


<p>Issue 55</p> <p>Oct - Nov 2004</p> <p>Special Points of interest in this issue</p>	<div data-bbox="592 174 1216 315" style="border: 1px solid black; width: 100%; height: 100%; text-align: center; vertical-align: middle;">  </div> <p style="text-align: center;">Carers Newsletter</p>
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Young Carers

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Guide for Carers of Older People

A new book 'A survival Guide to Later Life by Marion Shoard (Published by Constable and Robinson price £9.99) is in bookshops now. Marion felt that there was a lack of guidance for the partners, close relatives and friends of older people who need support. The book covers financial benefits, carers rights, adaptations, physical & psychological needs of older people, care homes, hospitals and much more.

Right to Care

**Carers UK is supporting a campaign called Right to Care The campaign is calling for everyone to have the right to free long term care. The campaign is headed by Claire Rayner and she is keen to hear from carers about your experiences. Visit the website for more information.
www.righttocare.org.uk**

Carers Rights Day Friday 3rd December

Carers Rights Day highlights the importance of carers having access to all the information they need about benefits, services and other forms of support. The aims of carers rights day are to increase take up of benefits, to ensure that carers access their rights under relevant legislation, to raise awareness of the needs of carers, to help individuals recognise themselves as carers.

Disability & Carers Festival Friday 3rd December

Following the success of last years disability and carers festival this years event will be held at St John's Minster Church St Preston on carers rights day Friday 3rd December 2004 from 10.00am to 3.00p.m.. There will be information stands, entertainment, lunch and any carers who have not yet had their flu jab can get one on the day.

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:

10th -12th November Colour Therapy, Introduction to Reiki & Aromatherapy, Indian Head Massage & Meditation.

7th -9th February 2005 details later

8th -10th March 2005 details later

8th -10th April 2005 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 Tel 01257 516325 or 01257 516303

Carers Day Tuesday 23rd November

Advance notice of a carers

'confidence building day to be held at Alston Hall on Tuesday 23rd November 2004 from 11.00am to 4.00p.m.. Activities will be calendar making and Reiki. Lunch will be provided.

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.

BBC Radio 4

BBC Radio 4 are trying to find a carer who has had their elderly parent move into their house. They want a family where both the carer and the older person are prepared to talk about their experiences. If you are interested please contact Peter or Zulekha on 200173 or Email matt@carersnorth.demon.co.uk.

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. At the meeting at the Whitefield Centre Nelson on Monday 4th

October 2004 60 carers heard a presentation in Urdu & Gujarati from Kath McKinstry in from the Federation of Local Supported Living Groups. Helping people with Learning Disabilities to move on to independent living has not made progress with Asian carers so we hope that Kath's presentation may be the first step towards independent living for some Asian people with learning disabilities in Preston. The next meeting of the Lancashire Asian Carers Forum will be in Accrington in January 2005. 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 December University of Central Lancs Comensus Project and 11th January 2005 Carers Allowance.

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 next meeting of the Forum is on Friday 12th November 2004. If you wish to attend please contact Peter or Zulekha 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 28th September we had an excellent presentation BY Anita Watson Infection Control Nurse from Preston Primary Care Trust. Anita explained our shortcomings on cleanliness, allowed us to wash our hands and then showed us under ultra violet light which bits were not clean. Future meetings are 26th October Carers Allowance, 30th November Christmas Crafts and 25th January 2005 Community Nutrition Group.

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 2nd November please contact Peter on 200173. Remember if you are a carer let your GP know that you are a carer.

Carers in Demand

In recent weeks we have had requests for carer involvement in three studies from University of Central Lancs, one from Salford University, one from the Lancs Teaching Hospital Trust and one for interviews with carers on a consultation on respite care provision in Preston. The positive aspect is that carers views are being sought by professionals.

Carers Wanted

The Social Work Department of University of Central Lancs wants to involve carers in activities for the new Social Work Degree standards e.g selection of students for courses and involvement in course delivery. A workshop is taking place on the 8th November at the Hindu Gujarati Centre South Meadow Lane Preston from 9.30 -12.30 with lunch. If you would like to attend please contact Peter or Zulekha on 200173.

Lancashire Postgraduate School of Medicine and Health are interested in the views of carers on how well health care and social care services work in providing care. This information will be used to improve health care training. If you are interested in filling in a questionnaire (takes about 10 minutes) please contact Peter or Zulekha on 200173.

Lancashire Teaching Hospitals Trust are preparing some new information for the Royal College of Anaesthetists to be given to patients about the after effects of

being put to sleep. If you have any ideas on what information you would find useful please contact Peter or Zulekha on 200173 or send your views to the Carers Information Centre.

Asian carers received a letter from Salford University about a study on the challenges faced by carers in employment and the disadvantages they face in the workplace. The study will look at the barriers to employment based on carers experiences. If you are willing to be interviewed please contact Zulekha on 200173.

Preston Learning Disabilities Partnership in conjunction with the Carers Information Centre are forming a focus group of 2nd generation minority ethnic carers to discuss peoples views about being a future carer. In the future as family circumstances change will you be relied upon to be the main care giver? We are planning a meeting in November so if you are interested in attending please telephone Zulekha on 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 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.**