

# CARERS CHAMPIONS

## Newsletter



Hello!!

We hope you are all keeping well and looking forward to a happy and successful 2009!



Things are certainly changing here within the Carers Champions Team, as you can see from our new team photo (left) we have recruited 3 new staff, the office is very busy and our new team members are settling in well.

Our programme of events for carers is going from strength to strength, with many more events still to come, so read on for more details...

As always please get in touch to let us know your views on our newsletter and any other carer's issues.

We look forward to hearing from you –

*Carers Champions Support Team*



### **Carers Rights Day** “Making the most of your money”

**Fri 5<sup>th</sup> December 08 10.30am – 3.30pm**  
**Roma Room, New Continental Hotel,**  
**Millbay Road, Plymouth, Devon, PL1 3LD**

An opportunity to learn more about carers support services and meet the people involved in these as well as pick up lots of useful information – over a free hot cup of tea (or coffee) and mince pies!



Enter our free raffle for the chance to win £50 of Christmas Food Vouchers!!!

There will be representatives on hand to advise carers of their rights in areas of Health, Adult Social care, Employment and generally within the Law.

All carers and those you care for are welcome, the venue has a lift and is wheelchair accessible. Please let us know if you have any further support needs that we can help you with.

**Don't forget that lots of additional information for carers can be found on the Carers Champions website: [www.colebrookhousing.co.uk](http://www.colebrookhousing.co.uk)**

**You will also find a link to the Plymouth City Council website for information regarding carers assessments, carers services and further resources.**

#### **Also in this issue:**

- ❖ Dates for your Diary
- ❖ Plymouth City Council Initiatives
- ❖ Meet Our New Team!
- ❖ Carers Relief Fund
- ❖ Coping with the Credit Crunch

## ***Events/Training/Workshops - Dates for your Diary:***

### **'Cosy Corner' Drop In - 3 Woodland Terrace, Greenbank, PL4 8NL**

A warm welcome awaits you **every Wednesday** between **11am and 2pm** at our **'Cosy Corner' Drop In for carers** – some free parking is available on site.

Carers Champions staff will be around to offer advice and information – and perhaps put you in touch with relevant specialists e.g. our Welfare Benefits Advice Worker.

We have a comfortable lounge and garden where you can meet new friends, have a coffee whilst browsing the carer's resource library or surfing the net – or just relax!

Or perhaps you'd like to join a short workshop – dates for these can be found below:

Do **you** have a hobby, talent or interest you could share with other carers? **Please let us know!!**

Dec 08	2 <sup>nd</sup>	<b>Drawing Techniques</b> – Quaker House, Mutley Plain, 10am – 12pm
	5 <sup>th</sup>	<b>Carers Rights Day</b> - Roma Room, New Continental Hotel 10.30am-3.30pm
	8 <sup>th</sup>	<b>Trago Mills (Newton Abbot) Bus Trip</b> - 10am start, picking up from the viaduct
	10 <sup>th</sup>	<b>Carers Awareness Training</b> – Unit 31, HQ Building, 237 Union St, 9.30am – 1pm
	10 <sup>th</sup>	<b>Credit Union Meeting</b> – 3 Woodland Terrace, Greenbank, 12noon – 1pm
	11 <sup>th</sup>	<b>Christmas Lunch</b> – New Continental Hotel, 11am – 3.30pm
	16 <sup>th</sup>	<b>Trip to Totnes Christmas Market</b> , 5pm – 9pm
	17 <sup>th</sup>	<b>Last Cosy Corner Drop In before Christmas</b> – 11am -2pm
Jan 09	7 <sup>th</sup>	<b>Cosy Corner Drop In restarts</b> - 11am – 2pm every Wednesday
	12 <sup>th</sup>	<b>St John Ambulance Carers Support Programme PART 1 of 4</b> Unit 31, HQ Building, 237 Union Street, Stonehouse 10am – 1pm
	14 <sup>th</sup>	<b>Carers Awareness Training</b> – Unit 31, HQ Building, 237 Union St, 9.30am – 1pm
	19 <sup>th</sup>	<b>St John Ambulance Carers Support Programme PART 2 of 4</b> Unit 31, HQ Building, 237 Union Street, Stonehouse 10am – 1pm
	21 <sup>st</sup>	<b>Cosy Corner Drop In – 'Maratona Dles Dolomites' - Light lunch &amp; photos from Jackie Church's amazing cycle ride!</b>
	26 <sup>th</sup>	<b>St John Ambulance Carers Support Programme PART 3 of 4</b> Unit 31, HQ Building, 237 Union Street, Stonehouse 10am – 1pm
Feb 09	2 <sup>nd</sup>	<b>St John Ambulance Carers Support Programme PART 4 of 4</b> Unit 31, HQ Building, 237 Union Street, Stonehouse 10am – 1pm
	11 <sup>th</sup>	<b>Carers Awareness Training</b> – Unit 31, HQ Building, 237 Union St, 9.30am – 1pm
	25 <sup>th</sup>	<b>Cosy Corner Drop In – 'Complementary Therapies Tasters' &amp; Light lunch with Alison from the Barbican Therapy Centre.</b>
Mar 09	3 <sup>rd</sup>	<b>St John Ambulance Carers Support Programme PART 1 of 4</b> Harewood House, Ridgeway, Plympton, 10am – 1pm
	10 <sup>th</sup>	<b>St John Ambulance Carers Support Programme PART 2 of 4</b> Harewood House, Ridgeway, Plympton, 10am – 1pm
	11 <sup>th</sup>	<b>Carers Awareness Training</b> – Unit 31, HQ Building, 9.30am – 1pm
	17 <sup>th</sup>	<b>St John Ambulance Carers Support Programme PART 3 of 4</b> Harewood House, Ridgeway, Plympton, 10am – 1pm
	24 <sup>th</sup>	<b>St John Ambulance Carers Support Programme PART 4 of 4</b> Harewood House, Ridgeway, Plympton, 10am – 1pm
	25 <sup>th</sup>	<b>Cosy Corner Drop In – "A taste of Asia" Light lunch with Mrs Zehid</b>

