

Sept 2007



A Princess Royal Trust
Carers Centre

Carers Link

A Newsletter for Carers,
produced by Hambleton and Richmondshire Carers Centre,
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EDITORIAL

Hello,
Three quarters through the year, soon it will be time for Winter Fuel Allowance, Flu jabs and all things festive. I have tried in this issue to focus on some upbeat issues, such as a positive move by the government on a national dementia strategy, saving you money on some of your telephone calls, details of some new free IT classes and last but not least details about some up and coming outings organised by Kate.

Bye for now,
Vic

Carers' Centre Staff

Lynn Webb-Thorius - Manager
Kate Fleming - Adult Carer Support Worker
Sheila Glover - Health Link Worker
Penny Ham - Administration and Finance Officer
Betty Mattison - Adult Carer Support Worker
Hannah McKie - Young Carer Support Worker
Graham Pentelow - Young Carer Support Worker
Vic Shadforth - Information officer
Andrea Willis - Training and Development Officer
Audrey Wilson - Administrative Assistant

Victoria Stapylton joined us in July and is covering for Hannah whilst she is on maternity leave

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Are you visually impaired, or do you know someone who is visually impaired?

You can contact the Library and Community Services by phone on 01609 or by email on libraies@northyorks.gov.uk

and access...

Large Print books for adults.
Audio books on Cassette or CD.
Abridges stories on tape and CD.
Quick reads on tape and CD and in large print.
Storytapes for children.
Large Print books for children.
Book Touch packs.
Clearvision books.
Books in Braille or Moon.
Audio Described DVD's.
Audio described films on CD.
Magnifiers.
Request Service.
Accessible Computers.

Further information is also available on the North Yorkshire website

Although every effort is made to ensure that the information in Carers Link is correct and up to date, the Hambleton and Richmondshire Carers Centre can accept no liability for errors and omissions; nor can the Centre recommend products or services. Carers are always advised to make enquiries themselves as to the appropriateness for their needs.

Our web site at



www.hrcarers.org.uk/

Is heading for 2500 hits in the last 6 months.
Why not log on and let us know what you think.

For Sale

Bath Buddy

Assists with bathing.

£150 ono

Contact Pam on 01609 778939

Bath Lift

Assists with bathing.

£250 ono

Contact Mr Trenholme on 07949067364

Contact Martin on 01677 422273 or email martin_gb@onetel.com, he has the following three items for sale.

1.Shoprider Sovereign 888-4 Ride on Scooter.

Complete with charger and manual. Can deliver within reasonable distance from Bedale.

Offers in the region of £500

2.Bathmaster 2999 – Bath Lift.

Good Condition.

Offers in the region of £100

3.Wessex Medical – Slimliner Stair Lift.

Already dismantled.

Any offer considered.

saynoto0870.com

Have you a telephone package – the type where you pay a fixed monthly fee for your telephone calls? Many of you have one of these all inclusive telephone packages but nearly all of them exclude telephone calls beginning with 0870 or 0845.

A customer with an all in package could pay about £1.50 extra for a 20 minute phone call to a 0870 number – but nothing if they call a landline number. And, more and more companies are prefixing their telephone numbers with 0870 or 0845.

Why do they do it? Quite simply it is to make money, every time you call them, not only do they get your business but they also get about 2.5p per minute of the call charges **you** are paying.

There's a simple solution if you have access to the internet – log onto saynoto0870.com – here

you can enter the 0870 number or the name of the firm, and the landline equivalent number is displayed.

For instance instead of contacting the DVLA by their 0870 2400009 number - log onto saynoto0870 and get the landline number which is 01792 782341 – you save money and don't contribute to the £1 million a year profit the DVLA makes from these 0870 calls.



What can I do to help?

I walk the dog,
I do the dishes,
I tidy the lounge,
Whatever dad wishes.

I feed the fish,
I go to the Shops,
I make cake for our afters,
The list never stops!

I Hoover the house,
I wash our green car,
I make people drinks,
I haven't finished by far!

Being a young carer,
Isn't all that bad,
For you get feelings of joy,
Some people never had...

**A Poem by Alexandra Mason
11 Years.**

NORTHALLERTON RETHINK MENTAL HEALTH CARERS GROUP

We are a group of carers who care for someone with experience of mental health problems.

We meet regularly to provide a break from caring, in a relaxed and friendly atmosphere, we can share experiences confidentially, with people in a similar position.

We invite a representative from the Primary Care Trust who keeps us up to date with any changes in Mental Health Service Provision. Hopefully our feedback provides helpful insight into the lives of Carers, which can lead to improved communication with Carers and families. Speakers from various organisations have attended past meetings to provide us with information ranging from practical help to benefits advice, though recently most of our meetings have been purely social events.

