

The Lonsdale Carer

The newsletter of



Working Hard For Carers!

Mission Statement

"Lonsdale District Carers exists to support carers and former carers through the provision of information, advice, respite, social and learning opportunities"

Issue 123: March/April 2010

Our Diary

March

- Mon 15th Bereavement, loss & change group meeting - The Cartmel Centre
- Thurs 18th Relaxation group meeting - The Cartmel Centre
- Tues 23rd Jewellery Making Craft Event - The Cartmel Centre
- Mon 29th Bereavement, loss & change group meeting - The Cartmel Centre

April

- Thurs 1st Relaxation group meeting - The Cartmel Centre
- Fri 2nd CENTRE CLOSED (Good Friday)
- Mon 5th CENTRE CLOSED (Easter Monday)
- Mon 12th Bereavement, loss & change group meeting - The Cartmel Centre
- Thurs 15th Relaxation group meeting - The Cartmel Centre
- Thurs 22nd Spring Planting Craft Event - The Cartmel Centre
- Mon 26th Bereavement, loss & change group meeting - The Cartmel Centre
- Thurs 29th Relaxation group meeting - The Cartmel Centre
- Thurs 29th Health Forum Event - The Clarendon Hotel, Morecambe

May

- Mon 3rd CENTRE CLOSED (May Day Holiday)
- Mon 10th Bereavement, loss & change group meeting - The Cartmel Centre
- Thurs 13th Relaxation group meeting - The Cartmel Centre
- Fri 21st Half-Day Trip - Scorton Barn
- Mon 24th Bereavement, loss & change group meeting - The Cartmel Centre

Thurs 27th Relaxation group meeting - The Cartmel Centre
Mon 31st CENTRE CLOSED (Spring Bank Holiday)

No Parking at Cartmel Centre

For the three weeks from Monday 8th March, you will not be able to park anywhere in the grounds at the front of the centre due to work on the car park. This also includes people with blue disabled parking badges. You will need to find other places to park your car. We apologise for any disruption during this work.

Peace Of Mind 4 Carers

What would happen to the person you care for if you faced a sudden emergency?

Many carers put this to the back of their minds and think "It won't happen to me"!

One day, it could be you - but if the unavoidable does happen, there is now a new, no cost service to give you "peace of mind". Ask us to help you draw up your emergency plan today - it is crucial for all carers and does exactly what it says on the plan; gives carers peace of mind.

Quotes from carers who have completed a plan:

"No one has listened to me like this for years"

"I worry less now that I have a plan"

For more information, or to book an appointment, contact us on Freephone 0800 1696 529

Prize Draw

Thank you to everyone who completed and returned the survey forms in the last newsletter. Congratulations to Anne Allan, who won the prize draw for the Marks & Spencer's gift vouchers. Even though the survey has finished, please do not hesitate to get in touch if you have any comments, compliments or criticisms regarding our service. Your feedback helps us

improve the service we deliver to carers and former carers. You can send your comments FREEPOST to the address on the back of this newsletter.

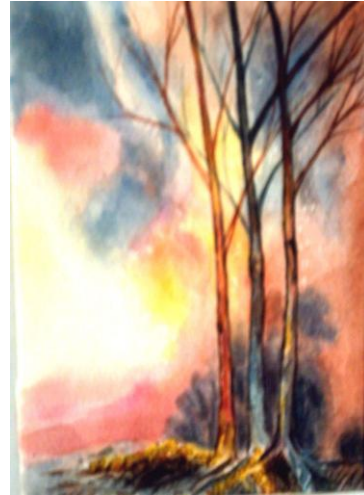
Art Exhibition
At Lonsdale Carers
Morecambe
Qsand Cares



The artists of Qsand are staging a month long exhibition at Lonsdale District Carers, The Cartmel Centre, Euston Road, Morecambe. From the 15th March to the 16th April 2010 with viewing times Monday to Thursday 10.30 - 4.30pm and Friday 1.00 - 4.00 pm. For further information please ring (01254) 833456 during office hours 9-30 am to 4-30 pm Mon - Fri.

The exhibition will enhance the surroundings in the building where carers are given a respite, welcome advice or a well deserved pampering.

