

Newsletter Items April /May 2006

Magnets for Health

On 28th February the Carers Support Group had a fascinating presentation by Phil Bamford on how Magnets can improve the health of yourself and your pets. Magnets seem to help with Arthritis and some people find they help with Migraines and other complaints. There are also magnets to improve efficiency on your central heating boiler and on the car if you do a high mileage. Phil left a stock of magnets and health. If you would like one please ring Peter on 01772 200173.

Carers Access to Health

This scheme run by Age Concern supports people who have a caring role to attend health related appointments within the districts of either Preston or South Ribble. The carer must be over 65 years of age and live independently in the community. The service can help carers with advocacy ,provide a limited sitting service and help the carer attend appointments. They are unable to provide personal care, administer medication, transport or support for those with mental health problems. We are hoping that Age Concern will attend the Carers Support Group and the Asian Carers Forum in the next few months to talk about all the Community Services they provide. If you would like a leaflet on the services please ring Peter on 01772 200173

Human Rights Act 1998 and Carers

Carers UK have produced a report on the application of the Human Rights Act to Carers and the report is available on their website at www.carersuk.org. Findings of the report include: Carers rights are not adequately considered, Carers Rights are not real, Resources are inadequate to allow carers rights to be protected and Good practice need not be expensive. The report suggests that Local Authorities may be acting unlawfully by failing to ensure that they do not interfere with carers human rights in the provision of services. The report sets out 6 recommendations which could if implemented remedy the situation. 1) Legislation to prevent discrimination against those with caring responsibilities. 2) Guidance for service providers is urgently needed. 3) Advice and information on their rights to be provided for carers. 4) Ensure Health and Social Services are complying with human rights standards. 5) The proposed Commission on Equality and Human Rights should investigate whether the Human Rights Act's framework of balancing human rights is being correctly applied. 6) Raise awareness about human rights of disabled people and older people and of those who are providing support or care. The report says that the Human Rights Act gives carers for the first time the potential to claim some 'hard rights' The report adds that the Human Rights Act gives service providers the opportunity to treat carers as equal partners. 'By doing so we have the opportunity to demonstrate that their care .given freely, is valued and supported'.

Time for Me and Small Grants for Local Carers Groups

All the applications for the Time for Me fund and Small Grants for Local Groups received in the financial year 2005/06 have been dealt with. For 2006 /07 we will consider applications up to the following cut off dates:
Full details of the two grants were in the February/March 2006 carers newsletter. Basically the Time for me fund is to fund a break for carers away from home with

or without the cared for. It may also be used for relaxation, leisure activities, education, short courses, equipment or any other item that would improve life for the carer. Carers can apply once a year and the maximum grant is £350. Carers Support Groups will be able to apply for up to £500 per year. Funds could be used to help with such items as room bookings for meetings, stationery, equipment, transport for carers or activities. Only local groups will be awarded grants. Groups who are eligible for funding from national charities or other parent organisations will not be funded. Both funds are accessed by filing in a simple application form which is available from the Preston and District Carers Centre. For further information please contact Peter on 01772 200173.

Developing Carers

Developing Carers is a Skills for Care funded initiative within Lancashire. It will be implemented by VOISE the NVQ training charity and is designed to support the career hopes and ambitions of unpaid carers. The scheme is on line learning designed by City & Guilds to meet carers' and recent carers' needs for training in personal development. There is no cost but you must have access to a computer and Internet provision . Learning is at NVQ 2 level with the option of certificates which may help in further learning or work opportunities. The pilot schedule contains 4 modules of about 3 hours. There are 1) Moving Forward: Learning Skills – Communicating –Assertiveness-Using your skills. 2) Taking Care: Managing Life – Caring Role –Keeping Healthy –Keeping Others Healthy. 3) Managing Care: Managing Money-Working with decision makers-How Services Work-Safety.4) Living with others: Understanding Relationships-Living with Loss-Why we do the things we do- Welcoming Differences.

If you wish to take part in the scheme or have any questions please contact. David Whittaker, VOISE, 67 Lytham Rd, Warton PR3 1AD Tel 01772 679888 or E mail david.whittaker@blueyonder.co.uk

White Paper on health and social care

The white paper on health and social care reveal several new measures designed to better support carers.

- a promise to invest in emergency respite services
- funding for a national help line for carers
- to deliver a programme of training for carers on things like lifting and handling
- to update the National Strategy for Carers, to build on the new rights won through the Carers(Equal Opportunities) Act 2004 and to ensure cross government support for carers.

If you would like to see more about the white paper on health visit the web site www.carersuk.org.uk/Newsandcampaigns/News

Lancashire College Carers Project.

