



Carers Newsletter

Issue 66
June/July 2006

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A Big Welcome

Tuesday 2 May 2006 was an important day in the short history of Preston Carers Centre as three new members of staff started work. Elaine Lockwood joined Peter as Adult Carers Support Officers. Farzana Adam started in the new post of Carers Ethnic Minorities Support Officer and Katy Davey as Administration and Information Systems Officer. Do contact us on 01772 200173 or better still call in to see us at Preston DISC 103 -104 Church St Preston. There are half hour parking spaces right outside the door.

Motability Scheme

The scheme is for anyone who receives the Higher Rate Mobility component of the Disability Living Allowance or the War Pensioners Mobility Supplement. No credit checks or medical assessments are required. You don't need to drive but can nominate up to two friends or relatives as drivers. Parents and carers can apply on behalf of a child.

Under the Motability Car Scheme you simply exchange your mobility allowance for a reliable brand new car including: new car every three years, insurance, servicing, tyres, road tax and breakdown cover. More than 150 models are available for no more than the allowance. The choice can be increased including wheelchair accessible vehicles by paying a small sum known as an advance payment.

Under the Motability Powered Wheelchair and Scooter scheme you can choose from a range of wheelchairs and scooters which do not require an advance payment or your full allowance. The scheme includes; powered wheelchair or scooter, contract hire or hire purchase, contract insurance, servicing and warranty, free no obligation home demonstration.

For further information ring Freephone 0800 093 1000 or write to Motability, FREEPOST ANG11624, Harlow, Essex, CM20 2BF or complete an on line form at www.motability.co.uk

Help with Domestic Duties

A number of carers have reported that they cannot get domiciliary care agencies (the ones that help in the house) to do any domestic duties such as washing, cleaning and ironing. Carers are being advised that help will only be provided in the house for personal care. We have heard of this happening in other parts of Lancashire in the recent past but are only just hearing of cases in Preston. Have you experienced problems getting help with domestic duties in the house? Do you know of any agencies who are happy to provide help with domestic duties? If you have any information please contact Elaine, Farzana or Peter on 01772 200173.

Preston Carers Centre

c/o DISC, 103-104 Church Street, Preston PR1 3BS

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Time for Me and Small Grants for Local Carers Groups

The applications for the Time for Me fund and Small Grants for Local Groups for April to June 2006 will be cleared in June 2006. For the remainder of 2006 /07 we will consider applications up to the following cut off dates: 1 September 2006, 24 November 2006 and 14 February 2007. 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 every 12 months 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 filling in a simple application form which is available from the Preston and District Carers Centre.

For further information please contact Elaine on 01772 200173.

Home Visiting Opticians

We have received leaflets advertising the services of the Outside Clinic a nation-wide firm of opticians who come to your home. The Outside Clinic Optometrist is equipped to detect visual problems and abnormalities such as glaucoma, cataracts and macula degeneration. A range of spectacles is available and advice on the best choice of lens. After manufacture of glasses a second appointment will be arranged to deliver and fit them. For further information ring Freephone 0500 295245, or if you would like a leaflet ring the Carers Centre on 01772 200173.

Carers Christian Fellowship

We have been asked to make carers aware of the Carers Christian Fellowship which is an interdenominational charity organisation run by carers. It aims to offer support and encouragement for Christians who care for their friends, relatives or neighbours who need some support due to a disability, illness or old age. A quarterly newsletter provides for information for carers and items written by carers about their own experiences. If you would like a leaflet please ring the Carers Centre on 01772 200173

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:

14 July - Gardening for scent & colour, question time -clematis, nursery visit

8 Sept – 10 Sept - Yoga, Stress Management, Introduction to Reiki Therapy, Aromatherapy

Activities should also be taking place on 27 –29 Sept, 14 –16 October and 21 –23 November - details later

For those caring for 20 hours or more the cost is £35.

For enrolment forms or further information contact
Donna Galway, or Lorraine Richardson
at Lancashire College, Southport Rd, Chorley Lancs PR7 1NB.
Tel 01275 516325/516303



Florence Nightingale Aid in Sickness Trust

The Princess Royal Trust for Carers mentioned this organisation in its newsletter. The charity offers a range of grants for people of all ages to support them in their independent living e.g. respite care, medical aids, household aids, telephone installation. Initial approaches should come from a professional e.g. Doctor, Therapist or a charity – Carers Centre etc.

For more information contact Mrs A.E.Griffiths, Florence Nightingale Aid In Sickness Trust, 6 Avonmore Rd, London W14 8RL. Tel 020 7605 4244.

Princess Royal Trust has an excellent web site for carers at www.carers.org

Impress the neighbours with a fire engine outside your house

Carers and the loved ones they care for are particularly vulnerable to the danger of fire in the home.

Lancashire Fire & Rescue Service will provide a home fire safety check. This will usually involve a visit from some very nice firemen and their fire engine who will do a home fire safety check which includes a fire safety plan, life saving advice and free fitting of smoke alarms.

To arrange your home fire safety check ring 0800 1691125

Carers Week stresses carers health & wellbeing

For Carers Week 2006 (12 –18 June) over 5,000 carers were surveyed and 9 out of 10 said that health checks should be offered. A health check would include blood pressure, diabetes and a mental well-being check. The check would be offered through the GP practice within 12 months of being a carer and on a regular basis thereafter. It would be an important recognition of the carers role and ensure their needs are flagged up at future visits to the GP. This issue is being raised with MPs etc. To find out how you can help the campaign for health checks visit www.carersweek.org

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 Manjula Parmar. The next meeting of the LACF will be in Burnley on Thursday 29 June. The Preston meeting will be held at the Scope Bridge Centre Eldon St Preston on Monday 30 October 2006. For further details about the meetings or about transport to the meetings contact Farzana on 01772 200173

Preston Asian Carers Forum

The Forum meets on the first Tuesday of the month at Community Network 129 Oxford St, Avenham, Preston between 1.00-2.00pm.

On 4 July 2006 Chris Robinson will speak on Age Concern's Community Services.

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 11.00am to 2.00pm 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 Tuesday 25 July, and Thursday 23 November. The popular Carers Conference will be held at the Woodlands Chorley on Tuesday 12 September.

THERE ARE STILL A FEW PLACES LEFT FOR THE CONFERENCE please ring the Carers Centre 200173 for an application form.

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 27 June we will combine the AGM for Preston Branch Carers UK and Phil Richardson will talk on Preston Care and Repair.
On 25 July Chris Robinson will speak on Age Concern Community Services
On 29 August Lisa Shoja will speak on carers involvement in the Comensus project

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 4th July please contact Peter on 01772 200173

Dates for your Diary

11 July	19 July	8 August	12 September	8 December
Carers Group day Tai Chi & gardening	Forge and Fudge Trip -details later	Barge Trip -details later	Carers Annual conference at Woodlands Chorley	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 the carers centre on 200173.

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 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. Recent activities include trips to Megabowl , Cinema, the County Fire Brigade Headquarters and the seaside.

If you have any comments to make about this newsletter, or would like further information about any of the issues covered, or have ideas about what we could include in the next edition, please send them to **Preston Carers Centre,**

**c/o DISC,103-104 Church Street,
Preston PR1 3BS**

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DISCLAIMER

Preston Carers Centre would like to make it clear that the material contained within this newsletter does not necessarily reflect the views of the Preston Carers Centre