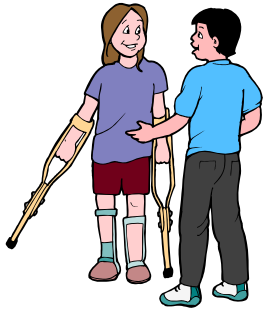
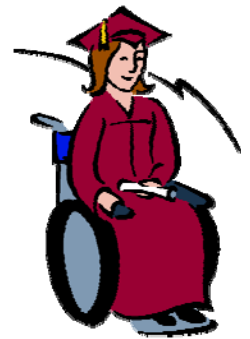


# Newsletter

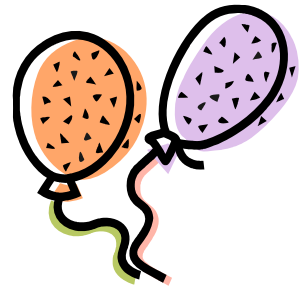
## November 2007



Carers  
Champions  
Plymouth



# Launch



The Carers Champions team were delighted to meet lots of carers and partner organisations at our launch event on Friday 5<sup>th</sup> October. The day was a real success with lots of fun, entertainment and many new faces.

Lots of new carers registered with us, and there were many familiar faces too. One carer said: ***'I was pleased with the advice you gave me, the care given, and the help. I thought the atmosphere in the building was warm and friendly, and I enjoyed my hour with you.'***

The day kicked off with a warm welcome, and a poem from Desanne McAllister, General Manager of Colebrook.

## The Roller Coaster Ride of Carers

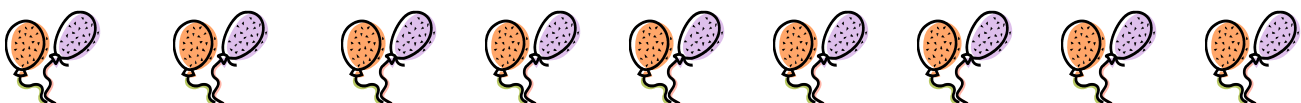
We hope that people will enjoy today  
Here's some food for thought to set us on our way  
It's about the roller coaster ride of care  
A short poem for us all to share

As a carer your needs in the city could get lost  
And to your health there could well be a hefty cost

Love, laughter, tears, sadness and feeling tired  
These are a few daily emotions for carers, not paid or hired  
Exhaustion, confusion, time to grab a moment in the day  
To stop and reflect, find the direction and the way

Carers Champions is a service for you  
A listening ear that can hear your point of view  
We will do our best to make the service carer led  
To work in partnership and respond to what you've said  
In this city, lets work together to make sure the carers have their voice  
And for the loved ones they care for, good standards and a choice  
As carers, you deserve to be valued, respected and held in high esteem  
Plymouth can achieve this, if all services work as a team

There then followed a very moving and inspirational speech from Paul McDermott, who gave up work to care for his wife. Councillor David Salter added his own personal touch to the proceedings, speaking of his experiences a carer.



We gave out lots of information to carers and lots of goodies! Many carers enjoyed the pampering of the Achievement Training stand who gave manicures to everyone, and some carers went home with some really interesting balloon models from Emazdad the Magician! There was lots of space for everyone to wander round meeting the organisations that came along on the day, have a cream tea and listen to the band '2D's + 2' who were really popular and we hope to use at future carers events.



Many carers also offered to help us out with organising future events, some signed up for the logo competition, or put their names down for carers training. Others wanted to get involved in proof reading new documents and leaflets, or becoming part of our monitoring group. We really want to get carers involved as it's 'your' service.

We are also very conscious that one of our main aims is to find so called 'hidden carers'. Evidence shows that there are many people out there, caring for others, coping with difficult circumstances, and maybe not be acknowledging the wonderful work they do as carers, seeing it as part of their responsibility to family and friends. We would like your help in finding ways of identifying these carers, and helping them get the support they need.



The team all thought the day went really well and we had some really positive feedback, Barbara Dove from Plymouth Age Concern said: *I thought the launch worked really well and had a lovely feel to it.* If anyone would like more information about any of our new services, then please don't hesitate to get in touch. Give Lesley, Liz, Bev or John a ring on (01752) 211348. We would love to hear from you.