#### ***Coming up in April 2009:***

**Wed 15<sup>th</sup> April - Carers Awareness Training** – Unit 31, HQ Building, 9.30am – 1pm

**Wed 22<sup>nd</sup> April - Drop In** – Light lunch and Scrap Booking with Rachel

## MEET THE NEW MEMBERS OF OUR TEAM!



I'm Fern, one of the new Carers Advice and Outreach workers at Carers Champions. It's been wonderful meeting all of the friendly faces involved with Carers Champions, it's going to be an enjoyable and rewarding place to work!



Hi, I'm Rachel, the new Carers Advice and Outreach support worker working with Plymouth Age Concern and Carers Champions. I have enjoyed being part of the new team and getting to know some of the carers in the Plymouth area and look forward to meeting and helping many more.



Hello everyone, I'm Kate and I have joined the Carers Champions team as an Administrator, you may well speak to me when you ring the office!! I am thoroughly enjoying my new position, the office is very busy and the team have made me feel very welcome.

## ST JOHN AMBULANCE - CARERS SUPPORT PROGRAMME



St John Ambulance Devon in collaboration with Carers Champions and Plymouth City Council are offering the opportunity for all carers to attend a **FREE four session course** aimed at providing practical skills and information.

The course includes not only some practical first aid skills, but also modules on stress management, medicines, safe moving and handling, preventing falls, coping with dementia – and more!

Suitable for all carers who look after relatives, friends or neighbours, the course is entirely free for those taking part. It runs over 4 morning sessions with a free lunch provided and will be held in a number of venues around the City so as many carers as possible can become involved.

*'A truly excellent course with plenty of time for discussion and questions, it made me feel valued as a Carer'*

The course starts at 10am and closes with lunch at 1.00pm and will be running at:

**Unit 31, HQ Building, 237 Union Street, Plymouth, PL1 3HQ**

**Monday 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> January and 2<sup>nd</sup> February 2009**

**Harewood House, Ridgeway, Plympton**

**Tuesday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup> March 2009**

**If you are interested in attending these courses, but are concerned about leaving the person you care for at home, you may be eligible for a sit-in service from the Carers Grant.**

**Please call Carers Champions on 01752 211348 for more details.**

For further information on the course or to book, please contact Emma Healey at St John Ambulance Devon by ringing 01392 822646 or email [emma.healey@devon.sja.org.uk](mailto:emma.healey@devon.sja.org.uk)



## New service coming soon from Plymouth City Council Emergency Out of Office Hours service for carers

Many carers worry about what will happen to the person they care for in the event of an emergency or if they suddenly become ill, and Plymouth City Council (PCC) have been working with partner agencies to ensure that even out of office hours, there is someone who can step in if problems arise.

