



The Princess Royal Trust
for Carers
Network Member

Carers Newsletter



Summer 2008 Issue 75

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A Busy Week of Carers Celebrations



The 14th National Carers Week was held in June, our first Carers Week since moving into our own premises.

This 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. To celebrate over 150 Carers and Young Carers attended a number of events and activities arranged by Preston Carers Centre.

On Monday and Wednesday at our Church Street Centre we held taster sessions, facilitated by Lancashire College, in Stress Management & Relaxation Techniques and Acrylic Painting.

On Tuesday over 50 Carers attended an Authentic Taste of the East Meal at the Bukhara Indian Restaurant in Samlesbury.



Also, Preston Carers Centre sponsored a Strawberries and Cream treat at the St Catherine's Hospice Carers Open Day.



Health was the focus on Thursday for our Open Day at the centre, this was an opportunity for Carers to chat to members of our staff, and staff from a variety of teams from Central Lancashire PCT who brought displays and information about their work.

By Friday everyone was ready for a quieter time so we were delighted that the Harris Library held a relaxing coffee morning for Carers with a talk from Anne Bradley, author of Mary, Mary Nurse Contrary.



Young Carers started their celebrations with fun in the water during an action packed day at Tower Wood.

After school activities during Carers Week involved football and pampering - though not at the same time!

All our activities offered a great chance for Carers to have a break from their caring role and take some time out for themselves for once. Look out for information about future events and activities advertised in this newsletter and our mailings!

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



Our newsletters are available on-line
www.prestoncarers.org.uk

Relaxation Class



Every Wednesday,
 10am-11.30am.
 At Scope Bridge Centre,
 179 Eldon Street, Ashton,
 Preston.

£1 per session

For more information
 phone 01772 828000

Playing 2 Learn Family learning weekends



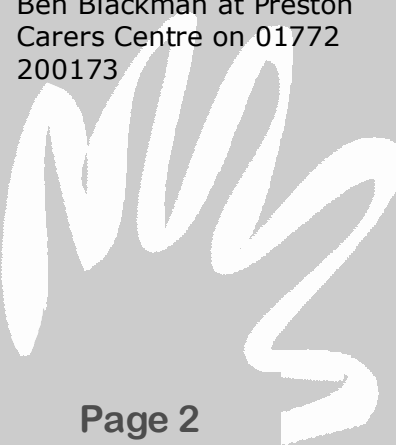
Family learning weekends
 at Trafford Hall, Cheshire
 which use creative and
 practical activities to help
 parents and other adults
 improve children's learning
 ability.

Families play and learn
 together, taking away
 ideas and inspiration to
 continue developing their
 children's learning at
 home.

The cost of the weekend is
 £10 per family which
 covers all activities, meals
 and accommodation and is
 open to families from low
 income communities.

Your application will need
 to be supported by Preston
 Carers Centre.

For further information
 contact Katie McKeever or
 Ben Blackman at Preston
 Carers Centre on 01772
 200173



Carers, Employment and Services Report Series

A series of reports have been produced by University of Leeds for Carers UK. The individual reports are:

- Report 1 - Stages and Transition in the Experience of Caring
- Report 2 - Managing Caring and Employment
- Report 3 - Diversity in Caring
- Report 4 - Carers, Employment and Services in their Local Context
- Report 5 - Action for Carers and Employment: Impact of the ACE Partnership 2002-2007
- Report 6 - Carers, Employment and Services: Time for a new social contract

These reports are available to read at the Carers Centre.

Telecare

This is a range of wireless sensors around the home to help old and vulnerable people live safely in their own homes. Carers may be interested in some of the equipment particularly the falls monitor that automatically detects a serious fall and raises an alert.

Other equipment includes medication reminder, property exit sensor, bed/chair occupancy sensor, movement detector, bogus caller button and temperature extremes sensor.

Leaflets are available at the Carers Centre or for further information phone 01772 436756 or email telecare@progressgroup.org.uk.

Books on Autism

Preston & District Branch of the National Autistic Society have a library of over 120 books which can be borrowed. Contact them on 07789 903250 or email preston@nas.org.uk

For a comprehensive selection of books for sale visit the Autism website www.autism.org.uk/pubs.

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

10-12 September 2008 Travel talk and a tutor led walk of a section of the Ribble Way. Introduction to Watercolour Painting and Archery.

10-12 October 2008 includes an introduction to T'ai Chi, creative mosaics, decorate and plant up a terracotta pot.

28-30 November 2008 Christmas Past – reminiscence. Festive Crafts (make an Advent wall hanging, Christmas cards and table decorations) and Festive Baking (decorate a Gingerbread House, biscuits and sweets).

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.