Finally! We would like to thank everyone who came along on the day and in particular all the carers, who took valuable time out from their very busy lives. We couldn't have done it without you!



The events key sponsors were Tozers Solicitors, Bishop Fleming Accountants, Dave Evans and Colebrook Housing Society. The following organisations had stands at the launch: Alzheimers Society, Plymouth Age Concern, The Zone, DIAC, Stroke Association, Simply Counselling, Caring for Carers, Scope, St Lukes, Plymouth City Council Carers Team, Rheumatoid Arthritis, the Huntingtons unit, Achievement Training, Carers UK and Colebrook Housing Society.

# Carers Rights Day

Friday 7th December 2007 is Carers Rights Day and the theme this year is 'Caring Costs'

Each year Carers UK holds Carers Rights Day. The aim is to:

- **Increase the take up of benefits**
- **Make sure carers know their rights**
- **Guide carers towards practical support**
- **Raise awareness of the needs of carers**



## **Did you Know?**

- 1 in 8 adults is currently a carer.
- 4 million carers are of working age.
- 2.6 million carers are paid employees.
- There are nearly 6 million carers in the UK.
- 1.25 million carers provide 50 or more hours care per week.
- 2.3 million adults become carers every year.
- 3 in 5 of us will become carers at some point in our lives.
- 1 in 5 carers has given up paid work to care.
- Of those carers providing 50 hours care per week 20% are suffering from poor health, double the proportion for the non-carer population

**Carers Champions will be spending Carers Rights Day at Derriford Hospital. During the day workers and carers will be trying to find new carers, promote carers rights and services, and give information and advice.**

**The theme is 'caring costs' and Carers Champions will be focusing on the emotional costs of caring that all carers experience – stress, depression, changes in relationships, guilt and many more. We would like as many carers as possible to help us on the day. Your experience and knowledge could help people who don't currently see themselves as carers to get help. Please give us a call or speak to us about supporting this good cause!**

# 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.

**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.**

## **NOTE:**

***Oakhouse Foods will be attending the next drop-in on Thursday 29<sup>th</sup> Nov at Plymouth Guild, Ernest English House, Buckwell Street drop-in time 10am – 1pm to carry out a demonstration / taster session***

# Whats on



## Yoga classes

**Mondays, Tuesdays & Fridays** 10am-12 noon St Johns Amb – Crownfort Road Crownhill  
**Mondays** 7pm-9pm Pilgrim Church, St Levens Road  
**Wednesdays** 7pm-9pm Manadon Vale Primary School  
For more information, costs or to book a place please contact Shelia Hayes on Tel: 702481

## salsa dancing



**Wednesdays 7pm -9pm** held at Plymouth Guild,  
Ernest English House, Buckwell St. Plymouth **FREE TO CARERS**  
Contact Justin - Active for life on Tel: 01752 201766



# Christmas Party!!



The Drop In at Ernest English House is having a Christmas party and would like to invite **ALL** carers to come along and enjoy the festivities. As well as other carers to talk to / share experiences with, there will be some entertainment, food and a few games and a raffle. Carers Champions will also be there. The event will be held at Ernest English House on

**Tuesday 18<sup>th</sup> December between 11.00am – 2.00pm.**

It would be useful to know numbers for the event (for food!) so if you are thinking about coming along, please let us know. This event is sponsored by Plymouth Soroptomists

**SOROPTEMISTS are having a fundraising 'Christmas Decoration' stall on Thursday 13<sup>th</sup> December outside BHS from 2pm, so come along to support fundraising for carers and get ready for Christmas too!**

# Carers Carols in Cornwall



A trip has been arranged for **Monday 3<sup>rd</sup> December** to join Cornwall Carers in a carol service being held at Truro Cathedral. The coach will be leaving **The Viaduct (Nat West Bank side) at 9.30am sharp**, you will have a few hours to yourself and meet up at the cathedral for the carol service to start at 2.00pm, mince pies, tea & coffee will be served after the service, returning to Plymouth at approximately 6.30pm. There are **40** spaces available so it will be first come first served. It's a **great** day out, so hurry, contact Carers Champions to book a seat on the coach. This event is sponsored by Plymouth Soroptomists.

