



The Princess Royal Trust  
for Carers  
Network Member

# Carers Newsletter



October/November 2006

Issue 68

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## CARE FREE days out this summer

Carers have enjoyed several days out this summer.

In July, over 30 carers, visited a working Forge, and then went to watch fudge being made, all this on the hottest day of the year! Phew!



August saw 40 carers enjoy a cruise on the Leeds-Liverpool Canal from Foulridge Canal Wharf onboard the 'Marton Emperor' barge



....and 40 carers took a 'walk on the Wild side' to the South Lakes Animal Park in Cumbria.

## Hospital Care

Several carers have contacted the Carers Centre concerned that their relatives/cared for person has not been given the support they need to eat their meals whilst in hospital. This has meant that their carers have had to visit at meals times to ensure that they receive adequate fluids and nutrition.

If this has been your experience we would like to hear from you. Age Concern are currently running a campaign called **Hungry to be Heard** which aims to end the problem of older people becoming malnourished in hospital.

For further details contact Elaine at the Carers Centre on 01772 200173 or email [elaine@prestoncarers.org.uk](mailto:elaine@prestoncarers.org.uk)

## The Princess Royal Trust for Carers Map

The Trust has recently launched a new Carers Centre Map.

The comprehensive map of local Carers Centres covers the whole of the UK, and is searchable by postcode or town. Surf away!

[www.princessroyaltrust.org.uk/map/](http://www.princessroyaltrust.org.uk/map/)

## Are you a Parent/ Carer of a child with disabilities?

We'd like to hear from parent/carers of school age children with disabilities and/or special needs who would be interested in meeting with other parents in similar circumstances.

Please return the form included with this newsletter

## Holiday Hotel for disabled people and their families

Maison des Landes in Jersey is adapted to the needs of the disabled including bed hoists, specially designed bathrooms and other aids, there is also a heated swimming pool and beautiful gardens.

For a copy of their brochure contact Preston Carers Centre

it around the zoo

## Oasis Days for Carers

At the Tabor Retreat Centre in Fulwood for Carers and those who need a few hours respite for spiritual refreshment and renewal.

Lead by the 'Oasis' team of the Lancashire Spirituality Network, an ecumenical group working to provide opportunities for prayer and spiritual growth.

For more details ring the Tabor Centre on 01772 717122

## Carers Emergency Card Scheme

A reminder to carers about the **Carer's Emergency Card Scheme** run by the Red Cross.

This small orange card is carried by carers as identification in case of accidents. If the carer becomes unwell or is involved in an accident the card gives immediate access to a database held by the Red Cross. This allows help to be co-ordinated to assist the cared for person whilst the carer is attended to.

The scheme is completely **FREE**. For further details or application forms contact Preston Carers Centre on 01772 200173 or email [info@prestoncarers.org.uk](mailto:info@prestoncarers.org.uk)

## Vine House Cancer Information & Support

If you or someone close to you is affected by Cancer, help is at hand. The **Macmillan Information and Support Service** at Vine House offer information about local support and services, including benefit and financial advice. Their confidential service is available Monday to Friday, 10am until 3.30pm. Contact Wendy Johnson on 01772 793344

Cancer Help at Vine House also run a **Bereavement Support Service** which aims to support carers and anyone close to a patient. Support is available from diagnosis and at every stage of the journey. Contact Marina Garside on 01772 793344

## Nursery Provision for Children with Special Needs

Can nursery provision meet my child's needs?

Finding suitable childcare for any child is a balance between various factors - reputation, availability, flexibility, location not to mention another 101 questions we have. How many children are in a group? How many staff are there? .....and when your child has a special educational need or disability a whole new set of very important questions need honest answering from your potential childcare provider.

Can the nursery meet my child's needs? Does the nursery provide an environment that helps my child learn and develop? And most importantly, do I feel secure leaving my child in their care?

Gillian Bagot asks,

*"If I was to offer you a nursery provision which main focus was for including children with any special educational need or disability, which had fully trained experienced staff, small groups and a stimulating learning environment that would meet the individual needs for your child would you be interested?"*

If you'd like more information or to share your thoughts/experiences, contact Gillian direct via email [gspbne@hotmail.com](mailto:gspbne@hotmail.com) or leave her a message at the Carers Centre

## 'Till Death do us Part'

For those of you who were unable to attend The Carers Conference this year one of the Workshops entitled 'Till Death us do Part' proved very informative. The Facilitator, Nicola Scott, Solicitor, has produced concise and easy to read information sheets as a guide for Carers, on: **Inheritance Tax**

**Enduring Powers of Attorney**

**Making a Will – Frequently Asked Questions**

If you would like a copy please contact Preston Carers Centre on 01772 200173 or email [info@prestoncarers.org.uk](mailto:info@prestoncarers.org.uk)

## Children with Disabilities and the Occupational Health Service

### Good News regarding the Occupational Therapy (OT) service for children!

This service had been suspended due to funding issues. However, the OT department has now been given funding by Social Services to re-instate the service.

