



DERBYSHIRE
carers
ASSOCIATION

Newsletter



HAPPY NEW YEAR TO ALL CARERS

Wishing that this year brings you all the things you want for yourself

CARERS CONFERENCE Wednesday May 23rd.

The event will be opened by a guest speaker.

Information will be shared in the format of workshops, 4 subjects running twice throughout the day, run by champions in their field.

Carers come along and have your say, talk about your journey in your caring role, share your views with other carers and professionals. Help them to help you.

Your contributions are essential in planning and these will be utilised in looking at future developments in getting the services right.

Venue for the conference is The Hayes conference centre in Swanwick.

For further details about the arrangements for the event ring your area co-ordinator, transport can be arranged.

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CARERS RIGHTS DAY



Throughout all of Derbyshire we held information display stands to mark Carers Rights Days highlighting the rights of Carers and trying to reach those Carers who do not know what their rights are.

Displays were in local chemists and libraries. Erewash had special guest MP Liz Blackman, this was organised by one of our Carers.

Good bye to Sue Collett our Erewash co-ordinator

Sue has decided to take a very early retirement to enjoy spending time with family and at her home in Cornwall, as well as enjoying time on the canals.

In fact in Sue's own admission, she is not sure how she had time to work. Sue has worked within the Erewash area for 9 years and has made many connections with fellow professionals and made the difference in many Carers' lives. Sue will be greatly missed by all her colleagues and Carers. We wish her well and for a Happy Retirement.



Reminder! Carers Week 11th – 17th June 2007 'My Life as a Carer'

Derbyshire Carers will again be organising various events throughout Carers Week with our special day for Carers on Wednesday 13th June to be held again at the Agricultural Business Centre in Bakewell.

My life as a Carer.....

This theme will enable us to promote and highlight various aspects of caring including:

Financial – could include financial planning for Carers, publicising Carers' allowance, direct payments, other benefits and highlight where to get advice etc.

Career – flexible working hours, job prospects, earnings, pension settlement, promotion prospects, getting back into the job market.

Social life / relationships – caring being a life-changing experience, limitations as a result of 24/7; time, energy, and lack of focus on self.

Health – look after yourself, health checks for Carers.

HYPERTENSION

If you suffer from hypertension (high blood pressure) beware eating excessive amounts of liquorice – check with your GP if you require further information.

'Hidden Carers'

Derbyshire is thought to have over 112,000 Carers. We at Derbyshire Carers have around 3,500 on our database. Where are you, can we help? We have dedicated Area Co-ordinators throughout Derbyshire based in a town near you.

Lots of people caring for others do not class themselves as Carers – they feel that they are caring for somebody they love. Perhaps you feel you can manage, or you don't fit in to the established 'picture' of a Carer. Sometimes situations can change and you may feel the need for extra support.



Derbyshire Carers Association can help you when you need it with.....

Telephone Support - Some Carers just need a friendly voice to talk to, and know that someone out there is thinking of them and is there should they need any help.

Home Visits – a Carer may need to talk things through on a one to one basis or have an informal meeting. Many people like to have a face to a name.

Support Groups – we offer support groups throughout Derbyshire at a variety of venues and times. The support group may have speakers, pamper days, organise day trips out to give you, the Carer, a much needed break from the day to day routine. Perhaps you would like to meet other Carers like yourself and simply have a cup of tea and relax.

Advocacy – perhaps you need support when dealing with other agencies e.g. social services, solicitors, education etc. to help you understand what can sometimes seem a minefield of information. Maybe you would like someone to act on your behalf.

Signposting – maybe you don't know what services are out there that could help you practically or financially.

Carers Forums – to provide a way for Carers to participate in the planning of services.

REMEMBER – *We are here to help you!*

Financial Help for people Dealing with cancer

If you're struggling to make ends meet, call Macmillan free on **0800 500 800** to find out what financial help is available, or visit:

www.macmillan.org.uk/abetterdeal



Free Wills and Trusts Advice Service

Every year the Wills and Trusts team advise over 3000 parents and Carers of people with a learning disability on how best to make a will and set up a trust. The team helps people to secure future financial support in the best possible way for a loved one who has a learning disability by providing the following services:

- Free information booklets
- Planning for the future seminars
- A recommended solicitors list
- Mencap Trust Company Ltd

Mencap's in-house wills and trusts solicitor Aarti Puri is happy to offer free advice or answer any queries over the phone or by e-mail on the following:

