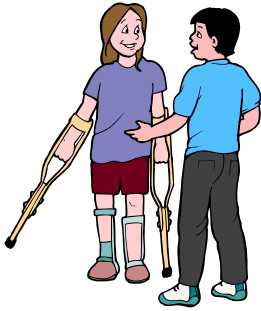


Newsletter

February 2008



Carers
Champions



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You will all be pleased to hear the service is progressing well and we are on target to deliver everything we said we would!!

- ☺ **We have found 228 new carers**
- ☺ **We are working with 8 carers groups to give practical/other support**
- ☺ **We have given emotional support to 38 carers**
- ☺ **We have carried out carers awareness training sessions to 7 groups of professionals**
- ☺ **We have about 18 carers who have been involved in our service**
- ☺ **We have given training to carers on 2 occasions**
- ☺ **We are in the process of getting one new service off the ground for carers.**

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.

Thanks to all carers who have and will be involved in the service. Please read through and don't forget to give us feedback on the newsletter and your suggestions.

What's Been Happening



Carers Christmas Carols

A group of our carers enjoyed the wonderful Carers Christmas Carol Service at Truro Cathedral in December. The service was devoted to all carers and was officiated by Bishop Bill. As part of the very moving ceremony two carers, Linda Wright and Linda Culpin were invited to light candles at the altar

to celebrate all carers in Plymouth. One of the carols was sung to a traditional Cornish tune and as the folks from Plymouth didn't know it, Lesley took full opportunity to show how it should be done. Some of the carers spent the morning enjoying a little Christmas retail therapy before joining the service. We would like to thank Bishop Bill, the Chapter of Truro Cathedral, Monica Thomas and all at the Cornwall Carers Projects and carers for their warm hospitality.

Carers Christmas Party



Carers enjoyed some much needed 'me time' when they attended a special Christmas party, they enjoyed festive food, dancing, music provided by Colin Cotton and even a witty monologue from Meg Wild of Plymouth & District Soroptimist. The party was paid for thanks to a donation by Plymouth & District Soroptimist International. Soroptimist president Joan Watkins has chosen Carers

Champions as one of her two charities this year, and the funds also funded the trip to Truro Cathedral.



Carers Rights Day



From Left to right – Dorothy Burrows (carer) Joan Watkins (Plymouth Soroptimists) Lesley Gross (Carers Champions) John McKenna (Carers Champions) Rose Gavin (Carer)

Carers Champions spent the day at Derriford Hospital giving out information and making contact with carers who were previously unaware of the service. A&E staff nurse Ali Davey arranged for Carers Champions coordinator Lesley Gross to meet hospital managers to discuss issues such as identifying carers. Workshops are now likely to be set up to build on this work and raise further awareness about carers.



Plymouth Age Concern hosted a “Warm as Toast” day last November. Local organisations were invited along as exhibitors, including Devon Energy Efficiency Advice Centre, Hearing & Sight Centre, Oakhouse Foods, Public Health Development Unit, Stroke Association and the Falls Prevention Team. Central to the event was the testing of electric blankets, with 180 being tested, 120 replaced and 82% condemned.



Senior Voice Services attended the Active Independent Living Exhibition, organized by Devon Disability Forum, on 15th January 2008 at Plymouth Pavillions. Aimed primarily at people who were blind, partially sighted, deaf, hard of hearing or who had a physical disability, the event was to promote healthy and active, independent living and included information stands, workshops and performances.

Plymouth Age Concern now has a ‘Silver Surfer’ computer suite at Elspeth Sitters House, Hoegate Street. Anyone over 50 who wishes to gain a basic knowledge of the internet, emailing etc, is welcome to book a session by telephoning 01752 665424



Events Coming Up

Another important event in Senior Voices calendar is the **Plymouth Woman's Health Fair** which is being held on **Thursday 6th March 2008** in the Guildhall from 10.00am until 4.00pm. This is a **women only** event and is open to all ages. Stalls include, craft stalls along with body pampering goods, bra measuring service, crystal healer, massage, entertainment and much more.



Plymouth Age Concerns 56th annual Skilled Hands art & craft exhibition is being held in the Lower Guildhall week commencing **23rd June 2008**. This year's theme is "My Favourite Garden" and anyone over 50 is welcome to enter. For full details of how to enter, together with a full list of the various classes, telephone Chris Newman on 01752 256020 (Monday to Friday, 9.00am – 4.30pm).

