

# Carers News and Views

The Newsletter for Carers in Plymouth

Summer 2010



## Hello again!

As we prepare this newsletter for printing, we are enjoying something of a heat wave - a novelty for Plymouth summers! Will we have returned to brollies and wellies by the time this reaches you?

In any case, the artwork on page 3 should lift all our spirits; it has been created by Monty Shulberg, who overcame depression following a brain tumour and stroke to begin a 'new life'. Read more about Monty on Page 3.

Once again we have tried to fill these pages with a variety of items including news, future events and contributions from carers. Don't miss the pieces on the back page, which is about the Carers Champions contract and service development

*Carers Champions Team*



Carers Week 2010 was an event-packed week this year kicking off with our launch in the foyer of Derriford Hospital. Carers who found us there were impressed that at times we had carers support representatives not only from Carers Champions, but also from Carers UK, Plymouth City Council, Devon Carers Link and Cornwall Carers. Between us, we gave out a huge amount of information to carers and other interested visitors. You may have spotted us in the Herald, as the event was supported by senior nursing staff and operational staff from the Emergency Directorate and the Mustard Tree. Read about other events on page 6.



Angela MacBlain, Bev Evans, Chris Coombe and John McKenna at the Derriford launch

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If you would like receive this information in large print, Braille, audio or in a different language please contact us on 01752 211348 or email [carers@colebrookhousing.co.uk](mailto:carers@colebrookhousing.co.uk)

# Diary Dates and Opportunities...

Our Drop in on the last Wednesday of every month at the Union Rooms is proving to be very popular, with several people making the most of the 20% discount on food. This venue is open to both carers and those for whom they care. Don't forget that on all other Wednesdays in the month, our cosy lounge at 3 Woodland Terrace, Greenbank provides a welcome space to carers and an opportunity for a drink and a chat, or a browse through our resource library. Both 'Drop-ins' run from 11.00 am - 2.00 pm. For more information call 01752 211348.

## August

**3rd** Devonport Regeneration Community Partnership drop in (10:00 – 13:00)

**4th, 11th and 18th** Cosy corner drop in (see above)

**11th** Carer Awareness Training (see page 11 for more details)

**12th** Carers Champions Information stand in Derriford Hospital Foyer (11:00 – 15:00)

**5th and 19th** The Memory Conservatory (call Rosemarie Stephens on 01752 342049 for more details)

**25th** Carers Champions Drop-in at The Union Rooms (see above)

**25th** Derriford staff carers drop in (13:00 – 16:00 The Old Library Level 7)

**31st** Older Carers' Support Group (see page 5)

## September

**1st, 8th, 15th and 22nd** Cosy corner drop in, see above

**2nd, 16th and 30th** The Memory Conservatory (call Rosemarie Stephens on 01752 342049 for more details)

**4th** LINK 'Minds Matter' event on the Piazza (see page 7)

**6th, 13th, 20th and 27th** St John Ambulance Carers' Support Programme (see page 11)

**7th** Devonport Regeneration Community Partnership drop in (10:00 – 13:00)

**9th** Carers Champions Information stand in Derriford Hospital Foyer (11:00 – 15:00)

**15th** Carer Awareness Training (see page 11 for more details)

**28th** Carers Champions Drop-in at The Union Rooms (see above)

**28th** Derriford staff carers drop in (13:00 – 16:00 The Old Library Level 7)

## October

**1st** Older Person's Day at Plymouth Guildhall (look out for more details in the press)

**5th** Devonport Regeneration Community Partnership drop in (10:00 – 13:00)

**6th, 13th and 20th** Cosy corner drop in, see above

**9th** LINK Healthy Plymouth event on the Piazza (see page 7)

**13th** Carer Awareness Training (see page 11 for more details)

**14th** Carers Champions Information stand in Derriford Hospital Foyer (11:00 – 15:00)

**14th and 28th** The Memory Conservatory (call Rosemarie Stephens on 01752 342049 for more details)

**27th** Carers Champions Drop-in at The Union Rooms (see above)

**27th** Derriford staff carers drop in (13:00 – 16:00 The Old Library Level 7)

The Plymouth and District Branch of the Alzheimer's Society runs Memory Cafes, Singing for the Brain and a Carers' Support Group in venues across Plymouth. For more information about all of these please call 01752 255399 or email [tracey.rousell@alzheimers.org.uk](mailto:tracey.rousell@alzheimers.org.uk)