Carers will soon be able to relax and enjoy better peace of mind, knowing that if they are unable to continue caring for whatever reason, they can call PCC and they will ensure there is an appropriately trained person at their door anywhere in Plymouth within an hour – even if this is needed out of office hours.

The scheme asks carers who have had a Carers Assessment to register with a partner agency to discuss the daily routine and care needed by the person you care for, and you can then be confident in knowing that if you make an emergency call to the service, they can get straight into action.

This new service will be starting in the New Year and PCC will be contacting carers who have had an assessment to ask if they would like to join in.

**If you would like to let us know your thoughts on any of the information on this page and how any of this may be of help to you please let us know and we will pass your comments on to Plymouth City Council**

### Did you know as a carer you could be entitled to a Direct Payment?

If you care for someone and have an assessment of your caring role you could be entitled to payments to help you either continue in that role or to simply give you some time off to relax and look after your own health and wellbeing.

Through use of Direct Payments we regularly enable carers to purchase items such as washing machines, mobile phones, even computers or driving lessons - anything which helps you manage and make the best use of your time in your caring role. We also fund some leisure activities so you can enjoy the time you do have for yourself – this could be membership of a gym, craft groups or even National Trust membership.

### The new Short Break Voucher Scheme is starting to be rolled out.....

The Short Breaks Voucher Scheme is a new initiative to give people more flexibility and control in taking short-term residential breaks, and will enable people to book a respite break with the provider of their choice, hopefully within their local area, at a time and date convenient to them.

In future, Care Managers completing assessments will be able to offer carers a number of vouchers (number to be decided together in response to what they require) and then all carers will need to do is decide which of the participating homes they would like to book with and when!

At the moment PCC is encouraging more homes to become involved in the scheme so carers will have as much choice as possible and there is a pilot trial in progress – however, PCC hope to have this rolled out across Plymouth in the next few weeks so we will keep you posted!

**If you think you could benefit from any of these or want to know more about Direct Payments for carers, please call 01752 668000 and ask for a carers assessment and we will take it from there!**

### Ask SARA – Online Self Assessment, Rapid Access

Ask SARA – will assist anyone who finds that they have difficulties with everyday tasks. By answering Ask Sara's questions about yourself and your environment, you will get advice on how to make your life easier, details of products that might help you and details of where you can obtain them.

[www.asksara.org.uk](http://www.asksara.org.uk)

## **Free Carers Awareness Training – monthly workshops for professionals!**

- ❖ Can you recognise when carers are experiencing difficulties in their caring role?
- ❖ Are you aware of the difficulties and issues that carers face on a daily basis?
- ❖ Do you know about carers services and where you can help carers find help?

**Wed: 10<sup>th</sup> Dec 2008, 14<sup>th</sup> Jan, 11<sup>th</sup> Feb, 11<sup>th</sup> Mar & 15<sup>th</sup> Apr 2009**

Workshops: **9.30am – 1.00pm** Venue: **Unit 31, HQ Building, Union St, Plymouth, PL1 3HQ**

Training is free but numbers are restricted. Parking is limited – car sharing is encouraged!!!

The workshops offer an opportunity to meet Carers Champions staff, Plymouth Adult Social Care staff and to directly hear first hand experiences from carers.

Participants will gain an insight into:

- Carers day to day issues and longer term difficulties
- Diversity
- The Law and Carers Assessments
- The work of the Carers Champions team, other voluntary agencies and local resources

## **Awards for All**

Since the last issue we have had great fun with numerous workshops including Art & Drawing, Jewellery, Felt Making and Designer Cards and enjoyed trips to Tavistock market and the National Aquarium.

Tim Cahn a carer who came along to one of the Art for Growth workshops said - *“Very relaxing, it takes your mind off your troubles for a while, very enjoyable”*



Sylvia Cahn

## **Art for Growth - Arts and Crafts Opportunities for Carers**

In collaboration with local artist, Marianne Sturtridge, Carers Champions started a series of arts and crafts sessions in June 2008 which are open to all carers, with the aim of offering an opportunity for carers to have fun and try out new activities.

### **Drawing techniques –**

learn to draw in 10 easy steps! Gain confidence in your talents and produce a portrait!

