



The Princess Royal Trust  
for Carers  
Network Member

# Carers Newsletter



Autumn 2009 Issue 80

## Swine Flu - advice for Carers



NHS Central Lancashire have produced a very helpful guide for Carers which can be obtained from Preston Carers Centre.

We expressed concerns that the advice for Carers to stay in the house if they contract swine flu may put the vulnerable person who they care for at risk. NHS Central Lancashire have included guidance on how to improve hygiene standards to prevent passing on the infection to the person you care for and others around you.

The recommendation that people identify a 'flu friend' to collect medication may be a problem for some Carers who may suffer from isolation after many years of caring. We understand that NHS Central Lancashire may have an option for people who cannot find a 'flu friend'

The big issue for Carers is that the Government has decided that **Carers are not in a priority group to receive the vaccination against swine flu** although Health and Social Care Workers are a priority for this vaccination which should be available from November 2009. You may however qualify for the swine flu vaccination if you fall into one of the following categories:

- People aged over six months and under 65 years in current seasonal flu vaccine clinical at-risk groups (about 5 million people).
- All pregnant women, subject to licensing conditions on trimesters (about 0.5 million people).
- Household contacts of people with compromised immune systems e.g. people in regular close contact with patients on treatment for cancer (about 0.5 million people).
- People aged 65 and over in the current seasonal flu vaccine clinical at-risk groups (about 3.5 million people). This does not include otherwise healthy over 65s, since they appear to have some natural immunity to the virus.



Carers are however in a priority group for the seasonal flu vaccination subject to availability of supplies at their GP's surgery. For further information on Carers and Swine flu vaccination see [www.doh.gov.uk](http://www.doh.gov.uk) The Princess Royal Trust for Carers - [www.carers.org.uk](http://www.carers.org.uk) and Carers UK - [www.carersuk.org](http://www.carersuk.org) have also raised the issue of Carers exclusion from swine flu vaccination. For more information see their websites.

It is worth considering what you would do if you should fall ill or have an unplanned event which prevents you from providing care that puts the person you care for at risk. You have a legal right to a Carers Assessment which is carried out by Social Services although Carers should be aware that entitlement to a Carers Assessment is not an entitlement to services.

Taking a little time now to prepare a contingency plan for emergencies is worthwhile. Many Carers have found the free **Peace of Mind 4 Carers** support service gives them the reassurance in knowing that there is vital support in an emergency. It provides up to 72 Hours of emergency care in the home which is appropriate for the person in need of care. If you would like to arrange a Peace of Mind 4 Carers emergency plan contact Liz or one of our Carers Support Officers at Preston Carers Centre. We will help you to compile the necessary information needed and this will be registered with a 24/7 contact support service ready for activation should an emergency occur.

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

## Thank You...

....to social business CXL Leyland and their staff who are fundraising this year to support our Young Carers activities.

Recently staff completed a trek through mud, sand and water across Morecambe bay to raise funds for our Young Carers



## Smart House in Leyland

Have you heard about the 'Smart House' in Leyland? This is a house where you can see Telecare equipment working within a home environment. Some of our Carers have already had the opportunity to see how useful this equipment can be in helping people to live independently at home.

If you are interested in a visit to the smart house ring Peter for more information or leave your contact details at the Carers Centre on 01772 200173

For latest news on Carers issues, visit the **Princess Royal Trust for Carers** website [www.carers.org](http://www.carers.org)



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## The Big Care Debate

The Government is working to create a new National Care Service for England that is fair, simple and affordable.

How should it be structured and paid for?

They would like you to tell them what you think of the options for reform. Have your say by visiting

[www.careandsupport.direct.gov.uk](http://www.careandsupport.direct.gov.uk)

## Misleading information about DLA

We have had Carers coming in to Preston Carers Centre very upset because they have been told that Disability Living Allowance (DLA) is about to end and they are concerned about how will they cope.

This relates to some national and local organisations interpretation of the Government's Green Paper on Social Care. However, Disability Living Allowance is not referred to in this Green paper but some people have said that integrating some elements of disability benefits, for example Attendance Allowance with the care and support system must include Disability Living Allowance.

Attendance Allowance is a part of the Green Paper as the Government feels that integrating this benefit with the care and support system will mean that people will have entitlement to some of their care funded wherever they live in England. It is unclear whether Attendance Allowance will remain non means tested and the position of possible Attendance Allowance recipients in the future.

If you would like to read more about this issue go to

[www.carers.org](http://www.carers.org)

The green paper can be downloaded at [www.doh.gov.uk](http://www.doh.gov.uk) look for 'shaping the future of care'

and check out **the Big Care Debate** (see above).

## Carers Help Online

[www.carerscentre.com](http://www.carerscentre.com) is an online resource for Carers, offering useful information and advice about benefit entitlements and financial issues.

The site features easy to use Benefit Guides and Charts covering the benefits available to Carers as well as message boards and live chat where Carers can ask questions and share their stories.