Training For Carers

The Expert Patients Programme at Plymouth Guild is offering a free course called **Looking After Me** for adults who care for someone living with a long-term health condition or disability. As its name implies, the course is about you making time to look after your own health needs. It aims to help you to take more control of your situation and make a difference to your life.

The course looks at:

Relaxation techniques, dealing with tiredness, exercise, healthy eating, coping with depression, communicating with family, friends and professionals, planning for the future.



Who can take part?

Any adult who has any long-term health condition themselves and who gives help to a relative or friend who is ill, disabled, elderly or in need of emotional support (in other words,

they are a carer) **or** any adult who is a carer **and** whose health is affected by this (back injury, stress-related illnesses, psychological ill-health, for example).

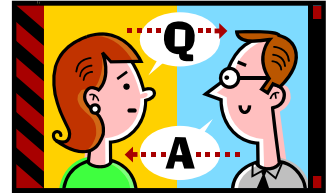
Practicalities

Looking after Me is led by trained tutors who themselves have experience of caring for a relative. The course is run over six weekly 2½ half hour sessions.

How can it help you?

By taking part in a **Looking After Me** course, you will:

- learn new skills to help you to cope with your caring situation
- develop the confidence to take more control of your life
- meet with others who share similar experiences



Start date: Thursday 20 March 2008 (27 March, 3,10,17,24 April 2008)

Time: 2.00pm-4.30pm

Venue: Health Education Room, Mount Gould Local Care Centre,
200 Mount Gould Road, Plymouth, Devon, PL4 7PY

For more details and registration contact: Jan White, Expert Patients Programme Co-ordinator 01752 201766. Plymouth Guild, Ernest English House, Buckwell Street, Plymouth, PL1 2DA



Carers Drop Ins

You will all be aware that we have been running Drop Ins across the city and, as we said in our last newsletter, many are poorly attended. We have had no comments from carers about the Drop Ins from the last newsletter so we will be reviewing these in the next month. This will mean changes and that some of the Drop Ins may not continue to run, however, we will be looking at other ways we can support carers in the community. If any carer would like to speak to us about this, give us a call at the Carers Champions Office.



CARERS UK

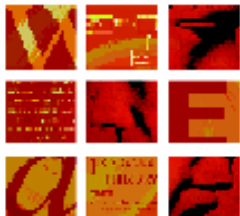
the voice of carers

ARTS & CRAFTS FOR CARERS

**Wednesdays 12, 19, 26th March
2, 23, 30th April & 7th May 2008
(7 sessions)**

10.00am - 12.00pm

WEA



Learning for Life

**Virginia House Centre
Palace Street, Bretonside**

Tutor: Glyn White

To book a place on course telephone
Kay O'Shaughnessy on 07989344467 or
e-mail: koshaughnessy@blueyonder.co.uk

(Places to be booked for whole course not individual sessions)

Registered Charity No. 1112775

Carers News Flash

Have you had a Carers Assessment?
Did you receive a PCC Carers Card?

If you answered **YES** to these questions, YOU could receive **FREE** access (for a limited period) to Central Park Leisure Pools and Plympton Swimming Pool when you produce your PCC Carers card which is issued to carers as an outcome of receiving a Carers Assessment.



Did you answer **NO** to the above questions?

Carers Assessments:- A Carers Assessment is your opportunity to tell Social Services about the things that could make caring easier for you.

Some things you may want to think about:

- Do you get enough sleep?
- Is your health affected in other ways?
- Are you able to get out and about?
- Do you get any time for yourself?
- Are your other relationships affected?
- Do you want information about benefits?
- Are you worried you may have to give up work?
- Is the person you care for getting enough help?

To work out what services would be helpful in your situation, social services need to discuss:

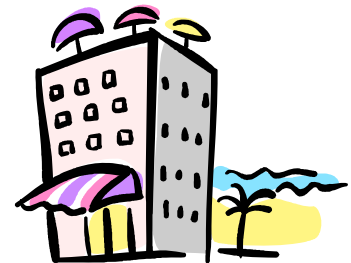
- The help the person you care for needs
- The help you are giving at the moment
- The services your council may provide.

To request a Carers Assessment contact Plymouth Social Services on Tel: 668000 or e-mail: carer.services.team@plymouth.gov.uk

Accessible Holidays for Carers – Watch this space!!

