



Hello!

Well, as we reach the first anniversary of Carers Champions we have taken a little time to reflect on the year and as with any review, we have considered the annual budget for the service last year and its use. From this, we note that significant monies are used in producing and posting the quarterly newsletter and whilst we have received good feedback on this and know how useful it can be, we find we need to make some changes - hence the new version this month! Please get in touch to let us know your views on this – and any other carers issues!

We look forward to hearing from you –

*Carers Champions Support Team*

### **Support team changes -**

For those of you familiar with the current team, don't worry - John and Liz aren't leaving! However, we do find ourselves in the fortunate position of recruiting for additional staff to the team and currently have vacancies for:

#### **Carers Advice and Outreach worker – 37 hours per week**

We are looking for an enthusiastic, highly motivated person to provide information, advice and time limited outreach support to carers, helping them to develop peer support groups and signposting carers to other services appropriate to their needs.

#### **Carers Team Administrator – 15 hours per week**

We are looking for a friendly, approachable person to be first point of contact for carers and to work as part of a team in delivering the Carers Champions specification.

**Further details of these posts can be found on our website**

**[www.colebrookhousing.co.uk](http://www.colebrookhousing.co.uk)  
or by contacting personnel on  
01752 205210.**

**Closing date 5<sup>th</sup> September 08**

**Please feel free to pass this information to people you know who may be interested!**

### **Additionally we are also looking for:**

#### **Carers Advice and Outreach worker – 20 hours per week**

This member of staff will be employed by our partner, Plymouth Age Concern, to work alongside Carers Champions staff in the delivery of advice and information and emotional support to city wide carers.

Please contact Barbara Duffy on 01752 256020 for details.

**All posts will be interviewed in September 2008 and we are keen to include carers in the recruitment process, so if you can help at all please contact Carers Champions on 01752 211348 – training and support will be given.**

### **In this issue:**

- ❖ New Hardship Fund for Carers
- ❖ Training Opportunities
- ❖ New Resource Library for Carers
- ❖ Upcoming Events / Drop In calendar
- ❖ Plymouth Local Involvement Network (LINK)
- ❖ Carers Allowance
- ❖ Credit Union

## ***Coming soon...Carers Hardship Fund...***

As Carers Champions staff, we know that many carers in the City have given up work to provide support and care to friends and family, and as a result they can often feel under financial pressure and struggle to make ends meet – particularly so when that essential piece of equipment breaks down suddenly!

In the coming months, Colebrook Housing Society and Plymouth City Council hope to be able to help ease the pressure on carers experiencing such circumstances. We are in the process of setting up a jointly financed '**Hardship Fund**' and carers in need will be able to apply to Carers Champions for financial help from this.

**The criteria for applications and how these can be made are still be worked on, but we hope to have the Hardship Fund up and running before Christmas 2008 and we will let you know more details as soon as we can.**

## ***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 carers resource library or surfing the net – or just relax!

Or perhaps you'd like to join a short workshop – dates for this year's diary are:

- |                                        |                                       |
|----------------------------------------|---------------------------------------|
| <b>Wed 3<sup>rd</sup> September 08</b> | - 'Art & Drawing' with Janie          |
| <b>Wed 1<sup>st</sup> October 08</b>   | - 'Card Making' with Janet            |
| <b>Wed 5<sup>th</sup> November 08</b>  | - 'Things I do as a Carer' with Jamie |



...can you help in 2009?...

Do you have a hobby, talent or interest you could share with other carers?  
– Please let us know for next years programme

## **Carers Awareness Training – free 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 17<sup>th</sup> September 08**  
**Wed 15<sup>th</sup> October 08**  
**Wed 12<sup>th</sup> November 08**  
**Wed 10<sup>th</sup> December 08**

Workshops: 9.30am - 1.00pm  
Venue: Unit 31, HQ Building, Union Street, Plymouth, PL1 3HQ  
Training is free but numbers are limited.