## Monty's Art

Monty Shulberg, Fellow of the Royal Society of Health and previously Fellow of the Society of Hearing Aid Audiologists happily treated children and adults worldwide for over 45 years. He hopes that his story and his art will give hope and encouragement to others in similar situations.

In 1997, surgery for a brain tumour left him with facial palsy, problems with balance and eating, and many other disabilities. Four years later, having slowly made a 90% recovery, he had a stroke – taking him right back to square one. In his words:

"I felt helpless ...hopeless and frustrated because there was so much more

I still wanted to do with my life but how on earth was I going to do it?

In time I realised that "life isn't fair" (there is no one to complain to!) and it was up to me alone to understand and accept this...otherwise there was no way forward."

With the help of local library staff, Monty studied 'art technique' books and started tracing, then drawing, then painting – gradually seeing the results of his efforts. Now he expresses his emotions and feelings through his art, which has brought success and recognition.

Life may never be the same again, but Monty sees himself having emerged from this as a different person. He encourages people not to

even think about their disabilities, to accept that life isn't fair and, as he did, 'go forward to a new you and a new beginning'. Monty has offered to come and speak to us in the future – watch this space!



## Warm Front £300 Rebate Scheme

If you own your own home or rent it from a private landlord, you may be eligible for a grant of up to £3,500 (or £6,000 where oil, low carbon or renewable technologies are recommended) under the Warm Front Scheme. The criteria for the grant are based largely on people receiving specific benefits.

However Warm Front £300 Rebate scheme is aimed at anybody aged 60 or over, who does not qualify for Warm Front, and gives a £300 voucher that can be redeemed against a new boiler or a repair to an existing heating system.

The number for customers to call for further information or to apply is 0800 316 6012 quoting MK85 I

Or you can email:  
warmfrontrebate@eaga.com  
or visit [www.warmfront.co.uk](http://www.warmfront.co.uk)

## Bad news about the Saving Gateway

In the last newsletter we included information about the new Saving Gateway scheme, which was due to start in July 2010. Unfortunately the Government have announced that it is not affordable, given the need to reduce the deficit, and the launch has been cancelled

# A carer's story

## As time goes by

At eight years old, the so called 'swinging sixties' were, you could say, 'halcyon days' for me and my friend Nicholas. How could I ever have imagined that, 40 years on, I would still be his friend and in more recent times his carer?

We were both from large families; I was raised in a Catholic household, but all the schooling and cultural differences were put to one side when that bell rang at 3.30 as we'd all congregate down our street: me, Nick and friends playing till the sun was setting to the sound of our mothers' voices calling us in. Nicholas was strong and robust in comparison to my frailer and some what placid exterior; this showed up later in his choice of employment: fishing from small vessels off the Barbican, then going on to coastal and survey ships taking him round parts of Europe. A brash young man full of life and seafaring stories – how one day this would all change for him!

My life on the other hand steered on a different course. After my father died, I carried on with my amateur boxing career gaining some fairly high honours, boxing for England and becoming southern counties champion and so on. Sport was one of my many occupations as well as painting and decorating, which I still keep up today.

I think caring for others started some 20 years ago, when my old friend Nicholas developed the chronic illness, Multiple Sclerosis, whilst living in Hereford. His health spiralled down both physically and mentally, painkillers and Alcohol becoming a habit until me and my sister brought him back to Plymouth to be near his friends and loved ones.