## **Do you care for someone who has a learning disability and who would like to make a complaint about the healthcare they have received?**

ICAS (Independent Complaints Advocacy Service) can help. ICAS would like to talk to individuals, carers and families about their experiences of making complaints and can support people to make complaints. ICAS will work with someone to write letters, make phone calls and make sure their voice is heard. They can be contacted at any time on 0845 120 3782, email [southwest.icas@seap.org.uk](mailto:southwest.icas@seap.org.uk), or they invite you to go along to a meeting on **Thursday 29<sup>th</sup> November 1.00pm – 3.00pm** in the Astor Room at the Guildhall in Plymouth.

## ***Information and Advice day for carers, people with dual sensory loss, family members and professionals***

**Tuesday 4<sup>th</sup> December from 2 to 4:30 pm** at the Hearing and Sight Centre, Pounds House, 162 Outland Road, Peverell, Plymouth PL2 3PX  
Telephone: 01752 788 999 [www.plymouthguild.org.uk](http://www.plymouthguild.org.uk)

Information on:

- equipment available for people with sight and hearing loss
- Support available for people with sight and hearing loss
- Sensory impairment training
- I.T. support available for people with dual sensory loss

For more information contact: [philippe.cazalis@plymouth.gov.uk](mailto:philippe.cazalis@plymouth.gov.uk) Tel : 01752 305 639.

## **New survey of people with sight and hearing loss**

It is estimated that at least a quarter of a million people in the United Kingdom have a combined sight and hearing loss. Many of these will be older people whose sight and hearing has started to fail as a result of the ageing process. **These people may be entitled to support.**

Loss of sight and hearing makes it difficult for a person to take part in the things they like doing – visiting friends, spending an evening at the pub, playing bingo, watching television, going to church, enjoying a walk in the park or going shopping. Most people take these activities for granted. Deafblind people can't.

RNIB South West has found that very simple support can give people back their independence and quality of life. This is often by providing someone to help by reading the person's letters to them, making appointments or going shopping with them.

Plymouth City Council and RNIB South West are working in partnership to find people in Plymouth who might benefit from support.

If you know of someone who has a combined sight and hearing loss or if you want to help with this project or learn more about it you can contact: Plymouth City Council, Sensory Team, Philippe Cazalis Chaucer house, 83 Chaucer House, Plymouth PL5 3EQ. [philippe.cazalis@plymouth.gov.uk](mailto:philippe.cazalis@plymouth.gov.uk) or telephone him on 01752 305 639.

RNIB South West and Plymouth City Council need your help in identifying the people who need this support.

# ***VOLUNTEERS REQUIRED FOR BASIC FOOTCARE TRAINING***

The Healthy Living Network have teamed up with Plymouth Podiatry Team to provide some quick and simple training for volunteers and carers to learn how to provide a basic foot care service to older people and those who cannot manage to take care of their own feet. Most of the painful, long term foot problems that need podiatry can be prevented by having a good weekly foot care routine.

This training is free if:-

You care for an elderly or immobile relative (any age), neighbour or friend and would like to be able to offer them a basic foot care service in their own home or at the  
Tresillian Street Centre.

OR

You are interested in learning these skills and providing a voluntary service in the East  
End.

A training session (2 hours) is being arranged on  
Friday 30<sup>th</sup> November 2007 from 10am-12 noon at  
TR2 (Theatre Royal Rehearsal Centre), Cattedown.

If you are interested, please call Diane at the Healthy Living Network on  
306537 to book a training place.



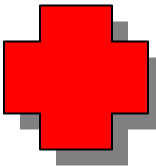
# Whats New Whats New

## **Blue Badge** scheme has improved

From 15 October 2007 people with severe upper limb disabilities who don't drive adapted cars will be entitled to the blue badge. Children under two also now qualify if they have a medical condition and may need emergency treatment, or have bulky medical equipment transported with them.

[http://www.adviceguide.org.uk/index/your\\_world/travel/transport\\_options\\_for\\_disabled\\_people.htm#Private\\_transport](http://www.adviceguide.org.uk/index/your_world/travel/transport_options_for_disabled_people.htm#Private_transport)

At the **Red Cross** we run a medical equipment service, which loans out mobility and living aids such as wheelchairs, commodes and bathing stools. This equipment can also be purchased new, along with a range of goods such as grips for opening jars, reach and grab sticks. In addition there is always a variable range of nearly new equipment for sale.