Lancashire College are running a 48-hour residential taking care of the carers 'recharge for mind and body' at Lancashire College, Southport Rd, Chorley on the following dates:

7th -9th April Silk Painting, Greeting Cards, Mosaic Mirror Frames, Glass Painting
14th -16th July Gardening for Scent & Colour, Gardeners Question Time –Clematis Visit a nursery
8th Sept -10th Sept Details later .27th -29th Sept Details later
14th -16th October Details later .21st -23rd November Details later

Lancashire Asian Carers Forum

The Lancashire Asian Carers Forum (LACF) meets quarterly at various locations around Lancashire. Local members of the working group are Yakub Gangat and Jaya Patel. On 30th March 70 carers attended a meeting in Accrington with lunch where the role of the District Nurse was discussed. The next meeting of the LACF will be in Burnley on Thursday 29th June. The Preston meeting will be held at the Scope Bridge Centre Eldon St Preston on Wednesday 25th October 2006. For further details about the meetings or about transport to the meetings contact Peter on 01772 299173.

Preston Asian Carers Forum

The Forum meets on the first Tuesday of the month at Community Network 129 Oxford St, off Avenham Lane, Preston between 1.00-2.00pm. On 2nd May Peter McKnight will speak on Fire Safety and on 6th June Phil Richardson will speak on Preston Care & Repair.

Lancashire Carers Forum

Lancashire Carers Forum 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 (Acute & Primary) and elected members. Experts are invited to speak and answer questions on issues of importance to carers. Meetings, which are held at the East Cliff Offices, Preston last from 11.00a.m. to 2.00p.m. including a buffet lunch. Two voting carers from each area may attend but additional non voting carers can attend. The remaining meetings of the Forum for 2006 are Monday 22nd May, Tuesday 25th July, and Thursday 23rd November. The popular Carers Conference will be held at the Woodlands Chorley on Tuesday 12th September. To test interest at an early stage if you are interested in attending please contact Peter on 01772 200173.

Preston Carers Support Group

The Preston Carers Support Group meets on the last Tuesday of every month at the Deepdale Resource Centre (next to Sainsbury's) Sir Tom Finney Way Preston. On 25th April Peter McKnight will speak on Fire Safety
On 30th May Peter Watson will give his highly recommended talk on North Country Folklore & Superstitions. On 27th June Phil Richardson will talk on Preston Care and Repair.

Preston Carers Strategy Group

This group which has representatives from Preston PCT, Social Services and Carers meets every two months with the aim of raising awareness of carers in Health Centre centres and GP surgeries. If you have any carers issues which you would like raising at the next meeting on 2nd May please contact Peter on 01772 200173

Future Dates for your Diary

12th June –19th June Carers Week – Theme of Carers Week 'in sickness and in health' . Several carers days and activities to be confirmed. Carers and Young Carers will be having a weeks holiday provided by the Princess Royal Trust for Carers at Pontins at Blackpool.

8th December 2006 Carers Rights Day with local events.

Scope Activities

Many of our carers have accessed the activities provided by Preston & District Scope at the Bridge Centre in Eldon St Preston. There are currently places available on the following courses. Watercolours Monday 1.00p.m to 3.00p.m. Aromatherapy Tuesday 1.00p.m. to 3.00p.m and Alternative Therapies Friday 10.00 to 12.00 noon. If you are interested in any of these either ring Cath at Scope 828000 or ring Peter on 200173.

Posts at Preston & District Scope

Activities Officer –to develop activities and use of resources at the Bridge Centre. Experience or knowledge of disability issues essential. 20 hours. Pay £9.00 per hour

Playworkers Qualified & Unqualified to work in the After School Club and Young Persons Group.

Tues 3.30 –8.15, Thurs 3.30 –6.15. Term time. Good rates of pay & training.

National Autistic Society 2006 Publications

We have a list of examples from the 2006 Publications of the National Autistic Society. e.g. Asperger's syndrome: from diagnosis to solutions-a guide for parents. For a copy ring Peter on 200173. Direct book orders to Central Books Ltd 9 Wallis Rd London E9 5LN. Tel 0845 458 9911. E mail nas@centralbooks.com
National Autistic Society web site www.autism.org.uk

Carers Database

Priority for carers days and activities will be given to carers who are on our database. A record on the database is essential to help us consider requests for Time for Me and Small Group funds. To obtain a database form please contact the Preston Carers Centre or ring Peter on 01772 200173.

Young Carers

The Carers centre also has 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. Future activities include trips to Megabowl , Cinema, Windmill Animal Farm and the County Fire Brigade Headquarters.