Paintings and original prints will be on show from both professional and talented amateur artists, ranging from traditional watercolours to contemporary abstracts. You will have the opportunity to view and to purchase an original work of art with 10% of the proceeds going to Lonsdale Carers.



Lonsdale District Carers and Qsand are both charitable run organisations.

Contributed by Pamela Beck

Bereavement, Loss & Change Group

This group meets between 10.30 - 1pm at The Cartmel Centre and its aim is that it will be an open get-together for anyone needing support and friendship following bereavement, loss or change. The group will meet on alternate Mondays, with the next meetings taking place on **29th March, 12th April, 26th April, 10th May and 24th May**. If you are interested in attending any or all of these meetings, please contact the Morecambe Carers Centre on 0800 1696 529.

Relaxation Sessions

Carers who feel that they would like to talk about the issues that affect them can join our confidential 'Relaxation Group' session on alternative **Thursdays at 10.30am**. The session starts with a 'round robin', where carers can share the events of the last fortnight with a small group of carers or former carers who have empathy and understanding of the role of a carer and get some help and support. The session finishes with 15 minutes of guided relaxation. Why not join in the next sessions on **18th March, 1st April, 15th April, 29th April, 13th**

May and 27th May. Ring the Cartmel Centre for further details.

Recreation Afternoons

You can enjoy a chat and brew in pleasant company every Thursday afternoon at The Cartmel Centre, Morecambe from 1-3pm. Feel free to come along and catch up with old friends - or even make new ones. Everyone is welcome!

Pamper/Craft Events

Lonsdale District Carers, in partnership with The Adult College, has organised the following pamper/craft event at **The Cartmel Centre, Morecambe:**

Thursday, 22nd April - "Spring Planting" 1-3pm - plant a selection of spring flowers.

This event is FREE and we can pay any respite costs incurred. If you would like to book a place, please complete and return the booking form enclosed in your mailout.

Forum Event for Carers

Are you concerned about your health? Of course you are! If you are a carer, a parent carer, a former carer, a health or social care professional, or someone with an interest in caring and health issues, then you may be interested in our 'Forum Event for Carers' to be held on **Thursday 29th April** starting at **11.00am until 2.00pm** at the **Clarendon Hotel, Morecambe**. We have invited three keynote professionals - Dr Simon Belderbos (Consultant Psychiatrist), Ms Fay Watson (Health Specialist), Katherine Froggatt (Senior Lecturer - Lancaster University) to speak at the event, plus you can network with a wide range of health experts such as nurses, counsellors, medical health specialists, therapists, experts on alternative health remedies and pharmacists, giving you the opportunity to ask questions about any health issues that may

be affecting you. Lunch is provided for you in a relaxed environment. To book a place, please fill out the booking form included with this newsletter and send it back to the Carers Centre by 1st April.

Half Day Trip to Scorton Barn



If you like garden centres or craft centres, lovely villages and a nice cuppa, The Barn at Scorton is good for a visit. So a trip has been organised for **Friday 21st May** from **10.30am - 2.00pm**. Pick up points are slightly different - **Carnforth (Silver Fern Depot) @ 9.30am, Cartmel Centre @ 9.40, Shrimp bus stop, Lancaster Road @ 9.50, Torrisholme Square @ 9.50, Dalton Square at 10.00am and the Boot & Shoe @ 10.05**. Booking Forms are included with this newsletter. PLEASE NOTE THE CHANGE OF PICK UP POINT FOR ANYONE BOARDING THE COACH IN CARNFORTH.



The next F.ASD coffee mornings will be on **Wednesday, 10th March, Wednesday, 14th April and Wednesday, 12th May** at The Cartmel Centre, Euston Road Morecambe. These are informal sessions for people to browse through our member's library and have a chat with other parent/carers of children with an ASD. (Please note that these meetings take place during **term-time only**).

Dance & Movement Group

Gail Johnstone, principle of Lancaster "Turning Point Theatre Arts" is setting up a dance and movement group for F.ASD

children aged 6-15 and their siblings in her Lancaster dance studio.

