



DERBYSHIRE
carers
ASSOCIATION

Newsletter

A NEW DEAL FOR CARERS

A multi-million pound package of support for Carers has been unveiled by the Government. These are a range of measures designed to recognize the essential work that Carers carry out.

- ◆ £25 million to be spent on providing short term home based respite care for Carers in crisis or emergency situations. This equates to £359,000 in Derbyshire. 'lack of proper planned alternative care in the event of anything untoward happening to Carers, is one of the most important factors in limiting their freedom to have a life of their own.'

- ◆ £33 million towards the establishment of a national helpline for Carers. The Carers helpline will provide easily accessible, single point of contact for Carers to source advice and information on issues ranging from their legal entitlements through to the availability of local services.

- ◆ £35 million to support the development of an expert Carers programme. The programme will provide a service to meet the personal needs of Carers, Carers rights, stress management, services for Carers, information for Carers, communication skills and advocacy. It will also include skills to care as safely and effectively as possible, covering moving and handling, first aid and medication. This will be launched later this year.

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Ivan Lewis, Minister for Care Services said:

'Millions of people in this country are hidden heroes who keep families together through their support and devotion. Our Carers often provide care 24 hours a day, 7 days a week, taking on that precious role that enables a friend or family member to stay at home and live with the dignity, independence and security the rest of us take for granted. This army of Carers do not want to give away their family Responsibilities. Equally they want Government and local services on their side ensuring the necessary care and support is available to maintain their family's quality of life.'

Carers week events

North Team

Chesterfield & North East Derbyshire	Display at the Royal Hospital	
Bolsover & Chesterfield East	Display Bolsover hospital	
Derbyshire Dales	Displays Whitworth & Newholme	
Glossop	Carers Surgeries 11 th June at Manor House 4 - 6.30pm 12 th June at Hadfield Medical Centre 9.30am - 12.00pm	Picnic in the Park " Bring your own food" 11 th June
High Peak	1.30 - 4.30 Education for Carers and Silk Scarf painting 11 th June	Venue Blythe House



South Team

Amber Valley	15 th June Lunch Little Eaton Garden Centre 12 noon	Kedleston Hall 14 th June Walk around
Derby City	Displays Derby Cathedral service 11am 11 th June	Kedleston Hall 14 th June Walk around
Erewash	12 th June Pub Lunch at Tappers Harker Main Street Long Eaton	Kedleston Hall 14 th June Walk around
South Derbyshire	Displays Queens hospital Library	Kedleston Hall 14 th June Walk around



Carers Day

"My Life as a Carer"

13th June 2007

EVENTS PROGRAMME

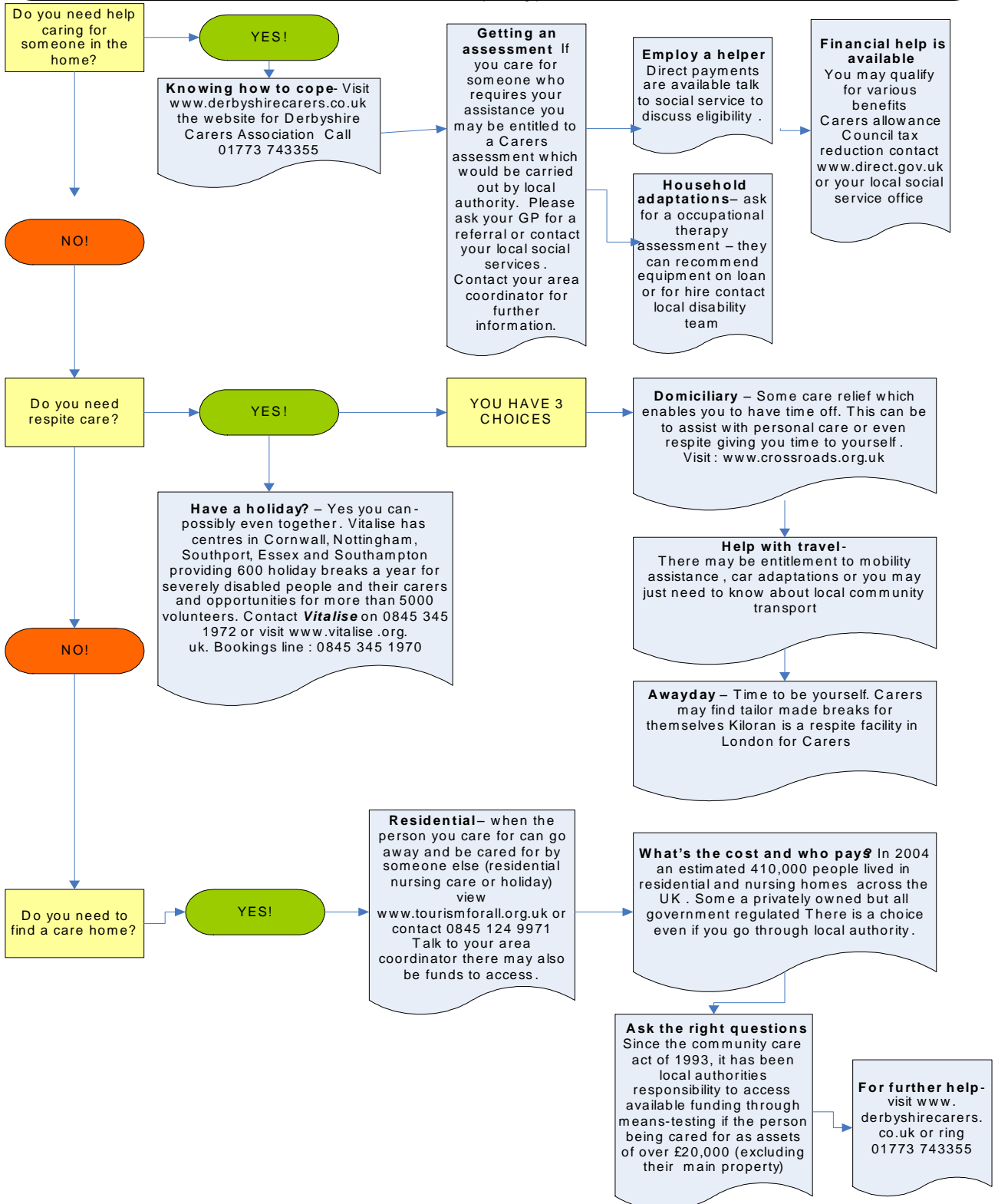
Hope you enjoy your day!