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 – Carers training workshops**

Picking up new skills and knowledge can be difficult when you are juggling commitments as a carer within an already busy life – and finding the right information for you can often be tricky! Our upcoming workshops are specifically designed to help carers to help themselves and you can be assured that you will receive a warm welcome and all your ideas and questions will be encouraged....



**Introduction to Finance Workshop** – our Welfare Benefits staff will be on hand to talk you through Carers Allowance, advising you on when this should be considered, and introducing other benefits and money management aspects. A member of the Direct Payments team will also be on hand and both staff will be available to answer your questions over a cup of tea!

**Thurs 25<sup>th</sup> September – 11-2pm Cosy Corner Drop In, Greenbank**

**Helping me to help myself – an introduction to stress management:** Our skilled trainer for this workshop will support and help you in identifying signs, symptoms and triggers of stress, and will introduce you to easy and practical ways for you to help yourself.

**Thurs 30<sup>th</sup> October – 11-2pm Cosy Corner Drop In, Greenbank**

**Confidence building and speaking up for yourself** - an introduction to practical strategies and assertiveness, aiming to support you in building self esteem and confidence so you can clearly tell others what you want and need.

**Date: we are waiting for the trainer to confirm either Fri 7<sup>th</sup> Nov or Thurs 20<sup>th</sup> Nov - 11-2pm Cosy Corner Drop In, Greenbank**

---

### **Carers Rights Day *Advance warning – final details still to be confirmed...***

**Fri 5<sup>th</sup> December 08 10.30am – 3.00pm**

**Astor Room, Plymouth Guildhall, Royal Parade, Plymouth, PL1 1HA**

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 hot cup of tea (or coffee)!

We are also hoping to have 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 is lift and wheelchair accessible. Please let us know if you have any further support needs that we can help you with.



### **Christmas Celebration**

**Head into Christmas with a friendly meal shared with friends and members of the Carers Champions team – all carers and those you care for are welcome.**

We have set aside £500 as a contribution towards a Christmas celebration for carers and information will be available on this via our website, next newsletter and flyers as soon as we have venue confirmation. *(Numbers will be limited, so please book early to avoid disappointment!)*

## Awards for All 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 08 which are open to all carers, with the aim of offering an opportunity for carers to have fun and try out new activities.

*Pick and mix - Jump in on any of the following upcoming sessions or take the lot!*

**Jewellery Workshop** - learn to make jewellery using different types of beads, recycled materials and buttons! Create a unique and special piece for yourself or a friend to remember this day...

**Tues 2<sup>nd</sup> September 08 - 10am -12pm Quaker House, Mutley Plain, Plymouth**

**Felt making Workshop** - learn the process of transforming wool into felt and make a felt picture, brooch or beads to treasure or give as a gift to a friend!

**Tues 14<sup>th</sup> October 08 - 10am -12pm Quaker House, Mutley Plain, Plymouth**

**Designer cards** - experiment with different materials, try new things and make designer cards for that special occasion.

**Tues 4<sup>th</sup> November 08 - 10am -12pm Quaker House, Mutley Plain, Plymouth**

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

**Tues 2<sup>nd</sup> December 08 - 10am -12pm Quaker House, Mutley Plain, Plymouth**

Please also note that whilst some materials will be provided in sessions, carers are very welcome to bring additional materials to use and share – why not recycle materials that you may have lying around!

## Awards for All upcoming social outings...

**We know carers are often under pressure – so, why not escape for a few hours?**

As part of our Awards for All calendar we have already enjoyed meeting many of you on the trips to Eden Project and Kitley House earlier this year, and we are continuing to offer more social opportunities in the coming months!

**Trip to Tavistock, shopping and pannier market – FREE – 23<sup>rd</sup> October 08**

Leaving Plymouth at 10am, carers will be able to spend some time browsing Tavistock shops and searching for that bargain in the market! And – when you feel in need of a sit down - why not enjoy some refreshments! Returning to Plymouth by 5pm.