Gail has been a teacher and choreographer in theatre arts and dance for over 30 years. During this time she has gained over 10 years experience teaching young people with special educational needs and learning difficulties at Lancaster & Morecambe College, St Martins, The Lighthouse and Lancaster University. Gail has an enhanced CRB clearance, certified 1st aid, registered matron/chaperone with the County Council/Education Authority and is fully qualified.

There will be two taster sessions, which will be free of charge. Parents and carers will be asked to stay on the premises during these sessions, which will be run on **Saturday, 6th March** and **Saturday, 20th March** from 11am-12noon. For further details, please contact gail.johnstone@googlemail.com or send your contact details to Lonsdale Carers marked for the attention of the F.ASD group.

YOGA SESSIONS - Please note that the evening yoga sessions on March 25th and April 1st are cancelled due to school holidays.

F.ASD is a support and information group who principally support parents with children and young adults who have an Autistic Spectrum Disorder. For more information on F.ASD, please contact the Morecambe Carers Centre.

County Parent Carer Forum

Every two months there is a Parent Carer Forum, these are usually held at different locations throughout the County (local to the Carers Projects), it is an opportunity for you to meet up with other parents and find out what is going on in other parts of Lancashire and to express your views, opinions and ideas.

*Lunch is always provided and the forum is always takes place within school hours to enable parents to attend.

The dates for 2010 are: **March 26th, May 20th, July 15th, September 23rd and November 18th.**

If you would like to attend the next Forum, or any future Forum, please let me know by either emailing me at:

cathparentcarer@btinternet.com or you can phone 0800 1696 592 and leave me a message.

**DO YOU HAVE A CHILD WITH
ANY ADDITIONAL NEEDS OR
A DISABILITY?**

**WOULD YOU WELCOME THE OPPORTUNITY TO MEET WITH
OTHER PARENTS, SHARE EXPERIENCES AND MAKE CHANGES
WITHIN OUR AREA?**

Poulton Children's Centre AND Lonsdale District Carers
Will be holding themed or informal gatherings each month at
the Cartmel Centre where parents can access information on
services, advice and support.

Please join us on any of these dates:

17th March 10.30 - 12noon
20th May 7 - 8.30pm
16th June 10.30 - 12noon
15th July 7 - 8.30pm
15th September 10.30 - 12noon
21st October 7 - 8.30pm
17th November 10.30 - 12noon

Come along or call Kate Thompson on 01524 833644 or Cath Dennison on 01524 418278 for more details.

At our March meeting we have Barbara Goodman coming to talk about opportunities for siblings, Barbara is a team support worker at core children's services. Funded through aiming high, support groups for siblings are being set up to provide information, support and advice, a place to share experiences and meet other siblings. Activities are also being offered to include drama, arts and crafts, sport and games and outings to places of interest. If you would like more detailed information please email me and I can send you a flyer

cathparentcarer@btinternet.com *If you don't have access to

a computer, just call the centre leaving your name and address, stating you would like a copy of the 'siblings info flyer' and one will be posted to you.

The BIG Event

On Saturday 24th April there will be an Activities, information and awareness event taking place at Salt Ayre Sports Centre for children with additional needs/disabilities and their families.

This event is aimed at parent carers and their families. On the day there will be a variety of agencies, organisations and service providers in a 'marketplace' where parents can access information. The day is also about activities and Lancaster City Council will be putting on a number of 'taster' activities for the whole family. This event runs from 1-4pm; for more information please email Cath Dennison, Lonsdale District Carers Parent Carer Development Worker at:

cath.dennison@yahoo.co.uk

Set No Limits in Lancashire

Set No Limits in Lancashire runs a series of "Stay & Play" sessions for children with complex needs at The Beaumont College, Lancaster from 4-7pm. The next sessions are on 15th March. To book a place on one of these sessions, please ring (01253) 899 883

Carer Support Group

All parents and carers of adults with a learning disability in the Lancaster & Morecambe area are invited to join a new support group, meeting on the 1st Wednesday of alternate months, with the next meetings on 7th April and 2nd June. These meetings take place at **The Jubilee WM's Club, Slyne Road Torrisholme** from 10-12pm. Refreshments are available, there

is a flexible agenda with occasional guest speakers and you can learn about health, employment and social opportunities for people with a learning disability. For more information, please contact:

