



The Princess Royal Trust
for Carers
Network Member

Carers Newsletter



Autumn 2007 Issue 72

Inside this issue:

Page 1

Our new Centre

Page 2

Real change not short
change

Forums and Conferences

Impact of caring on all
aspects of life

Change in Social Care
in Lancashire

Carers Breaks

Page 3

Mental Health Bill

Resources for Carers:
Mental Health

Policy Briefing papers

PCT Consultation

Page 4

Older Carers missing
out on Benefits

What to do if the cared
for person falls

Short Break Unit for
the Elderly

Standing Commission
for Carers

Preston Cardiac
Support Group

Welcome to our new Preston Carers Centre



We have now moved into our new centre and we are looking forward to being able to host many meetings, forums, activities and events for Carers here over the coming months and years.

Our new centre will make it easier for us to deliver our services for Carers. You can drop in or contact us for support, information and advice related to your caring role. Our Carers Support Officers are here to provide one to one support, arrange Carers Days, breaks and short educational or recreational courses to provide respite for you, and to run a number of meetings and forums for Carers.

If you have friends, relatives or neighbours who are unpaid Carers in the Preston area please make sure they know about us. They can go on our mailing list to receive our newsletter and monthly mailouts to keep informed of our activities. Those who like to surf the web can access our A-Z of Services with useful contacts and information from Benefits advice to specialist Holidays and a whole host more at www.prestoncarers.org.uk

You are invited to our

Carers Open Day

on Tuesday, 30 October 2007, 10.00am -3.00pm at
Preston Carers Centre, 28 Church Street, Preston

We really hope you can drop by. This is an opportunity for you to look at the facilities, meet the team and find out about the services we can offer you.

Light refreshments will be available throughout the day, with lunch provided 12.00-2.00pm



Our new address is

28 Church Street, Preston PR1 3BQ



Real Change not short change



A new campaign to help improve Carers financial situation. The aims are to help Carers work, help Carers who cannot work and help Carers have a decent retirement. Postcards for the Prime Minister are available in the office or can be completed online at

www.carersuk.org

Impact of caring on all aspects of life



Research for Carers Week 2007 revealed

67% of Carers were worse off as a result of caring

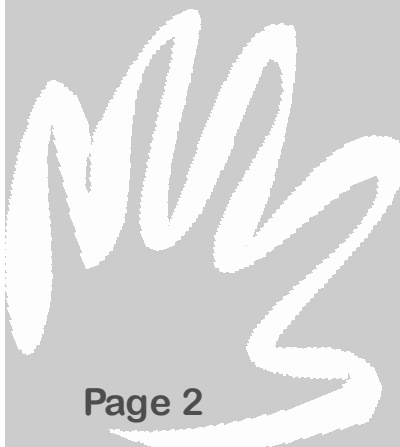
75% had not had a regular break from caring in the last 12 months

38% had not had a single day off

20% said when they did get time to relax they used the time to catch up on their sleep

Describing their caring role

74% said it was stressful and **71%** demanding



Lancashire Asian Carers Forum

Preston Carers Centre was pleased to host the Lancashire Asian Carers Forum on 5 September. The event was held at the Royal Piri Piri Restaurant in Deepdale and was well attended and enjoyed by over 70 Asian Carers and professionals from across Lancashire.

This forum was a chance for Carers to voice their opinions and raise issues, get an update on LCC Emergency Support from Mary Duggan and to hear about the Adult Placement Service from Lynne Kendall.

The next Lancashire Asian Carers Forum will be held in Accrington on Monday 3 December. Transport will be provided.

Lancashire Carers Annual Conference

The annual Conference for Carers in Lancashire held at Woodlands Conference Centre was introduced by Jacqueline Dewhurst Chair of Lancashire Carers Forum. Over 160 Carers attended this event and took part in workshops on various topics including the Impact of Caring on Families and the Expert Carers Programme.

Change in Social Care for Adults in Lancashire

A recent consultation document reclassifies disabled people into four bands: **Critical** (life threatening), **Substantial** (inability to carry out the majority of personal care), **Moderate** (inability to carry out several personal tasks/domestic routines and **Low** (inability to carry out 1-2 personal tasks/routines. It is intended that people at the moderate or low level will no longer receive an assessment or care package from the County Council. People in these bands will be referred to Community, Voluntary or Faith groups. Money saved on the lower two bands can then be used to support the upper bands which are increasing as a result of an ageing population.

Carers assessments will continue at present. This is a brief resume but further information and a copy of the consultation is available at www.lancashire.gov.uk/wellbeing

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

17-19 October 2007 featuring Yoga, Aromatherapy, Introduction to Reiki and Indian Head Massage (two nights £37)

A residential course for Carers who care for a family member or friend and whose caring role significantly affects their life, and is not paid. It is 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.

