



The Princess Royal Trust
for Carers
Network Member

Carers Newsletter



August/September 2006

Issue 67

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UK Carers face health crisis

The physical and psychological strain faced by Carers is creating a vicious circle of health problems according to a survey for Carers Week 2006 of over 5000 carers countrywide.

Of the Carers with Preston postcodes who took part in the survey: **79%** say their health is affected by caring

Only **26%** had been offered a health check though **88%** thought this was something they should be offered

76% said their own health problems affected their ability to care

57% said their health affected the person they care for

91% reported suffering from stress/worry and **50%** backache.

Contact us for a copy of the flyer if you would like to see how these results compare with national findings.

Ethnic Minority Carers of people with learning disabilities

Providing carers with a culturally appropriate person centred service is the ultimate aim of research undertaken with first and second generation minority ethnic carers of people with learning disabilities. Following two successful awareness days a report covers finding hidden carers, availability of services, cultural & religious needs.

If you would like a copy of this report contact Farzana on 200173

Changes, Changes, Changes

Welcome to our new style newsletter, our website has changed too -take a look at www.prestoncarers.org.uk We hope to continue to develop both our newsletter and website over time to give you more news and information and we welcome your views and suggestions on this.

Preston Carers Centre has been a hive of activity since the start of May when Peter and I were joined by **Elaine Lockwood** (Adult Carers Support Officer), **Farzana Adam** (Carers Ethnic Minorities Support Officer) and **Katy Davey** (Administration and Information Systems Officer). I hope you have had a chance to meet them.

Changes are happening but our telephone number remains the same **01772 200173** contact us if you need our support

Ben Blackman, Manager

Anyone

can become a Carer,

Carers come from

all walks of life ,

all cultures

and can be of

any age

Carers Benefits

The leaflet 'Carers Benefits for you' from Lancs Welfare Rights Service is available from our Centre.

Contact Katy for a copy on 01772 200173

British public expect

to live at home if

disabled or have a

long term health

condition

For more information on this visit www.carersuk.org

Ironing a chore?

A new initiative has sparked from reports of carers struggling with domestic chores. Liz Majhi, one of our carers, is initially offering her new ironing service to those with PR2 postcodes. To find out more contact Liz direct on 01772 733030

Time for Me

Carers can apply for up to £350 to fund breaks away from home with or without the person you care for. It may also be used for relaxation, leisure activities, equipment, education, short courses or any other item which would improve your life as a Carer by giving you a break.

Deadline for applications for our next round of Time for Me is **1 September 2006**. For **guidelines and application form contact Peter, Elaine or Farzana**

Small Grants for Local Carers Groups

Funding of up to £500 is available for local carers support groups who are not eligible for funding from other sources such as national charities or parent organisations. Grants can be used to help with room bookings for meetings, stationery, equipment, transport for carers or activities.

Deadline for our next round of Small Groups Fund applications is 1 September. For **guidelines and application form contact Peter, Elaine or Farzana**

Princess Royal Trust for Carers

Preston Carers Centre is a network member of the Princess Royal Trust for Carers. This is the UK's largest provider of comprehensive carers support services and provides information, advice and support services to almost a 1/4 million carers. In addition, The Trust acts independently in the interests of carers through:

Research, development and consultation

Influence on national, regional and local policy

Partnerships with other national organisations

Information through their interactive websites, providing advice and access to support groups

Visit their websites www.carers.org & www.youngcarers.net

Future Shock –A Reason to Care

This was the title of a conference held for Carers Week in which demographic shifts were explained.

We are all living longer but not necessarily healthier lives. Between 2001-2025 the number of people over age 65 will increase by 46% in England, that's 3.5 million people. There will be an additional one million people in the 85 plus age range. With over 75% of men & women over 75 having some form of limiting long-term illness it is estimated that social care expenditure will have to increase by 148% (£14.5 billion).

For further information visit the Princess Royal Trust for Carers website www.carers.org

Recharge for mind and body

...at Lancashire College.

