



The Princess Royal Trust
for Carers
Network Member

Carers Newsletter



Summer 2007 Issue 71

Inside this issue:

Page 1

Moving & Handling
Move to new Centre

Page 2

Time for Me Grants
Carers Conference
Favourite Websites

Page 3

Careseeker Website
Comensus Project
Lancashire College
Courses
Real help for Parents

Page 4

Books
Our Contact details
Share the Cares Mental
Health newsletter

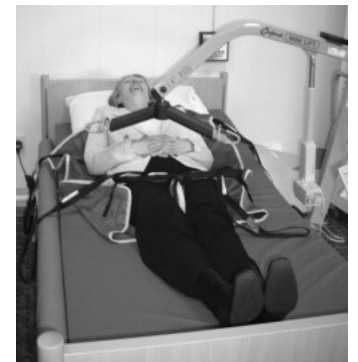


Preston Carers enjoy an excellent Moving and Handling Course



After several years of trying to find a Moving and Handling Course at a realistic price, eight Carers recently travelled to the Manchester Disabled Living centre .

Two Occupational Therapists gave us instructions on various techniques and Carers were able to discuss their own particular circumstances and have a demonstration on relevant equipment which could answer their caring needs.



It was a useful and informative day as the Disabled Living Centre has equipment for every situation and our Carers were free to wander round and ask questions.

If you would like us to arrange another Moving and Handling Course please contact Peter, Elaine or Farzana at the Carers Centre.

....and talking of moving!

Our centre is nearly ready!

As we write this newsletter we are planning the move into our new Carers Centre. We haven't got a certain date yet but as soon as we do move in we will be sure to let you all know and invite you to come and have a look. Once we move you will still be able to get us on our current telephone number

01772 200173

but our address will change to

28 Church Street, Preston PR1 3BQ



Carers Week



As you receive this newsletter Carers Week 2007 is coming to a close. We received a good response to our events, with lots of Carers wanting to join us at the Cookery Demonstration and meal at Ferraris Restaurant in Longridge and our shopping trip to Trafford Centre, Manchester. I hope those who were able to take part enjoyed themselves and you had an enjoyable week.

For latest news on Carers issues, visit the **Princess Royal Trust for Carers** website www.carers.org



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Care for someone with Pick's Disease?

The Pick's Disease Support Group gives support, advice and an opportunity to share experiences for people whose lives are affected by Pick's Disease, Frontotemporal Dementia or Primary Progressive Aphasia.

For further information contact Mary Dawber on 01625 879104

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 **31 August 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**

Lancashire Carers Forum Annual Conference

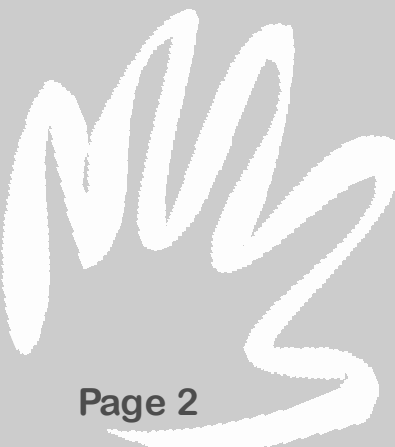
The very popular annual conference at the Lancashire Carers Forum will be held at Lancashire College, Southport Road, Chorley on Tuesday 11 September 2007.

The day will include a keynote speaker, Carers Workshops, a fine lunch and informative exhibition stands. The Workshops are likely to include: the Expert Carer Programme, Looking after Your Back, Coping with Loss and Bereavement, Recognising the Signs of Stress, What is Effective Respite, Assertiveness Training and the Impact of Caring on Families.

Do you 'surf' the web? What's your favourite site?

Could you recommend websites to other Carers? We are looking for websites that Carers will find interesting, funny, or informative. Not just those aimed specifically at Carers but perhaps ones on lifestyles or of general interest. Our first recommendation is for Martin Lewis who specialises in tips which help you to cut your bills. Visit **www.moneysavingexpert.com** for free, unbiased advice on how to save money. And whilst you're on the web don't forget our site...

