



The Princess Royal Trust
for Carers
Network Member

Carers Newsletter



Spring 2010 Issue 81

The General Election 2010 5 key asks for Carers

There are millions of relatives and friends who give up careers, hopes and a large part of their own life to care. If we want to build a society that cares, we need to support families and Carers.

The Princess Royal Trust for Carers and Crossroads Care have worked in partnership to produce 5 key asks for Carers leading up to the General Election. They are asking political parties to commit to the following:-

The Carers' Strategy must continue through the next Parliament

The Government has only begun to implement this 10 year strategy to help Carers access respite care, receive training to get back to work, and support Carers to manage their caring role. Carers need to know that all parties will commit to continuing this support throughout the next Parliament. £225m was committed to delivering the Carers Strategy in 2009/11; not repeating this funding will undo the progress made.



Don't cut the Carers Grant

Local authorities will receive £256m in April 2010 to support Carers. Carers need to know that this Carers Grant to local authorities will continue after 2011. Every area should have specialist Carers' services providing information, training, advice, emotional support and respite. Not every area currently has this so we need to keep the Carers Grant to make sure we continue the drive towards supporting Carers everywhere.

No Carer in poverty

Too many Carers have to scrape by on Carers Allowance of £53.10 per week. One third of Carers cut back on food or struggle to pay essential fuel bills, and financial worries harm their health and ability to care. Flexible working needs to be promoted and more respite care available to allow Carers to combine work and care. If work is not an option, benefits should be higher and more accessible to prevent Carers living in poverty because they care.

Help young adult Carers in further education

Carers lose their Carer's Allowance if they are enrolled in a full time course (even if only 10 hours of classes) or are doing more than 21 hours of training per week. Carers hoping to go to university face the awful choice of giving up their chance of a career because their family relies on their Carer's Allowance for income.

Support Young Carers in school

We need adult and children's services working together to support the whole family and not leaving Young Carers in isolation. Many Young Carers remain hidden from services and lose their childhood and chance to do well at school. Every school should have a Young Carer's policy and lead member of staff to help staff identify and support pupils who are Young Carers.

For further information visit

www.carers.org (Princess Royal Trust for Carers)
or www.crossroads.org.uk (Crossroads Care)



The Princess Royal Trust
for Carers

**CROSS
ROADS
CARE**

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

Accessible vehicle for hire

Preston Community Transport have a self drive adapted Citroen Dispatch HDI for hire at £25 per day. You can use it if you, or someone in your party has difficulty using public transport or non-adapted private cars. The car can accommodate: a driver plus 4 passengers where one uses a wheelchair; or driver plus 5 passengers if the wheelchair can be folded away. For full details of this service contact The Mobility Centre on **01772 204667**



LCC Volunteers Service

Volunteers are able to offer a Carer a break to have some 'me' time whilst knowing the person they care for is safe. Volunteers can visit once a week or fortnight for a few hours; they can do many things such as take someone out for a walk, go for a coffee, or sit with the person and have a chat whilst the Carer has a break.

For more information about this service contact

01257 248118

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



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Have your say

On local hospitals

Would you be interested in finding out more about what it means to become a member of the Lancashire Teaching Hospitals NHS Foundation Trust? The Foundation Trust allows local people, patients and staff to have a real say in the running and future development of their local hospitals. Lancashire Teaching Hospitals still remain part of the NHS, providing free healthcare based on need and not ability to pay, but it has greater freedom from central Government control, to develop services that meet local needs and priorities.

That's where Foundation Trust Members come in...they have a voice in the decision-making process. Their views, suggestions and active involvement help the Trust to shape its plans to deliver your future healthcare. Membership is free and people can get involved as much or as little as they want. Membership also provides many valuable benefits, such as receiving invitations to exclusive members' events and regular newsletters.

The Trust currently has over 25,000 members and remains keen to encourage as many people as possible to become members. For further information or to obtain a membership form please contact Beth De Nobrega, Membership Manager, on 01772 522884 or you can register to become a member online at

www.lancsteachinghospitals.nhs.uk/content/membership

On Carers information from LCC

Would you like to be involved in making a difference to the lives of Carers across Lancashire but don't have the time to attend meetings?

