

## **Newsletter Items Oct/Nov 2005**

### **Parents of Children with Disabilities**

We have been approached by the mother of a child with dyspraxia who would like to be able to speak to other parents of children with dyspraxia. From our database we can identify parents of a child with a mental health and/or learning disabilities but not specifically dyspraxia. If you have a child with dyspraxia and would be willing to chat to another parent can you ring Peter on 200173.

### **Planning for an emergency –tips for carers.**

As a result of the Back Me Up campaign Carers UK have produced a card to help carers plan for an emergency. The card contains useful tips on what information you should be aware of to help you cope in an emergency. The information can be accessed on the CarersUK Website [www.carersuk.org/Newsandcampaigns/BackMeUp/Tipsforcarers](http://www.carersuk.org/Newsandcampaigns/BackMeUp/Tipsforcarers) . If you require a card please telephone Peter on 200173 or call into the Carers Information Centre.

### **National Key Scheme(NKS) for access to locked toilets**

Two carers recently enquired about the National Key Scheme for Locked Toilets known by many as RADAR keys. These keys enable disabled people to access around 4,000 locked public toilets around the country. Radar would like all providers of accessible toilets to keep their toilets unlocked if at all possible. The NKS is suggested only if the provider has to keep the toilets locked to stop vandalism and misuse. Keys can be purchased via the RADAR web site at [www.radar.org.uk](http://www.radar.org.uk) at a cost of £3.50. Keys can also be purchased at the One Stop Shop at the Town Hall in Lancaster Rd Preston for £2.35. You will have to show proof that the key is required for a disabled person. An example of proof would be a DLA award notice.

### **Holiday Guide**

Carers often raise queries about obtaining accessible accommodation and a variety of other points relating to holidays both with and without the person they care for. RADAR also produce a Guide for Disabled People for Holidays in Britain and Ireland. This is available from the RADAR website [www.radar.org.uk](http://www.radar.org.uk) at a cost of £13. We have a copy in the Carers Information centre if a carer would like to see it or borrow it. Please ring Peter on 200173

### **Long Term Therapy for Mental Health**

One of the Preston Carers who has suffered from mental illness has written a note on reducing medication by a controlled programme of alternative therapy over a period of several years. The writer has asked that we make his views available to other service users/carers who read the newsletter. We are happy to do so but must stress that it is a personal viewpoint and not the views of the Carers Information Centre or Preston C.V.S. If you would like a copy of the note please ring Peter on 200173.

### **Mobilise –end discrimination in disability benefits.**

Carers UK is one of a number of organisations in a coalition who support Mobilise a campaign to end the unfairness of the current upper age limit of 65 on claims for Disability Living Allowance (DLA). The Coalition believe the age bar is blatant age discrimination. Younger people get DLA but if you are disabled on or after your 65<sup>th</sup> birthday you do not get extra help with the costs of care or mobility. The coalition believe that many older people do not have the means to stay independent and mobile which leads to isolation and loss of dignity. If you would like to add your voice to a campaign supported by over 240 MPs contact Peter on 200173 for a campaign form.

### **Carers Activities –other Groups**

**Making Space** are holding a Carers Day for carers who help and support people who have a mental illness. It will be held at Alston Hall, Longridge on Monday 14<sup>th</sup> November 9.45a.m -3.15p.m. Further information can be obtained from John Williams on 01772 881412 or 07985878871 or Nahila Kasim 01772 533914.

**Preston & District Scope** 179 Eldon St Preston are starting their Winter Activities at the end of September.

Aromatherapy sessions will start on Tuesday 27<sup>th</sup> September between 1-3 school term times only. Other sessions for the winter are Digital Photography & Imaging, Alternative Therapies, Yoga and Painting with Watercolours. Scope are also providing a Direct payments Day for Families & Children on Wednesday 5<sup>th</sup> October 9.30am to 3.30p.m . On 12<sup>th</sup> October from 9.00am to 4.30pm there is a Brain Gym which consists of simple movements similar to those performed naturally by young children as part of the process of brain development. For further information please ring 01772 828000.

**Pukar Disability Resource Centre** 3/5 Oakham Court Preston have an extensive programme of courses starting in September 2005. There are a wide range of computer courses plus jewellery making, arts & crafts ,yoga ,henna

painting, embroidery, health and beauty, sewing and Indian Music. Carers are welcome and to check the date and time of an activity and /or to enrol ring Pukar on 01772 822700.