We have met with a group of carers of people with a physical disability who get together regularly in St Budeaux library. This group have asked us to help them create a resource for carers on holidays which are accessible for people with physical disabilities.

We are currently getting a form together for carers and the person they care for to record their holiday experiences, and we are researching places to go that cater for people with a physical disability – for example, which have wet rooms, hoists, electric beds etc. This group also want to approach well known hotel chains to see if they can improve access for carers and cared for. In our next newsletter we will be asking for your experiences, so keep your eyes peeled!



If you are a carer for someone who has a physical disability and think you may want to get involved in this group, contact Brigid McFadden on 01752 305587.

Oakhouse Foods bring tasty meals direct to your door



The shopping, preparation and cooking of a tasty and nutritious meal, day-in day-out, is for some a little tedious and for those with mobility difficulties, almost impossible.

Imagine the luxury of selecting your weeks meal requirements from a 60 page full colour menu, placing your order by a simple local phone call and then having it delivered direct to your door by a friendly driver who will even pack it away for you.

For many people, this dream has long been reality, as for the past eight years Oakhouse Foods have been providing a weekly delivery of their superb range of frozen foods throughout Devon.

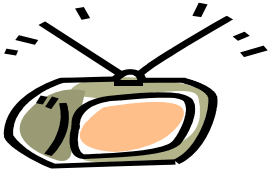
Offering a huge variety of complete meals, from traditional favourites like Roast Beef and Yorkshire Pud or Cottage Pie, through to the new ‘Chef’s Choice Meals’ featuring such delights as Salmon Platter and Chicken in a Mushroom Sauce. All meals are simply reheated in minutes in an oven or microwave. “Our policy of ‘no minimum order’ and ‘free delivery’ means customers can choose exactly the amount to suit their needs” said owner Simon Boulter.

With over fifty hot and cold desserts to tempt, those with a sweet tooth are also well catered for.

The service also now includes a huge range of essential everyday groceries, delivered along with the frozen meals. As a family run business, Oakhouse Foods strive to offer the very best in quality food, old-fashioned reliable service and value for money.



Please see leaflet enclosed with this newsletter. If you would like a free colour brochure or further information, simply telephone, free on 0800 074 6075 or write to Oakhouse Foods, Pitts Cleave, Tavistock, PL19 0PW.



Digital TV switchover will be happening in the Southwest in 2009. When converting to digital, you can either buy a digital box which plugs into the back of your TV or take the opportunity to buy a new digital TV. The Digital Switchover Help Scheme will be available for those who need it most. You are eligible for the scheme if you:

- Are aged 75 years and over, or
- Receive attendance allowance, constant attendance allowance, mobility supplement or disability living allowance, or
- Are registered blind or partially sighted

You will be sent more information in advance of the switchover, but for general information and help, call 08456 50 50 50 or 0845 766 9999 for information on audio description or 0845 234 0388 for large print or Braille

Benefits and Money Advice

Benefits and Community Care Advice for people over pension age and their carers

We are letting you know about our ongoing benefits and community care take up and advice project which started in Plymouth and other parts of Devon in October 2006. It is aimed at any clients over 60 or their carers regardless of their financial means and we are re-launching it after staff changes.

We run the service through:

- appointments in our Plymouth Office and other agencies
- home visits are now available in Plymouth and across Devon
- outreach sessions
- telephone advice



We help clients with all benefit claim completion, benefits checks, requesting assessments for community care, appeals representation or representations to local authorities if help is needed to gain appropriate community care services or funding.

If you know someone who may benefit from the service such as clients who need a home visit or if you have clients you are unable to see within set timescales please refer them to us. If you think an outreach session may be appropriate in your agency or area then also please get in touch.

Stuart Toll, Welfare Rights Caseworker - Devon Law Centre, 3 Elizabeth Court, Whimble Street, Plymouth PL1 2DH

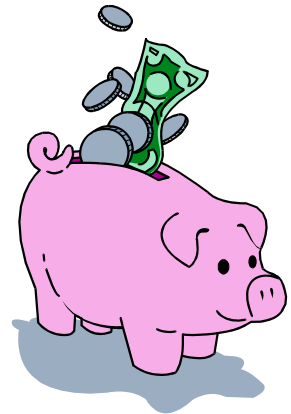
Tel - 01752 519794

Fax - 01752 519795

e-mail - stuart@devonlawcentre.org.uk

In our next newsletter we will be telling you about some pots of money available to carers which you may not know about. We are meeting with a group of carers who have knowledge of some money available to carers and will report back in the next edition.

