



The Princess Royal Trust
for Carers
Network Member

Carers Newsletter



Spring 2008 Issue 74

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Carers discrimination case gains ground in European Court



In a case that has implications for the employment rights for all Carers, the European court of justice ruled that a carer could suffer discrimination by association. Sharon Coleman who cares for her disabled son took her discrimination case to an employment tribunal when she was forced to leave her job as a legal secretary. She claimed that she had been treated less

favourably than other parents working at the firm due to her son's disability. When she asked for time off to deal with her caring responsibilities she was described as 'lazy'. She was not allowed as much flexibility as other working parents and her manager said her child was always sick and accused her of using his condition to get out of work. Under UK law disability discrimination laws apply to the disabled person themselves. The EU directive is wider than the UK discrimination against the disabled person using the general term 'on grounds of disability'. The Advocate General has agreed that the European Treatment Directive makes 'discrimination by association' unlawful in the same way as discrimination against the disabled person themselves. The final ruling will be delivered by a full panel of judges in the European court later this year.



Government pledge to stop benefit cuts for working Carers

The Government has announced plans to make it easier for people caring for elderly relatives to stay in employment by ensuring they no longer lose their benefits. At present Carers are entitled to a Carers Allowance of £50.55 per week if they earn no more than £95 a week. Harriet Harmon, Labour Deputy Leader, said 'we will back up families caring for elderly relatives'.

Further details will be announced in the coming months



New staff join us at Preston Carers Centre

We are pleased to welcome **Katie McKeever** and **Safiyyah Bhatia** to our team.

Katie is our Young Carers Support Officer, and Safiyyah takes up on a new post for us as an Adult Carers Support Officer – specifically working with Carers who care for an adult with a Learning Disability.

Welcome!

Preston Carers Centre, 28 Church Street, Preston PR1 3BQ

**Dignity in Care:
Your right to be
treated with respect**



The Dignity in Care campaign aims to eliminate tolerance of indignity in health and social care services through raising awareness and encouraging people to take part.

You can become a **Dignity in Care Champion** and play a key role in helping to create a care system where there is zero tolerance of abuse and disrespect of older people by phoning 0207 9724007 or online www.dignityincare.org.uk



Energy Helpline

To get the best priced gas and electricity suppliers ring freephone 0800 6343868.

Before you ring collate your last 12 months gas and electricity bills, this will enable them to work out a quote for an alternative competitive supplier.

Energy Helpline will tell you if you are getting the best deal from your current supplier, and if it would benefit you to switch suppliers to save you money. They can even help you through the process.

Carers Allowance

Increased to **£50.55**
on 6 April 2008



**Carers Week
9 - 15 June 2008**

'Carers can't afford to be ill'

This year the 14th annual Carers Week will focus on the impact caring has on Carers health and well being.

Carers Week aims to recognise the contribution made by Carers, campaign for better services, promote policies that improve Carers quality of life, and reach out to hidden Carers.

You can share your personal experiences of caring, the rewards and frustrations, by completing the survey at www.carersweek.org or by sending your contact details to Carers Week, 32-36 Loman St, Southwark, London SE1 0EE.

Our activities to celebrate Carers week

Monday 9th June – Stress Management & Relaxation

Join us to learn the techniques to help you achieve inner calm!

Tuesday 10th June – Authentic Taste of the East Meal

A chance to socialise and tickle your taste buds with an Indian meal at the Bukhara restaurant.

Wednesday 11th June – Acrylic Painting Taster Session

Learn basic techniques of acrylic painting step by step. Easy for beginners and you'll take away your own masterpiece at the end of the day.

A booking form needs to be completed for any of the events above.

Thursday 12th June – Carers Centre Health Open Day

Come and join us at the Centre between 10am and 3pm for a health focused day. A chance to meet the Carers Centre team and a range of Primary Care Trust teams to find out more about their work, and to have your say about how health care is provided. The PCT's Community Engagement, Expert Patients, Equality & Diversity, PALS & Complaints teams will all be there. We also hope to provide basic health checks on the day. More details to follow. Lunch will be provided – no need to book, just pop in.

Want to apply for a free holiday?



The popular annual Pontins Holiday in Blackpool arranged by the Princess Royal Trust for Carers will take place between lunchtime on Monday 9th June until after breakfast on Friday 13 June 2008.

During this excellent weeks break you will be provided with accommodation, food and entertainment. Carers who have been in previous years have really enjoyed themselves.



The Princess Royal Trust
for Carers

We have a few places available so if you are interested in the holiday, with or without the person you care for, contact Peter at the Carers Centre as soon as possible.

