



The Princess Royal Trust
for Carers
Network Member

Carers Newsletter



January 2007 Issue 69

Inside this issue:

Page 1

New Carers Centre

Page 2

DTI Carers
Definition

Time for Me and
Small Grants

Asian MS Support

Page 3

'In the Know'
Carers UK report

Christmas Party

Taking Care of the
Carer Courses

New Young Carer
Support Officer

Pontins 2007

Page 4

Dates
for your Diary

Everyone at Preston
Carers Centre would
like to wish you a very
Happy New Year

New Year ...New Carers Centre

Our new centre will include:

Spacious **meeting room**

- where meetings and Carers
activities can take place

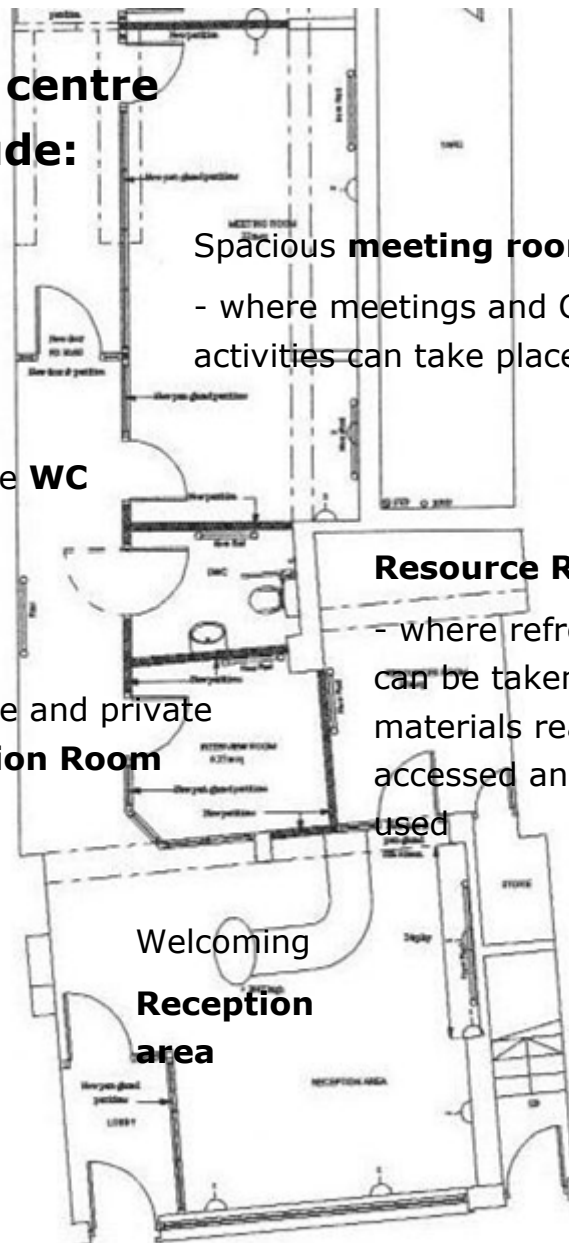
Accessible **WC**

Resource Room

- where refreshments
can be taken, reference
materials read, internet
accessed and telephone
used

Comfortable and private
Consultation Room

Welcoming
**Reception
area**



I am delighted to be able to tell you that in December 2006 we signed the lease on a building which will be transformed into Preston Carers Centre. As you can see, we plan to make it into a fantastic place for Carers to come and use and be a part of.

Refurbishment work will start early in the new year and we hope to move in by May 2007! These are exciting times for everyone involved with Preston Carers Centre and I will be sure to update you on our progress from here. **Ben Blackman, Manager**

DTI announces a Carer definition

The definition of a Carer for the purposes of the Work and Families ACT will be an employee who is, or expects to be, caring for an adult who:

- Is married to, or the partner or Civil Partner of the employee
- Is a near relative of the employee
- Falls into neither of the above categories but lives at the same address as the employee

The 'near relative' definition includes parent, parent-in-law, adult child, adopted adult child, siblings (including those who are in-laws), uncles, aunts, grandparents and step-relatives.

This will include 80% of working carers - 2.65 million people - and is the broader of the two definitions that the DTI consulted on in the summer

Time for Me and Small Grants for Local Groups

Applications for the Time for Me Fund and Small Grants for Local Groups can be made up to **14 February 2007**

Carers can apply for the Time for Me Fund to receive a break with or without the cared for person. It may also be used for relaxation or leisure activities, education or other short courses, equipment or any other item which would improve life for the Carers by providing them with a break.

Carers can apply once every 12 months and the maximum grant is £350

Applications are considered by a local panel. This fund is very popular, some applications may not be approved or awarded in full, therefore don't make arrangements which are dependent on receiving the money until after the award has been agreed and the funds received.