### **Carers Database**

Thank you to the carers who returned the database form which was enclosed with the June/July newsletter. As we are required to produce statistics each month on the carers we help e.g. know who care for someone with learning disabilities, mental health, elderly etc it is essential that we have these details. As we are usually over subscribed for our popular outings and activities we will give first priority to carers on the database. We realise that some people are reluctant to provide certain information e.g. age. If so please complete the rest of the database form. In the next few months we will be contacting carers ,former carers and people interested in caring who have not completed a database form. If you require a database form please contact the Carers Information Centre or ring Peter on 01772 200173

### **Carers Rights Day and Disability & Carers Festival Friday 2<sup>nd</sup> December 2005**

The Popular Annual Disability and Carers Festival will be held at Preston Minster on Friday 2<sup>nd</sup> December 2005 from 11.00am to 3.00p.m. This provides an excellent publicity window for Carers Rights Day. We hope that all carers will support this event and we hope to meet 'hidden carers' that we are unaware of.

On the day apart from meeting us there will be information stalls, tombola, entertainment from React and the Royal Cross School Choir and a hot pot and vegetarian lunch provided. Outside there will be the Hurdy Gurdy Man and hot chestnuts.

### **Trustees required for Preston DISC**

Preston Disability Information Services Centre (DISC) provides Advice, information, support and volunteering opportunities for disabled people. DISC have to have 51% of their trustees selected from disabled people and would like the figure to be higher. They are looking for more disabled people to join them as trustees. Previous experience not necessary as training and information will be provided. For more information contact Elizabeth Bell on 01772 558863

### **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. Summer activities for 2005 include Megabowl, Cinema, Camelot, T Shirt Printing, Blue Planet Aquarium & Horse Riding. If you know of any young carers in the area who may need help please discuss with Margaret on 01772 200173.

### **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 the Silverman Hall in Nelson on Thursday 10<sup>th</sup> November 2005. Please note the change of date. The speaker is Dr Quraishi Consultant Psychiatrist at Burnley General Hospital. 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. The next meeting will be on 6<sup>th</sup> December 2005 when Sue Radcliffe Infection Control Nurse will give a talk and show us how clean our hands really are. Steve Whelan Preston Provider Manager will also attend.

### **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 Tuesday 15<sup>th</sup> November 2005. The very popular annual conference held at the Woodlands Chorley on Tuesday 13<sup>th</sup> September 2005 was attended by Her Royal Highness The Princess Royal.. If you wish to attend a Lancs Carers Forum meeting please contact Peter on 200173 or call into the Carers Information Centre.

## **Preston Carers Support Group**

The Preston Carers Support Group meets on the last Tuesday of every month at the Deepdale Resource Centre, Sir Tom Finney Way, Preston. Future meetings: 25<sup>th</sup> October Yoga Taster 29<sup>th</sup> November Acupressure Taster. On the 22<sup>nd</sup> November there will be a Xmas Crafts event at Alston Hall details later.

## **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. A three part carers identification card was distributed to all GP surgeries, Health Centres and Royal Preston Hospital for Carers Week. One part is retained by the carer, one part by the health centre and one part returned to the carers information centre. If you have any carer's issues which you would like raising at the next meeting on 1st November please contact Peter 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:

7<sup>th</sup> –9<sup>th</sup> October Reiki Therapy Level 1 & Emotional Freedom Technique

14<sup>th</sup> –16<sup>th</sup> November Calligraphy, Crafts for Christmas, Jewellery Making

For those caring for 20 hours or more the cost is £30.

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

## **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 Julie Duerden at Carers Link, Ribble Valley Office, 38 Whalley Rd, Clitheroe. BB7 1AW Tel 01200 444899.

## **Preston Carers Web Site**

We announced in the August/September 2004 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 over 1400 'hits' The website address is [www.prestoncarers.org.uk](http://www.prestoncarers.org.uk)

## **Guide to a Carers Assessment**

Many carers will be aware that we have a very useful leaflet produced by Lancashire Social Services Directorate 'Request for a carers assessment'. The form is excellent for helping carers to think through all aspects of care and support prior to the actual assessment. There is also a helpful guide to carers assessment on the Carers UK website at [www.carersuk.org/Information/Helpwithcaring/Carersassessmentguide](http://www.carersuk.org/Information/Helpwithcaring/Carersassessmentguide)

We have copies of this guide and the leaflet available if you would like either or both please ring Peter on 200173 or call into the Carers Information Centre.

## **British Red Cross**

Jane Carroll from the British Red Cross has spoken to the Preston Carers Support Group and to the Preston Asian Carers Forum about the excellent services provided by the British Red Cross. These include the Carers Emergency Card which ensures that the person you care for is not at risk if you were taken ill or had an accident. There is also the Medical Loan Service for short term loan of wheelchairs and other equipment. There is an escort service for people who have difficulty travelling which helps people to do essential tasks e.g. hospital out patient visits. There is also a therapeutic care service offering massages in local hospitals and in some areas a service providing help in the first few days on discharge from hospital. If you would like further information on this British Red Cross can be contacted on 01772 709555 or leaflets can be obtained from the Carers Information Centre or by ringing Peter on 200173.

## **Preston & District Carers Centre**

We have mentioned in previous newsletters the new carers centre for Preston. The centre is now a company limited by guarantee and is awaiting charity status. At present possible properties in Preston are being investigated.