**Visit to Plymouth Aquarium – FREE – 11<sup>th</sup> November 08**

Chill with the sharks! Carers Champions staff look forward to meeting up with you at Plymouth Aquarium at 10.30am – lots of enchanting marine life to see and a chance to catch up on news with friends over a drink in the café.

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

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

**Trip to Totnes Christmas market - FREE – 16<sup>th</sup> December 08**

*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!*

- Leaving Plymouth at 5pm, returning by 9pm

**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**

**Carers Champions, 3 Woodland Terrace, Greenbank, Plymouth, PL4 8NL**

**Email: [carers@colebrookhousing.co.uk](mailto:carers@colebrookhousing.co.uk) Tel: (01752) 211348**

## Carers Week Poetry Competition Winners

A panel of carers and Carers Champions staff had the very difficult task of choosing the winning entries from this year's Carers Week poetry competition.

The standard was very high so it was hard to choose between them but congratulations goes to Jenny Weekes from Honicknowle and Marianne Bruce from Plymstock who each won a £25 voucher of their choice. Thank you to everyone who took the time to submit their poems.

### 'My role as a Carer' - by Jenny Weekes

I am awakened in the night  
'Are you alright?'  
I ask, as you stumble out of bed  
'I think I'm O.K', you said

'I'm not so well today'  
I hear you say  
'Don't worry dear,  
I'm always here'  
I'll care for you, come what may'  
I hear myself say

I'll match your clothes and help you to dress  
I don't want folk to think you're a mess  
They don't know you cannot see  
Or hear too well, so it's up to me  
To be your guide, your eyes and ears  
And care for you through all the years

There are times I feel angry and upset  
And yet.....  
What can I do? I do not know  
You depend on me, so I cannot go  
For a break, or a rest, or enjoy 'me time' all  
alone  
You might need me and not be able to find a  
phone

I speak to you, but you do not hear  
I try again, but then I fear  
Frustration and anger swell up inside  
'Oh why can't you listen, if you only tried?'  
I cry out, and then  
I feel sorry and wonder when  
I'll have patience to cope and understand  
So I try and calm down and take your hand

You're almost deaf and also blind  
With diabetes too and so I find  
It difficult at times to cope, so  
I pray to God to give me hope  
Whilst caring for you day and night  
That there'll come a time when someone might  
Share with me the caring tasks  
That's all I ask

### 'The funniest thing that happened to me as a carer' - by Marianne Bruce

The man at the cashpoint stood quietly  
And I stood calmly behind  
Everything seemed to be going so well  
'til my son went and slapped his behind  
Like a child, I remembered the best plan of  
action is quickly looking away  
The poor man really did not know who did it  
Until reading this poem today!

The Anonymous ADHD Family!



**Are you  
looking for  
ways to cut  
your fuel bills?**

As fuel prices rise, most of us are worried about higher bills and keeping our homes warm at an affordable price.

**Now Devon Warm Zones is here to help ...**

Devon Warm Zones is a project run by all of the local authorities in Devon, including Plymouth City Council, in partnership with Westcountry Energy Action.

Warm Zones is simple call free on:

**0800 512 012**

(Mon-Fri 9-5pm) to speak to an independent advisor

They will be able to advise you on cutting your fuel costs and can refer you to the best grants and discounts available for insulation and heating measures.

Every home-owner or private tenant is now entitled to a substantial discount on loft and cavity wall insulation, and for those over 70 or in receipt of certain benefits, it is available for free.

**Why not give them a call?**

## WHAT IS A CREDIT UNION?

### WHAT

A Credit Union is a local savings and loans organisation. It runs through "service points".

### WHO

If you are registered with Carers Champions you can join Hope Credit Union at Colebrook's Head Office.