This is a three year pilot project from the Princess Royal Trust for Carers, the largest provider of comprehensive Carers support services in the UK. They have a unique network of 144 independently managed Carers Centres, of which Preston Carers Centre is a network member.

Carers can also phone for benefit advice on

**0800 161 38 39**

Lines are usually open Monday to Friday 10.00am to 4.00pm. If there is no one to take your call Leave a message on their answer phone and they will get back to you.

## Peace of Mind 4 Carers emergency plans

Phone Preston Carers for details of how you can benefit from this service

## Cinema Exhibitors Association Card

This card enables the Carer to attend the cinema free of charge when accompanying the person they care for. To obtain a card you need to complete an application form, provide a photo of the person you care for and pay £5.50. The card is valid for 12 months from date of issue.

To obtain an application form please contact the Carers Centre. Further information on the web site [www.ceacard.co.uk](http://www.ceacard.co.uk)

## Things on your mind? Talk to Preston Samaritans

If you're feeling isolated or alone then Preston Samaritans are here to help. They provide a 24 hour emotional helpline and you can contact them on:

Phone: **01772 822022** or **08457 909090**

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Alternatively you can visit their Preston base at

**11 St Wilfrid's Street, Preston PR1 2US**

between 11am and 9pm. Closed Sunday.

## Help Direct

Ring **Help Direct** for information on a wide range of topics including:

- Health & Fitness
- Home & Garden
- Feeling Safe in your home and community
- Learning and Leisure
- Managing Finances
- Mobility & Transport
- Community Groups & Involvement
- Getting the right Help & Support
- Relationship & Families
- Employment, Volunteering and Training

Telephone: **0303 3331030** (local rate) for practical support, guidance and information

## Lancashire Carers Conference

A good day was had by all at Lancashire's annual Carers Conference, held on 8th October 2009 at Chorley Woodlands centre.

Special guests at the conference included Tracy Dawson and Little Mo. Their duties included opening the proceedings and launching the Peace of Mind 4 Carers emergency support service.

Carers from all over Lancashire, including Preston, came together under this year's theme of 'Carers Voice'. Carers attended informative workshops with subjects including Stress; Transition - children to adult services; Benefits advice; PA Employment support; Lancashire Adult Learning; Help Direct.

## Fire Safety—how safe is your home?

The Fire Service offer a free safety check of your home. They will examine and advise on home safety issues, smoke alarm placement etc and if you have your smoke alarms in the wrong place or missing they will remedy for free. Phone 0800 1691125

## Monthly Carers meetings

contact  
Preston Carers Centre  
for details

### Preston Carers

Talk and  
Social



Open to **all Carers** this is a relaxed, informal meeting and a chance to get together with other Carers over a cuppa.

Contact: **Peter**

### Preston Parent Carers



A chance for **Parent Carers** (of children at school or under school age) to meet and discuss issues relevant to their caring role.

Contact: **Geraldine**

### Preston Family Carers Network

LEARNING DISABILITY

**Carers of people with a Learning Disability** are welcome to join this network meeting

Contact: **Safiyah**

### Preston Carers Forum

ASIAN

For **Asian Carers** to meet and discuss issues with no cultural or language barriers. Interpreted in Gujarati

Contact: **Farzana or Tasneem**

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.

Contact: **Katie McKeever**  
Young Carers Support  
Officer on 01772 200173

### 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

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

A Taking Care of the Carer break will take place

**18-20 November 2009**

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.

## Are you caring for a family member, neighbour or friend who has Cancer

On the second Tuesday of each month a regular Carers 'Drop in' session will be held at Vine House, Cromwell Road, Ribbleson. This will be an opportunity for those who care for a family member, neighbour or friend who has Cancer to receive information to support their caring role and to meet and chat to other Carers.

Preston Carers Centre is working in partnership with **Cancer Help**, a local charity that offers specialised advice, information and support for those affected by Cancer.

Transport from Preston Carers Centre can be arranged.

For more information please contact Elaine on 01772 200173



## Digital Switchover

Make sure you are ready for the digital switchover which happens in the Granada TV region on

**4 November 2009**

If you have any questions about how this will affect your phone

**08456 50 50 50**

## Time for Me Fund

The **Time for Me Fund** can make a difference to the lives of Carers. Carers living in Preston can apply to the Time for Me fund for a break from their Caring role.

Applications for the next round of Time for Me Fund and Small Groups Fund can be made up to

**23 November 2009.**

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

## Disability and Carers Festival

Come along to the Disability and Carers Festival on

**Friday 4th December 2009**

Join us to celebrate Carers Rights day and the International Day of Persons with Disabilities at Preston Minster  
10.30-1.15pm

No booking necessary just call in.  
Lunch served 12.30-1.15pm



Our newsletters are available on-line

**www.prestoncarers.org.uk**

## Completed a database form?

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