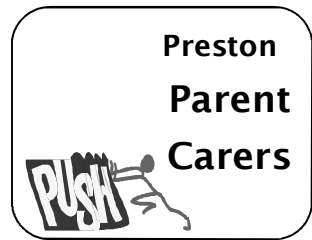




Parent Carers Newsletter



Welcome to our first Newsletter for Parent Carers

Firstly for those of you who I haven't already had chance to meet, I would like to introduce myself as the Parent Carer Support Officer at Preston Carers Centre. I am here to help and support Carers who care for their child under the age of 18, or young person with a disability. I previously worked with people with Learning Disabilities, which has provided me with an insight into some of the daily tasks, and difficulties you may experience, often with your own needs and health being placed aside. Hopefully, I can help to reduce some of these pressures, be a helping hand, or simply a person to ring whenever you feel the need.



Geraldine Dickinson
Parent Carer Support Officer

Caring for a child with special or additional needs can be a demanding and challenging role. Most Parent Carers would still not recognise themselves as a 'Carer' - just someone trying to cope as best they can to look after their child. I look forward to hearing from parents living in the Preston area who look after a child with additional needs. Each family situation is unique and so to is the support they need—this could simply be joining our mailing list to receive **regular information** both for Carers in general and about services and developments relevant to your caring role. Or perhaps coming to our **PUSH meetings** (Parents Unite to Support or Help) where a group of Parent Carers meet together, sometimes to discuss important issues and other times as a social get together. Or **one to one support** from me perhaps to help with forms or letter writing or simply to have a listening ear. This help is **free and confidential**. Your caring role comes with its own set of issues including diagnosis, special educational needs even sourcing activities for your child. You may need additional help or support as new issues or situations arise, perhaps to talk about them with an independent person.

Events and activities for PUSH (Parents Unite to Support and Help)

We have arranged a variety of activities and events for Parent Carers over the next few months. There is something for everyone with activities designed to give you time to relax...or discuss Carers issues...or learn a new skill. Details of how to book onto these events will be forwarded to you and, if you are not able to attend any of our meetings we will send out Parent Carer's Bulletins and newsletters periodically to keep you informed about the issues raised.

PUSH Meeting

Weds 9th September 2009
10.00-12.00am
at Preston Carers Centre
Julia Johnson Face2Face

PUSH Meeting

Weds 7th October 2009
10.00-12.00am
at Preston Carers Centre
Speaker: to be confirmed

Mencap Wills And Trusts Seminars

Thursday 26th November 2009, 12.30-2.30pm in Preston

Homeopathy Day with Christine Kirk

Tuesday 29th September 2009, 10.30-2.30pm at Preston Carers Centre

Kidz Up North

Thursday 26th November 2009, 10.30-2.30pm at Reebok Centre, Bolton

Lancashire Parents Carers conference

Thursday 17th September 2009, 10.30-12.30pm at Avenham Centre

Look out for... **Training days and various courses.** **Aiming High Update Day** @ Preston Carers Centre **Coffee and Cakes Morning.** **Contact Geraldine for more info**

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



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

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

Please feel welcome to join us at our PUSH meetings - details of future meetings are on the front of this newsletter. These meetings are very informal - often sharing coffee & cakes, useful tips, stories, much laughter, and some of our frustrations. All the parents who have attended have contributed with great humour and I hope they felt the benefit of meeting with other parents. For those of you that are not able to attend the PUSH meetings - we hope to share this valuable information with you via our regular newsletters and bulletins.

Fledglings

A parent at our PUSH parent/carer meetings told us about Fledglings. This is a registered charity that assists Parents and Carers who have a child with special needs. They offer a free product search service to locate items such as developmental aids, toys, and items that offer practical relief to the Carer. They search for, order and demonstrate products to help with your child's specific developmental and learning needs. Fledglings specialise in finding unusual items, those not easily available and items specially designed for children with special needs.

- Toys and Educational Games
- Waterproof Bedding
- Cups, Plates and Cutlery to assist with eating and drinking
- All-terrain buggies
- Range of beds
- Age appropriate waterproof backed/lined bibs, aprons and scarves
- Books relating to disability, childcare and education
- Trikes, including some with parent controls

Fledglings produce a newsletter with information about products they can supply. Visit www.fledglings.org.uk or phone 0845 458 1124

Peace of Mind 4 Carers and Young Carers

If you look after (or help to look after) a member of your family, **what would happen if you had an emergency which prevented you being able to care for them?**

This can be quite a concern to Carers but 'Peace of Mind 4 Carers' is a new emergency support service which aims to provide reassurance for all Carers.

We will help you to prepare a plan of emergency arrangements appropriate for the person you care for. This plan is then registered with a 24/7 contact support service and you will be given a special identity card to carry around with you. If there is an unplanned event which prevents you from being able to provide care, therefore putting the person you care for at risk, the plan is activated. Where appropriate, the Peace of Mind 4 Carers service will provide up to 72 hours of emergency care and no charge is made for this service.

If you would like to know more about how this service can help you contact Preston Carers Centre on 01772 200173.

Kidz Up North

A trip to the Kidz Up North exhibition in Bolton is being arranged for 26th November. This event focuses on equipment, products and services to improve independence and quality of life, and includes moving and handling equipment, aids and adaptations. Booking details will be sent to you nearer the time

Scope

Scope had a grand opening by the Mayor of their new IT suite in June.