The loan service is geared towards short term needs. Loan of equipment is generally for 3 months, but there is some flexibility in extending loan periods if necessary.

Clients circumstances vary. Some are awaiting provision of permanent equipment via social services, They may simply have had an accident or illness and need equipment for a few weeks, or maybe borrowing equipment to make a stay by a disabled visitor easier. Some people want to try out a piece of equipment before investing in a purchase e.g. rollators.

We receive many touching testimonies every year about the difference having the right equipment, at the right time, can make to individuals and their carers. Being able to simply get out and about, an extended stay or a visit to family with confidence over Christmas holidays - because they have exactly what they need.

Young people are able to join in activities with friends, thanks to the loan of a wheelchair when they broke their leg.

We have an outlet at Crownhill in Plymouth, where parking is available to those collecting equipment. For further information on the range of products available and details of opening times please call 0845 331 3331.

# Telecare

**What is Telecare?** – Telecare is a new generation of equipment which has the potential to transform the lives of people who wish to continue living in their own homes for as long as possible. It is a remote monitoring system based on the lifeline pendants, and alarms, which many people already have. These alarms can be tailored to your individual needs. There are different types of alarms - some alarms can be triggered by pushing a button on a pendant worn around the neck, other alarms work automatically if they sense smoke, or carbon monoxide. Once activated the alarm sends a radio signal to the alarm unit in your home. This is linked to your telephone system and will telephone the response centre. Your details will appear automatically on the screen and the call operators will know that the call for help is from you.

An assessment will show that you would benefit from having telecare installed in your home. **Until March 2008, the telecare equipment will be installed and monitored at no additional cost to you.** After March 2008 Plymouth City Council will continue to provide the service at a nominal charge. For more information contact: Telecare Information on Tel: 01752 307576

## New Services from Plymouth City Council

**Simply Counselling** – Because carers have said that they need someone to talk to, a new counselling service has been set up. Simply Counselling is a specialist carers counselling service which offers up to ten sessions with trained counsellors to talk about what is happening and try to make sense of how it is affecting them and what to do next. This confidential and independent service costs just £1 per session and can offer appointments at their base in Devonport, at shop mobility or in your own home.

Call **01752 605504** for information and an appointment.

### **Out Of Hours Service** –

An addition to the Out of Hours Service are dedicated specialist carers workers who are available to respond to calls from carers between the hours of

- 6pm and 10pm, Monday to Friday.
- 4pm and 10pm, Saturdays and Sundays.

Call for a listening ear if you need someone to talk to who understands and will respond in a sensitive, non-judgemental way. You can arrange for a carers worker to call you back at a time that suits you or email to book a call.

The Out Of Hours number is - **01752 346984**

Of course carers can use the Out Of Hours service at any time between the hours of 6pm and 9am (mon-fri) and 4pm and 9am (weekends).

# Training Opportunities for Carers

## **Total Communication**

**26<sup>th</sup> & 27<sup>th</sup> Nov**

A two day course for people caring for someone with a severe learning disability, looking at how to improve communication.

## **Dementia in Adults with a Learning Disability** 6<sup>th</sup> Dec

A one day course looking at what is dementia, spotting the early signs, diagnosis and assessment.

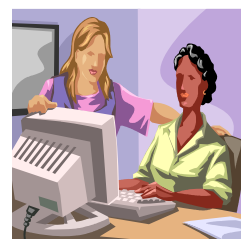
There are many other courses available which we do not currently have dates for but can find out more information for you ...

- ☺ **Managing Continence** – Defining continence and incontinence, how to record and manage incontinence, potential exercises and aids.
- ☺ **Emergency First Aid** – Covers resuscitation, what to do in an emergency, use of first aid equipment.
- ☺ **Safer Moving and Handling Techniques** – How to prevent and reduce the risk of injury to yourself, principles of safe moving.
- ☺ **Exploring Mental Health** – What are common problems, treatments and how to work with people.
- ☺ **Understanding Eating Disorders** – What are the symptoms, and how to support someone with an eating disorder.
- ☺ **Understanding Self Harm** – A basic understanding of self harm and how to respond to it.