For further details contact Donna Galway at Lancashire College on 01257 516325 or 0845 6001331

Phone: **01772 200173**

Mental Health Bill: Impact on Carers

The Princess Royal Trust for Carers feel that the Mental Health Act 2007, which received Royal Assent in July, fails to provide adequate support and safeguards for service users which impacts on the well being of their Carers. The Trust feel that there are insufficient precautions in the 2007 Act against the overuse of Community Treatment Orders (CTO's). These Orders are a form of compulsory community treatment, where patients with a serious mental disorder may be required to accept psychiatric treatment while living outside hospital. As a result, many Carers may find themselves 'stuck in the middle' between their loved ones on CTOs and the Care Coordinators. They are also concerned that Carers may feel pressured by under-supported and under-resourced Mental Health Services to play the role of warden and informer on their family members.

There remains little consideration of Carers' own requirements in the 2007 Act, such as Carers' need to be given appropriate information to help them care safely and effectively. The Trust will continue to feed into the development of the revised Code of Practice for the Act, and address these concerns as far as is possible. If you are a Carer with experience of a CTO please let us know your thoughts or concerns and we will pass them on to the Trust.

Resources for the Carers of people with a Mental Health problem

FAMILIES TOGETHER WEBSITE Families Together is a friendly support group for families with children and young adults who have a mental health problem. Their family based support includes social activities for the whole family, a Carers group for parents and training and resources to support parents. Families Together is proactively involved in improving outcomes for families who have a child with mental health problems. Their new website www.families-together.org.uk provides lots of useful information.

SHARE THE CARES NEWSLETTER Share the Cares is a newsletter produced by Making Space for Carers of people with Mental Health problems in Preston. We forward copies to those Carers who we can identify from our records would find it relevant. If you care for someone with Mental Health problems and would like to receive a copy please let us know. We will update your entry on our database to ensure you receive future newsletters.

A-Z DIRECTORY OF SERVICES Information on a wide range of services for Carers is on Preston Carers website. This includes general help and advice on benefits, and more specific areas including Mental Health services. Our web address is :-

Web: www.prestoncarers.org.uk



Policy Briefing papers

Carers UK have three policy briefing papers available for Carers:-

- 1.** New money (£340million over 3 years) for disabled children & their families
- 2.** Carers & the Equality and Diversity Agenda (how Carers are discriminated against/human rights/option for change)
- 3.** How Local Area Agreements can make a difference to Carers.

If you would like a copy of any of these papers please ring Preston Carers Centre on 01772 200173

PCT Consultation

Central Lancashire PCT are developing a strategy for Carers and are seeking Carers views on how you think they are doing now and what they could do in the future for Carers.

If you would like to put your views forward then please contact Bob Minto on 01772 643190

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



The Princess Royal Trust
for Carers
Network Member

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



Preston Carers Centre
28 Church Street
Preston PR1 3BQ

Telephone:
01772 200173

Email:
info@prestoncarers.org.uk

website:
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

Older Carers missing out on Benefits

Many older Carers fail to claim benefits because they don't realise they qualify or find the system too complicated. Age Concern has launched a year long 'Your Rights' campaign to encourage older people to find out what they are entitled to and is currently focusing on Carers benefits. This campaign is supported by the Princess Royal Trust for Carers as many Carers have a struggle to keep the house warm for someone who is ill, to pay for transport for hospital appointments or to buy special food or equipment for the person they care for.

For further information visit www.ageconcern.org.uk

Q. What do I do if the person I care for falls at home?

A. Dial 999 for an ambulance as you need trained assistance.

Unless the casualty can move themselves it is important you don't try to move or lift them. There may be injuries you are not aware of and you may do further harm to them...and also injure your back.

Alders Short Break Care Unit for the Elderly is a 3 bed en suite unit in Morecambe for short term care such as holidays, respite care, etc.

It can be booked privately or with Social Services support including Vouchers.

Facilities include separate lounge, kitchen, Nurse Call, TV, phone and courtesy car.

Contact 01524 401101

Standing Commission on Carers

Gordon Brown has announced government plans to set up a new Standing Commission on Carers. This should be encouraging news for Carers as the Prime Minister has made a public commitment on behalf of his Government showing he understands the plight of Carers and is taking positive steps to improve the support for Carers.

The Commission will be set up by Philippa Russell, a leading expert and advocate for Carers and Ivan Lewis, Care Services Minister and will report to Alan Johnson, Secretary of State for Health. Its remit will encompass the work already carried out this year with the government's consultation with Carers and it will oversee the implementation of the new Carers Strategy and the New Deal for Carers programme.

Preston Cardiac Support Group

Meets at 7.30pm on the 1st Monday in the month at St Cuthberts Hall, Lytham Road, Fulwood. For further details phone 01772 748110

NB: no meeting in December

Our newsletters are available on-line

www.prestoncarers.org.uk



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 our Support Workers

Email: info@prestoncarers.org.uk