Credit Union



What is Credit Union?

Credit Union is a local savings and loans organisation. It runs through “service points”.

WHERE Colebrook Housing Society has a Credit Union service point at 3 Woodland Terrace

WHEN Ring Mary on **205210** to find out

HOW To join the Credit Union:

- Fill in an application form
- Pay £2.00 (at least). £1 joining fee plus £1 to start saving
- Bring 2 types of identification – such as a passport or driving licence, a bill (e.g. gas, phone etc)

WHY A credit Union lets you save as little as £1 a week. Once you have been saving regularly for a while, you can take out a loan.

Credit Unions are a good alternative to ‘Doorstep Lenders’. Doorstep Lenders tend to charge HUGE interest on loans.

You can save, for example, for a holiday, to maintain a car, for Christmas.

To get your money out, you have to give the Credit Union some notice. This may help if you find it too easy to spend all your money and regret it later!!

Each year a percentage of the money made by the Credit Union is shared out among the members, so you may have a bit extra added to your savings!

Insurance is included in the service given by the Credit Union. You do not have to pay anything extra.

Cultural Celebrations and Events

Just an insight into some of the celebrations for many people over the next few months – (not all of them by any means!)

Thursday 6th March Mahashivratri - Hindu

Every night of the new moon is dedicated to Shiva but this one is particularly important. It is the night on which Shiva is said to perform the cosmic dance from creation to destruction. Many Hindus fast, All-night prayers focus on Shiva and his shrines and statues. Milk is poured on his symbol, the lingam.



Sunday 16th March Palm Sunday - Christian



The sixth and last Sunday of Lent. In many churches, during Palm Sunday services, large palm branches are carried in processions. In Anglican and Roman Catholic churches, members of the congregation hold small crosses made of palm leaf, both to remember the palm leaves which the people of Jerusalem waved when Jesus arrived, and to remember the cross on which he died. The crosses are burned at the start of Lent the next year to provide the ash for Ash Wednesday.

Thursday 20th March Spring Equinox – Pagan

Now night and day stand equal. The Sun grows in power and the land begins to bloom. By spring Equinox, the powers of the gathering year are equal to the darkness of winter and death. For many Pagans; the youthful God with his hunting call leads the way in dance and celebration. Others decide this time Wo Eostre the Anglo-Saxon Goddess of fertility.

Friday 21st March Holi - Hindu



A spring festival lasting one to five days. Bonfires are lit and coloured powders and dyes are thrown over people. Many of the customs associated with Holi indicate its fertility origins. The throwing of coloured dyes is linked with Krishna and his antics with the gopis or milkmaids. Another story associated with Holi is that of Prahlada and Holika. Phahlada worshipped Vishnu in defiance of his father, King Hiranyakashipu. Prahlada survived when his aunt, Holika supposedly immune to fire, held him while she sat on a bonfire.

Friday 21st March Purim - Jewish

Celebrates the saving of the Jewish Community of Persia, which is retold in the Book of Esther (the Megilah). This is read twice in the synagogue. The name of Haman is drowned out with rattles and hooters by the congregation whenever it is read. Many people come in fancy dress.

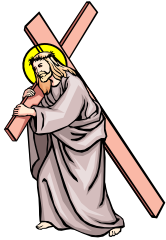


Hamantashen (cakes filled with poppy seeds). Literally "Haman's pockets", are made and eaten at that time.

Friday 21st March Jamshedi Noruz -Zoroastrian

Zoroastrian New Year's Day in the Fasli calendar and the Qadimi calendar. Noruz is the seventh obligatory feast and it is dedicated to fire. It is the Zoroastrian New Year celebration, and occurs on the spring equinox. Noruz is so deeply embedded in Iranian culture that it is still celebrated as the Iranian New Year in Islamic Iran, although without the religious connotations. Many fires are lit and there is feasting and celebrations. In modern times fireworks have also become part of the festivities.