**Learning For Living** is a recognised city in guilds qualification developed for carers by carers. It is a qualification in 'Personal Development and Learning for Unpaid Carers'. You can do as much or as little of the programme as suits your situation. The course and resources to help you are all accessed at [www.learning-for-living.co.uk](http://www.learning-for-living.co.uk). Carers Champions can support you to get involved in this course, just give us a call.



We want carers to tell us about the training they need/want. Carers Champions will be developing new training courses and we need your ideas, thoughts.



# Drop-in's



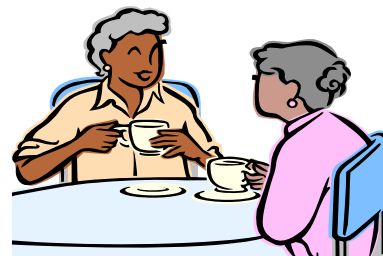
Carers Champions are running Drop Ins across the city and we would like to review whether the Drop Ins we are offering are meeting the needs of the carers who may want to come to a Drop In. Unfortunately like most things if people don't use them, its not cost effective to continue to run them and we currently have several Drop Ins which are not being used. We also appreciate that it takes time to establish a Drop In and want to give things a fair chance to get going!

Below is a list of our Drop Ins, if you are interested in coming along to one of them please feel free to just turn up. If you have any feedback or ideas for Drop Ins we would love to hear from you. We will review these Drop Ins at Christmas to see how well they are being used and look at making changes from then.

- **MONDAY - Elspeth Sitters House, The Barbican. Weekly from 10.00 am–12.00pm.**
- **TUESDAY - William Venton Centre, Plymstock. Fortnightly from 2.00 pm–4.00 pm.**
- **WEDNESDAY - Cozy Corner Drop In at Carers Champions. Weekly from 11.00 am to 2.00 pm: some free street parking available local to the office.**
- **WEDNESDAY - Astor Room, William and Patricia Venton Centre, Mount Gould. Fortnightly from 10.00 am – 12.00 pm.**
- **THURSDAY - River View, Mount Gould on the last Thursday of each month from 1.30 pm – 3.30 pm.**
- **FRIDAY - Local Care Centre, Mount Gould. Fortnightly from 10.00 am – 12.00 pm.**

There is also an established Drop In that meets the last Thursday of every month, currently at Ernest English House (this venue will change after Christmas) from 10.00am to 1.00pm. This is the best opportunity for new carers to guarantee meeting other carers who may be in similar situations.

We have had feedback from carers so far that Drop Ins in the Leigham area and in Plympton would be welcome. If there is some support for these suggestions, we would be happy to try to put these into place. We will wait to hear from carers!



# Pause for thought



The other day a young person asked me how I felt about being old. I was taken aback, for I do not think of myself as old. Upon seeing my reaction, she was immediately embarrassed, but I explained that it was an interesting question, and I would ponder it, and let her know. Old Age, I decided, is a gift.

I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometime despair over my body, the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror (who looks like my mother!), but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become more kind to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avante garde on my patio. I am entitled to a treat, to be messy, to be extravagant.

I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging. Whose business is it if I choose to read or play on the computer until 4 AM and sleep until noon? I will dance with myself to those wonderful tunes of the 60&70's, and if I, at the same time, wish to weep over a lost love ... I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things. Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day. [\(If I feel like it\)](#)

# Carers Recommend

This will be a regular section where carers can make other carers aware of things they found useful. Whether its facilities for people with disabilities, a positive attitude or a wonderful place to go, we (and other carers) want to hear about it ...



The Disabled toilet in the Drake Circus mall comes highly recommended, it has easy access and a hoist.



'The Selfish pigs guide to caring' by Hugh Marriott is a wonderful book. This book writes about the real experiences and feelings of carers in a funny, insightful and thought provoking way. ONE TO READ!