Caring has changed me; I am far less selfish. I've given up travel and now consider others in my plans. Responsibility and managing time are both hard, but I would never give up caring. More recently I have been studying for a counselling and psychotherapy diploma and also doing some voluntary work in one of the mental health organisations, it helps me keep in touch with myself and my empathy towards others.

It saddens me today seeing a once vigorous man reduced to such a frail exterior. But I know Nicholas has gained such a strong spiritual resolve in his faith. His cheerful personality and positive outlook helps me realise my own appreciation for the sacredness of life and, although we are both a little older now and not as strong, our spirits are willing and perhaps, deep down, we still believe we are those two young boys back in those 'Halcyon Days'.

**Thank you to Simon McTierney for this contribution and for agreeing to be interviewed for a 'website spot'.**

**Once again, we love to hear from you and to include your stories and poems etc. We request that the word count is limited to about 400 words and reserve the right to edit articles. Why not unleash the writer within you?**

# Hints and tips

**The best ideas come along when you're least expecting them – sometimes they're so obvious or so easy that I can't understand why I didn't think of them myself! Thanks to the people who came up with these – please send your own tips to share with other carers.**

- Tip for wheelchair pushers: carry a door wedge in your handbag or even on a loop of string hooked over the handles of the wheelchair. When you arrive at those heavy doors that open the wrong way or don't allow easy access, just wedge the door open, go through and remove the wedge after you!
- Older people with osteoporosis may find that they can't find small enough clothes. One carer recommends Witt International for extra petite sizes. Tel: 0844 556 3040 <http://www.witt-international.co.uk>

## Open to all

Did you know there is a Plymouth website for people with Learning Disabilities and their carers? It's called Open to All and is really 'user-friendly'. It is full of information in accessible form about what is going on in Plymouth for those who use it. Sections also include: Your life, health, news and services. You can find out about a range of things from day care centres and keeping safe to benefits and places to eat and meet. It also provides links to other useful sites – including the current Carers Champions newsletter!

[www.plymouth.gov.uk/opentoall](http://www.plymouth.gov.uk/opentoall)



## Plymouth Older Carers Advocacy Service gains momentum!

Six months ago the Older Carers Advocacy Service was launched in Plymouth and, since then, Anne and Briggs have been very busy supporting carers with all sorts of things from: help with form filling, supporting carers to access benefits they are entitled to, accompanying carers at appointments, communicating with professionals on their behalf, help with accessing other services (for themselves and the cared for person), providing a wide range of information and much more besides.

Our 'Tea and Cake' support group is now established, with a small, but perfectly formed and friendly group of carers who enjoy an hour or so of friendly chat. We occasionally invite speakers who talk about the services they provide and they can answer carers' questions. Our next get-together is on Tuesday 31st August from 12.30 to 2pm. You are warmly invited to join us and you will be made to feel most welcome.

**If you would like any further information about our service please don't hesitate to contact Anne or Brigitte on: 01752 562222. There's a dreaded 'answer machine' if we are out on visits, but if you leave your name and telephone number we will phone you back as soon as we can. You can also email us on: [plymouth@seap.org.uk](mailto:plymouth@seap.org.uk)**



# Looking back at Carers Week

Once again the trips arranged for Carers Week were enjoyed by all. On Tuesday Liz and Sally escaped to the Eden Project with a group of intrepid explorers and on Wednesday, it was Mary's turn to get out and about by steam train from Buckfast to Totnes.



Anyone who missed the wonderful cream tea at Plymouth's Central Library on Wednesday is to be pitied indeed! This was the launch of Caring for Carers – the library's own outreach and support to carers. Now you can find resources for carers in one dedicated place within Central and Plympton libraries. Look out for more of the same in other branches over the coming months!