Amanda Topps

The Knoll

Tel: (01524) 586195 Email: Amanda.Topps@lancashire.gov.uk

Parent Carer Network Event

The Parent Carer network has organised a free day for family carers of 16+ adults with learning disabilities at **The Brooklands Country Retreat** and spa, Calder House Lane **Garstang** on **Thursday, 18th March**. There will be guest speakers in attendance, a free lunch is available and attendees can access the facilities at Brooklands, which include a gym, steam room, sauna and pools. Beauty treatments are also available at a range of discounted prices. For more information, or to book a place, please contact Amanda Topps on the above number.



Working to improve the lives of disabled people in Lancaster and Morecambe district

One Voice Disability Information Service

One Voice Information Service for Disabled People is open from Monday-Friday, 10-3pm, at The Cornerstone, Sulyard Street, Lancaster, giving information on a wide range of issues including leisure, housing, employment, benefits, blue badges and specialist equipment. In addition, they, in conjunction with Thumbprint, offer volunteering opportunities, work with people with learning difficulties and provide recycling projects and promote disabled access provision. For more information on their services, please contact:

One Voice

The Cornerstone

Sulyard Street, Lancaster, LA1 1PX

Tel: 01524 382800 or 01524 34411

one-voice@btconnect.com

See the website at: www.onevoicedisabilityservices.org.uk

Lonsdale District Carers also holds a drop-in session for carers and former carers at **The Cornerstone, Lancaster** on **Tuesday mornings, 10.30 - 12.15pm** and **Friday afternoons 1pm - 3.00pm**. You can pop in to receive information on benefits, other welfare organisations or just to have a chat and a brew.

Help Direct

Help Direct offers information, support and guidance to adults across Lancashire who have an issue they are unsure how to resolve. Their advice is FREE and covers issues including benefits and debt advice, diet and lifestyle or employment and training. They have drop in venues around the district, as well as a venue at **7-11 Chapel Street Lancaster**. For information on their service, or to speak to an advisor, please contact 0303 333 1111.

Respite funding

Millions of pounds intended to fund respite breaks for carers in England has been spent on other areas of the NHS, according to The Princess Royal Trust For Carers and The Crossroads Care. The Government announced in 2008 that it was doubling money set aside to allow long-term carers some time off, but the charities say that only 23% of this years money is being spent on carers, that money supposedly set aside for carers respite was moved to other areas in the NHS and that some trusts were unaware of how much money they had been given for respite breaks. The two charities say that money was never ring-fenced by the Government and was simply added to existing health budgets, allowing it to be spent

elsewhere. NHS Trust representatives have said that money was moved within the service to best meet local needs.

From *BBC News Website*

'Personal Care at Home' Bill

The government has announced the 'Personal Care at Home' Bill - which means, if it passes through parliament, that those with the highest needs will receive their personal care services free of charge. The Department of Health will give the money to the local authority social services departments. The Bill had its second reading on 1st February 2010 where a wide-ranging discussion took place on issues including healthcare reform, current charges for personal care at home and re-ablement support. It will now go to Committee stage - for a line by line examination of the Bill - beginning on 22 February. The Government estimates that the Bill would help around 400,000 people with care needs and guarantee free personal care for the 280,000 people with the greatest need. Watch this space!

How it works : People on the highest band of Fair Access to Care will qualify for assessment followed by discussion with their carer to look at what help is needed and in which 'band' they are in. Only the people in the critical band will get free personal care - i.e. those who need physical assistance with certain tasks like eating, drinking, toileting or supervision by someone. It is expected that implementation of the package will be October 2010. So, we await the passing of the Bill.

Carers Assessments

Are you getting all the help you need in your role as a carer? Have you had a Carers Assessment? If you are a carer, the law says that you have the right to an assessment of your needs if you care for someone for 'a substantial amount of time on a

regular basis'. The purpose of the assessment is to enable social services to assess your need for help so that you can maintain your own health and balance your life, work and family commitments. You will be asked some questions by the social worker about how much you do and how it affects you and how much help you need to cope. How will you manage in case of emergency? Is caring affecting your relationship with the person you care for? It is important that you can manage yourself as well as your role as a carer. So, you need to get an assessment. You can get information and advice about this from the Carers Centre or from Citizen's Advice as to whether you qualify or not. You can phone or write to Social Services or ask your GP or district nurse to contact them for you.