- Making and Changing Wills
- Setting up trusts (including Mencap Trust Company)
- Making enduring powers of attorney and registering at the Court of Protection
- Issues of capacity
- Welfare and healthcare decisions
- The new Mental Capacity Act 2005
- Appointment of receivers at court of protection
- Living Wills
- Making statutory wills
- Finding a solicitor for advice
- Trustees' responsibilities and duties
- The rules that apply to means-tested benefits for people with a learning disability

For those Carers living in the High Peak a FREE information session where you can find out more about setting up wills and trusts for the benefit of someone with a learning disability is being held on **Thursday 29th March, 12.30 – 2.30 pm,** at **The Pavilion Gardens, St John's Road, Buxton, SK17 6XN.**

There will be a local solicitor speaking, who has experience of drafting wills for the benefit of people with a learning disability.

To find out more about any of the above call the Mencap team on **0207 696 6925** or e-mail willsandtrusts@mencap.org.uk or visit www.mencap.org.uk/willsandtrusts. To book your place at the seminar ask for **Gina Collins**.

New Carers' Allowance Claim Form

A new shorter and simpler Carer's Allowance claim form (DS00 (SP)) was introduced specifically for pensioners in December. Although most pensioners can't be paid Carer's Allowance because it overlaps with their state retirement pension, they can still have underlying entitlement to Carer's Allowance, which means that they are still recognised by the benefits system as being a Carer. This in turn can lead to extra money in their means tested benefits, e.g. Pension Credit. However, pensioners must still make a claim for Carer's Allowance in order to be awarded 'underlying entitlement'. For further information contact the Carers Allowance Unit on **01253 856123**.



EMPHYSEMA

Introduction

Emphysema is a serious lung condition that affects air sacs in the lungs, called alveoli. The alveoli are small 'balloon-like' structures that are located at the ends of the bronchial tubes. After air has been inhaled into your lungs, it travels through the bronchial tubes and into the alveoli. It is here that oxygen is passed into the blood and carbon dioxide passes out.

Emphysema causes the walls of the alveoli to break down so that the larger air spaces are formed. The effect is that the total surface area available for gas exchange is greatly reduced. This means that less oxygen gets into your blood and there is a reduced supply of oxygenated blood to the muscles and vital organs. Also the waste gas, carbon dioxide, is unable to pass from the blood back into the alveoli where it can be exhaled. As a result there is a rise in the amount of this gas in your blood.



Causes

The most common cause of emphysema is smoking. Heavy cigarette smokers are most at risk from emphysema and chronic bronchitis.

Breathing in industrial pollutants can also contribute to the development of emphysema.

Symptoms

Emphysema is commonly associated with chronic bronchitis. In chronic bronchitis, the lining of the bronchial tubes become swollen and go into spasm. Emphysema makes this worse by reducing the passage of air further.

The two main symptoms of emphysema are:

- ◆ Loss of weight
- ◆ Weak bones that break easily

- ◆ Tiredness
- ◆ Swollen ankles

In cases of severe emphysema, your breathing will worsen; energy levels will be drastically reduced. In extreme cases it may be necessary to breath in oxygen through a mask.

Diagnosis

If your GP suspects that you have emphysema, he/she will usually carry out a number of tests in order to make diagnosis. These might include:

- ◆ A lung test
- ◆ A chest x-ray
- ◆ Measurement of your levels of blood oxygen and carbon dioxide and examination of sputum (mucus)

If emphysema is diagnosed as a result then there are 4 grades, with 0 indicating that you shouldn't yet have emphysema but are at risk of getting it, and 4 indicating that you have severe emphysema.

Treatment

The first step in the treatment of emphysema is to stop smoking. This will prevent further damage to your lungs.

Medicines: there are various types of medication that can help to relieve your symptoms.

Inhalers: bronchodilators.

Diuretics: reducing the build up of fluid.

Anti-antitypic replacement: may be used if you have a defective gene.

Lung volume reduction surgery: Lung damage that causes loss of elasticity.

HOLIDAYS FOR PEOPLE WITH MOBILITY PROBLEMS

We are frequently asked where Carers can find holiday accommodation suitable for people with disabilities. Below is listed some accommodation and companies, however Derbyshire Carers cannot endorse or recommend them. If Carers have any holiday companies or accommodation they can recommend please let us know.