## Have a Heart Day in Plymouth Guildhall 18th June

Colebrook Housing Society and The British Heart Foundation sponsored this fun informative event aimed at raising awareness of heart disease and risk factors in children with learning disabilities and also providing information and advice to carers. Thank you to all exhibitors who attended, all those who provided activities during the day and all those who donated raffle prizes and purchased tickets raising £117.00 for the Derriford Hospital specialist heart Scanner appeal; Colebrook Housing Society will match this amount. A special thank you goes to all the volunteers who helped to make the day possible.

Most of all, thanks to all those who attended – we hope you found the day informative and fun.

Leading up to the day, we held a competition for people with Learning Disabilities; they had to design a poster related to the theme of the event. We had a winner from each age category; the overall winner was Alison Granville. Arron Hawken and John Mullaly, came along and received their prizes from the Mayor. Alison received her prize at St Georges from Colebrook Housing Chief Executive, Desanne MacAllister.



## Want to be in the Spotlight?

When we have events, which we use to raise awareness of the issues carers face, we contact the media, for example The Herald and Spotlight. If you would be interested in featuring with the person you care for on Spotlight for one of these events, please call for more information 01752 211348.

# Local services update



## Pioneering the way for the public to be more involved in improving local services

Whether it's the GP, hospital, care homes, Social services or your local dentist, the LINK is the voice of the public. Come along to our events; we'd love to meet you and hear about your experiences and views of all health and social care services.

Plymouth's innovative LINK has changed the profile of public involvement to influence local services. With amazing numbers of people getting involved to shape, promote and support the LINK, it is one of the most popular places to volunteer!

### Minds Matter Event in the Piazza

Saturday 4th September, 10am – 4pm

Organised by Plymouth Involvement and Participation Service

Fun and information event to promote positive attitudes towards Mental Health

Tel: 01752 202407 or email [cbreckell@plymouth-link.co.uk](mailto:cbreckell@plymouth-link.co.uk)

For more information about the LINK check out our website [www.plymouth-link.co.uk](http://www.plymouth-link.co.uk)

### Healthy Plymouth Event in the Piazza

Saturday 9th October, 10am till 4pm

Organised by the LINK and NHS Plymouth

This will be an opportunity to

- meet the LINK Team and representatives from NHS Plymouth,
- learn more about health services in the City,
- give feedback about services
- have some free health testing

## Hands2gether

Since the last newsletter our service has grown and there has been lots of interest. I hope those of you that came along to our official opening at Easter enjoyed trying out the activities.

We have had several requests for Hands2gether to offer activities to children with disabilities, older people and young carers. Some suggestions are:-

- A relaxing and therapeutic respite evening for carers to make new friends whilst maybe making a ceramic piece or painting, or just talking and drinking coffee. Sharing experiences with others in the same situation can be an enormous help.
- Opportunities for the person you care for to have some 'time out', joining in an activity of their choice and giving you the carer an afternoon or evening to yourself.
- A monthly Saturday morning Craft Club for disabled children?
- For 'Young Carers' – an evening or few hours of a weekend making new friends whilst investigating your creative side

Hands2gether can make all of these available; to enable us to introduce these services we need you to contact us by telephone: 01752 658784 or email: [hands2gether@talktalk.net](mailto:hands2gether@talktalk.net).

The website is constantly being updated check it out at <http://www.hands2gether.net/>

## The Operation Henry Trust

The Operation Henry Trust, founded by David Snell, is a 'sharp end' charity offering support to sufferers of Pancreatic Cancer and their families. It aims to provide 'special times' to enhance the last days and weeks of life so that whatever time is available can be lived to the fullest. Grants may be made for such things as a short break in France using Brittany Ferries or a visit to the National Marine Aquarium in Plymouth.

David raises funds by giving lively talks about his adventures; this also allows the opportunity to raise awareness of this cruel disease. You can find out more by phoning 01752 892191 or by visiting: <http://www.operationhenry.com/>



# Competition winner

## *A funny thing happened on my way to the doctor*

A funny thing happened on my way to the doctor,

The engine fell out of my car

Started to cuss, there wasn't a bus

It started to rain, lost the keys down the drain

I can't usually walk very far.