A very popular activity is our monthly walk, in and around North Yorkshire where carers and the person cared for and friends can enjoy exercise and fresh air in beautiful surroundings. The walks are usually 5-6 miles long not too challenging and much enjoyed by all who take part. The many North Yorkshire teashops provide welcome refreshment afterwards!

Lifts can be arranged:

Call Neil & Margaret on (01609) 776025
Or Basil on (01609) 773016

Our next walk dates:

Sunday 14th October

Sunday 11th November

Sunday 9th December Christmas walk followed by lunch.

New Management Board Members

Linda Curran from the Richmondshire area.
Ruth Garret from the Hambleton area.

Both were appointed at the AGM on the 18th July 2007. We welcome their knowledge and expertise on the Board. We also sadly said goodbye to Tubby Booth and Gail McCracken who have both moved on to new horizons. We wish them both well.

Pontins Holidays

I volunteered to help out at the annual Carers Break at Pontins Holiday Centre, Blackpool, sponsored by Norwich Union, in June (Carers Week) this year.

Over a thousand Carers and their families enjoyed a week of entertainment, outings and really lovely food (lots of it too!).

We had a great time, – if a little hectic, I would thoroughly recommend it!

Each year at the Carers Centre is allocated 12 places for the week by the Princess Royal Trust for Carers. This includes accommodation, meals and entertainment and we can help with the cost of travel where necessary.

There are certain criteria which need to be met to qualify for a place. If you would like to join other Carers (and their families for this well earned break) we should receive details for 2008 around January time.

Kate Fleming



Having fun manning the tombola



Older carers missing out on benefits

Caring can place a huge financial burden on people at an already very stressful time. Yet, thousands of carers are failing to claim the benefits to which they are rightfully entitled, because they do not realise that they qualify, or because they find the welfare system too complicated. For carers below state pension age, claiming benefits would not only increase their income, but also open the door to a weekly credit towards their future state pension.

Sheila Dent at The Princess Royal Trust for Carers says: "The Princess Royal Trust for Carers fully supports any campaign that encourages older carers to claim benefits that are rightfully theirs

Don't miss out—Check it out!

Contact Betty or Kate on 01609 780872 for advice and assistance.

Celebration of Carers achievements

The Carers Forum held during Carers Week provided a wonderful opportunity to celebrate the achievements of Carers attending the Computer Classes held in Northallerton.

John Blevins, North East Union Learning Representative from the Communication Workers Union, presented certificates to 5 Carers who had achieved success in either CLAIT or ECDL examinations. Certificates of Attendance were also presented to 4 Carers who have regularly attended the Computer Course.

Since September 2006, Carers attending the Computer Class have taken a total of 25 CLAIT tests and 18 ECDL tests – a great achievement!

For more information, please contact:
Andrea Willis at the Carers Centre 01609 780872

Carers Health

Hidden carers missing out on flu vaccinations

Researchers have found that only half of carers overall, and just a fifth of those not eligible for a vaccine through other routes, had received the vaccine in the past two years. Remember — do not miss out on this valuable service — if you have not already done so, register with your GP.

Winter is coming and the season of flu vaccination sessions will be upon us before long. We will be attending a number of doctors' surgeries to give out leaflets and raise awareness of our services within each area. Do you know that as a carer you are entitled to a flu vaccination? Does your surgery know you are a carer? If they do your name will appear on the lists of people they would like to offer vaccinations to, they know how important it is for you to keep well. However if they do not know you are a carer then they will not be able to offer one. Let them know as soon as possible that you want to be on their Carers Register and you will be called for your vaccination and the vital caring work you do will be recognised by those who may be able to help you in other ways.



If you require any further information please contact Sheila on 01609 780872 or by email —
Sheila@hrcarers.f2s.com.

CARERS GROUPS NEWS

Below are the agendas for each Carers Group in Hambleton and Richmondshire until December 2007. All Carers throughout the area are welcome at the meetings and to come on outings, or simply drop in for a coffee.

AGENDA FROM SEPTEMBER – DECEMBER 2007

NORTHALLERTON CARERS GROUP

We have a new meeting place and time. A drop-in session will be held in The Byland Room, The Methodist Church, High Street, Northallerton from 2pm – 4pm on the 1st Wednesday of each month, commencing 5th September. All new members will be welcome.

Wednesday September 19th

A shopping trip to Lightwater Village, followed by a pub lunch. Transport will be provided from Northallerton and Thirsk.

All applications to be confirmed with Kate by the 14th September.

Thursday November 15th

A Pampering Evening at Bedale Hall 7pm – 10pm

The closing date is the 7th November.