Friday 21st March Good Friday - Christian



The most important events in Christianity are the death and later resurrection of Jesus Christ, who Christians believe is the Son of God, and whose life and teachings are the foundation of Christianity. Good Friday is the Friday before Easter. It commemorates the execution of Jesus by crucifixion. Good Friday is a day of mourning in church. During special Good Friday services Christians meditate on Jesus' suffering and death on the cross, and what this means for their faith.

Saturday 22nd March Memorial of Christ's Death - Jehovah's Witnesses

The most important religious event of the year for Jehovah's Witnesses is the commemoration of the Memorial of Christ's Death, which takes place on the anniversary of the Last Supper, calculated according to the lunar calendar in use in Christ's time. They believe that this is the only observance commanded by Christ. Witnesses do not celebrate Christmas or Easter because they believe that these festivals are based on (or massively contaminated by) pagan customs and religions. They point out that Jesus did not ask his followers to mark his birthday.

Saturday 22nd March Hola Mohalla (Lunar Calendar) -Sikh

Hola Mohalla is three day festival of military exercises and mock battles, together with religious discussions and devotional music, at Anandpur Sahib on the day after Holi.



Sunday 23rd March Easter Sunday - Christian

Christians celebrate the Resurrection of Jesus Christ - his return from death after the Crucifixion. Most years Orthodox Christians celebrate Easter on a different date. Easter commemorates the resurrection of Jesus Christ. It is the most important Christian festival, and the one celebrated with the greatest joy. Churches are filled with flowers, and there are special hymns and songs.

But not all Easter customs are Christian; some, such as the Easter Bunny, are Pagan in origin.

Tuesday 8th April -Vesak - Buddha's Birth (Buddhist)

Informally Buddhas Birthday – The most Holy time in the Buddhist Calendar. A public holiday in many Asian countries, On Vesak Day, Buddhists all over the world commemorate events of significance to Buddhists of all traditions.



Monday 14th April - Sinhala and Tamil New Year (Sri Lanka)

When the sun moves from the *Meena Rashiya* (House of Pisces) to the *Mesha Rashiya* (House of Aries) in the celestial sphere; Sri Lankans begin celebrating their New Year. Sri Lankan New Year begins at a time determined by astrological signs. Also unlike western traditions; the ending of the *old year*, and the beginning of the *new year* occur several hours apart from one another!



Saturday 19th April – Passover begins at sundown (Jewish)

Passover commemorates the Exodus, the liberation of the Israelites from Egyptian slavery. Passover marks the "birth" of the Children of Israel who become the Jewish nation, as the Jews' ancestors were freed from being slaves of Pharaoh and allowed to become followers of God instead.

Wednesday 23rd April – St Georges Day - Christian

Most countries who observe St. George's Day celebrate it on [23 April](#), the traditionally accepted date of Saint George's death in 303.

Sunday 27th April - Easter (Orthodox) or Pascha

Easter, Pascha, or Resurrection Day, is the most important religious feast in the Christian Liturgical Year. It celebrates the resurrection of Jesus, which Christians believe occurred on the third day after his crucifixion some time in the period AD 27 to 33.



Sunday 18th May - Israel's Independence Day (Yom Ha'Atzma'Ut)

Commemorates the declaration of independence of Israel in 1948. An official ceremony is held every year on Mount Herzl on the eve of *Yom Ha'atzmaut*. The ceremony includes a speech by the speaker of the Knesset (the Israeli Parliament), a dramatic presentation, a ritual march of soldiers carrying the Flag of Israel, forming elaborate structures and the lighting of twelve beacons (one for each of the Tribes of Israel). Every year a dozen Israeli citizens, who made a significant contribution in a selected area, are invited to light the beacons.

How You Can Get Involved

Training Professionals in Carers Needs

Carers Champions has now run 4 sessions for health and social care workers to increase the awareness of the potential needs of carers they may come in contact with. We hope that this training improves the way people work with carers and we have had a really positive

response from everyone who has taken the course and the carers who have helped us deliver it.



The most popular part of the course is hearing from a carer about their experiences and what they need from the professionals that come into their home – anything from ‘always be on time as this upsets the routine’ to ‘don’t use medical jargon’.

We have had several carers involved in this training but we appreciate that coming into a room full of professionals and speaking can be daunting for many people. We want to be flexible to include as many carers as possible who are interested and could include carers by

- 👉 Recording an interview on cassette about a carers experiences to play at the training
- 👉 Recording a video interview of a carer about their experiences to play at the training

If you have other ideas we would like to hear them!