**Tues 2<sup>nd</sup> Dec 2008      10am -12pm      Quaker House, Mutley Plain, Plymouth**

## **Awards for All upcoming social outings...**

### **Bus trip to Trago Mills (Newton Abbot) – FREE – 8<sup>th</sup> Dec 08**

Lots of variety and bargains – perhaps you'll find just what you were looking for this Christmas! Leaving at 10.30 am and returning by 4.30pm

### **Trip to Totnes Christmas market - FREE – 16<sup>th</sup> Dec 08** - Leaving at 5pm, returning by 9pm

*Please note: Carers are welcome to bring along the person they care for - however, they should bear in mind that this is a popular event and the main street is steep – not one for the faint hearted!*

Carers may like to bring along the person they care for but please book early as places are limited for these trips

**To book for any of the events listed or tell us about some training that would be helpful to you please contact Carers Champions**

## Coping with the Credit Crunch

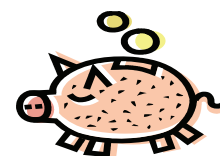


- **Looking for ways to cut your fuel bills?** For free advice on cutting costs and the best grants and discounts available for insulation and heating measures contact **Devon Warmzones** on **0800 512 012**
- **Don't worry about debt** – give us a call and come and chat to Mary our Welfare Benefits and Money Advice Worker
- **Relief fund** – details on page 7
- **Struggling with paying utility bills?** – some help may be available from Hardship Grants from your energy supplier
- **Free annual gas safety checks** and more benefits to priority customers – contact **Energy Watch** on **08459 060708**
- **Be energy efficient** – take action to cut costs and stay warm. Fit low energy light bulbs, switch off appliances like TVs, computers, stereos rather than leaving them on standby, run your washing machine on a low temperature cycle, fit draught proofing and insulate your loft. **All of these measures can save you hundreds of pounds each year!**
- **Shop smarter!** – ❖ buy supermarket own brands ❖ plan ahead for your weeks meals so that you don't buy more than you need or have to make more trips to the shops ❖ buying in bulk saves money ❖ buy gifts in the sales ❖ write down everything that you buy so that you can see whether you could make any savings

**Give us your best tips for saving money so that we can pass them on!**



**Have you thought about joining a CREDIT UNION?**



What a Credit Union can do for you:-

- **It's a place where you can save**
- **After saving, you can borrow at a good interest rate**
- **It's a good alternative to door step lending who charge HIGH Interest**

The "Service Point" (like a branch of the credit union) is run by Mary Partridge, Welfare Benefits and Money Advice Worker. Please ring on 01752 205210 for more information.

**The service point will be open for carers on Wednesday 10<sup>th</sup> December between 12-1pm at: 3 Woodland Terrace, Greenbank, Plymouth**

### **Feedback – We want to hear from YOU!**

Please give us any suggestions/feedback on this newsletter, what you liked and what you didn't. What would you like to see in future newsletters?

Do you have any suggestions on how to improve the service?

Are you interested in getting involved in the design, delivery and monitoring of this service? Please tell us what might help you to do so.

We would be happy to look at scheduling further training workshops for carers and would like to hear if you have any particular suggestions.

## **CARERS CHAMPIONS RELIEF FUND**

Carers Champions recognises that carers often have a low income and may experience financial difficulties. The Carers Champions Relief Fund is a limited pot of monies made available by Colebrook Housing Society and Plymouth City Council to help carers who are experiencing a personal financial emergency.

### **What is the Relief Fund criteria?**

- Applicants must be registered with Carers Champions
- Must have a financial need which cannot be met by statutory services i.e. health and adult social care **or** through use of other monies e.g. Social Fund, Direct Payments, special grants etc
- Carers must be willing to meet with a member of the Carers Champions team to complete an application and be prepared to verify details of their financial circumstances – all information will be held in confidence.

### **How much can I apply for from the Relief Fund?**

- Grants are not expected to exceed £200 - these are one off payments and carers cannot receive monies more than once during the lifetime of the fund.