8-10 September Yoga, Stress Management, introduction to Reiki Therapy, Aromatherapy

27-29 September Mosaics, Silk Painting, introduction to Decorative Script and Canal Style Art

13-15 October Getting more out of life, Being confident

21-23 November details to be confirmed

These residential courses are for Carers who care for 20 or more hours per week and cost £35. Contact Donna or Lorraine at the College on 01257 516325 or 01257 513303 for further details

Learning for Living

Moving Forward, Taking Care of Health & Life, Living with others, and **Managing as a Carer** are all covered in the City & Guilds Level 2 Certificate in Personal Development and Learning for the Unpaid Carer. This is the first qualification designed specifically for carers by carers and will help you develop the skills that you have and provide a nationally recognised qualification to boost your confidence. This is an easy to use online course using latest technology, with pictures, sounds and animation to make learning enjoyable. An information booklet is available from Preston Carers Centre or visit www.learning-for-living.co.uk

A selection of what's on in our area for carers...

Families Together Group

supports the families of children and young people who have a mental health problem

Grandparents Carers Support Group

For grandparents who have taken on a parenting and/or a caring role when parents are unable to cope.

Making Space Carers Group

For carers of people with mental health problems

PUMPS (Parents Unite at Moor Park Schools)

Formed to support the parents of the Moor Park Schools

Longridge Carers Group

Support group run by Ribble Valley Carers Centre

Service User and Carer Advisory Group (SUCAG)

Part of UCLAN this group is raising the profile of carers with Social Work students on BA and MA courses. Three local carers represent carers.

Comensus

A new way of involving service users, carers and the wider community in the work of UCLAN's Faculty of Health

Activities for children with learning disability, mental health or special needs information sheet available from the Carers Centre

...if you are interested in any of the above contact us at the Preston Carers Centre 01772 200173 for more details

My sister is different!

This is the title of a new children's book from the National Autistic Society. For more information on this and other books written for siblings of children with Autism phone 02079235725 or www.autism.org.uk

There are

6 million

carers

in the UK today

Are you on our database?

Priority for Carers events and activities is given to carers on our database. To be able to fully access all our services please ensure we have you on our system. Forms are available from the Carers Centre or from our Support Workers

Extra

3 million

Carers

within the

next

30 years

If you would like further information about any of the issues covered, have any comments to make about this newsletter, or of have ideas about what we could include in future issues

CONTACT US



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Young Carers

up to age 18 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.



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

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The Challenging Behaviour Foundation

This organisation was started by a parent to ensure that children & adults with severe learning disabilities and 'challenging behaviour' have the same life opportunities as everyone else in their home life, education and leisure. The Challenging Behaviour Foundation provides a range of services for both parents and professionals.

For further info phone 01634 838739 or visit www.thecbf.org.uk

DATES FOR YOUR DIARY

August

- 23 Carers Trip** - Animal Park, Dalton in Furness
- 29 Preston Carers Support Group** Lisa Shoja will speak on carers involvement in the Comensus Project

September

- 5 Preston Asian Carers Forum** Lisa Shoja will speak about the Comensus Project
- 5 Preston Carers Strategy Group** if you have any carers issues you would like raising at this meeting contact Elaine, Peter or Farzana
- 12 Lancashire Annual Carers Conference.** Woodlands Chorley. Still a few places available Contact us for an application form
- 19 Aromatherapy course** at Scope Centre (details later)
- 20 Yoga Course** at Scope Centre (details later)

October

- 30 Lancashire Asian Carers Forum** at Scope Bridge Centre, Eldon Street, Preston at 11am. Talk by the Occupation Therapy Manager followed by lunch.

December

- 8 Carers Rights Day** with local events

Regular Meetings

Preston Carers Support Group usually meets at 7pm on the last Tuesday of the month at Deepdale Resource centre (next to Sainsburys), Sir Tom Finney Way, Preston.

Preston Asian Carers Forum usually meets on the first Tuesday of the month at Community Network, 129 Oxford Street, Avenham. 1.00-2.00pm

Lancashire Carers Forum meet every two months at East Cliff offices, Preston. Carers from all areas of Lancashire can discuss their problems and raise issues with members of 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. Two voting carers from each area attend but additional non voting members are welcome. Meetings held 11am to 2pm including buffet lunch.

Lancashire Asian Carers Forum meets quarterly at various locations in Lancashire.

Preston Carers Strategy Group has representatives from Preston PCT, Social Services and Carers. It meets every two months with the aim of raising awareness of carers in Health Centres and GP Surgeries.

... contact Peter, Farzana or Elaine for more details