The **computers** were funded by Monsoon, a rugby charity, and were initially aimed at the under 25s but Scope has widened this age range so all ages can use them including Carers.

There are 8 computers and one aspect which may be useful for some of our Carers is that they have big coloured keyboards. The computers have internet connection, and the team is working on installing up-to-date packages onto the systems,

In addition Scope also run **Aromatherapy, reflexology** and **Indian head massage** sessions. There is also **Indian Cookery Lessons**, with a small £5 charge to cover cost of food and tuition.

Some of our Parent Carers have children attending the **After school clubs** (Tuesday & Thursday 5-13 years), Thursday 13-19).

There is also a changing places facility, sensory light room, Toy and resource library, and a **Little Twinkles parent and child group**, which is open to all. (Thurs 10-12)

For more information on any of the above activities which take place at Scope, 179 Eldon Street, Preston, contact Ann or Kerry at Scope on 01772 828000

Preston Tiggers

A sports, leisure and social club for children on the autistic spectrum. Preston Tiggers meets every Saturday 2pm – 4pm at the Roebuck Community Centre.

Family Activity Day

On Saturday 22nd August 2009, 10am-3pm at Woodhouse Park Lifestyle Centre, Wythenshawe. This fun day is for dads to bring their family along. Families will be encouraged to make up a team and work together in a relaxed atmosphere. There will be lots of 'dad themed' and family activities to choose from including an art workshop, music workshop, indoor and outdoor sporting facilities and computers with free internet access. Or just relax and enjoy having time together as a family. There is no cost and lunch and refreshments will be served on the day. To book your place contact Karen Brumell, Family Events Officer on 0161 7430700 or visit www.woodhouseparklifestylecentre.co.uk

Safe Play Centre, Ribbleton

Recently opened the Safe Play Centre at Unit 61 Roman Way Industrial Estate, Ribbleton has facilities which are particularly good for children age 7 and under and individuals with disabilities of all ages which include a sensory room containing various sensory pieces, soft play area with large ball pool, cabin and interactive musical hopscotch, disco lights, comfy seating, hand held sensory toys.

The centre is wheelchair friendly and hoists are available. It can be hired out by the hour to one group at a time, ensuring privacy or optionally open sessions at £3.50 per person, Siblings are welcome and there is no charge for parents/Carers. All sessions must be pre-booked, contact Rob or Claire on 01772 793681

Aiming High for Disabled Children

This is very important for Parent Carers. Aiming High is the Government's transformation programme for disabled children's services in England. See the separate information sheet or contact Geraldine for further details.

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

ASIAN
Carers
Forum

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

Contact: **Farzana**

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

Lancashire Parent Carers Forum: Update

The aim of the Lancashire Parent Carers Forum is to provide a forum which focuses on the particular concerns and issues affecting Parent carers, who provide un-paid care for children with a disability. It enables parents views to be taken forward within the Children and Adults social care services, and other appropriate organisations. The first Forum took place in May 2009 and runs bi-monthly via the 7 Carers centre in Lancashire. The Forum so far has covered

- Respite services & access to them,
- Training issues for parents.
- Activities for children with a disabilities, and lack of them
- Aiming High for Disabled Children
- Application for Parent Partnership Grant
- New structure for Children's services

The Forum is an ideal opportunity for parents to ask questions, raise issues and address any problems which may be in your area. Membership of the Forum consists of 2 parent representatives from each centre with a number of professionals from LCC, the Carers Centres Development Workers and the FIND database Co-ordinator.

If you are interested in more information regarding the forum, or have an issue which you would like addressing, please contact Geraldine at the centre, or alternatively come along to the PUSH group (Parents Unite, Support & Help) here at the centre.

Children's Centres (ages 0-6years)

Did you know that the Children's Centres were open for all to access? Just register at one and you can attend them all. There are number in Preston, some with access to speech therapists sleep clinics, occupational therapist and 2 centres have **free** Sensory Light Rooms. The Preston West Children Centre holds **Family Circle** afternoon on Fridays, between 1-2.30pm. (Age 0-5). Parents/carers of a child with a disability or additional need can go along and chat, receive information and advice, Share your experiences whilst your little one plays. For more information contact Geraldine on 200173 or if you know of your local centre, pop in and see what's going on.

National Autistic Society

The newly launched branch of the NAS, previously known as PAST (Parent of Autistic Spectrum disorders Together) is keen to welcome new members to the organisation. The group meets on the third Wednesday of each month at Rascals Play Centre 6.15pm-8.15pm. Rascals is an indoor play area for children that is closed to the public during these meetings. They offer support to families such as information about local services. A free lending library of ASD related books is available for parents to borrow as well as a regular newsletter. Contact Christine Walker on 07789 903250

...more for Carers of children with Autism Spectrum Disorder

The Help programme from the National Autistic Society runs sessions for parents of children aged between 5 and 11 years and who have received a diagnosis of an autism spectrum disorder within the last 18 months. The sessions include a brief overview of the disorder, tips for communication & interaction, accessing support, approaching behavioural difficulties and practical strategies for education and educational rights/law.

They will be holding a three day course in Longridge during October which will be free to parents and if your child receives DLA and you have worked for your employer for at least one year you may be entitled to unpaid leave in order to attend this programme. For more information contact Geraldine at Preston Carers Centre on 01772 200173.