



The Princess Royal Trust
for Carers

**The newsletter from the Hambleton
& Richmondshire Carers Centre**

32 High Street, Northallerton, DL7 8EE.
Tel. 01609 780872. Fax. 01609 788489
Registered Charity 1092023
Company Limited by Guarantee 4316120
Contact us email penny@hrcarers.f2s.com
Web www.hrcarers.f2s.com

Carers Link

Hello,

And welcome to the Spring 2008 edition of the Carers Link. As you can see there's been a number of changes in both the size and content of Carer's Link.

This new format enables us to continue to pass on important information for Carers and at the same time lets us use the same format which is downloadable from our new web site.

We have staff changes to let you know about, information about Carers Week 2008 and the new Carers Emergency Card.

Please let us know what you think of this new format and tell us what if anything we need to do differently.

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
Vicki Stayplton	Young Carer Support Worker
Vic Shadforth	Information officer
Chris Clarke	Older Persons Support Worker
Audrey Wilson	Administrative Assistant

Contents

Page 2	Staff
Page 3	Carers Week / New Web Site
Page 4	Staywarm—special deal from EON
Page 5	Change in the law for working Carers
Page 6/7	Group Meetings—Outings & Activities
Page 7	Staff Changes
Page 8	Important news from CarersUK
Page 9	Older Persons / Strawberry Tea
Page 10	Beware of scams
Page 10	A day in the life of a Carers Group
Page 11	North Yorkshire Emergency Card Scheme
Page 11—12	Who else can help.

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.

Carers Week 2008

In 2008 the fourteenth annual Carers Week will highlight the impact caring can have on carers' health and wellbeing. Work towards Carers Week starts with the launch of our annual survey.

We want to hear about carers experiences; the rewards, the frustrations, and the effect on your health. What are the implications for carers, as well as those you care for?

Our key aims for Carers Week are to:

- Highlight and celebrate the contribution made by carers
- Campaign for better support and services for carers
- Promote policies and best practice that can improve carers' quality of life
- Reach out to 'hidden' carers, ensuring they know where to find help and support

Our web site at

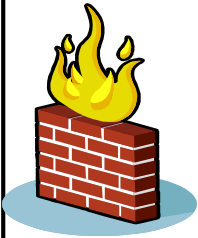
www.hrcarers.f2s.com



Please visit our new web site it's up to date and contains help and information for Carers. You can download Carers Link, go straight to breaking news stories at the click of a button, take part in the Carers Week 2008 online survey and view up-to-date information on our groups.

StayWarm, exclusively designed for the over-60s. Once you've joined you pay a fixed price for all your energy by monthly Direct Debit.

The amount you pay is based on the number of people who live in your home and the number of bedrooms it has. They guarantee that as long as you remain with StayWarm, the price you pay will be fixed for 12 months from when you sign up.



You can join StayWarm if:
You, or someone in your home is over 60 years of age

- Your home has 3 bedrooms or less
- Four people or less live in your home
- You take both electricity and gas from E.ON

You agree to pay by monthly Direct Debit

Additionally all StayWarm customers who are eligible are referred to the Government's Warm Front scheme, for free energy efficiency advice and grants for heating measures and insulation.

For more information,

Phone 0845 300 4382 **or write to**

StayWarm
E.ON
1 Parklands
Lostock
Bolton
BL6 4SD

Change in the law for working Carers

In a case which has implications for the employment rights for all carers, today the European Court of Justice ruled that a carer could suffer discrimination 'by association'.

Sharon Coleman, who cares for her disabled son, took her discrimination claim to an employment tribunal after she felt forced into leaving her job as a legal secretary.

She began a claim for constructive dismissal against her former employer, on the grounds that she had been treated less favourably than other parents working at the firm, due to her son's disability.



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Carole Cochrane at The Princess Royal Trust for Carers says:

"The Princess Royal Trust for Carers welcomes this crucial legal victory and hope that this case leads to greater steps to ensure that Britain's 2.5 million carers in the workforce do not face discrimination because of their caring role. Currently 1 in 5 carers are forced to give up work to look after a loved-one which can lead to isolation, ill-health and poverty, yet carers save the government a staggering £87 billion a year. Employers need to review their current working practices and allow carers greater flexible hours and support."

Group Meetings

All meetings held:

Hutton Rudby

Methodist Church Hall on the last Wednesday of the month from 10am—12pm

Northallerton

The Byland Room at Northallerton Methodist Church on the First Wednesday Of The Month From 2pm-4pm

Catterick Village

Booth Hall Catterick Village on the first Monday of the month from 2pm—4pm

Richmond

The Methodist Church Hall on the first Thursday of the month from 2pm-4pm



Leyburn

At The Community Office on the first Tuesday every other month from 2pm—4pm

Easingwold

At Springhill Court Manor Road on the first Thursday of the month from 10am—12pm

Great Ayton

At the Quaker Meeting House on the last Monday of the month from 10am – 12pm

Outings and Activities

Thirsk

Tuesday April 22nd Pub outing to be confirmed.