If you would like to be part of training in some way then we want to hear from you, so please contact Vicky at Carers Champions or respond on the suggestions sheet and post it back to us.

Do's ✓ and Don'ts ✗

As part of the training we go through a list of do's and don'ts that carers who have been involved in the course put together. This is shown below...

Top Tips for working with carers

- **Do not assume you know everything. Carers live and breathe their situations. They may not know the medical jargon, but they know the person they care for and their symptoms.**
- **Be on time and if you can't – CALL. Carers are busy looking after the people you visit, for many it's a 24/7 commitment, and appointments disrupt their routines.**
- **Some of the information you need from us is intrusive. You would not want to tell us the intimate details of your lives, but you need to know ours. Remember that different people are sensitive to different issues.**
- **Carers are often affected more by the situation than those they care for, be sensitive to how carers are affected.**
- **Carers cope with overwhelming feelings of guilt about asking for help, getting help and doing things that are not related to the person they care for.**



All carers are different so if you have anything to add to this list then please let us know so that your ideas can go on to help professionals become more sensitive to carers.

Volunteers

We have had lots of enquiries from carers and others about volunteering with Carers Champions.

We also have carers who are involved with our service and help us with –



- **training professionals**
- **monitoring the service**
- **giving us feedback on the information we produce**
- **recruitment**
- **standing with us at events to help support new carers**

We want to recognise the contribution of these carers and we will be working with Colebrook's volunteering scheme to ensure these carers get the support they are entitled to. Volunteers can have help with out of pocket expenses, such as travel, and training to help them stay involved.

We would also like to explore other ways of using volunteers in the service and have had the following ideas –

- ☺ To support carers to take up opportunities in the community, attend drop ins etc where they may not feel confident to do this on their own
- ☺ To help with certain Carers Champions tasks such as getting the newsletter ready

We would like to know carers ideas for volunteering, are any carers interested in becoming volunteers and what your skills and interests are. We would like more carers to become involved in our service. If you are interested in volunteering or would like to know more please contact us or fill in the suggestions form attached and we will be in touch.

We are constantly looking for ways carers can work with us and want to hear from you about your interests –

- Do you want to shape local services?
- Do you want to help shape our service?

We also want to know what would make it easy/attractive for you to get involved? –

- Could we consult with you by phone?
- Could we support you to attend local meetings to give your views on services?
- Could we get your views by visiting?



We are looking for more carers to be part of the group that monitors and develops Carers Champions. We could help you to do this by –

- Supporting you to come to the quarterly meetings or
- Getting together with you in between meetings to get your ideas/feedback or
- Sending you information so you can comment

We will be flexible! If you are keen then let us know and we can explore some options with you.

We welcome carers input into your newsletters. If you have any information you would like to share with other carers or even your thoughts on being a carer, we would love to hear from you

Newsletter dates for 2008

Deadline for articles	Date of posting
May 5th	May 19 th
August 1st	August 15 th
November 3rd	November 17th

Carers Can Have Their Say!

... in ... Health and Social Care Services!

On the 11th of March at the Mountbatten Centre there is an opportunity for carers to have your say about services they have encountered and give your opinions of how services should be for the future. It doesn't matter which services you have had experience of.

The details of the morning planned are –

- 09.00 – register
- 09.30 – Chief Executive gives a talk
- 09.45 – A short talk about services currently
- Get into groups to talk about current views of services
- 11.00 – stop for some refreshments
- Get back into groups to talk about what's needed for future services
- 12.20 – Feedback from groups
- 1pm – lunch and finish



We have spoken to them and we can assure carers that -

- ☺ **If you would like to go, you can arrive at a time that fits around your caring and that you will be met by someone who will help you to begin to get involved.**
- ☺ **We have reserved two places for carers**
- ☺ **If needed one of our team can support you to attend.**
- ☺ **Your travel will be reimbursed**
- ☺ **Information can be produced for you in a format that suits your needs.**

... in ... Learning Disability Services!

Join other Family Carers in responding to the department of Health's recent review of the progress of learning disability services set down in '*Valuing People*'.

'*Valuing People*' has been the main national strategy for people with learning disabilities since its publication in 2001.

'*Valuing People Now*' is a draft document that sets out the priorities for learning disability services for the next 3 years.