### WHERE

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

### WHEN

**The service point will be open for carers on Wednesdays between 12-1pm: September 17<sup>th</sup>, October 15<sup>th</sup>, November 12<sup>th</sup>, December 10<sup>th</sup>**

### WHY

A Credit Union lets you save as little as £1.00 a week. Once you have been saving regularly for a while, you can take out a loan.

**If you would like to join the Credit Union or find out more, please get in touch with Mary Partridge (Welfare Benefits and Money Advice Worker) on 01752 205210**



## Carers Allowance - Is it right for you?

By Mary Partridge, Welfare Benefits & Money advice worker

I get a lot of carers asking me about Carers Allowance. This might be because a nurse or other professional has suggested they might be eligible. Sometimes, a carer might know about this benefit from someone else who is receiving it. However, in benefits world, two people's situations which look the same may not actually be the same. It may be a really good idea for carers to claim Carers Allowance, but there are a couple of things to consider first...

- ❖ Carers allowance counts as **income** when any means tested benefits are assessed such as Income Support and Housing Benefit. This means that the Carers Allowance may be given to you but another benefit may be reduced. This doesn't mean carers shouldn't claim Carers Allowance if they are receiving other benefits - just be prepared for the impact this claim can have and ask the Welfare benefits and Money Advice Worker before making a claim.
- ❖ The person you are caring for must be in receipt of either **Attendance Allowance** (at any rate) or **Disability Living Allowance** (at either middle or high rate care) for you to be eligible for Carers Allowance.
- ❖ A carer can either get **Carers Allowance** or the cared for person can get **Severe Disability Premium** (if they are eligible). Both benefits cannot be in payment at the same time.

Applications for Carers Allowance are held at Colebrook Housing Society, 3 Woodland Terrace. If you would like some help in deciding whether to apply for this benefit or help in completing the application form, please call Carers Champions on 01752 211348 to get in touch and make an appointment.

**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.**

## The Local Involvement Network and Plymouth Advisory Partnership for Older People is now up and running!

We have recruited a Support Team -  
Vicky, Claire and Sue who are based at:

Unit 20, HQ, The Millfields Trust, 237 Union Street, PL1 3HQ

For more information or to see our recent Bulletin contact us  
on: **01752 202407**

or email us at [info@plymouth-link.co.uk](mailto:info@plymouth-link.co.uk)

or visit our website at [www.plymouth-link.co.uk](http://www.plymouth-link.co.uk)



### How you can get involved

- ❖ Contact the LINK at any time to give your views on health or social care services
- ❖ Sign up as a 'LINK Participant' and be kept informed of opportunities. Get involved in consultation and give your views about local services
- ❖ Become a 'LINK Member' and also get actively involved. LINK members will be offered training & support to:
  - Represent the LINK at public meetings, community Forums or events
  - Become part of the group that will guide the LINK
  - Visit health & social care premises to see the quality of the service and get feedback from people who use them

**As this is a new service which is being developed a group has been formed to establish its purpose and offer guidance in its working practices. We are looking for a carer to join this group as a representative for carers. Training and support will be available – if you are interested then please contact the LINK support team.**

## NEW NATIONAL CARERS STRATEGY PUBLISHED ON 10<sup>th</sup> June 2008

**Carers at the heart of 21<sup>st</sup> century families and communities –  
'A caring system on your side. A life of your own'**

The government has now published its long awaited plans for carers and this can be downloaded from [www.dh.gov.uk](http://www.dh.gov.uk) or contact the Carers Champions team to receive a summary report. The strategy defines a vision for 2018 and commits £255 million nationally to create additional support for carers – the main recommendations include:

- Launch of a carers information service through a single national telephone number and website – to come online in Spring 2009
- Increased funding for carers breaks and awareness raising of carers rights and support needs in employment.
- Training programme to support carers: to start in Autumn 2008
- Annual health checks for carers and improved emotional support
- Carers discount cards for leisure and transport
- Review of carers benefits - although no changes as yet.
- More flexibility and choice in the way personal budgets and direct payments can be used
- Improved and closer working between staff in statutory and voluntary agencies

Over the next few months there will be work carried out to relate the National Carers Strategy to the Local Carers Strategy for Plymouth and the aims and targets within this.

