

## **Newsletter Items June/July2003**

### **Carers Database**

In Preston we have only maintained a mailing list so have not been able to provide basic information about the carers we contact other than the ones we know well. Often we are asked if we can find a carer who cares for an adult with a learning disability or could we get the views of carers who care for someone over 80. So that we can answer the queries by providing the same information as stored by the other carers projects in Lancashire can you complete the enclosed form and return to the carers centre. The information will be used solely by the carers project and carers are welcome to see a copy of their record at any time by writing to the Carers Support Officer (Data Controller). Please help us to help you by completing the data form.

### **Vouchers**

Despite considerable publicity about vouchers since they were introduced in April 2000 some carers are still saying that they haven't heard of them. The scheme is designed to provide support to disabled people at home or in a residential establishment so that the carer can have a short break. You can apply for vouchers by contacting the Social Services Office in Preston 01772 533689 and if an assessment is required a social worker will visit to see what help the disabled person and the carer require. You will be able to choose a residential or home care provider from a list supplied by social services. Each voucher can be used for 4 hours home care with no extra charge or for one nights stay in a residential home with a contribution of approximately £8.39 per night. Carers in receipt of Income Support are advised to contact the Department of Work and Pensions at Barry House as they may be entitled to an increase for the days spent in a private or voluntary residential or nursing home. Carers usually receive 28 vouchers but exceptionally can receive 42. For a leaflet on the Voucher Scheme contact Peter or Zakera on 01772 200173.

### **CARERS WEEK 9<sup>TH</sup> - 15<sup>TH</sup> JUNE 2003**

Please note in your diaries that Carers Week 2003 takes place from 9<sup>th</sup> to 15<sup>th</sup> June 2003. One of the key themes will be supporting opportunities for carers particularly in employment.

#### **Activities**

All week display at Preston Town Hall

Monday 9<sup>th</sup> June Young Carers go to Pontins Blackpool

Tuesday 10<sup>th</sup> June Preston Asian Carers Forum Ribblebank Resource Centre 1.00pm

Thursday 12<sup>th</sup> June Basic First Aid Course for Carers at CVS Office 11.00a.m.

Friday 13<sup>th</sup> June Carers Day at Harris Museum Preston 10.30a.m -3.00p.m

Friday 13<sup>th</sup> June Young Carers return from Pontins Blackpool

Saturday 14<sup>th</sup> June Special Needs Information Day for Parents & Carers at Preston Guild Hall 1.00a.m. to 3.30p.m..

### **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

### **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. Recent Outings for Young Carers have included ,Zap Zone, Bowling, Cinema, Horses and Ponies Centre, Ice Skating plus McDonalds . In addition on 30<sup>th</sup> April 15 Young Carers from Preston went to a party and

disco provided as a thankyou by Lancashire County Council.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**

Thursday 5<sup>th</sup> & 12<sup>th</sup> June Basic First Aid for Carers 11-1.00. Carers Information Centre in meeting room

Friday 13<sup>th</sup> June Carers Day Harris Museum Preston 10.30 –3.00p.m.

Tuesday 24<sup>th</sup> June Deepdale Resource Centre 7.00p.m. Cookery Demonstration

Thursday 3<sup>rd</sup> July for 5 weeks Scanners & Digital Cameras

Tuesday 26<sup>th</sup> August Moor Lane Resource 7.00p.m.Centre Gardening with Bill Blackledge from Radio Lancashire

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 Daneshouse Centre Burnley on Thursday 4<sup>th</sup> September 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. At the meeting on 1<sup>st</sup> April Mubarak Darbar (Integrated Commissioning Manager for Learning Disabilities) provided a wealth of information in Urdu, Gujarati and English. On the 6<sup>th</sup> May Geoff Holmes Advocacy Co-ordinator Catholic Caring Services spoke about the 4 types of advocacy. On the 9<sup>th</sup> June Angela Hamilton will speak about Patient Advice Liaison Service (PALS) in the community.

### **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 **Monday 14<sup>th</sup> July 2003** and will focus on the important subject of Carers and Hospital Discharge' Discharge specialists from the acute trusts in Lancashire will attend and give a presentation. The ever popular Annual Conference will be held at the Woodlands Chorley on Monday 15<sup>th</sup> 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. On the 29<sup>th</sup> April Bob Worswick gave us a comprehensive insight into the history of Ingol, Cottam, Cadley & Fulwood' We now know where the local street names came from. On the 27<sup>th</sup> May Angela Hamilton (PALS) gave a very wide ranging talk on PALS activities and related areas which generated many questions.

## **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 29<sup>th</sup> July where the community nutrition group will tell us about healthy eating.. We are always on the lookout for new members 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:

20<sup>th</sup> June –22<sup>nd</sup> June

9<sup>th</sup> July –11<sup>th</sup> July

15<sup>th</sup> –17<sup>th</sup> October

28<sup>th</sup> –30<sup>th</sup> November

5<sup>th</sup> –7<sup>th</sup> December

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