10.30am	Registration & Coffee
11.00am	Welcome & Introduction
11.15am - 12.30pm	<ul style="list-style-type: none"> • Facials - to revitalize rejuvenate and rebalance the skin. Cleanse tone exfoliate & moisture. • Aromatherapy - the properties of oils • Colours analysis and make up - find out what colours suit you • Manicure - hand and arm massage and nail care with colour • <i>Pamper sessions will take 30 to 45 minutes - book appt on the day</i>
11.30 - 12.30pm	<ul style="list-style-type: none"> • Creative writing workshop • Guided walk around Bakewell 1 hour
12.30 to 1.30pm	Buffet Lunch
1.30pm	<p><i>All of this mornings events will be going on throughout the afternoon</i></p> <ul style="list-style-type: none"> • Creative Writing workshop • Chocolate making demonstration • Guided walk around Bakewell 1 hour
3.30pm	Close & Thanks

The Carers Pathway

How to find your way through.

Knowing where to go for special help where a new Carer or someone having been caring for years is a constant problem. Hopefully this will help as a signpost.



Diabetes

What is Diabetes?

Diabetes occurs when the amount of glucose in the blood is too high, and the body is not able to use it properly. Glucose is derived mainly from food. Insulin, a hormone produced by the pancreas, is needed to convert glucose into the energy the body requires. If the pancreas does not produce enough insulin, or if the body cannot use the insulin it has, then diabetes occurs. There are 2 different kinds of diabetes: Insulin Dependent Diabetes (type 1) which is usually diagnosed before the age of 40 and is treated by insulin injections and diet. The second kind is Non-Insulin Dependent Diabetes (type 2) which is usually diagnosed after the age of 40 and is treated by either diet alone, or diet and tablets or, sometimes, diet and insulin injections. Diabetes, however, can affect anyone at anytime.



The charity for people with diabetes

Web Page: www.diabetes.org.uk/

Deep Venous Thrombosis

What is deep venous thrombosis (DVT)?

This is serious condition affecting coagulation of blood in the deep veins of the calf. There are some predisposing factors which may lead to clotting. These include ;

- Reduced blood flow
- Post-operative
- Elderly
- Bed rest
- Direct injury to the calf
- Increased clotting tendency, e.g. oral contraception/HRT, cancer, pregnancy, smoking

What are the symptoms?

Pain, tenderness and swelling of the affected leg.

Diagnosis

This is done using ultrasound or a venogram. A venogram is where dye is injected into the veins of the foot and X-rays are taken to detect for a shadow.

Anti-coagulant drugs are given to prevent thrombosis

On a lighter note!

Every persons' dream diet!!