We would like to discuss the main priorities in '*Valuing People Now*' and record your comments to send to the Department of Health, who are requesting your thoughts and feedback.

We are meeting at the **Guildhall**, next to St Andrews Church on **Friday 7th March 11am - 2pm**, refreshments and a light lunch will be available, the car park in front of the Guildhall will also be available. I do hope you can join us as this is an opportunity for you to have your say and be part of this important consultative process, please call the Plymouth City Council Carers Service, **01752 305587** to confirm your attendance.

Support Groups and Support

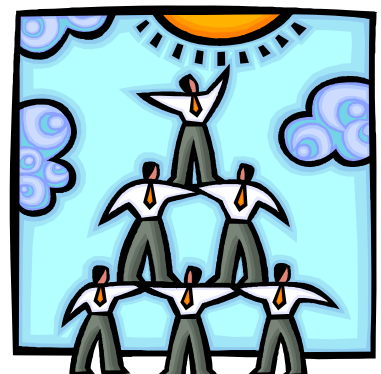
Carers Champions – 01752 211348

Carers Champions – Plymouth Age Concern – 01752 318037

Social Services out of Hours Team – 01752 346984

Social Services General Contact (to request a carers assessment) – **01752 668000**

Simply Counselling (counselling for carers) – **01752 605504**



DIAC – 01752 201065 Disability Information and Advice Centre can advise on a range of issues including Welfare Benefits, Community Care, funding, equipment, employment and mobility.

Victim Support – 0845 676 10 20

Warm Front – 0800 316 6011 Are you aged 60 or over? Do you own your home or rent it from a private landlord? Are you without a heating system? Has your heating system broken down? **Don't go cold this winter**, you could qualify for a Warm Front grant or heating rebate.

Caring for carers Support Group (support to carers of people with mental health issues) – **07887711834**

Families count too – (Local support for family & friends affected by drug and alcohol misuse) – **07708238566**

Alzheimer's Society - local helpline and free legal advice between 2pm and 4.30pm from a solicitor for any issues such as power of attorney etc on **0207 3060801**. Drop-ins run at Plympton, Plymstock and Plymouth Guild. For more information contact Pauline Rooks on Plymouth **255399**

Calling all carers groups!

Did you know that Carers Champions can support your group in a variety of different ways. We can –

1. Offer administration support to help you arrange your meetings, type and send out agendas and information etc.
2. Give you a place to meet at one of our drop in venues
3. Arrange for someone to come and talk to your group about our service or other things important to carers
4. Help you to raise money for your group
5. Advertise your group and services via our newsletters to carers and at local events
6. Help you with a one of piece of work or on a longer term basis
7. Be flexible about the support you need.



We know there are many groups out there who work with and support carers and we want to know what we can do for you. There is no cost to your group. We have the funding and availability to support your group so please contact us to see how we might be of help.

Outreach support for carers

If you don't already know, Carers Champions can provide outreach to carers who are in crisis or need of support. Our outreach workers can meet with carers in their own homes or at convenient venues to support carers when they most need it for a limited period of time. So far outreach has been mostly used by new carers who have found our



service and we want to make sure **all** carers on our records are aware of this opportunity. If you are going through a difficult time and need some extra support and advice to help you to cope, please give us a call and we can arrange for John or Bev to meet you.

New carers groups

Do you live in Leigham or Southway?

We have noticed from our database that we have many carers in the **Leigham** and **Southway** areas of Plymouth. It has been mentioned before by carers so we would like to ask carers again whether they would like a Drop In for carers or carers support group to be set up in these areas.

If you might be interested in either of these or know of a community meeting place which is easy to get to, which we might be able to use for a group, please let us know by sending back the suggestions sheet with your comments on..

Men's Carers Group

We have heard from some carers and professionals that carers support group for men might be well received. John our Outreach Worker could get this off the ground if some male carers are interested. If you would like to attend a male only carers support group or Drop In, please let us know on the suggestions sheet and send this back to us. Don't forget to tell us where you would like it to be held.

When Caring Comes to an End

It is a really difficult time when a carer ceases to become a carer because the person they are caring for either passes away or needs full time residential or nursing care. This can leave a huge void in a carers life. If you think there needs to be something in place especially for these carers, please let us know. Whether this is a support group or workshops on dealing with this transition, we want to hear from you so we can meet this need. We could work with other services, like Simply Counselling, to put together some support for carers at this time. If you would like to get involved in helping us set something up we would welcome your input.