December

Christmas Wreath making and Christmas Lunch – dates to be confirmed

OPEN TO ALL CARERS

THIRSK CARERS GROUP

Tuesday October 16th

An Evening Pub Outing – venue to be confirmed.

The closing date is the 10th October.

RICHMOND CARERS GROUP

General meetings are held on the 1st Thursday of the month at The Methodist Church, Richmond

(opposite the library) from 2pm – 4pm

Thursday 4th October

Thursday 1st November

LEYBURN CARERS GROUP

General meetings are held on the 1st Tuesday of the month at The Community Office, Leyburn from 10am – 12pm

Tuesday 4th October

CATTERICK CARERS GROUP

General meetings are held on the 1st Monday of the month at Booth Hall, Catterick Village from 2pm – 4pm

Monday 1st October 2pm – 4pm

Monday 5th November 2pm – 4pm

EASINGWOLD CARERS GROUP

Drop-in on the 1st Thursday of the month at Easingwold Methodist Church from 10am – 12pm

Thursday 4th October

Thursday 8th November

HUTTON RUDBY CARERS GROUP

Drop-in on the last Wednesday of the month at The Methodist Church Hall from 10am – 12pm

Wednesday 26th September

Wednesday 31st October

Wednesday 28th November

GREAT AYTON CARERS GROUP

Due to the dwindling numbers, we have cancelled the last two meetings of this group. We will be deciding on the future of the group at the end of September. In the meantime all Carers are welcome to come along to the group in Hutton Rudby. We can arrange transport for you if this is a problem – please contact Kate or Betty.

CARERS OUTINGS

In May we enjoyed making Spring Hanging Baskets at Northdale Horticulture – we didn't have to water them much either for the first couple of months with all the rain we've had!

At the beginning of July we took the minibus for a day out at Saltburn-by-the-sea. Most of us managed to escape the heavy showers and it was lovely to walk along the sea front and enjoy lunch at the pub.

Another showery day was had at the Borrowby Agricultural Show, but I think most of us enjoyed ourselves and it made a nice change to go somewhere different.

When you read this, we will already have had a day out in York. I have my fingers crossed for a fine day and we have a full bus load for this popular venue!

Tuesday 16th and Wednesday 17th October—Autumn Gardening Workshops at Northdale Horticulture—Open to all carers.

As always, everyone is welcome to come along on our trips or to any of our groups.

Kate

News in brief

Government backs national dementia strategy.

Health Minister Ivan Lewis is to lead the government's first ever national dementia strategy. At the moment 600,000 people have dementia in England, but this is set to double in the next thirty years.

"The scale of ambition must now meet the scale of the challenge as demographic realities mean dementia will impact on an increasing number of families in our society," says MP Ivan Lewis. "The current system is failing too many dementia sufferers and their carers."

Mr Lewis aims to improve three crucial dementia areas – diagnosis, awareness and the quality of treatment. It is essential to ensure that a dementia diagnosis is made as early as possible and families receive the appropriate support.

Better awareness will address the stigma of dementia in society and improving service will maximise dementia patients' quality of life. "I am determined that this disease is brought out of the shadows," says MP Ivan Lewis.

"We need to minimise the shame and fear associated with dementia so that people and their relatives feel able to seek support at the earliest possible stage in the knowledge they will get expert help and be treated with dignity and respect."

Alzheimer's Society Chief Executive Neil Hunt said: "For too long dementia has been the at the bottom of the health and social care pile. "This announcement by our new government represents a real step forward in policy towards dementia".

Government announces a Standing Commission on Carers

The Standing Commission will ensure the voice of Carers is central to the development of Government policy; Look at how Carers will be affected by the long term issues.

In addition, the Government is to update the National Strategy for Carers. Consultation is presently taking place and you can make your views known by:-

Logging onto www.newdealforcarers.org and add your comments to the ideas tree.

Make your views known at your Carers Groups.

Contact us here at the Carers Centre.

Carers UK is also organising a Carers Summit in London on the 8th November 2007. Contact the Carers Centre for details.

Young Carers

A feature in the Sunday Times magazine (Sunday 5th August 2007) - 'Crying out to be heard' highlights how young carers are often overlooked and have to struggle on alone without adult support, rarely receiving help from school or social services until the situation reaches crisis point.

Families quickly become isolated and can retreat, out of embarrassment and fear, from possible sources of help. Many young carers do not tell their schools about their home life as they do not want to be singled out and bullied or due to fear that they might be put into care.

Less than 18% of young carers have ever been formally assessed. When adults are assessed for community care, their family responsibilities should also be taken into account, however in practice this rarely happens.