If you have any problems obtaining a Carers Assessment, or, if you have had one but you are not satisfied with the outcome, you can complain or challenge the decisions made about how much care you get or how much you are charged for services. As of April 2009, you are able to complain to the Care Quality Commission. You should complain within 12 months. Make a note of phone calls and who you have spoken to and complain either orally by phone, write or email. You should receive acknowledgement within 3 days and should be kept informed of progress. You should then receive a report of how your complaint has been considered, the conclusions reached and action to be taken. If you are still not satisfied, you can contact the Local Government Ombudsman. For more information, go online at ww.carersuk.org/helpwithcaring/ or contact social services.

Employment White Paper - Achieving Full Employment

The government's ambition is to get one million more people into work in the next five years. So, a new Employment White

Paper focuses on support that the government will offer people who have lost their jobs or are on Incapacity Benefit or in a caring role. With carers, it is looking at measures that help people to combine their working role with their caring role. Employed carers already have the right to emergency time off but are only allowed a couple of days and they don't get paid time off. This means that some carers have to give up work to deal with their caring situation. So the government, via the Family Friendly Working Hours Taskforce, are looking at ways to help deal with this by identifying employers who would be more flexible with carers working hours to keep them in work. There are three million carers who already combine work with caring (half of all carers). A consultation is to take place and CarersUK will present evidence as to how carers will/may be affected and seek further clarification as to whether carers could be paid leave to carry on caring in emergency situations.

Meanwhile, the government have announced an increase in the earnings limit that can be earned whilst receiving Carers Allowance - from £95 to £100 by April 2010.

Work Focussed Support for Carers

WFSC is a voluntary scheme designed to help people who wish to combine paid work with caring for someone. You are eligible to take advantage of support available if you do not work or work less than 16 hours a week, are aged 18 or over, or are not able to get help from any of the Jobcentre plus support programmes. You can choose to take part or you can stop at any time, but if you feel like you would like to take part you can still take advantage of the support available. Benefits will not be affected - your advisor will tell you if a particular job may have an affect on them and you may be able to apply for tax credits if appropriate. Jobcentre Plus may be able to help pay for replacement care while you attend appointments, training

or attending job interviews. To find out more, arrange an interview at your local job centre or visit on line at www.direct.gov.uk/carersemployment

Carers Credit

Carers Credit is a new National Insurance credit available from 6th April 2010 for working age people who are looking after one or more disabled persons for a total of 20 hours a week or more. This will help protect the carers future pension entitlement if you are not already paying enough National Insurance contributions. To be eligible for the Carers Credits, the cared for person must be in receipt of an appropriate disability benefit or certified by health professionals to confirm the level of care being provided. The Credits cannot be awarded to carers under 16 years of age or for periods after pension age. Claim packs will be available after 15th March and claims applications can be made from 6th April 2010. For more information, visit www.direct.gov.uk/carers. Application packs can be printed off at the same site from 5th April. For more help and information, visit www.dwp.gov.uk or www.direct.gov.uk/pensions.

Report on National Carers Summit

With a General Election on the horizon, carer's rights and services are just one of the issues that may influence voters. At the recent National Carers Summit, three Members of Parliament were subjected to a severe grilling. Questions were asked about the lack of decent services, problem with battling with the system and the amount of bureaucracy, the current low levels of benefits and the future of social care. The future of independent living is at stake due to the possible removal of Attendance Allowance and Disability Living Allowance from individuals (over 65) in favour of a public pot.

Carers also asked why some PCT's had not spent all of the £150 million allocated to carers breaks and what the government will do about it. A number of carers in the audience did a good job of questioning the MP's and getting their concerns heard.

It wasn't all politics though. There were experts on hand to answer some of the questions which carers asked which are of concern to them, such as how means-testing the Attendance Allowance will affect them, which was answered by saying that by doing this, more money would go to those who needed it most. Overall, carers could see that the issues were discussed at a high level and it was thanks to Carers UK for inviting distinguished guests and MP's to respond to carers questions.