Carers receiving funding have to provide receipts for expenditure to show how their grant was used.

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 Preston Carers Centre.

Discussion board for Asian Multiple Sclerosis (MS) Support Group

The MS Society has launched a new Asian discussion board on their website, which has been set up in direct response to a survey from their members.

There are some aspects of living with MS that are specific to the Asian community and this board will give them the chance to share experiences, seek information and advice, and to make friends across the MS community.

For further information go to www.mssociety.org.uk and enter MS Asian board in the search box.

'In the Know' report by Carers UK

In Carers UK's in depth survey of Carers to find out the difference that information and help makes to their lives, they found that:

65% of the Carers did not recognise themselves in the first year of caring. For 32% this recognition took over 5 years. One in three believed they had missed out on benefits or pension entitlement. Missing out on Carers Allowance for a year is a loss of £2,441 plus a loss of pension contributions. 70% of Carers could have benefited from practical support e.g. equipment, home adaptations and support from Care Assistants. This help would have made a real difference to their health as well as their quality of life - reducing stress and improving their emotional wellbeing.

More information at www.carersuk.org

Christmas Party

Over 50 Carers joined us at our Christmas Party this year for a great day at Megabowl - Thank you to everyone who attended.

Carers were treated to a fun day of ten pin bowling followed by a hot lunch which was much appreciated especially because the heating wasn't working!

We look forward to holding a variety of Carers days next year and will keep you posted with upcoming dates as and when they are available.

Taking Care of the Carer: a recharge for mind and body ...at Lancashire College

2-4 February 2007 featuring Reiki Therapy level 1

20-22 March 2007 featuring Willow Sculpture, looking at plants and planting, and a travel talk on Cornwall and the Isles of Scilly.

These are residential courses for Carers who care for 20 or more hours per week and costs £35.

Other courses designed to offer Carers a complete break from their usual responsibilities, a chance to meet other people in a similar situation and learn new skills in a relaxed and friendly environment will take place on 20-22 April, 22-24 June and 31 Aug - 2Sept

Contact Donna Galway at the College on 01257 516325 or 0845 6001331 for further details

Young Carers Support Officer

Great news for Young Carers. Caroline Taylor will be joining us from January 2007 as Young Carers

Support Officer.

Caroline will be

happy to

help with anything regarding Young Carers so please don't hesitate to get in touch.



Pontins Holiday

The Annual Holiday at Pontins in Blackpool for Carers will be

11-15 June 2007.

Places are limited, Carers interested in a place should let Peter, Elaine, Farzana or Caroline know.

Want to refer back to articles in previous newsletters?

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

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



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

Telephone:

01772 200173

Email:

info@prestoncarers.org.uk

website:

www.prestoncarers.org.uk

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

Dates for your diary:

January

- 9** **Preston Asian Carers Forum** at Preston Community Network, 129 Oxford Street, Avenham. Interpreted in Gujarati. There will be a talk on personal alarms by Nuala Sutton of Gateway Alarms
- 16** **Lancashire Carers Forum** meets 11.00-2.00pm (including sandwich lunch) at Social Services Directorate, East Cliff, Preston
- 30** **Preston Carers Support Group** at Deepdale Resource Centre (next to Sainsburys), Tom Finney Way, Preston, 7.00-8.30pm. There will be a talk on personal alarms by Nuala Sutton of Gateway Alarms

February

- 6** **Preston Asian Carers Forum** at Preston Community Network, 129 Oxford Street, Avenham. Interpreted in Gujarati.
- 12** **Lancashire Asian Carers Forum** in Accrington
- 27** **Preston Carers Support Group** at Deepdale Resource Centre (next to Sainsburys), Tom Finney Way, Preston, 7.00-8.30pm. There will be a talk by Jo Tilson, Pharmacist from Sainsbury's on the role of the Pharmacist in the community

March

- 6** **Preston Asian Carers Forum** at Preston Community Network, 129 Oxford Street, Avenham. Interpreted in Gujarati.
- 14** **Lancashire Carers Forum** meets 11.00-2.00pm (including sandwich lunch) at Social Services Directorate, East Cliff, Preston
- 26** **Preston Carers Support Group** at Deepdale Resource Centre (next to Sainsburys), Tom Finney Way, Preston, 7.00-8.30pm.

- contact Farzana, Elaine or Peter for more details

Courses for Carers

The **Cook and Eat Healthy Food course** and **Computer course with laptop loan** are now fully booked.

In March we will have courses in **Confidence Building** and **Sewing/Dressmaking** details of how to book on these courses will follow nearer the time.

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

Email: info@prestoncarers.org.uk