

Newsletter Items April May 2003

BETTER CARE HIGHER STANDARDS CHARTER

The Charter tells people what standard of service they should expect to receive when contacting Health, Housing or Social Services. We now have copies of the Charter on Audio Tape –if you would like a copy then please contact Peter or Zakera on 01772 200173

JOINT BREAKS FOR CARERS

One of the carers has pointed out that it is very expensive to go away on your own and would be much cheaper to join up with one or more other carers. This way carers could get better deals without huge supplements. If you feel this is a good idea please contact Peter or Zakera 01772 200173 and we can possibly arrange for interested carers to meet. We also have a leaflet on three hotels in St Annes who specialise in catering for the carer and the disabled person. If you would like a leaflet then please contact Peter or Zakera on 01772 200173

CLOSURE OF COUNTY COUNCIL CARE HOMES

Following the settlement of the judicial review proceedings the County Council has provided a draft statement relating to the implementation of its proposals. If you would like a copy of the draft statement please contact Peter or Zakera 01772 200173.

CARERS WEEK 9TH - 15TH JUNE 2003

Please note in your diaries that Carers Week 2003 takes place from 9th to 15th June 2003. One of the key themes will be supporting opportunities for carers particularly in employment. Carers will be advised of local activities nearer the date.

FREE DAY PASSES FOR FITNESS FIRST

Fitness First based at Preston North End Football ground are issuing free day passes for their fitness suite to Carers for Carers Week. If you would like a free day pass please contact Peter or Zakera 01772 200173

PONTINS HOLIDAY 2003

As per every year a few carers will be enjoying the popular holiday break at the Pontins Blackpool in Carers Week

YOUNG CARERS

The Carers Information Centre also embraces a young carers project whereby carers up to the age of 18 years who care for a family member can be provided with one to one support, advice on the illness of the person being cared for, breaks from caring and the chance to meet other young carers. On the 24th March the young carers support team from Fulwood High were taken to meet the Mayor as a thank you for their help to young carers. On the 29th March twenty four young carers from Lancashire visited the Anderton Centre at Chorley where they enjoyed abseiling, orienteering, archery and canoeing and the brave ones finished off by jumping in the lake. If you know of any young carers in the area who may need help please discuss with Peter or Zakera on 01772 200173.

Carers Activities

12th March for 5 weeks **Introduction to Watercolours** 11-1.00p.m. at CVS Office

3rd April for 5 weeks **Desk Top Publishing (DTP)** 11.-1.00p.m. at CVS Office

More details in the leaflet if you did not receive one please ring 200173 and ask for one.

LANCASHIRE ASIAN CARERS FORUM

The Lancashire Asian Carers Forum (LACF) meets quarterly at various locations around Lancashire. Local members of the working group for the LACF are Yakub Gangat and Jaya Patel. The next meeting will be held at the Hindu Gujarat Centre, South Meadow Lane, Preston on 19th May 2003 11.30 –2.00p.m. For further details about the meetings or about transport to the meetings contact Zakera Wadee or Peter Sullivan on 01772 200173.

PRESTON ASIAN CARERS FORUM

The Forum meets on the first Tuesday of the month at the Ribblebank Resource Centre, Gerrard Street, Preston, between 1 - 2.30p.m. On the 5th March instead of the usual monthly meeting we had A Multi Faith Party for some 150 carers, service users and invited guests including the Mayor of Preston. The guests were entertained by Tabla drumming (Indian instruments) which at one stage included a duet with a gent on a didgeridoo. There was also an excellent display of belly dancing by Desna MzKenzie (Development Officer from CVS). Indian food was provided for the guests. At the meeting on 1st April Mubarak Darbar (Integrated Commissioning Manager for Learning Disabilities) provided a wealth of information in Urdu, Gujarati and English

LANCASHIRE CARERS FORUM

Lancashire Carers Forum (LCF) is a meeting whereby carers from all areas of Lancashire can discuss their problems and raise issues with members of the Social Services, representatives of Health Authorities and elected members. Experts are invited to answer questions on issues of importance to carers. Meetings, which are held at the East Cliff Offices, Preston, last from **11.30a.m. – 2.30p.m.** Including a buffet lunch. Two voting carers from each area are allowed but **additional non-voting carers can now attend.**

The next meeting of the forum is on **Tuesday 15th April 2003** when speakers will include Ann Marie Briggs (National Care Standards Commission), Corinne Hemmings (Area Manager - Children & Family Services Lancaster) and Howard Dazeley (LCC - Welfare Rights) on 'stays in hospital and welfare benefits' The following meeting on Monday 14th July will focus on the important subject of Carers and Hospital Discharge' The ever popular Annual Conference will be held at the Woodlands Chorley on Monday 15th September. If you are interested in attending any of these please contact Peter or Zakera on 200173 or call into the Carers Information Centre.

PRESTON CARERS SUPPORT GROUP

The Preston Carers Support Group meets at the Moor Lane Resource Centre Moor Lane Preston at 7.00p.m. on the last Tuesday of every month. At the meeting on 25th March in the absence of the speaker from Supporting People, Melanie Close from Preston Disability Information Services Centre (DISC) stepped in and gave us a comprehensive insight into the valuable work they do. For the future there are advantages in a closer working relationship between an organisation supporting disabled people and one supporting carers. We must add our congratulations to Preston DISC on securing their funding to continue their work for the next three years. On Tuesday 29th April Bob Worswick will give a talk with a touch of humour on 'The History of Ingol, Cottam, Cadley & Fulwood'.

PRESTON BRANCH CARERS UK

Carers UK, is the voice of carers. As a member of Carers UK you will become part of the carers' movement which speaks out for carers. Carers UK is an organisation for carers, run by carers for carers. The Annual General Meeting of Preston Branch Carers UK will as usual be combined with the support group meeting on Tuesday 29th July. We are always on the lookout for new members (application form enclosed), committee members and items for discussion.

Carers A-Z Guide

As soon as we get confirmation that the PCT telephone directory is ready we will commence work on the new version of the Carers A-Z Guide. If you know of any errors, additions or deletions please let Zakera or Peter know on 200173.

LANCASHIRE COLLEGE COURSES

Lancashire College are running a 48 hour residential taking care of the carers 'recharge for mind & body' at Lancashire College Southport Rd Chorley on the following dates:

29th April –1st May 2003

20th June –22nd June

9th July –11th July

For those caring for 20 hours or more the cost is £20.