Jayes Holiday Cottages, Norfolk. www.jayesholidaycottages.co.uk	01359 251255
Grooms Holidays www.groomsholidays.org.uk	02074 522000
Norfolk Cottages www.norfolkcottages.net	01379 651177
Mortons House Hotel, Dorset. www.mortonshouse.co.uk	01929 480988
Sunnymeade, North Devon. www.sunnymeade.co.uk	01271 863668
Hidelow House Cottages, Worcester. www.hidelow.co.uk	01886 884547
Culmore Bridge Cottages, Scotland. www.culmorebridge.co.uk	01776 830539
New Mayfair Hotel, Blackpool. www.newmayfairhotel.co.uk	01253 347543
www.access-travel.co.uk for holidays abroad	01942 888844
www.enableholidays.com for holidays abroad	0871 222 4940
www.responsibletravel.com for holidays at home or abroad	01273 600030
www.holiday-rentals.co.uk for holidays at home or abroad (website only)	
www.disabledholidaydirectory.co.uk for holidays at home or abroad (website only)	
www.holidaycare.org.uk	0845 124 9971

RECIPE for the Spring

LEEK & CHEESE SOUP

1 1/2oz Butter
 2 large Leeks washed and chopped
 1 medium Potato peeled and diced
 1 pint Vegetable stock
 1/2 pint Milk
 4oz Cheddar Cheese
 2 tbsp Chives fresh or freeze dried

Method

Melt butter in large saucepan add leeks and potatoes, cook over moderate heat for about 10 mins until the leeks are softened. Pour over vegetable stock and bring to the boil. Reduce heat and simmer for about 20 mins until vegetables are cooked. Remove from heat and cool slightly, blend to a smooth consistency. Stir in the milk and cheese return to the heat and bring gently to the boil. Season to taste. Stir in the chives and serve.





Derbyshire Coalition for Inclusive Living ...disabled people working for inclusion.

DCIL is an organization of Disabled People offering support, advice and information to other Disabled People, and are currently recruiting Disabled Individuals and Carers to learn about, and work as Direct Payments volunteers in the county of Derbyshire.

This is a great opportunity for any Disabled Person or Carer who might be interested in learning about the voluntary sector and specific areas of social and community work. Volunteers will be fully trained and supported and the project is to be piloted in Ripley and surrounding areas where all preparation and training will take place.

DCIL are interested in any person who considers themselves to be disabled, and they don't have to be registered as such. The criteria would include anyone who has used mental health services, people with learning or sensory disabilities, or people with mobility issues. Anyone interested please contact **Rita Hodkin** at the number below.

The training will take place at the DCIL Ripley, which is located on Park Road, next to Godkin House (connexions building) and those who attend need not make the decision to volunteer until the training is completed. This again is only open to Disabled People and Carers. The training will prove to be both thought provoking and valuable in understanding social issues for Disabled People and knowledge and skills to engage in outreach community work. All expenses and access needs are to be met by the organization and volunteers will have choice over how long they work for and where.

According to DCIL they will do everything they can to make the role as interesting and easy access wise as they can, and anticipate that there will be a good social and educational focus to the project.

Volunteers will be fully included in the process and equal treatment will be adhered to.

Rita said she looks forward to hearing from Disabled People and if they are interested she can be contacted at **DCIL, Park Road in Ripley, phone 01773 740246** or email rita@dcil.org.uk

Derbyshire Carers Association, White House,
The Willows, Slack Lane, Ripley,
Derbyshire DE5 3HF
Telephone — 01773 743355
Fax — 01773 512288
Email — derbyshirecarers@btconnect.com
Web site—www.derbyshirecarers.co.uk



Publication of material in this Newsletter does not imply endorsement by DCA, and whilst every effort is made to check the accuracy of the information given, no liability can be accepted for any error or omission.

Luncheon clubs and social activities

Organisations, such as Age Concern, Community Voluntary Service (CVS) or local church groups run a variety of luncheon clubs, which usually run for just a few hours.

They provide a hot meal in the middle of the day at a reasonable cost. Times and charges vary, as do any activities that may take place. Some can provide transport.

Please contact your local Social Services Area Office or CVS who will be able to give you relevant contact details.

For other daytime activities in your area, i.e. art groups, sport, education and training, please contact your local CVS or Call Derbyshire on **08456 058 058**.



Mailing List

Please help us to keep our newsletter mailing list up to date. If you are no longer a Carer, or a new Carer who would like a copy, please let us know so that we can amend our records.

Telephone us on 01773 743355, or complete the following slip and return it to us at:

Derbyshire Carers Association
 White House
 The Willows
 Slack Lane
 Ripley
 Derbyshire
 DE5 3HF



Please tick the relevant box

- ◆ I am no longer a Carer and do not wish to receive the newsletter anymore
- ◆ I am a Carer and wish to go on your mailing list

Name (Mr/Mrs/Miss)

Address

Postcode

Telephone