Lancashire County Council want to make sure that the written information, such as leaflets and fact sheets that they produce for Carers, are easy to understand and accessible. To do this, they are setting up a Carer reader panel.

As a Carer on the reader panel you would receive, either via e-mail or post, written information that Lancashire County Council would welcome your views on:

- Is it too long?
- Is it full of jargon?
- Does it not make sense?
- Is it missing something?

It would be up to you how much of the information you provide comment on; we know that sometimes you are busier than others. You can read the information at your leisure and at a time to suit you. The Council will provide pre-paid envelopes, where required, to return your comments to make sure that you are not out of pocket.

The Council will ensure you receive a certificate to evidence that you have been part of the reader panel, which would be viewed positively by potential employers.

This is your chance to make a difference. If you are interested in becoming a part of the 'Virtual' reader panel, please contact Preston Carers Centre on 01772 200173 and we will pass your details on to LCC.

Carers Week 14-19th June 2010

Theme 'A life of my own' will focus on:

- Why supporting Carers is crucial
- How Carers miss out on things we all take for granted
- What needs to be changed

A life of my own will:

- Celebrate the contribution made by Carers
- Reach out to 'Hidden Carers' who might not realise that they are caring
- Let all Carers know about the support & services they are entitled to
- Campaign for increased recognition and better support for every Carer

We will keep you informed, through our mail outs, of details of events in Preston during Carers Week.

National Carers Survey

Before Carers Week every year there is a survey of Carers opinions and experiences.

This information is then used in publicity for Carers Week to alert policy makers to the current issues for Carers. For more information visit www.carersweek.org or phone Preston Carers Centre.



Lancashire Fire and Rescue Service Promote Free Home Fire Safety Checks

Lancashire Fire and Rescue Service offer free Home Fire Safety Checks to householders in the county. As a Carer, one of the best ways that you can protect yourself and the person you care for from the danger of fire is to get a Home Fire Safety Check.

These checks involve a friendly and non intrusive crew visiting your home and giving fire safety advice, as well as fitting smoke alarms where necessary. Any resident within Lancashire can request one and they are completely free of charge. The Home Fire Safety Checks include:

- Providing and installing FREE 10-year smoke alarms where necessary
- Giving life saving advice in the event of a fire in your home
- How to make a fire escape plan for you and your family
- Practical advice on identifying fire hazards in the home

All Home Fire Safety Checks are carried out by employees of Lancashire Fire and Rescue Service who will show identification when they arrive.

To book a free Home Fire Safety Check, please contact Freephone **0800 169 1125** or visit www.lancsfirerescue.org.uk



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: **Dawn Hamer**
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

Taking Care of the Carer breaks will take place on

7 - 9 May 2010, 21- 23 May 2010, 18 - 20 June 2010

17 - 19 September 2010, 1 - 3 October 2010,

15 - 17 October 2010 and 23 - 25 November 2010

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 on the activities arranged for these sessions 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.

VOISE

Education & Training

As a Carer you can receive a range of NVQ and short training courses through VOISE.

The full range of their courses can be found on **www.voise.info** or phone 01772 761855

Caring with Confidence Online Survey

Carers and Organisations who support Carers are being advised of an online survey that aims to build a helpful directory for Carers in the North West. The survey is to help improve learning and care training opportunities for unpaid Carers. You can access this survey at

www.caringwithconfidence.net/news/19

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

28 May 2010

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

Preston Care & Repair

For Carers who missed the Talk & Social meeting at Preston Carers Centre on 23rd February it is worth reminding Carers about the service provided by Preston Care & Repair.

Homeowners aged over 60 or with a disabled person in the house can access:-

- A Home Security Service (including a survey and they will offer to fit door/window locks, glass alarms, smoke & carbon monoxide detectors)
- Minor disability adaptations
- The popular handy person scheme for those small jobs around the house - the cost for up to 2 hours work is £10
- An up to date list of reliable tradesmen

For further information ring 01772 204096.



Our newsletters are also available on-line

www.prestoncarers.org.uk

Peace of Mind 4 Carers emergency plans

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

Preston Carers Centre is supported by:

