



The Princess Royal Trust  
for Carers  
Network Member

# Carers Newsletter



Spring 2007 Issue 70

## Inside this issue:

### Page 1

Donations received  
Flexible working

### Page 2

Time for Me Grants  
Update on new centre  
Changing Places  
Want to Abseil or Canoe?

### Page 3

Carers UK Survey  
Lancashire College  
courses  
Lifeline Alarms  
Comensus tapes  
Princess Royal Trust  
for Carers

### Page 4

Improved support for  
carers  
Womens Mental Health  
Fun day  
Parent Carer SEN  
Course

## A good result for Carers...

### ....at Preston North End

Ben Blackman, Manager at Preston Carers Centre, and Dave Prince, a Carer were delighted to be invited to collect a cheque for £1666.67 from Derek Shaw, Chairman of PNE in a presentation on the pitch.



### ...and the Cumberland Building Society

Peter Glover, Manager of the Cumberland Building Society in Preston



visited our new centre to see the work progressing and to present Ben with a cheque for £1500.

These generous donations will go towards the refurbishment of the new centre. Thank you!

## Flexible working for Carers

From 6 April 2007 (under the Work & Families Act 2006) the right to request flexible working, which previously only applied to parents of children under 6 or parents of disabled children under 18, has been extended.

Flexible working could be altering starting/finishing time, working long days on Monday, Tuesday and half days on other days, access to a phone, or getting emergency paid leave.

If an employer refuses a request they must demonstrate clearly why they have made this decision. Experience of parents of disabled children has shown that about 80% of requests were granted.

The Act covers all close relatives and non relatives cared for in the same house (but not a neighbour who isn't related to them).

The right to request flexible working could make the difference between giving up work or being able to stay in employment.



## Changing Places Campaign

This is a campaign to ensure adequate and readily available **assisted changing facilities in public areas**. Current public toilets do not meet the requirements of individuals with additional personal care needs i.e. changing bed, hoist and trained staff support.

Preston has a very enthusiastic group under Rosemary McLean's leadership trying to persuade the Local Authority and Shopping Centres to install these changing facilities.

For more information see [www.changingplaces.org](http://www.changingplaces.org) or contact the Carers Centre and we will put you in touch.

## Interested in Abseiling or Canoeing ?

Let us know if you'd like to participate in either of these activities. And, if enough Carers are interested we'll arrange something for late 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 **1 June 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.

For further information contact **Peter or Elaine on 01772 200173**

## Progress report on our new Centre

I am delighted to be able to tell you that refurbishment of, what will soon be, Preston Carers Centre is underway. Work on the property started in February and will continue for some time yet. As I write this, the building is being ripped apart and gutted...and hopefully by the time you receive this newsletter a variety of builders, electricians, plumbers, plasterers and other tradesmen will be putting it back together again in a much better state for us to use!



We hope to move in during May so I look forward to telling you more over the coming months.

**Ben Blackman, Manager**

## Findings from the Carers UK Survey identifying carers priorities for the New National Strategy for Carers

Top priorities for **all Carers** are

- Better recognition of the role of Carers from professionals
- income from Benefits for the under 65s
- better services for the person for whom they care

For **Carers Under 65**

- Income they received from Benefits
- Recognition from care professionals
- Services for the disabled person

(Carers under 65 rated breaks from caring and employment higher than those over 65)

For **Carers over 65**

- Recognition from professionals
- Income from retirement
- Services for disabled person

(Carers over 65 were more likely to prioritise Carers health than Carers under 65)



The Princess Royal Trust  
*for Carers*  
Network Member

For latest news on Carers issues, visit the **Princess Royal Trust for Carers** website [www.carers.org](http://www.carers.org) or contact us for a copy of their latest newsletter

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

**20-22 April 2007** featuring Salsa dancing, relaxation techniques, Container gardening, handmade greetings cards

**22-24 June 2007** featuring make a garden lantern, gardening for herbs & wildlife, visit to Hazelwood Garden, Bretherton, taking cuttings & transplanting plants

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 31 Aug-2 Sept, 14-16 Sept and 17-19 Oct

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

Phone: **01772 200173**



### Lifeline Alarms

A service run by Community Gateway providing a way of communicating in an emergency. For a leaflet please ring Preston Carers Centre

### Comensus

Audio tapes are now available from Preston Carers Centre in **Gujarati & Urdu** which tell how Carers can get involved in UCLAN's Comensus Project

### FOR SALE

**Elap Swivel Car Seat** - can be adjusted for most cars. Used one month. Cost £690 offers invited.

**Electric Recline and Lift Upholstered Armchair** - Buttoned high back £400.

Phone 01772 713809

Our newsletters are available on-line  
[www.prestoncarers.org.uk](http://www.prestoncarers.org.uk)

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

website:

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

### Young Carers

up to age 18 who care for a family member can be provided with one to one support, 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

## New Measures to improve support for Carers launched 21 February 2007

The Government's 'New Deal for Carers' includes:

- **£25 million** to be spent on providing short term home based respite care for Carers in crisis or emergency situations in every council
- **£3 million** towards the establishment of a national helpline for Carers
- A wide ranging review of the 1999 National Carers Strategy
- **£5 million** to support the development of an Expert Carers programme.

(the 'New Deal for Carers' was outlined in the January 2007 White Paper 'Our Health, Our Care, Our Say' which promised to update and extend the 1999 National Strategy for Carers).

### Have you visited our website yet?

Take a look, [www.prestoncarers.org.uk](http://www.prestoncarers.org.uk), there's:-



**information about meetings and events,  
our A-Z of useful contacts for Carers ,  
...and another chance to read past  
newsletters**

**Parent Carer** To take place in April (date to be confirmed)

**SEN Course** At St Augustine's Centre, 10am to 12noon

If you have a child of school age who has Special Educational Needs (SEN) and find the education system confusing, you are not alone. We are planning to run a SEN Information Course for parents to help you understand how the 'system' works in relation to your child's education. This informal course will be planned to meet the parents particular needs but will look at issues such as who does what in school, SEN Code of Practice-what is it and how will it help my child, Statementing Procedures, Annual Reviews, Emotional & Behavioural Issues, Individual Education Plans, Transitional Planning (post 16yrs).

It's also an opportunity to meet with other Parent Carers and share experiences.

**Interested?** Contact Elaine at Preston Carers Centre

**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](mailto:info@prestoncarers.org.uk)