***If you can recommend any public services, buildings etc as being carer friendly please let us know and we will promote them here!***

## Office Opening hours during the Festive season

Christmas can be a difficult time for people, especially carers. Over the Christmas period, the Carers Champions office will be open on specific days so that we can continue to offer a service to carers over the holidays. Below are the office opening times and carers will be able to call for support and advice (although unfortunately we won't be able to book individual or outreach appointments for this period).



Monday 24 <sup>th</sup> December	10am-4pm
Tuesday 25 <sup>th</sup> December	CLOSED
Wednesday 26 <sup>th</sup> December	CLOSED
Thursday 27 <sup>th</sup> December	10am-4pm
Friday 28 <sup>th</sup> December	10am-4pm
Monday 31 <sup>st</sup> December	10am-4pm
Tuesday 1 <sup>st</sup> January	CLOSED
Wednesday 2 <sup>nd</sup> January	9am-5pm



# Useful numbers



**Carers Champions – 01752 211348**

**Carers Champions - Plymouth Age Concern – 01752 318037**

**Social Services out of hours team – 01752 346984**

**Social Services General Contact – 01752 668000**

**Simply Counselling – 01752 605504**

**DIAC – 01752 201065** Disability Information & 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** If you are experiencing threats, violence or abuse from anyone (including the person you care for), Victim Support can offer help from trained volunteers who can give information, practical or emotional support.

**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.

## Carers Support Groups

**Caring for Carers Support Group** meetings held 1<sup>st</sup> Monday of month 11am til 1pm

New Meeting Venue: 3 Woodland Terrace  
Greenbank  
Plymouth  
PL4 8NL

For more information contact: Pam Pinder on 07887711834



### **We would like to hear from Groups**

..... If you would like to tell us about your group, any activities you are arranging, information for new carers please contact us. We think the most valuable people to support carers are other carers and we want to hear from **you!**

We can also help/support new carers groups, you might find that there is nothing in your area for carers. We are keen to work with existing groups providing administration support, support you in fundraising bids for projects. If you would like a member of the team to come and meet your group, please get in touch.

**We have heard that a support group for men only and ex-carers could be good, please let us know your thoughts...**

# Getting Involved

Carers Champions promised to be a carer led service and we will start as we mean to go on! There are lots of opportunities for carers to develop the services that we offer and you have already used some of them. You have helped us launch our service at the Pavilions (thank you to Paul McDermott for his inspiring opening speech!) kicked off our professionals Carers Awareness Training (Thanks to Trevor) and judged our logo competition (Thank you to Enid, Fred and Rose).

**For the Carers Awareness training Carers have put together some points about caring to let health professionals know what they need to remember when they have contact with carers. Do you have anything to add? If so let us know.**

## **What you need to know about Carers by 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.



# Logo Competition

We had an extremely good response from all you budding artists that entered the logo competition. This made the judging very difficult for the three carers and two members of staff to pick a winner. Eventually after much deliberation a winner was chosen. Mrs Dorothy Burrows is now the proud owner of £25 M&S vouchers. Happy shopping Dorothy! We hope you all like the choice.



## **Do you want to be able to influence services for carers in Plymouth????**

We are looking for carers who would be interested in becoming part of the team who sits on the Carers Strategic Partnership Planning Group. This is a multi disciplinary group who meet bi monthly to plan the delivery of services for Carers living in Plymouth. Statutory and Voluntary organisations are represented along with Carers and as a group we review existing services, plan future provision and look at best practice already existing elsewhere. This group gives carers an opportunity to be an integral part of the planning and delivery of services and provides a forum where we are able to question and challenge important matters such as how money is spent on Carers within the City, planned and existing services and communicate the needs of all carers. This group is Chaired by a Carer and currently a minimum of three Carers represent all types of Carers, e.g. parent carers, those caring for people with mental health needs, those caring for people with physical disabilities at each meeting . So you won't be alone!!!!

You would need to be able to bring forward ideas and liaise with and represent the many carers within the city and make a commitment to attend bi monthly meetings. This is not a forum where individual carers issues are discussed.

