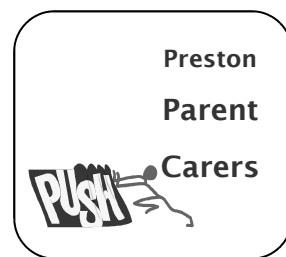


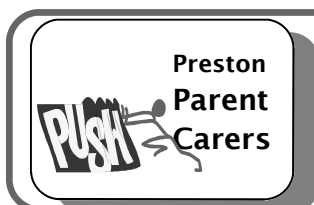
# Parent Carers Newsletter



Dear Parent Carer

Welcome to our Spring newsletter with information which I hope will help you in your caring role. If you have any questions on any of the articles or would just like to chat to me about your caring situation please do not hesitate to contact me.

Geraldine



## PUSH (Parents Unite to Support and Help)

Please note that the PUSH meetings are back to their original slot,  
**10.00am-12.00noon** on the

**SECOND TUESDAY of each month** at Preston Carers Centre

This year we hope to enjoy a good mixture of social opportunities and speakers at the group. However, if there is an activity or a particular topic you would like a talk on, contact Geraldine and she will see if it is possible to arrange these at a later date.

9th March	Barbara Goodman - Sibling Support Group (11-12)	Preston Carers Centre 10.00am to 12.00noon
30th March	Coffee Morning and informal get together	Preston Carers Centre 10.00am to 12.00noon
27th April	Sumaiyya Natha - Welfare Rights Take up Project (11-12)	Preston Carers Centre 10.00am to 12.00noon
11th May	Preston College - Spa Day Enjoy a pampering session with a manicure, pedicure or Indian Head Massage. Details to be confirmed, for more info come along to the PUSH group or contact Geraldine on <b>01772 200173</b>	Preston College 10.00am to 12.00noon Limited transport available
8 <sup>th</sup> & 29 <sup>th</sup> June	Fired for You – pottery sessions at the studios. Creating and painting a piece of your own individual pottery	Fired for you Pottery Studio at Walton le Dale Limited transport available.
13 <sup>th</sup> July	Matthew Smith – team leader for the Children with Disabilities Team	Preston Carers Centre 10.00am to 12.00noon

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

## Home Access Computer Scheme

Home Access is a government drive that helps low-income families who currently lack access to a computer and/or internet to get online at home. The programme is aimed at those that need it most. If you are a low-income family in receipt of certain benefits you could qualify for a grant to buy a computer and/or a minimum of one years' internet access.

Depending on what you need, the grant allows eligible applicants to buy one of the following packages:

1. Full package (a computer, one year's internet access, service and support)
2. A computer with service and support only
3. One year's internet access only

If you think you are eligible for a Home Access Grant and would like to apply **call the Home Access Grant Helpline on 0333 200 1004** for an application form.

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

## WANTED: Seamstress

Can you help?

One of our parents is looking for a seamstress or someone very handy with a sewing machine to alter clothing for a disabled child who uses a wheelchair.

If you know anyone with suitable skills please contact Geraldine on **01772 200173**



If you would like further information about any 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 Geraldine on:  
**01772 200173**

Email:  
**info@prestoncarers.org.uk**

website:  
**www.prestoncarers.org.uk**

Company no 5518662 Charity no 1112213

Phone: **01772 200173**

## Free courses for you from Aiming High

Lancashire Count Council is providing four different courses, all **free of charge**, for which Parents, Carers, Personal Assistants and Professionals across Lancashire can apply for:

### **Disability Awareness and Inclusion**

This Disability Awareness and Inclusion training will run from 10.00am to 4.00pm.

Refreshments and a buffet lunch will be provided to delegates.

Attendees will be given a certificate of attendance on completion of the day.

### **Autism Awareness**

The training will be delivered by a qualified and experienced specialist teacher from the LEIS Autism team.

### **Moving and Handling Awareness**

The course objectives are:

- To raise awareness of back pain, back injury and back health
- To provide an understanding of principles for safe moving and handling
- To show a range of equipment that can be used to help during manoeuvres
- To allow discussion with others to problem solve situations

### **First Aid**

This lifesaver course, gives participants essential lifesaving emergency techniques. This course covers the needs of the 'appointed person', tailored to your workplace. Suitable for low risk workplaces the course will run from 9.00am to 5.00pm. Refreshments and a buffet lunch will be provided to delegates.

Further information regarding all these courses, i.e. list of venues, contacts, dates, times and a booking form can be found on

**www.lancashire.gov.uk/aiminghigh** or alternatively you can contact Geraldine at Preston Carers Centre

## Peace of Mind 4 Carers emergency plans

you can benefit from this free service

Peace of Mind 4 Carers is a free emergency support service providing reassurance for Carers and Young Carers during crisis or emergency situations or unplanned events which prevent you being able to be there for the person you care for.

We will work with you to write and register a plan for what would happen if you are unable to care for them for a short space of time. In an emergency the plan becomes activated. Up to 72 hours of free emergency replacement care can be provided in the home.

A Peace of Mind 4 Carers plan is still worth completing. You can choose to put your nominated family or friends details on the plan then, should an emergency occur you will only need to make one call to the 24/7 centre - they will contact those detailed on your form.

Contact Preston Carers Centre on 01772 200173 it doesn't take too long to set the plan up and it can be done at the Carers Centre or within your home. And once you've set up your own plan be sure to tell other parents so they can benefit from this service too.