There is a high demand for the service and once staff have been appointed referrals will be seen in date order.

## Warm Front Grant - Do you Qualify?

Warm Front is a government-funded scheme which provides grants to make your home warmer, and more energy-efficient.

Improvements could include loft insulation, draught proofing, cavity wall insulation and the installation of combination boilers.

If you claim benefits that include Disability Premium or Constant Attendance Allowance you may be eligible. People over 60yrs, and families with children under 16yrs may be eligible if they are in receipt of certain benefits.

If you would like an application form contact the Carers Centre or call Warm Front [FREE] on 0800 316 6011

## Taking Care of the Carer: a recharge for mind and body

...at Lancashire College.

**21-23 November 2006 featuring** Repousse Pewterwork, planting bulbs for spring colour, colour in your home, greetings cards

This is a residential course for Carers who care for 20 or more hours per week and costs £35. Contact Donna Galway at the College on 01257 516325 or 0845 6001331 for further details

## Self-Drive Wheelchair Accessible Vehicle Hire

Seats 4 in addition to wheelchair passenger and driver.

One or two days  
£25 per day

Three or more days  
£20 per day

Plus 15p per mile

It can be delivered and costs include insurance

Contact Stuart Coates,  
Blackburn MS Society  
on 01254 813817

## 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 of our services please ensure we have you on our system. Forms are available from the Carers Centre or from our Support Workers

## Carers UK

The Preston branch meets bi-monthly. Contact Angela Melling (Secretary) on 01772 651733 for more details

## Do you want to refer back to articles in our previous newsletters?

You can...our Newsletters are available on-line

[www.prestoncarers.org.uk](http://www.prestoncarers.org.uk)

Phone: **01772 200173**

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

Thank you to Lorraine Jenkins, one of our carers for her poem inspired by her trip to the Animal Park. Here is an extract which illustrates the benefit to carers of our 'carefree' days,

It's not just the animals in the zoo,  
that makes a great day out  
There's good food too  
It doesn't matter if you're 'little', 'young' or 'old'  
I'll guarantee a good day will be had by ALL



So, to PRESTON CARERS TEAM I'd like to say THANK YOU FOR A FANTASTIC DAY  
My stress levels were very high  
And a day out with you, made them fly by  
The Carers were caring, and friends made anew  
I met a lady my mum once knew



We hooked up together and slowly but true we finally made

### Carers Events

We currently have carers taking part in courses in **Aromatherapy, Yoga and Computing ...**and a course on the **Emotional Freedom Technique** will run from Monday 6 November to 11 December at St Cuthberts Hall, Fulwood (booking details later)

**Courses and activities planned for 2007 include:** Tai Chi, Abseiling, Antiques, Canoeing, Confidence building, Dressmaking, Guided Walk, Healthy Eating, Interior Design, Laptop Loan, Spring Walk, Digital Photography, Gardening...details nearer to events

## Dates for your diary:

### OCTOBER

- 30 Lancashire Asian Carers Forum** at Scope Bridge Centre, Eldon St, Preston at 11am, talk by the Occupation Therapy Manager followed by lunch.
- 31 Preston Carers Support Group** - talk by Wendy Johnson from Vine House, McMillan Information and Support Service

### NOVEMBER

- 7 Preston Asian Carers Forum**—talk by Wendy Johnson (as above)
- 27 Lancashire Carers Forum** - at East Cliff offices, Preston, 11.00-2.00pm (including sandwich lunch). Travel expenses paid by LCC.
- 28 Preston Carers Support Group** - talk by Jo Tilson, Pharmacist from Sainsbury's Preston on the role of the Pharmacist in the community

### DECEMBER

- 5 Preston Asian Carers Forum** - talk by the Community Mental Health Team
- 8 Disability and Carers Festival** - 8 December 2006 at St John's Minster, 11.00-3.00pm
- 26 Preston Carers Support Group** - no meeting (Christmas)

- contact Farzana, Elaine or Peter for more details

Email: [info@prestoncarers.org.uk](mailto:info@prestoncarers.org.uk)