Wednesday May 28th A trip to Ripley castle and gardens. Minibus provided.

Wednesday July 2nd A trip to Redcar. Minibus provided.

Note : open to all carers.

Please contact Kate (01609 788483) for up-to-date details.

Staff Changes

Since the last edition, Chris Clarke has joined us as the Older Carers Support Worker assisting older Carers who care for children with learning difficulties, and Vicki Stapylton, a young Carer support worker is still with us covering for Hannah Mckie who is leaving us in April after being on maternity leave.

Hannah and her family which now includes a new addition—Sophie, are departing for pastures new.



Also leaving us after 10 years is Andrea Willis who is taking up a post with North Yorkshire County Council.

Both Hannah and Andrea will be missed and we wish them well.

Important News from Carers UK

The 2001 census included (for the first time) a question on carers. Although we think that the question generated a conservative number of carers, nonetheless it is very useful to have both a national and local picture about how many carers there are.



However, it now looks likely that the question about carers will be lost in the 2011 census. If the Census question is not repeated, we will not be able to accurately compare trends and data in the number of carers since 2001. At a time when Government is preparing a ten-year National Carers Strategy, we feel continuity of data is essential.

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Carers UK have launched a "Keep Counting Carers" campaign so click on the link to see how you can get involved.

Decisions are being made soon about this so it's important that we make our voices heard as loudly and as quickly as possible. Please pass this on to carers, professionals or others who might be interested in this campaign. For more information click onto

www.carersuk.org/Newsandcampaigns/

or log on to our website.

Write a letter to your MP saying why you think carers should be identified and counted in the census. You can use the information on the above website to help back up your letter.

Older Carers Project



The 'Older Carers Project' has been running now for five months. The first few months have involved writing to known carers and providing information on its aims to professional and community based services, this has involved over 200 letters being sent out. The aim has been to make information on the project as widely available as possible within community services, seen as most frequently accessed by older carers; GP Surgeries, District Nurses, Village Halls, Chemists, etc.

In order to develop the information available to older carers the project has also established links with other agencies to provide information on our behalf.

The project has just over twelve months left to run and it is hoped that carers who, at this point in time, may not want our services will use the opportunity to provide information to the project on their experiences of being a carer. This will provide a valuable source of anonymous information for local service providers for the future.

If you feel you would like to contact the project please phone Chris Clarke on 01609 780872 or e-mail chris@hrcarers.f2s.com

Strawberry Tea

All are invited for tea by the Easingwold Community Care Association, to celebrate National Carers Week. To be held at Springhill Court, Manor Road, Easingwold on Thursday the 12th June 2.30pm—4.30pm.



Office of Fair Trading launches Scams Awareness Month 2008



A scam is a scheme to con someone out of their cash. Many scams take the form of bogus and fraudulent offers sent by post, telephone or email. Every year, three million people fall victim to scams, losing an average of £850 each. Fake lottery and prize draw wins, bogus psychic predictions, get-rich-quick investment cons and 'miracle' health cures are just some of the tricks scammers try. Though anyone can fall for a scam, the elderly and vulnerable are more likely to be targeted.

A Day in the life of a Carers group

There are Carers groups running regularly all over the area but what happens at a typical group?

Carers arrive – some look tired, some weighed down with shopping, some wanting to talk to a support worker or to other Carers who can empathise, while others just want to sit with a cup of coffee that they know they can finish whilst hot, without being called by a loved one needing urgent help.

We sit around and chat – sometimes about mundane things, other times we laugh or even cry, sometimes we discuss outings, other times benefit forms, computer classes or care needs – e.g. where is the best place to get stair lifts, respite breaks or a dentist.

No two meetings are the same but hopefully they help a little – a break, relevant information, friendships, and a chance to be "ourselves" in the middle of a 24hr/7day a week job.

North Yorkshire Adult & Community Services

North Yorkshire County Council announces the launch of the Carers Emergency Card. Do you care for someone who is ill or infirm? Are you a carer? Do **you** need an Emergency card?

The card can be carried by Carers who look after someone, who rely on their support.

In an emergency when the carer is prevented from returning home, the card will enable you to contact the response line 24 hrs / 365 days of the year.

The card fits into your wallet and has a unique number assigned to you.

The Carer just needs to fill in a short form to register for the scheme and identify up to three responders who would be able to assist during an emergency.

Contact the Carers Centre on 01609 780872 and we will send out an application pack.

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	0845 2007535
Richmondshire Lifeline	01748 829100
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