### **What is the fund for?**

Monies from the fund can be used:

- To part pay towards or pay for works in a carers home e.g. essential repairs to toilets, decoration after improvement works or adaptations, fitting of security locks
- To purchase an essential piece of equipment e.g. mobile phone, bedding or part funding on essential items e.g. washing machine
- For help towards costs of a short break e.g. transport costs, accommodation
- Help towards payment of gas / electricity bills / heating
- To support a carer through costs incurred in returning to work e.g. delays in receiving first salary payment

**If you want to find out more about the CARERS CHAMPIONS RELIEF FUND and how to apply please get in touch with Adelle Culver on 01752 211348 or email [carers@colebrookhousing.co.uk](mailto:carers@colebrookhousing.co.uk) and we will be happy to have a chat!**

## **Progress report – Year 2 from September 2008**

- |  |   |
|--|---|
| ☺ We have found 86 new carers                                  | ☺ We are working with 5 carers groups to give practical/other support                 |
| ☺ We have given emotional support to 63 carers                 | ☺ We have carried out carers awareness training sessions to 5 groups of professionals |
| ☺ We have about 6 carers who have been involved in our service | ☺ We have given training to carers on 4 occasions                                     |

If you would like more information on our targets or would like to help us to monitor and deliver these targets LET US KNOW! We are happy to share information with any carer and full training and support will be provided.

## **PIPs (Plymouth Involvement and Participation Service) - A NEW SERVICE FOR PLYMOUTH**

PIPs is a new opportunity for anyone who cares for someone who uses mental health services or someone who uses or has used mental health services

PIPs will talk to people who have experience of mental health services about:

- How services can improve and their priorities for change
- How people are already involved in improving services.
- Whether they would like to be part of monitoring and improving services and what training and support they may need.

For more information, or to register your interest in getting involved in PIPs, please contact Vicky at: Tel: **01752 202407** email: **info@plymouth-link.co.uk**

"We are currently doing a survey of the views of mental health services from service users and carers. We have put together a short questionnaire asking for your ideas for improving services, how you can get involved in improving services and Care Program Approach. The results of this survey will form the priorities for PIPs to begin to work with. We would like to hear from carers of people with mental health needs about your views. If you would like to get involved in this survey, please let either Carers Champions know or contact Sue Casemore at 202407 or email [info@plymouth-link.co.uk](mailto:info@plymouth-link.co.uk) We look forward to hearing your views!"

### **Friends & Families of Special Children, Carers UK Plymouth Branch & the Workers Education Association (WEA)**

**FREE Activities & Courses starting Jan 2009 including:**

- ❖ **The Light at the End of the Tunnel, Personal Development** – 8 weeks  
9<sup>th</sup> Jan – 27<sup>th</sup> Feb, 10.30 – 1pm
- ❖ **Learn Computer Skills** - 7 weeks  
14<sup>th</sup> Jan – 25<sup>th</sup> Feb, 10 – 12pm
- ❖ **What is Easter & Springing Forward into Summer** – 7 weeks  
6<sup>th</sup> Mar – 24<sup>th</sup> Apr, 10.30 – 1pm
- ❖ **Digital Photography** - 7 weeks  
14<sup>th</sup> Mar – 10<sup>th</sup> Apr, 10 – 12pm
- ❖ **Experience History with the National Trust** – 5 weeks  
1<sup>st</sup> May – 29<sup>th</sup> May, 10.30am start

**To find out further information on all of these courses and to book your place(s):  
Tel 01752 204369  
Email: [info@friendsandfamilies.org.uk](mailto:info@friendsandfamilies.org.uk)**

### **Caring for Carers Support Service –**

for relatives and friends who give help and support to a relative or friend with a mental health problem

Services we provide:

- ❖ A monthly Support Group
- ❖ One to one support
- ❖ Information on request
- ❖ Telephone support
- ❖ A monthly newsletter

Please note this service is for you. You may feel that you do not need personal support right now, but may feel it beneficial to receive our newsletter each month which includes various information that may be of interest to you as a carer.

For further details contact: **Pam Pinder**, (Carer STR Worker), Assertive Outreach Services  
Tel: **07887 711834**

Email: [pamela.pinder@plymouth.nhs.uk](mailto:pamela.pinder@plymouth.nhs.uk)

[www.pamshouse.pwp.blueyonder.co.uk](http://www.pamshouse.pwp.blueyonder.co.uk)