I'd promised my Mother just before she died

to make this doctor's appointment.

It was her very last wish, and a Mother's wish

As everyone knows is a commandment.

The receptionist was not pleased, my arrival being late

'You've missed your appointment; you'll have to come back,

'I can book you in next week!' like she's offering a date.

'But Mother's just died, and I was her carer,' I pleaded feeling I'd failed.

'Oh,' your privilege is passed,' she gasped, 'I'll change that for two weeks tomorrow.'

'It's important,' I tried, 'I have promised, can't you make an exception?'

'Sorry,' she said, 'but you were late, and have to bow to the doctor's discretion.'

Well I was resigned; I'd tried, and felt lost,

But Mother would understand,

'If you're sure that's the best, I withdraw my request,

I'll not bother, thank you goodbye.'

Walking home, I smiled, the sun was so bright, and the day didn't seem quite so bad.

Mother had left all her money to the doctor, if I had been able to see him within two days,

Funny, really because the events, and how they fell, the money would now come to me!

**Congratulations to Robert Furzeland for this – he has won a £25 voucher**

## *Calling All Carers Interested in Photography*

If you have an interest in photography and would like to meet up with other carers sharing this hobby, please get in touch. We know of carers who like to go out walking and taking photographs when they have the chance; they would like to get in contact with others who share the enjoyment of both these activities. Even if you haven't picked up a camera for years – or only have a mobile phone camera – you'd be welcome. For more information please contact us on 01752 211348 or at [carers@colebrookhousing.co.uk](mailto:carers@colebrookhousing.co.uk)

Do you have any hobbies that you would like to share with other carers? Let us have your ideas to suggest in the next 'Carers' News and Views'.

# Carers Assessments

## Carers Assessments: What you should know

**We often ask people if they have had a Carer's Assessment; this brings a range of responses. It's understandable that some people have seen so many visitors come and go through their front door, that they often do not know the answer.**

### What is a Carer's Assessment?

Getting assessed is the route for carers and the people they look after to get help and support from their local authority social services department. You are entitled to a Carer's Assessment if you are providing 'regular and substantial' care for someone who is eligible to receive services from social services. They may need community care services because of a disability, health condition, or if they're frail due to old age.

There is no legal definition of what 'regular and substantial' means; it depends on your particular circumstances, the type of care you deliver, and the effect it has on your life. It is not just a question of how many hours a week you spend looking after someone but also the overall impact on your life.

You and the person you care for may have separate assessments or a joint one. Even if the person you care for does not wish to receive services, you can request a Carer's Assessment.

It is your chance to discuss with the social services department of your local authority what help you need with caring. You can discuss things that would help you maintain your own health and balance caring with other aspects of your life, such as work and family. Social services use the assessment to decide what help, if any, to provide.

### Getting a Carer's Assessment

You can contact Plymouth Adult Social Care to request a Carer's or a joint assessment by phoning 01752 668000. Alternatively, you can call us a Carers Champions and ask us to request one for you.

### Preparing for a Carer's Assessment

If you know that you are going to have a Carer's Assessment, it is a good opportunity for you to think about your role as a carer and make a note of how being a carer affects your life, relationships and/or work. You should consider what you do for the person you care for that they could not do for themselves and whether you can continue to do this; whether any changes would help you to continue caring; whether your own health and safety is at risk.

You are important! Your wellbeing is important! This is your opportunity to speak to someone who can help to make a difference; if you receive a phone call on a good day and say that everything is fine, the person on the other end will believe you – even if on other days your situation is not fine.

If you have access to the Internet, there is much more about this on the NHS website: <http://www.nhs.uk/CarersDirect/guide/assessments/Pages/Carersassessments.aspx>

### What would you like?

Carers Champions is a 'carer led' service; we have a small team and limited resources. We try to be creative with the ideas we have for providing support, but we always welcome your suggestions as well. Some received so far include finding venues for more 'drop-ins' and sharing various craft skills.