It is important that carers are able to access and share their views on the National and Local Carers strategies and there will be a range of consultation workshops and events in coming months to ensure you - as valued carers with first hand experience – have opportunities to tell the people who develop and shape your services what you need and how you can be best supported in your caring role.

We will keep you informed of consultation opportunities as these develop and if we can support you in these at all, please get in touch on 01752 211348 or email [carers@colebrookhousing.co.uk](mailto:carers@colebrookhousing.co.uk)

### **NEW CARERS RESOURCE LIBRARY**

In January 08 we were awarded an Awards for All grant, some of which has been allocated towards developing a resource library for carers. We have already started to put together these resources but we do still have funds available and are keen to hear your recommendations for future purchases e.g. books, DVD's – on any subject which may be helpful to you and other carers.

Please remember: Carers Champions staff will be happy to loan these resources to you and also support you in searching the internet for specific information if you'd like to come to our Wednesday Cosy Corner Drop In (11am – 2pm)

**Please contact us with your suggestions**

### **EVER FEEL YOU'RE MISSING OUT?**

We want to ensure that as many carers as possible can enjoy some quality time together, and in addition to the social trips we are organising, we have set aside some Awards for All money to be available for those carers who may struggle with coaches, may not feel comfortable in a group, or owing to their other commitments, may not be able to take advantage of these opportunities.

**If you are a carer and would like to apply for £15 for you to be able to enjoy an activity / outing / meal etc of your choice then please call 01752 211348 or email [carers@colebrookhousing.co.uk](mailto:carers@colebrookhousing.co.uk)**

**Limited funding available so don't delay!**

## **Friends And Families Of Special Children, Carers UK Plymouth, WEA and ACTIV 8**

### **Visit the National Trust and take and print your own digital photographs**

bus trips to Killerton House and Lanhydrock House running in September with FREE digital photography course to follow

**Carers are also invited to enjoy creating a traditional homemade Christmas together** through involvement in 12 sessions leading up to Christmas to include some trips and activities for carers and those they care for. Sessions start on Friday 3<sup>rd</sup> October and continue to be held weekly from 10.30 – 12.30 and include opportunities to make your own Christmas cards, tree decorations and bags and tags – as well as many more!

**For further information and places can be booked by calling Virginia House Centre on 01752 204369 or email to [info@friendsandfamilies.org.uk](mailto:info@friendsandfamilies.org.uk)**

**ALSO watch out for FREE OF CHARGE courses coming soon ....**

- ❖ **COMMUNICATE WITH CONFIDENCE** : learn assertiveness skills to help you communicate your own needs and develop strategies for coping with the stress of caring – coming in January 2009
- ❖ **LEARN COMPUTER SKILLS** : overcome your fear and learn how to write and store documents, write and send emails and set up a simple spread sheet – coming in February 2009

## **Plymouth Memory Sponsored Walk – 21<sup>st</sup> Sept 08**

Why not join Ruth Langsford and friends of the Alzheimers Society in a sponsored walk around Central Park with a circuit of the Argyle Stadium - walkers can do any distance that suits them and you can also bring along your pets!

Following the walk, there will be a **free** cream tea and a raffle in the Argyle Hospitality Marquee.

