

<p>Issue 54</p> <p>Aug - Sep 2004</p> <p>Special Points of interest in this issue</p>	<div data-bbox="603 181 639 226" style="border: 1px solid black; width: 23px; height: 20px; display: flex; align-items: center; justify-content: center;">x</div> <h2 style="text-align: center;">Carers Newsletter</h2>
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it. Knowing that Janet was leaving we planned several events in advance but had horrendous problems with administration work taking up to 45 minutes per session and one group of carers arrived for a course but the tutor wasn't coming and the message had not been passed on. We have made our feelings known on this issue and several organisations with carers interests at heart have complained to John Wright, Principal, ACES Central Zone, Fishwick Parade Preston PR1 4QJ. Anyone who is concerned at the removal of the Carers Project Worker post should make their views known to John Wright.

**Carers (Equal Opportunities) Act
2004**

From April 2005 Local Authorities have a duty to inform carers that they may have the right to an assessment. Councils have a duty to consider wishes of carers concerning employment, training, education or leisure activities and take them into account when providing services. NHS organisations ,local education authorities and local housing authorities must give 'due consideration' to requests by the local authority to become involved in planning services for carers or to provide assistance to individual carers. If you would like a copy of the Local Government Information Unit Policy Briefing please ring Peter or Zulekha on 200173.

OASIS for Carers

If you are a carer for an elderly or disabled person and you need a

day for yourself the Lancashire Spirituality Network(an ecumenical network of people) is offering a day at Tabor Retreat House near Royal Preston Hospital on Saturday 25th September 2004 from 10.00a.m. to 3.30p.m.A minimum donation of £5 will be requested. The day will be for peace, quiet and spiritual renewal with some guided reflection and relaxing therapy. If you are interested please contact Angela Rogerson on 774283 or ask Peter or Zulekha on 200173 for a leaflet.

Modernising Day Services

Progress under this banner which includes the closure of large day centres locally the Deepdale Resource Centre has upset many parent/carers. There is a lot of uncertainty as parent/carers cannot see anything other than promises in the distance. The following key issues need to be discussed: Out of area -under this issue if you attend a resource centre in another area you will be moved to one in your local area e.g. if you live in South Ribble and attend Deepdale, Moor Park or Ribblebank you will be moved to a resource centre in South Ribble. Moderate Learning Disabilities -if you have moderate learning disabilities there will be no day centre place for you as these will be required for people with severe learning disabilities If no Resource Centre what if anything will be available. There is concern that all we are told is there is person centred planning and possible support into employment. Need something

more concrete. There was a Day Services Modernisation Event on 20th July but only 7 from Deepdale attended. We are holding a meeting for parent /carers from Deepdale at Deepdale Resource Centre at 7.00p.m. on Thursday 26th August 2004.

Lancs Adult Education Carers Project

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: 3rd -5th September Great Escape - Abseiling, Canoeing, Rock Climbing, Archery 15th -17th September Relaxation Techniques, Visit Glass Exhibition, Glass Painting 8th - 10th October Details later 10th - 12th November Details later For those caring for 20 hours or more the cost is £25. For enrolment forms and/or further information contact: Donna Galway or Lorraine Richardson at Lancashire College, Southport Road Chorley Lancashire PR7 1NB

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 Whitefield Centre Nelson on Monday 4th October 2004 11.00 - 2.00p.m. We are hoping to run a mini bus to this meeting departing

from the Carers Information Centre. For further details about the meetings or about transport to the meetings contact Zulekha Bangee on 01772 200173.

Preston Asian Carers

The Forum meets on the first Tuesday of the month at the Ribblebank Resource Centre, Gerrard Street, Preston, between 1 - 2.30p.m. Future Meetings are 7th September Prescriptions Advice and 5th October Learn Direct.

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 Trusts (Primary & Acute) 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 11.00a.m. - 2.00p.m. Including a buffet lunch. Two voting carers from each area are allowed but additional non-voting carers can attend. The ever popular Annual Conference will be held at the Woodlands Chorley on Tuesday 14th September. Places are limited but if you are interested in attending the conference please contact Peter on 200173 or call into the Carers Information Centre. The next meeting of the Forum is on Friday 12th November 2004.

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 27th July we had an interesting presentation on Learndirect which allows people to learn from home or work at local centres at your own speed. Future meetings are 31st August Laws wills and paying for care homes, 28th September Community Nutrition Group, 26th October Carers Allowance on line.

Respite Vouchers

- Also known as short break voucher scheme. Vouchers provide people who need care with a short break in a residential home or care at home from a care agency. Vouchers allow the carers to have a break.**
- To apply for vouchers you need to contact the Social Services Office (tel 533689) If you have not had an assessment a social worker will need to talk about any help the service user and carer require.**
- Each voucher is worth either 4 hours of care at home or for one night's stay in a residential home for this a contribution of approx £10 per night is required.**
- The vouchers are for regular & planned breaks and not for emergency care. Carers usually receive 28 vouchers per year but this can be increased in exceptional circumstances.**
- There are nine different types of voucher and it is important that the type of care home used for short breaks is registered for your needs.**

Preston Carers Strategy Group

This group which has representatives from Preston PCT ,Social Services and Carers meets every two months and is making progress on raising awareness of carers in Health Centres and GP surgeries. If you have any carers issues which you would like raising at the next meeting on 7th September please contact Peter on 200173. Remember if you are a carer let your GP know that you are a carer.

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 Bowling, Cinema, Zap Zone, Martin Mere, Little Town Dairy and McDonalds. If you know of any young carers in the area who may need help please discuss with Margaret on 01772 200173.

Massage Taster

A group of lady carers had a very relaxing and enjoyable time at the massage taster day.They were treated to a short massage by a qualified therapist and also practised manicures on each other. They also practised henna painting and watched healthy living videos. We will be running

this day again so if anyone is interested please call Zulekha on 200173.

Relaxation Course A ten week relaxation course is to be held from Thursday 9th September. Further details from Zulekha or Peter on 200173.

Longridge Carers Group

Although outside our area for Carers Project purposes we share the same Primary Care Trust and work together on the Preston Carers Strategy. The Longridge Carers Group meets on the first Wednesday of every month between 1.00 to 3.00p.m. in the Health Education Room at Longridge Community Hospital, St Wilfrids Terrace. For further information contact Kathleen Eastwood at Carers Link , Link House 23 King St Accrington BB5 1PR Tel 01254 387444.