Cultural Calendar 2008/2009				
December	8	Muslim – Hajj	22	Jewish – Hanukkah
		Christian – Feast of the Immaculate Conception	24	Christian – Christmas Eve
	11	Muslim – Eid –Ul-Adha	25	Christian – Christmas Day
	13	Christian – St Lucy's Day	26	Christian – Boxing Day & St Stephen's Day
21	Pagan – Winter Solstice –Yule	29	Muslim – Al-Hijira	
January	1	Shinto - Oshogatsu – Shinto New Year	14	Hindu – Makar Sankrant
		Christian – Festival of St Basil the Great	18	Multifaith - World Religion Day
	5	Sikh - Birthday of Guru Gobind Singh	26	Chinese New Year
	6	Christian – Epiphany	27	Buddhist – Losar
	7	Muslim – Ashura	31	Hindu – Vasant Panchami
February	2	Christian – Candlemas	14	Christian – St Valentine's Day
3	Pagan - Imbolc	23	Hindu - Mahashivratri	
8	Shinto - Rissun	24	Christian – Shrove Tuesday	
9	Buddhist – Parinirvana – Nirvana Day	25	Christian – Ash Wednesday	
11	Jewish – Tu B'Shevat			
	11	Christian – Our Lady of Lourdes		

### Accessible Travel

Accessible Travel & Leisure is dedicated to making it possible for the less mobile to enjoy holidays that they, their families and friends have always dreamed of.

Nick & Sue Mcfarlane became the local franchisees for the Plymouth, West & North Devon area in 2008, and offer the advantage of meeting customers personally to discuss their holiday needs. As Nick is a wheelchair user himself, they understand the problems that getting away involves.

Holiday opportunities range from hotels and villas across the UK and Europe to tours in Egypt and Southern Africa. There are also a number of cruises available with major cruise lines, so there are plenty of options if flying isn't your preference.

To obtain your copy of the **2009 brochure** or to discuss your holiday needs in more detail, please call **0845 680 1034** or e-mail **suem@accessibletravel.co.uk** or write to Nick and Sue at 69 Plymbridge Road, Glenholt, Plymouth, PL6 7LB.

### Support Group for multi-lingual families

Plymstock Children's Centre is hosting the first meeting of Plymouth Multilingual Families group, which provides support for parents and children from multilingual families.

The group provides a great chance to chat to other families over a coffee, who face the same issues that you may be experiencing, whilst the kids enjoy a play session.

Plymstock Children's Centre is located at Dunstone Primary School, Shortwood Crescent, Plymstock.

For more information contact: **multilingualgroup@blueyonder.co.uk** or phone **01752 403501**.

#### Christmas Office Hours:

Carers Champions are open every day over Christmas **except for the 25<sup>th</sup> and 26<sup>th</sup> December** and the **1<sup>st</sup> January 2009**

### **Regular Support Group at River View**

Just a note to let you all know that there is a regular support group at Plymouth Age Concern's River View Centre, meeting 1.30pm – 3.30pm every last Thursday of each month.

For further information, please contact Denise Gregson on **01752 253974** River View Centre is located at Astor Drive, Mount Gould, Plymouth PL4 9RD.

### **Can you help us develop and deliver Carers Champions services?**

As a carer, we know you have a valuable insight and a rich tool bag of skills which can be of help to us – and to other carers who may be struggling through a difficult time. As a carer led service, Carers Champions offers a variety of volunteering opportunities in many aspects of the service and, if you can spare the time, we would welcome your input and help!

There are lots of ways you can help e.g. help out at social events, help run Drop In sessions, help us raise public awareness and find new carers at our outreach surgeries, come and share your experiences with professionals ....

All volunteer expenses will be reimbursed and you will be offered ongoing support and training opportunities.

**If you would like to come along and have a chat about volunteer opportunities, please call Adelle at Carers Champions**

### **RADAR KEYS!!**

The **National RADAR Key Scheme** offers independent access for disabled people to around 7,000 locked public toilets around the country. Carers Champions have purchased 50 **RADAR Keys** and these are available to carers at a reduced cost of £2. (normal price £3.50 plus VAT).

If you would like to purchase a RADAR key, please contact Carers Champions on **01752 211348**.

### **DEVON LAW CENTRE – FREE EXPERT ADVICE AND REPRESENTATION**

Do you feel you are being discriminated against?

Whatever your age, gender, sexual orientation, disability, race, religion or belief, you should not be put at a disadvantage and treated unfairly because of it.

Find out your rights and get free expert advice and representation by contacting Devon Law Centre **01752 519794** or e-mail **information@devonlawcentre.org.uk** or write to 3 Elizabeth Court, Wimple Street, Plymouth, PL1 2DH.

**If you would like receive this information in a different format e.g. large print, Braille, audio or in a different language please contact us**

**Thanks to all carers who have been and who are involved in the Carers Champions Service**

***Next issue out March 2009 – deadline for articles February 2<sup>nd</sup> 2009***

**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.