Web: www.prestoncarers.org.uk



Careseeker website

LWDP (The Lancashire Workforce and Development Partnership) which is supported by Lancashire County Council, have launched a free new website which cleverly searches through listings of care providers in Lancashire and gives open access to anyone looking for a home carer, a care home or nursing home. The quality of care in Lancashire for vulnerable people is at the heart of this new initiative. **www.careseeker.co.uk** allows you to search anonymously through the many different care providers from the comfort of your own home.

This comprehensive and detailed directory already has over 1,000 care organisations registered on the site, and all providers of care to older people, disabled people, mental health and children's services in Lancashire are being encouraged to sign up to this site.

When using the site you can specify e.g. care home for physically disabled within 5 miles of Preston, and then move on to detailed information about the home you are interested in, including a link to the CSCI (Commission for Social Care Inspection) where their reports can be viewed.

Comensus Project

Comensus is a way of involving service users, Carers and the wider community in the work of the Faculty of Health at the University of Central Lancashire. We can now provide information about this Project in English, Gujarati and Urdu. Contact us at Preston Carers Centre if you would like a copy.

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

18-19 July 2007 featuring gentle Keep Fit, Relaxation Techniques, Watercolour Challenge and Indian Head Massage (one night £15)

31 August—2 September 2007 Carers Great Escape featuring Abseiling, Canoeing, Rock Climbing and Archery. (two nights £37)

These are residential courses for Carers who care for a family member or friend and whose caring role significantly affects their life, and is not paid.

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 14-16 Sept and 17-19 Oct

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

Phone: **01772 200173**

**Real
help for
Parents**

FAMILIES TOGETHER

provides excellent help and support for parents and families of children with mental health problems. Run by parents with a wealth of experience of the stress and strains encountered when you have a child with mental health problems the Families Together group meets monthly for parents, holds social events for families and provides training on key subjects e.g. self harm.

Further details from Rosemary Andrews on 01254 823377, or contact Peter and Elaine at the Carers Centre.

PAST-Parents of Autistic Spectrum

Together) is a new group run by parents who understand as they have ASD children (incl. Autism, Asperger Syndrome, SPD, Specific Learning Difficulty, Language Disorders, ADD, ADHD, Dyspraxia). Informal meetings for parents and their children are held 1st Wednesday of the month from 6.30pm at Phantom Winger Wacky Warehouse, Eastway, Fulwood, £3 per child to Playbarn (a free tea of coffee & juice for the children).

Further details from Jill Taylor on 07952344998 or Christine Walker 01772 703514

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

CONTACT US



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www.prestoncarers.org.uk

Young Carers

Are children under 18 years of age who are significantly affected by caring for a person with a long term illness or disability -including Mental health issues and substance misuse.



DISCLAIMER

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

Books

The Essential Carer's Guide by Mary Jordan, contains practical advice for Carers on:

- ◆ Financial matters including benefits and entitlements
- ◆ Getting out and about
- ◆ Social needs and sharing the load
- ◆ Taking care of yourself

Carers using the Carer's Centre will pay the special price of £11.99 plus P&P, a saving of 20% (usual price £14.99). To order your copy phone the Combined Book Services on 01892 837171 and mention this offer.

The Princess Royal Trust for Carer's will receive a donation of 50p for every copy sold.

Published by Hammersmith Press 2006

Recent Publications from the National Autistic Society

How to help your autistic Spectrum child: practical ways to make life run more smoothly by Jackie Brealy and Beverly Davies

Jackie is a parent of a child with AS and also works as an LSA.

'Full of sensible and useful advice' Jane Asher, President of the National Autistic Society (£7.99)

Creating an autism-friendly environment by Anh Nguyen

Many people with an ASD find it hard to cope with the everyday environment. This booklet offers advice on making clothing, furniture and the environment easier to cope with. Illustrated with witty cartoons by Steve Lockett (£1.00)

To place an order go online www.autism.org.uk or phone 0845 4589911

Do you care for a person with Mental Health problems?

Share the Cares is a newsletter for the Carers of people with Mental Health problems in Preston.

If you do not already receive this newsletter let us know and we will pass your details on to Making Space who produce it.

The Share the Cares newsletter is also available in Gujarati and Urdu.

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