Meet at Plymouth Argyle FC on Sun 21<sup>st</sup> September 2008 at 2pm

**More details go online at  
[www.memorywalk.org.uk](http://www.memorywalk.org.uk) or phone  
Pauline Rooks on 01752 255399**

## **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 requirements/suggestions.

## **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. be a 'phone buddy' to another carer, 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 carer 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**

## **Progress report**

At the end of the first year with Carers Champions, you will all be pleased to hear that we have delivered everything we said we would

- We have found 439 new carers
- We have given emotional support to 147 carers
- We have about 20 carers who have been involved in our service
- We have now set up a new service for carers, a resource library.
- We are working with 8 carers groups to give practical/other support
- We have carried out carers awareness training sessions to 15 groups of professionals
- We have given training to carers on 6 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

Is something troubling you? Would it help to talk to someone?  
**Do you know about Simply Counselling?**

Simply Counselling provides a space for you to explore your difficulties and problems with someone who will listen, understand and accept you as you are.

It can sometimes be hard to talk to family and friends about concerns: counselling can provide a space where you can feel safe to talk about difficulties from the past, painful experiences in the present or worries about the future.

**You may find counselling helpful if you are:**

- Feeling lonely, anxious or depressed
- Unhappy with your work
- Wanting to improve your quality of life and self awareness
- Having problems with relationships
- Going through a personal crisis or a major change

Simply Counselling is offered to all carers in need without condition or discrimination and any carer can telephone for an initial 30 minute appointment which is free of charge. Further sessions usually last approximately 50 minutes and you will be asked to make a contribution to cover costs according to your financial position. All counsellors are qualified or experienced students who work within professional codes of practice.

For information contact: 1<sup>st</sup> Floor, St Peters Community Centre, 18 Harwell St, Plymouth, PL1 5BW  
**Tel: 01752 605504      info@simplycounselling.org      www.simplycounselling.org**

\* please note the service will be moving mid Sept but if you call the above number, you will be directed to the new number or call Carers Champions on 211348 and we will help you get in touch.

**Cultural Calendar 2008**

<b>September</b>	<b>2</b>	Muslim – Ramadan	<b>22</b>	Pagan – Autumn Equinox
	<b>3</b>	Hindu – Ganesh Chaturthi	<b>29</b>	Hindu – Navarati
	<b>8</b>	Christian – Feast of the Birth of Mary Christian – Nativity of the Theotokos	<b>30</b>	Jewish – Rosh Hashanah
	<b>11</b>	Rastafari – Ethiopian New Year		
<b>October</b>	<b>1</b>	Muslim – Eid-UI-Fitr	<b>20</b>	Bahai – Birth of the Bab
	<b>9</b>	Jewish – Yom Kippur Hindu – Dussera Sikh – Birthday of Guru Das	<b>21</b>	Jewish – Simchart Torah & Shemini Atzeret
	<b>13</b>	Christian – St Edward's Day	<b>29</b>	Hindu, Jain & Sikh – Diwali
	<b>14</b>	Jewish – Sukkot	<b>31</b>	Pagan – Samhain (Halloween ) Christian – Halloween (All Hallows Eve)
<b>November</b>	<b>1</b>	Christian – All Saints Day	<b>15</b>	Shinto - Shichigosan (7-5-3 festival)
	<b>2</b>	Christian – All Souls Day Rastafari – Coronation of Emperor Haile Selassie I	<b>23</b>	Shinto – Niinamesei
	<b>9</b>	Multifaith – Remembrance Sunday	<b>24</b>	Sikh – Martyrdom of Guru Tegh Bahadur
	<b>11</b>	Multifaith – Armistice Day	<b>26</b>	Bahai – Day of the Covenant
	<b>12</b>	Bahai – Birth of Baha'u'llah	<b>28</b>	Bahai – Ascension of Abdu'l-Baha
	<b>13</b>	Sikh – Birthday of Guru Nanak	<b>30</b>	Christian – St Andrew's Day & Advent Sunday

**Prospects**

Prospects are a Christian voluntary organisation who provide care and respite for people with a learning disability. If you would like to find out more why not go along to their promotional evening on **4<sup>th</sup> September at 7.30pm** at St. Pancras Church, Honicknowle Lane, Plymouth **For info call Pauline 480233 or Sue 786988**

**New Health Website for People with Learning Disabilities**

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

This is a new website for information about health matters in an easy access format.