Phone: **01772 200173**

Remember we're here to help you...

If you haven't been in touch with us for a while why not pop in to the Carers Centre or give us a call. Since we've moved in to our new centre we have been able to increase the number of services we provide for Carers.

Pop in to see us at 28 Church Street anytime. Our Carer Support Officers can give you support, advice and information on issues or concerns relating to your caring role. We are open **Monday to Friday between 10am and 3.00pm** or telephone us on **01772 200173**.

Or if you'd prefer, you can email us at **info@prestoncarers.org.uk** We'll be happy to help you however we can.

Be sure to keep an eye out on our website **www.prestoncarers.org.uk** and in our Dates for your Diaries mailings for details of upcoming activities.

Did you know we run:

Regular Carers Groups – offering a great chance for Carers to socialise and listen to talks which will be of interest to you.

Drop-ins and Specialist Advice Sessions – where you can speak to a range of agencies and organisations who are able to help you in your caring role.

Activities & Events – giving you a break from your Caring role and a chance to socialise and relax. Check out our Carers Week activities coming up featured in this newsletter.

Courses for Carers – We arrange a host of short courses at convenient times for Carers to attend and learn new hobbies. Topics are wide ranging so, whatever your interests, we're sure to have something for you.

Time for Me & Small Groups Fund – Carers can apply for a grant to help get a 'break' from Caring. Small Groups can apply to help run a group or put activities on for Carers.

If you are interested in any of our work, or if you have a suggestion about something else we could offer please do get in touch – we'd love to hear from you!

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

14–15 May 2008 Stress Management including Indian Head Massage

20 - 22 June 2008 with a Gardening Theme including Gardeners Question Time, How to be a Cottage Gardener with a class visit to a local cottage garden and make a lantern for your garden

These residential weekends 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

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

Web: www.prestoncarers.org.uk



RADAR KEYS

- available to buy, £2.00 each, from Preston DISC, 103-104 Church Street, Preston.

Call 01772 558863 for further details

Lancashire Asian Carers Forum

- meets quarterly in turn at Preston, Burnley and Accrington.

A speaker is usually invited to speak about subjects related to Carers roles and accessibility to services. Carers get a chance to meet with other Carers and chat over lunch which is also provided.

More importantly, it gives Carers the opportunity to raise any questions/issues they have relevant to their caring.

The next forum will be a **Consultation Forum** - a great opportunity for Lancashire Asian Carers to raise issues of concern and plan the future content and direction of the forum and will take place at

The Piri Piri Restaurant, Preston on 19 May 2008 to book your place please speak to Farzana.

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



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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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Preston PR1 3BQ

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01772 200173

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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

Central Lancashire Open Health Forum - Preston

Primary Care Trust

This is your opportunity to question senior health managers about your local health services.

If you are a Carer who is unable to attend the meeting but would like a question regarding a health issue to be raised, contact Elaine at Preston Carers.

On **Wednesday 23 April 2008, 6.30 to 8.30pm**
at **The Great Room, Preston North End FC**

facilitated by BBC Northwest Correspondent Dave Guest

Coming out of hospital - a guide for Carers

Carers UK have published a new guide for Carers to help when the cared for leaves hospital. It includes making decisions caring choices and rights, carers role in discharge, practical help and various checklists. You can download a copy www.carersuk.org or obtain a copy from the Carers Centre.

Useful websites

www.retirementmobility.co.uk

For people wanting to stay mobile and get around in retirement. Provides information on scooters, wheelchairs, stairlifts, walking frames, nutrition, blue badges motability, hip replacements and arthritis.

www.epcd.org.uk

European Parking Card Directory - a European wide pressure group for parking issues linked to disability and locality.

Time For Me and Small Groups Fund

Applications for the Time for Me Fund and Small Groups Fund can be made up to 30 May 2008.

Carers can apply for the Time for Me fund to receive a break from their caring role. For further details contact us on 01772 200173

Are you 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

www.shared-care.com

How complimentary therapies can help solve a problem - information on practitioners, support groups, services. Information on travel for people with allergies, mobility problems and parents of children.



Our newsletters are available on-line

www.prestoncarers.org.uk

Free Equipment

Arjo Delos Up and Down bath - electric bath ideal for helping someone to bathe without damaging your own back

Chair mate - fits on the tray underneath a wheelchair to connect to a leg bag, which ensures that anyone with a catheter can enjoy activities without the need to find a Disabled Toilet. Nb Chair mates can no longer be bought, they have been discontinued.

Platypus - equipment which enables a disabled person to drink without assistance.

If you are interested in any of these items contact Peter at Preston Carers Centre on 01772 200173