If you would like to find out more about this really important role please ring Kay O'Shaughnessy , Chair of Plymouth Branch of Carers UK on 07989344467 ( weekdays between 9.30 and 3)

# From a carer to all carers

'Being a carer is not easy because you feel alone and on your own and you think nobody cares about you, well that's not true you can be sure of that, theres a lovely team that can help you, and only a phone call away. I did it and would never look back, it was the best thing I have ever done really it was. I was doing things and dealing with everything myself before now, just like yourselves so I know what you are going through really I do, but the team help out a lot with anything you want help with, I could not have done it without their help and I mean that, they are great. Don't forget the doors open, I went through it, you can do it as well, it will make you feel better in yourself.

I read books and collect newspapers on world war two and have done so for many years, it keeps my mind ticking over and also gives me a chance to have some time to myself when I can. Don't forget you don't have to be alone, there are people out there that can help like the team. The door is open don't keep it closed, it will be the best thing you have ever done and it will make you feel a lot better in yourself really it will. Don't take my word for it, just pick up the phone, you will never look back, I did it, just say to yourself a door is open for me to go through and I don't have to be on my own and alone anymore.'

... Thank you Rose for your meaningful words and for a really good plug!

## **Plymouth PCT for Mental Health & Learning Disabilities are looking for your help.....**

**Would you be interested in taking part in sitting on employment panels for the Plymouth PCT for Mental Health & Learning Disabilities? It would be of great benefit if you could and would contribute to the continuing movement of empowering service users & carers.**

**All traveling expenses will be met and an attendance fee will be paid. Any training needs will also be addressed.**

**If you are interested in finding out more or taking part please fill your details in below, and send to: David Hay & Maureen Jenkin-Watters – The Welfare Rights Office, The Glenbourne Unit, Morlax Drive, Derriford, Plymouth. PL6 5AF**

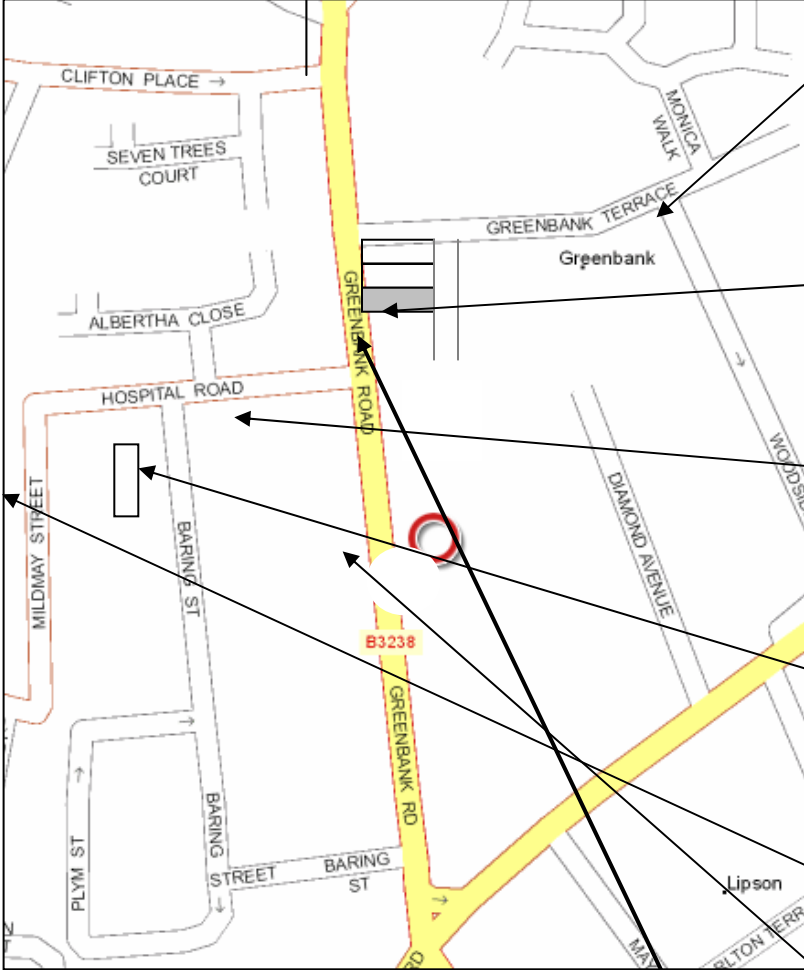
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Name: \_\_\_\_\_

Contact No or Address: \_\_\_\_\_  
\_\_\_\_\_

# 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?