A key issue here is the insufficient co-ordination between adult and children's services. As Alex Fox, Assistant Director (Policy and Service Development) at The Princess Royal Trust for Carers, says, health and social services routinely fail to ask adults in their care: "Are you a parent?"

Even if young carers are identified and receive an assessment, this does not mean that they will get the support they need. Since children's services are so involved in child-protection issues, they often do not have the resources or funds to intervene.

The Children's Commissioner, Professor Sir Al Aynsley-Green says:

"We have to recognise that years of disinvestment and lack of focus on children's issues can't be solved overnight. I feel ashamed to have been a paediatrician for 30 years and failed to shout from the rooftops about the problems in children's services."

Alex Fox says: "We now need to see the Department of Health and the Department for Children, Schools and Families working to ensure the problems of young carers and disabled parents begin to be addressed together."

The 2001 Census estimated there were 175,000 children in Britain caring for a member of the family, although that figure is believed to be much higher by those working in the field. Many carers of all ages remain 'hidden'.

Integrating A&E and Out of Hours Service at local Hospitals

The PCT is working closely with hospital trust colleagues across the area to introduce more effective systems for patients who turn up at accident and emergency, but who could be treated by primary care out of hours services instead. From the beginning of June a new system of putting out of hours staff into A&E departments was introduced at The Friarage Hospital in Northallerton, Scarborough and York Hospitals. This enables patients to be seen by the most appropriate member of staff and it leaves the specialist A&E staff to deal with those patients most in need.

WHO CAN HELP?

Local Carer Relief Schemes

| | |
|---------------------------|--------------|
| Easingwold | 01347 822875 |
| Richmondshire - ShareCare | 01969 623555 |
| Stokesley | 01642 710085 |
| Thirsk | 01845 523115 |
| Northallerton | 01609 780458 |

Adult & Community Services (Social Services)

| | |
|--|---------------|
| Contact the Specialist Support Team | 0845 034 9410 |
| The EMERGENCY No. at night and weekends is | 01904 762314 |
| NHS Direct | 0845 4647 |

Health Services

| | |
|--|---------------|
| Friarage Hospital | 01609 779911 |
| Lambert Memorial Hospital, Thirsk | 01845 522292 |
| Friary Community Hospital, Richmond | 01748 822122 |
| NHS Continence Adviser | 01609 751327 |
| North Yorkshire Health Authority | 01904 825110 |
| PALS Officer (Patient, Advice & Liaison Service) | 0800 028 2462 |

Benefits Agency

| | |
|----------------------|--------------|
| Northallerton Office | 01609 852200 |
| Darlington Office | 01325 385000 |

Voluntary and Independent Agencies

| | |
|---|--------------|
| Citizens Advice Bureaux - Northallerton | 0845 1228689 |
| Citizens Advice Bureaux - Richmond | 01748 823978 |
| Age Concern - Northallerton | 01609 771624 |
| Crisis Call | 0800 501254 |

Alzheimer's Society

| | |
|---------------|--------------|
| Hambleton | 01845 525497 |
| Richmondshire | 01748 825817 |

Disability Action Groups

| | |
|---|--------------|
| Disability Action in Richmondshire (DAIR) | 01748 824626 |
|---|--------------|

Mental Health

| | |
|--|--------------|
| Mental Health Support in Hambleton & Richmondshire | 01609 780758 |
| Samaritans | 08457 909090 |

Advocacy

| | |
|--|--------------|
| Hambleton & Richmondshire Advocacy - Hambleton | 01609 778652 |
| - Richmondshire | 01748 850085 |

Hambleton & Richmondshire Community

| | |
|--------------------------|--------------|
| Addiction Service | 01609 780486 |
|--------------------------|--------------|

Children with Ongoing Health Problems

| | |
|----------------|--------------|
| SONGS - Bedale | 01677 422290 |
|----------------|--------------|

Learning Disabilities

| | |
|-----------------|--------------|
| Mencap | 01609 778894 |
| Breathing Space | 01609 779420 |

Hambleton Lifeline

| | |
|------------------------|--------------|
| Richmondshire Lifeline | 0845 2007535 |
|------------------------|--------------|

| | |
|-------------------------|--------------|
| Holy Rood House, Thirsk | 01748 829100 |
|-------------------------|--------------|

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|-------------------------|--------------|
| Holy Rood House, Thirsk | 01845 522580 |
|-------------------------|--------------|

| | |
|---|--------------|
| Hambleton Richmondshire Osteoporosis Support Group | 01609 762032 |
|---|--------------|

REMEMBER - For information on any service, or just someone to talk to about your caring situation, call Hambleton & Richmondshire Carers Centre on **01609 780872**