Equality & Diversity Awareness Training Courses

Lancashire College arrange courses in:

- Deaf Awareness days
- British Sign Language Taster day
- Blind Awareness
- Learning Disability awareness
- Physical Disability Awareness
- Deafblind awareness
- Coping with Dementia/Alzheimer's awareness

Carers, are you interested in a day course on one of these topics?

If you are interested in attending a day course on any of the above subjects please contact Elaine at Preston Carers Centre

Time for Me

The Time for Me Fund can make a difference to the lives of Carers.

A Carer who was awarded funding through Time for Me for a laptop computer and also accessed a computer course through Preston Carers Centre said this had *'given her a new lease of life'*.

Another Carer who was awarded money towards a holiday sent her thanks as *'this means a lot to my family'*.

Applications for the next round of Time for Me Fund and Small Groups Fund can be made up to 29 August 2008. Carers living in Preston can apply for the Time for Me fund to receive a break from their caring role.

Conditions apply and funding applications are considered by an independent panel. For further details contact us on 01772 200173

How is it for you?

Have you faced a particular problem or issue within your Caring role which may help others? It may be that you found a piece of specialist equipment which makes your life so much easier or you've a tip for saving time and/or money (both in short supply for Carers!). Please let us know so that we can share some of your thoughts and ideas with others through our newsletters or in our files in the Carers Centre Resource Room.



A Big Thanks to



and



We have received lots of positive feedback from our Carers who were able to take part in the Princess Royal Trust for Carers Holiday at Pontins during Carers Week. This was enjoyed and appreciated by our Carers. As one Carer said *'excellent, everything*

about it was good, even the weather'.

And here is an extract from a letter from another carer:

I am writing to say how much my wife and I enjoyed the holiday...we had the pleasure of seeing the Princess when she came on Tuesday afternoon and we enjoyed the various workshops provided during the holiday. The food and accommodation was excellent. Once again thanks to the Trust.

Preston FM

Free taster workshops for 16-25 year olds.

Workshops in

Audio production, DJ skills, 'MC'ing and Radio Journalism

A variety of dates throughout the summer. Contact Katie McKeever at Preston Carers Centre for more details.

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



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Miles of Smiles

Do you know a Young Carer in Preston who deserves a special treat?

Miles of Smiles is a new Lancashire based charity who can help make a Young Carers dreams come true.

Contact Katie McKeever, Young Carers Support Officer at Preston Carers Centre on 01772 200173

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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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

Trustees Required

Preston Carers Centre's Board of Trustees govern the organisation and is ultimately responsible for everything the charity does. The success of Preston Carers Centre and how it operates depends to a large extent on the effectiveness of the Board of Trustees.

The Trustees meet every month for approximately 2 hours. Trustees are required to read a variety of documents and reports to be able to take part in making decisions at such meetings.

Trustees must act in the best interest of the Carers Centre, its' staff, volunteers and Carers at all times. The Trustees must act together as a group, rather than as individuals, setting aside their personal interests.

We are currently seeking to strengthen our Board and invite interested parties to contact Ben Blackman for more information.

Volunteers Needed


This newsletter and all our monthly mailings get posted to over 800 Carers and Professionals every month. We need volunteers to help us pack the envelopes.

If you could spare a couple of hours each month to help us we would be extremely grateful. We will pay your travel expenses and make sure we look after you and provide refreshments whilst you're here.

If you can help, please contact Ben Blackman on 01772 200173

Are our new groups relevant to your Caring role?

We have recently started up two new groups for:

- Parent Carers (Parents Unite for Support and Help) 
- Carers of Adults with a Learning Disability

Contact the Carers Centre if you are interested in either of these groups.

Have you completed a database form?

To be able to fully access all of our services please ensure we have a database form completed for you on our system. Forms are available from the Carers Centre or our Support Workers.

Resource Room

We have a fantastic Resources Room at Preston Carers Centre. It's a place where you can come to find a wealth of information to help you in your Caring role or perhaps to help you take a break from it. We hold over 150 leaflets ranging in subjects from Financial Benefits to Holiday Facilities, so why not come and take a look.

If this isn't enough you can also use a computer to surf the internet to find whatever it is you're looking for. Give us a ring or pop in, we are open:

Monday to Friday 10am to 3pm

A Big Thank you...

from all of us at Preston Carers Centre to the Central Lancashire Primary Care Trust, Lancashire County Council, the Princess Royal Trust for Carers, Pontins, the Harris Library, Lancashire College, and St Catherine's Hospice, for working so hard to make our Carers Week activities so successful and to all the Carers who attended!



For Sale

Portable folding metal ramp ideal for wheelchair access over doorsteps, in excellent condition. Cost £300 when new, open to offers Contact Peter at the Carers Centre