**Why not take a look!**



## ST JOHN AMBULANCE - CARERS SUPPORT PROGRAMME STARTING PLYMOUTH NOVEMBER 08

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:

**Southway School - Tuesday 18<sup>th</sup>, 25<sup>th</sup> November and 2<sup>nd</sup> and 9<sup>th</sup> December 2008**

**Unit 31, 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**

We are especially interested to hear if there are any carers who would be interested in attending this course in the evenings owing to their daytime commitments? More courses will be scheduled in 2009 - 2010 and we'll keep you aware of further details as they develop.

If you are interested in this course and think it would be helpful, but are concerned about the person you care for at home, please call Carers Champions as we may be able to put you in touch with some help.

**For further information or to book a place please contact Emma Healey at St John Ambulance Devon by ringing 01392 822646 or email [emmahealey@devon.sja.org.uk](mailto:emmahealey@devon.sja.org.uk)**

### **Safety in the home – Devon & Somerset Fire & Rescue Service**

Every year thousands of people in the UK experience a fire in the home, tragically many of these result in injury or even in death. A large number of these could have been prevented if potential hazards in the home were identified and residents had a plan in case of emergency.

**To assist with this your Fire and Rescue Service has introduced 'Home Safety Visits' which should take no longer than 45 minutes**

If you request a Home Safety Visit a Firefighter will visit to provide advice and guidance about your fire and home safety needs. They will also help you develop an escape plan.

This free service is provided to develop a safer community. You may also qualify to have a free smoke alarm fitted in your home.

If you would like to request a visit please call: Freephone 0800 7311 822 or text info line – 0780000 2476

## ***Call for Artists who are or who have been CARERS***

### **'CARING/CARERS' - Art Exhibition - DEADLINE FOR ENTRIES 31<sup>st</sup> Dec 2008**

An open art exhibition and weekend of public events centred around the theme of 'Caring/Carers, will take place in late Spring 2009. The exhibition is open to people of ALL AGES who are Carers or who have been Carers to submit creative visual, audio, written, spoken word, music or performance art on the theme of Caring/Carers.

The aim of the exhibition is to showcase the creativity and experience of Carers in the South West and Britain. We are looking for work that resonates with the theme of the exhibition, and can include any aspect of an individual's experience of caring and those they care for.

Individuals, groups of Carers or families are encouraged to submit work on the theme.

**For further information about the exhibition or for details of how entries should be submitted please contact Ina Hume on 07967 701480 or by email at [ina@vanishingrites.com](mailto:ina@vanishingrites.com)**

#### **Digital TV switchover**

Plymouth area will switch over to digital TV by September 2009. We have been advised that most of Plymouth has already switched to digital TV. However some people have still not switched over, and may be unsure about how to do this. There is a massive advertising campaign ongoing at present, to let people know what they need to do to receive digital TV. However if any carers out there are unsure about this, then please telephone digital UK on 08456 50 50 50 or visit [www.digitaluk.co.uk](http://www.digitaluk.co.uk)

Digitaluk are also running a help scheme for vulnerable groups i.e.

People over 75  
People who are severely disabled  
Blind, or partially sighted people

**If you need further advice please contact Carers Champions**

**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**

#### **Service development - we want to hear from you ...**

**We are keen to offer practical help and support to carers so they can shape and develop the services they want and need. Having reviewed feedback over the past year, we would like to hear from any carers who are interested in:**

- **Being a phone buddy to another carer OR having a phone buddy to talk to – sometimes it can make all the difference knowing someone understands...**
- **Developing an Asperger Interest Group and meeting with other carers who are living with and supporting people with this Aspergers...**
- **Helping to set up and attending a drop in group for carers local to their area ...**
- **Setting up a Men Only group!**
- **Setting up a Women Only group!**

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

*Next issue out at the end of November – deadline for articles November 3rd*