies, hospitals and post offices, posters above post office counters and online display - including facebook, MSN and a substantial PPC campaign. In addition, posters will be distributed to GP surgeries, CABs, UK Online Centres and over 1m bookmarks will be distributed in libraries across England.

To support the campaign locally, you can order posters or postcards from [www.nhs.uk/carersdirect/toolkit](http://www.nhs.uk/carersdirect/toolkit)

# Carers Direct

Information, advice and support for carers

Freephone: 0808 802 02 02

## Carers Direct

Website: [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

Tel: 0808 802 0202

Carers Direct is a practical and comprehensive information, advice and support service for carers.

Call the Carers Direct helpline if you need help with your caring role and want to talk to someone about what options are available to you. The helpline advisers can give you information to help you make decisions about your personal support needs and the needs of the person you're looking after. This information includes assessments, benefits, direct payments, individual budgets, time off and maintaining, leaving or going back to work or education.

The helpline staff will also tell you how to complain if anything goes wrong with any of

the services you use or put you in contact with your local authority or NHS services. Our helpline advisers can put you in touch with specialist national or local sources of help, including social care, health and self-help networks and resources

## Directory



We're currently building a national directory of organisations and services that are useful for carers.

Although we have a directory already available, we plan to make it fully functioning and detailed by spring 2010. Carers will be able to access the directory online at [www.nhs.uk/Carersdirect](http://www.nhs.uk/Carersdirect), or by calling the Carers Direct helpline on 0808 802 0202

**CARE AND SHARE is a support group run by parent/carers for parent/carers who have caring responsibilities for someone with Asperger Syndrome or Autistic Spectrum Disorder. We meet on the last Friday of the month at Upton Victory Hall, Salacre Lane, Upton at 7pm til 9pm. We have regular guest speakers and also have time at the end to have a chance to seek support or share advice from other parent/carers. We have also recently received funding to set up 'friendship clubs' for siblings and young persons aged 8-16 who have a diagnosis of AS/ASD to create a safe environment to learn all about social skills and promote positive friendships. Please contact Lisa James on 678 8003 for further information.**

## Put a spring in your step with this unique offer

Carole Rumford – Reflexologist from 'Healing for Inner Peace' has very kindly offered the Carers Team 4 FREE half hour treatments for us to share with you. Carol has said "carers do a wonderful job taking care of others" and she would like to help.

Carol is offering either Reflexology, Reike, or Indian Head Massage. The therapies will be delivered locally and date to be arranged.

If you are interested, please call the Carers Helpline on 0151 670 0777 by 26th February 2010 4pm and let us know who you are and which therapy you would like. All names will be put into a draw. The first four names pulled out will be offered an appointment.

## EXTRA EMPLOYMENT HELP FOR CARERS FROM 7TH DECEMBER 2009

Thousands of carers are set to benefit from improved employment support from 7<sup>th</sup> December 2009, giving them the chance to combine paid work with caring and help reduce financial hardship.

Jobcentre Plus customers with caring responsibilities will also be able to access replacement care funding while they are taking part in employment training.

Yvette Cooper, Secretary of State for Work and Pensions said:

“Many carers really want to work, but find it hard to get the support or flexible work they need, to combine it with caring for relatives.”

“We know that one in five carers have left or turned down a job because of their caring responsibilities. That is why it’s so important to give carers extra help, advice, funding for replacement or respite care and easier access to training too.”

Imelda Redmond, Chief Executive of Carers UK, said: “With three in five people caring for an ill or disabled relative at some point in their lives, how to juggle work and care is something we may all need to think about at some point. Replacement care to allow access to training and support, and staff with expertise to help with real challenges that face those trying to juggle work and care, are big steps towards giving carers new opportunities to stay in or return to work.”

The extra support announced includes

- Ensuring carers have access to appropriate employment programmes – including one-to-one work focused support for carers.
- Funding for replacement care for participation in approved activities.
- A Care Partnership Manager in every Jobcentre Plus district.
- Specialist training for advisers who work with carers.

***To find out more about getting into work or training, you can:  
visit  
[www.direct.gov.uk/carersemployment](http://www.direct.gov.uk/carersemployment) or  
arrange an appointment with an adviser at you nearest Jobcentre.***

### Caring with Confidence

*“Very helpful to recognise and acknowledge the stresses one’s under and good to consider useful coping strategies.”*

Caring with Confidence is a **FREE** programme for carers. If you are looking after a friend or relative, Caring with Confidence can help and support you to make a positive difference to your life and that of the person you care for.

Caring with Confidence offers learning and development opportunities to help you build on your skills and knowledge which you can access through local group sessions or at home using workbooks or the internet.

The programme is available to carers aged 18 and over in England. For more information call 0800 849 2349 or visit [www.careringwithconfidence.net](http://www.careringwithconfidence.net)

**If you visit [www.wirralcarers.co.uk](http://www.wirralcarers.co.uk) and have any ideas or feedback, please contact us.**

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