# Training



**Caring with Confidence is a FREE programme for carers. If you are looking after a friend or relative, Caring with Confidence can help and support you to make a positive difference to your life and that of the person you care for.**

Caring with Confidence offers learning and development opportunities to help you build on your skills and knowledge, which you can access through local group sessions or at home using workbooks or the internet. The programme is available to carers aged 18 and over in England.

The dates and venues for local group sessions in Plymouth are noted below. There are normally 7 individual sessions lasting three hours each. To book a place on the group sessions or to find out about other study methods please call Freephone 0800 988 5520, or check out the website on [www.caringwithconfidence.net](http://www.caringwithconfidence.net)

- Plymstock Library: 14 July to 25 August
- Brickfields Leisure Centre: 20 July to 7 September
- Virginia House: 6 September to 17 October
- The East End Development Trust Cattedown: 10 September to 29 October.

## ***New drop in at Crownhill!***

Come to The British Red Cross (next to the fire station) Refreshment Room, 11.00 am - 2.00 pm Fridays 3rd September, 1st October and 5th November for free tea, coffee and biscuits and a chat. This is also an opportunity to find out more about the free Carers Champions and British Red Cross services.



## **For better mental health**

8 Woodside, Greenbank Plymouth PL4 8QE  
Telephone: 01752 254004  
Email: [info@plymouthmind.org.uk](mailto:info@plymouthmind.org.uk)

### **Changing our Mind**

We've been making changes in the way we work at Plymouth Mind because of new ideas about how services should be delivered to best promote recovery and independence.

Since March, the Oasis drop-in at Mind, which is open to anyone with mental health problems, has been successfully run by a group of trained service user volunteers and is open at the following times:

Mondays and Fridays 10.00 – 4.00  
Tuesdays and Wednesdays 10.00 – 2.00  
(closed on bank holidays)

We now offer a formal Peace of Mind Advice and Information Service to the public as well as to anyone visiting the Oasis Drop-in. This service operates as a walk-in service on Mondays and Fridays between 11 and 4, and as a phone line on Wednesdays between 2 and 6.30

Telephone no: 01752 264960  
Email: [advice@plymouthmind.myzen.co.uk](mailto:advice@plymouthmind.myzen.co.uk)

For information about personal development courses and workshops, specific support groups, personal support and other services, please phone for information 01752 254004 or visit our website [www.plymouthmind.org.uk](http://www.plymouthmind.org.uk)

# Training

## Carers Support Programme

This 'truly excellent' free course is available and suitable for all carers who look after relatives, friends or neighbours. Running over four morning sessions, which culminate with a free lunch, the course covers an introduction to caring skills, managing continence issues, basic first aid, stress management, safer moving

and handling, preventing falls and coping with dementia. Even if you don't need to know about all those things, carers always say that they valued meeting and sharing with other carers and having time for discussion.

The next sessions will be held at Mount Gould Local Care Centre on September 6th, 13th, 20th and 27th. For more information or details of future dates, please contact Emma Healey

Telephone: 01392 822646 Email: emma.healey@devon.sja.org.uk

**St John  
Ambulance**



## Carer Awareness Training for Professionals

Professionals have lots of contact with unpaid carers, who provide care to friends, family and neighbours. This FREE workshop aims to raise awareness of the needs of carers and issues faced by carers; it also highlights some of the services that support them in Plymouth. There will be an opportunity to meet Carers, Carers Champions staff and Plymouth City Council Carers Team, and find out more about:

- Carers Lives and Issues
- The Law and Carers Assessments
- The work of Carers Champions, Plymouth City Council Carers Team, and other agencies

The training is held at The East End Community Resource Centre, 4a Cattedown Road, Prince Rock, Plymouth; dates for this quarter are Wednesdays 11th August, 15th September and 13th October 09:30 – 13:00. To book please contact the Carers Champions Team on 01752 211348 or email: carers@colebrookhousing.co.uk

## Calling all carers!

When we have Carer Awareness Training for professionals, we always try to include a carer's story. Different people present this in different ways, to communicate the impact of caring on their lives. Very often it is the most valued part of the training and gives people a much deeper understanding of how carers need to be supported. We would love to hear from anyone who would consider contributing in this way; we would support you and reimburse any travelling expenses.