Free Passes to Keeping Fit

VVV Wellness are offering a few FREE passes for members to go and try out their facilities at the recently opened Middleton Tower Retirement Village. The Wellness Club is for over 50's and offers a like fully equipped gym and a swimming pool with sauna, after which you can have a cuppa in the Waters Edge coffee lounge. Just pop along anytime between 8am and 7pm Monday to Friday or 8am to 3pm Saturday & Sunday and give it a try. You can 'phone them on 01524 852666 for more info.

The May Newsletter



The deadline for articles for the next newsletter is **Monday, 3rd May**. We would like to include more articles, recipe's, quizzes etc. from you, so if you have something you'd like to include, please send it to the Morecambe Carers Centre. If you put your name on any articles, please let us know if we can publish your name in the newsletter.

10 Pin Bowling

Unfortunately, we have received feedback that several people who would have liked to attend the recent bowling session at Morecambe Superbowl were unable to because of school holidays. If anyone would like us to repeat this event, please let us know and we will arrange another session. The Superbowl have reduced their price by 50% for carers.

Crime Prevention

Hate Crime Victims

People affected by hate crime can now call a helpline - the Stop Hate Line on 0800 138 1625. A hate crime is an offence that is perceived by the victim or any other person as motivated by hatred of sexual orientation, race, religion or disability. It can be verbal or physical abuse, damage to property and even murder. Hate crime is unacceptable and is illegal. You should report it to the police via the Stop Hate Line - it is a confidential 24 hour service. Information is only passed on to other agencies with the callers consent.

Anyone who thinks they know someone who is a victim or sees it happening can call 0800 138 1625 in confidence. Trained volunteers are at hand to help.

For further crime prevention advice please visit www.lancashire.police.uk.

If you require further information or help and advice contact PC Phil Corris or Mrs Jan Brown at:

Crime Prevention Office

Lancaster Police Station

Tel: 01524 596538

Or contact Crimestoppers on 0800 555 111

(Contributed by Elaine Wilson, CAB)

Trivia Quiz

Here are the answers to last month's quiz

1. January 25th
2. Lewis Carroll
3. James Cameron
4. Michael Schumaker
5. Estella
6. Bill McLaren
7. Republic of Ireland
8. American Football
9. Danny DeVito
10. Johnnie Depp
11. St David
12. St Patrick
13. Stephen Fry
14. Al Murray
15. Badger
16. Fish
17. Venus
18. Portsmouth
19. William the Conqueror
20. Journey

How to contact us

- * By calling in at the Carers Centre at The Cartmel Centre, Euston Road, Morecambe (Opposite Morecambe Bay Primary School). Carers drop-in open: Mon & Wed 10.30am-4pm, Tues & Thurs 10.30am-1pm, Fri 1-4pm. Appointments service Friday 10.30am-1pm).
- * By calling in at the Carers Centre at The Cornerstone, Sulyard Street, Lancaster. Open Tuesday mornings, 10.30-1pm and Friday afternoons, 1-3pm.
- * By post to Lonsdale District Carers, at The Cartmel Centre, Euston Road, Morecambe LA4 5NR or FREEPOST RRYR HLRZ ZSKT Morecambe LA4 5NR. (Please allow 3 working days for Delivery with the freepost service)
- * By telephone to our **24 hour Carers helpline**
Freephone 0800 1696 529
- * By email to lonsdale@dcarers.freeserve.co.uk
- * Via our website: www.lonsdalecarers.co.uk

*- ALL CARERS ARE WELCOME IN OUR CENTRES -
CALL IN FOR A CHAT, INFORMATION OR
JUST A BREAK AND BREW.*

We wish to acknowledge financial support from: -

The Galbraith Trust, Lancashire County Council Adult & Community Services, Lancashire County Council Children's Services, Lancaster City Council, Lancaster District CVS, Local Strategic Partnership.



Lonsdale District Carers The Cartmel Centre, Euston Road,
Morecambe, LA4 5NR Tel. **01524 418278** or **01524 833456**
Charity Registration number 1070311