Don't forget to tell us if we are not providing
the support that you need!

Just a reminder about how to find us

There is currently no parking on our own site but we have 4 parking spaces available for use at the rear of 2 Woodland Terrace (see map below). Please also see the map for on-road parking options close by. For the future we are looking at planning permission to develop some parking on our own land.

To Mutley Plain

To Cattedown Roundabout

There is free parking along this road except between 10am–11am.

There are 4 parking spaces here. Turn into Greenbank Terrace and take the first service lane on the right immediately after the Garage. Entrance to the parking is next to the garage.

There is free parking for a maximum of 2 hours and no return within 2 hours.

This block of parking spaces (up to Number 41) is free for a maximum of 2 hours and no return within 2 hours. The rest of Baring Street is permit holders only Mon-Sat from 9am-7pm.

This road is permit holders only Mon-Sat from 9am-7pm.

There is no parking on this road at any time.

Colebrook Housing Society Ltd
3 Woodland Terrace
Greenbank Road
Greenbank
Plymouth
PL4 8NL

Suggestions

Name: _____

Contact Details: _____

Organisation/Group (if applicable): _____

Please give us any suggestions/feedback on this newsletter, what you liked, what you didn't. What do you want to see in future newsletters? And any suggestions on how 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 do so?

Exciting New Opportunities for Carers!

Carers Champions have been awarded just under £10,000 from the Awards for All lottery grant to hold events, activities and get resources for carers in Plymouth. We want to use this opportunity to find out what carers would like to see this money spent on. Below we will tell you what the money can be used for, ideas so far and give you opportunity to add your own (or put a circle around the ones you like). It can then be detached from the newsletter and sent back to us in the stamped addressed envelope with your training forms.

WE WANT TO HEAR FROM YOU!

£1000 for social outings – Ideas so far:

- A big summer trip for carers to a local beach, attraction etc
- Local cruise along the Tamar
- Trip to Goosey Fair (October 2008)
- Trip to Eden or Lost Gardens of Heligan
- Small outings for carer **and** cared for to local accessible places i.e. Saltram
- A pot of money that carers can access to take the person they care for out

Your ideas:

£1000 for a resource library – We want to be able to offer carers resources that they can borrow that will really help them in their caring role. Ideas so far:

- Books/information on different diagnoses – which ones?
- Resource lists for useful information – babysitters, cheap days out, adapted taxis
- Experiences of being a carer – DVD/CD/books
- Small items of equipment – which ones?

Your ideas:

£2000 for Carers Week (June 2008)

Carers' week is about recognising the work of carers and offering services to as many new carers as possible. Ideas so far:

- Big city centre event with all carers services involved
- Local community centre based days across the city hosting activities for carers
- Standing at supermarkets
- A trip for carers

Your ideas:

£1000 to make information more accessible –

How can we make our information easier for carers?

- Do you need large print?
- Do you need information on CD?
- Do you need pictures to help you understand?

Your ideas:

£1500 for Carers Rights Day (December 2008)

Carers Rights Day is about promoting the needs and rights of carers and offering services to new carers. Ideas so far:

- City Centre Christmas event to find new carers – fun and freebies
- Carers Champions standing with carers at public venues across the city
- A trip for carers (and cared for)?

Your ideas:

£750 for skills workshops for carers –

Carers Champions has already started to ask carers about the training and development they need to help them in their caring role. With this newsletter is a leaflet asking about workshops for carers. This includes many of the ideas so far and gives opportunity to give new ideas. We will use these to help us plan the workshops.

£850 for 'Art for Growth' workshops –

Carers Champions is working with Marianne Sturtridge to offer carers some sessions of art and confidence building which includes collage, felt and jewellery.

In order to ensure fair access for carers, we will try to make sure that these activities are available at times and venues convenient to carers who are interested.

What is your availability? (Preferred days, times etc)

We would like as many carers as possible to benefit from this money and we will try to arrange a wide variety of activities based on your feedback. Once we have feedback on the activities that carers would like we will put together a programme and invite carers to put their name down for activities. In order for lots of carers to have the chance to get involved we will share the activities out as fairly as possible. If you would like to have the opportunity to get involved please put your name below and we will be in touch soon.

Name:

Please return this form by 31st March at the latest.