## Parents Again?

We often hear of carers who are also raising their own grandchildren. Grandparents Plus is a national charity <http://www.grandparentsplus.org.uk> and in Plymouth there is a Parents Again Support Group that meets once a month during term time. For more details check out <http://www.plymouthparentpartnership.org.uk/index.php?p=26> Please contact the Parent Support Adviser at your grandchild's school for further information. If your Grandchild is of pre-school age, please contact Paul Benting at Parent Partnership on 01752 258933 or email [paul.benting@plymouth.gov.uk](mailto:paul.benting@plymouth.gov.uk)



# Carers Champions Contract

Carers Champions is part of Colebrook Housing Society and in September 2007 we were awarded a three year contract by Plymouth City Council to run a carers support service for adult carers living in Plymouth, this contract is due to expire in September 2010.

We are currently in discussions with Plymouth City Council to extend the service to enable us to continue to support carers, building on the work we have done over the past three years.

At the moment we are working with Plymouth City Council to ensure that the services we deliver continue to run in a way that most suits the needs of carers.

## Carers Champions

The service is nearing the end of its third year so we are taking this opportunity to look at what is working well and where changes can be made to ensure the services we deliver continue to run in a way that most suits the needs of carers, working closely with Plymouth City Council to decide what the priority services are. Services which have been developed as part of our contract and continue to be popular are:

**Outreach service** – This enables us to reach more carers in the City to let them know about the support services available to them.

**Drop-in service** – “Cosy Corner” is a drop-in service for carers at our premises in Woodland Terrace. A further drop-in service for carers and cared for people is at Wetherspoons in the city centre, this is proving very popular and we are now considering other venues.

**Emotional Support** – We offer emotional support to carers over the phone, face-to-face, at one of the drop-ins or when workers meet carers for floating support. We are aware that the demand for this sort of support is increasing; we are discussing with Plymouth City Council how we can maintain the levels of emotional support provided to carers.

**Carers Awareness Training** – The training is delivered to people who have contact with carers including Health and Social Care professionals and is designed to raise awareness of carers needs. The demand for this training has exceeded expectation so

we are working with Plymouth City Council to consider if and how we can develop this further.

**Carers Assessments** – Several carers have raised concerns about carers assessments. We have written to the Council and the matter is being discussed. We will update carers when we have more information.

**Benefits and Money/Debt – Support for Carers** – Many more carers are needing support with welfare benefits and money / debt advice. We are discussing this with partners across the city to identify how carers needs can be met. We will keep you informed.

As you can see, we are all working hard to make sure that the service we provide is of good quality and beneficial to carers. When carers needs cannot be met due to the demands being too great we report this to the funders as “unmet needs” and collectively we do our best to find a solution to develop and improve carers services in the future.

Mary Partridge, Social Inclusion Manager

## Carers Champions and Plymouth City Council Relief Fund

### Are you a carer? Do you need some financial assistance?

If so, you can apply to the Relief Fund which can give you up to £200.00 to help you in your caring role.

If you'd like to apply, please contact carers Champions on 01752 211348 or e mail us on [carers@colebrookhousing.co.uk](mailto:carers@colebrookhousing.co.uk).

Next issue out in November 2010

Deadline for articles 17 September 2010

**Disclaimer:** We reserve the right to select and edit articles submitted. The opinions expressed in this newsletter do not necessarily represent those of Carers Champions. Although we do our best to ensure information is accurate, we are not liable for any incorrect information or errors contained within.



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The Newsletter for Carers in Plymouth

Summer 2010