

<p>Issue 58</p> <p>April - May 2005</p> <p>Special Points of interest in this issue</p>	<div data-bbox="592 174 1212 315" style="border: 1px solid black; width: 389px; height: 63px; margin-bottom: 20px;">  </div> <h2 style="text-align: center;">Carers Newsletter</h2>
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in a tragic accident on 2nd February 2005.

Carers Meetings - please work with us to help carers attend

This is a plea to anyone organising a meeting for carers could you please check if it is a good date or time. It only takes a minute and increases the prospects of carers attending. We are not talking about general meetings where it would be nice if a carer (s) could attend but we mean meetings with 'Carers' in the title. Two recent examples : One acute trust arranged a meeting for carers and were advised that over two thirds of the targeted carers would be at other meetings but it still went ahead with one carer present. Another meeting arranged locally was timed so that most of the regular carer attenders could not attend .Once again this was explained to the organiser but the meeting went ahead with few carers present. We understand that paid officers are busy but carers have 24 hour commitments and deserve a little co-operation. We want to be positive on this issue and we find that it is easier for carers to attend meetings between. 11a.m. and 2.00p.m so they can fulfil their caring duties before and after the meeting. Could we suggest that organisers of 'Carers Meetings' 1) check if the date and time is convenient 2) if possible change the date or if it is not possible work with us to get some carer input.

End of an Era for Carers at Moor Lane Resource Centre

For 10 years the Carers Support Group in Preston have met at the Moor Lane Resource Centre at 7pm on the last Tuesday of the month. Unfortunately after Tuesday 26th April 2005 the facility will not be available in the evening. For 31st May and 28th June we will use the meeting room at the CVS offices in Lancaster Rd (where our Carers Information Centre is based). This will make it easier for carers using public transport and we are also exploring the option of using the Deepdale Resource Centre. On 26th July we will be bowling at the Megabowl which is an excellent way to meet other carers. We welcome carers views on this issue. Do you want to meet in the Town Centre? At Deepdale? During the day or in the evening? Either ring Peter on 200173 ,E mail to carers@pcvs.fsnet.co.uk or use the Freepost address for written comments. Freepost RLTG-AKUK-TXYE, Carers Project Preston CVS, Princes Building , 50 -52 Lancaster Rd ,Preston PR1 1DD.

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: 17th -19th June Tai Chi, Relaxation techniques, Introduction to Reiki, Indian Head Massage, Make a Mosaic Picture Frame 8th-10th July Pewter Work, Indian Head Massage, Introduction to Confidence Skills, Introduction to Aromatherapy, Personal Safety 20th -22nd

**September Details later 7th -9th
October Details later 14th -16th
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 Tel 01257
516325 or 01257 516303**

The Green

**The Green is an excellent respite
facility based in Ribbleton
Preston. Originally intended for
Asian ladies it now provides
respite for all ladies in the Preston
area. As the facility has been
underused ladies from other parts
of Lancashire have been using the
facility. The Green has one
bedroom on the ground floor and
three on the first floor. The Green
can accommodate 8 day guests.
Your social worker will tell you
how many nights respite you are
entitled to. Each room has a TV
combination DVD/VCR. The staff
speak a variety of languages
including Gujarati ,Urdu and
Punjabi. For further information
ring Joanne Miller on 796668**

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
last meeting of the Lancashire
Asian Carers Forum in Accrington
on Monday 7th February 2005 was
attended by over 70 carers The
next meeting will be at the Bridge**

Centre, Eldon St, Preston on 9th May when Paul Walmsley from Preston City Council will talk about the practical application of the Disabled Facilities Grant. For further details about the meetings or about transport to the meetings contact Peter 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. Topics for future meetings are 5th April Maa Aur Bacha Group, 3rd May Community Nutrition Group, 14th June Infection Control 5th July District Nurses.

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 To help carers meet other carers coffee is available from 10.15 a.m. and after the meeting. Two voting carers from each area are allowed but additional non-voting carers can attend. The next meeting of the Forum is on Wednesday 6th April 2005 when the guest speaker is Richard Jones Director

of Lancashire Social Services Directorate. Please note that the very popular annual conference will be held at the Woodlands Chorley on Tuesday 13th September 2005. If you wish to attend a LanCS Carers Forum meeting/conference please contact Peter 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. Future presentations: 26th April a return visit by the very popular Community Nutrition Group, 31st May The Green respite care, 26th June Presentation on the New Preston Carers Centre Project & Carers UK AGM , 26th July Megabowl.

Preston Carers Web Site

We announced in the August September newsletter that the A-Z Directory of Carers Services in Preston was available on the revamped website. This also includes the latest information on support group activities and the latest newsletters. Guests can now sign in and pass comments on the web site. The site has proved very successful and we are now approaching 800 'hits' The website address is www.prestoncarers.org.uk

Additional State Pension for Carers

Since April 2002 carers who have given up their jobs or don't earn much because of their caring responsibilities can build up a State Second Pension. This happens automatically if entitled to a relevant benefit e.g. Carers Allowance, Income Support as a Carer, Child Benefit for a Child under 6. If a carer is not entitled to one of these benefits the Government doesn't know about the caring responsibilities. These carers may need to act to start to build up a State Second Pension e.g. may need to make a claim for Home Responsibilities Protection. To find out more get a copy of the free guide 'State pensions for carers & parents' (PM9) To get a copy telephone 08457313233 quote ref no S2P045, visit website www.pensionguide.gov.uk. Or write to Pension Guide, FREEPOST NAT5951 Ashby de la Zouch LE55 7QP. We hope to have the guides in the Carers Information Centre in the next two weeks.

Carers Week 2005 13th June to 19th June

The theme for Carers Week 2005 is work, rest and play. Carers week will highlight the needs of carers, carers rights, the contribution that carers make to the community and the support and services available to carers. Carers UK will report on a survey on carers experiences of juggling work and care & what support they have received. In Carers Week 2005 we intend to have a Carers Day at Alston Hall on Monday 13th June with activities including Gardening and Family History. On Tuesday 14th June the

Preston Asian Carers Forum will have a hands on presentation by the Infection Control nurse plus food. In addition 12 carers and helpers will enjoy a weeks holiday at the Pontins Holiday Centre Blackpool. organised by the Princess Royal Trust for Carers.