DIETING UNDER PRESSURE

OR

RULES ON HOW TO JUGGLE A SUCCESSFUL DIET
WITH LIFE AS A NORMAL HUMAN BEING

1. If you eat something on your own then the food has no calories
2. When you eat with someone else and they eat more then you do then the calories do not count
3. If you drink a diet drink with a chocolate bar, the drink cancels the calories in the chocolate
4. Broken biscuits contain no calories - the process of breaking causes calorie leakage
5. Food used for comfort never counts - hot chocolate for relaxation, brandy for fortification, toast and cheesecake as antidepressants
6. It is recommended that you feed up everyone around you so that you appear slimmer
7. If you are following a recipe, food licked off the spoon or from the bowl has no calories, e.g. the remains of the cake mixture
8. As they are part of your entertainment, TV and Cinema food contain no calories
9. Foods of the same colour have the same amount of calories e.g. mint ice cream and cabbage, water and a large vodka and tonic, mushrooms and cheesecake
10. Sportspeople eat huge amounts of pasta before competing. It's a myth that you have to walk miles to work it off. To work off a bowl of spaghetti have a swift walk around the settee. Doing this twice will use up so much energy that you will need another chocolate bar to supplement your sugar level and re-build your strength.



RECIPE for Summer

Warm Potato Salad

Ingredients (4-6 people)

2lb New Potatoes (as small as possible, skins on and washed)

2 sprigs fresh Mint

Salt to taste

Lemon & Mustard Dressing

4 tablespoons Lemon Juice

Grated zest of 1 Lemon

1 Clove Garlic

1 level teaspoon Rock Salt

1 heaped teaspoon Grainy Mustard

4 tablespoons extra Virgin Olive Oil

Freshly milled black pepper

To Garnish

2 level tablespoons fresh chopped Chives

6 Spring Onions chopped small

Method

Place potatoes in pan with boiling water to cover, add mint and some salt, simmer for about 15 – 20 mins. Meanwhile make the vinaigrette. Using a pestle & mortar, crush the garlic and rock salt together to a paste, then gradually whisk in all other dressing ingredients. When potatoes cooked, drain and transfer to serving bowl. Pour on vinaigrette dressing while still hot, toss around to get good coating and finally scatter the chopped chives and spring onions. Serve.

Your Letters

Just thought you would like to know that holidays are possible for disabled people, my husband is in a wheelchair and we have just spent a wonderful week at Skylarks a Vitalise complex near Nottingham. We were looked after so well I had a complete break. Two people were chosen to look after and care for my husband all day. Trips were arranged throughout the week on special buses with a packed lunch provided. We enjoyed varied evening entertainment and my husband was taken to bed when he was ready. We were looked after all day ensuring we had a wonderful holiday.

Eileen Kearney, Carer.

We welcome your letter, any information, recommendations for Carers or comments regarding this newsletter - please call 01773 743355.

Carers and flexible working

The Work and Families Act came into force in April. It is aimed at Carers in employment for them to combine their caring roles and working lives.

Carers now join parents of children under 6 and disabled children under 18 with the legal right to request flexible working.

This could mean several things - the opportunity to alter start and finish times, emergency paid leave, phone calls at work, or working longer hours on some days than others.

Any request should be put in writing for the employer and then discussion to reach an acceptable compromise for both parties.

Though the employer can say no they will now be required to demonstrate why they are refusing.

The Employment minister defined 'Carer' for the purposes of the act as - 'an employee who is or expects to be caring for an adult who is their husband or wife, their civil partner and a close relation. This also includes somebody who shares the same address.

Derbyshire 50+ forums

Many groups are held across Derbyshire.

Meet new friends and discuss local issues.

Contact 'Better government for older people' on 01629 772094

Holidays

Caravans - in Prestatyn - fully accessible for wheelchairs and those with limited mobility.

Please contact Jo Baxter, 8 Staveley Court, Shipley, West Yorkshire BD18 4HF
Tel: 01274 591850 or
email: jo.baxter2@btinternet.

Message in a bottle

This is a voluntary scheme for anyone living at home who would be reassured knowing that essential information is readily available to the emergency services should they suffer an accident or sudden illness. The scheme ensures that vital information is available not only to identify you but also to advise of relevant illnesses, allergies, medication and contact addresses.

Your details are stored in a clearly marked plastic container, kept in your fridge. 2 labels known to the emergency services are displayed, one on the fridge and one on the inside of your main entrance.

Please contact your Area Co-ordinator for a bottle.



Carers Allowance - from April 2007

This is the main benefit for Carers. To qualify you must meet all the criteria.

*** you must be 16 years or older. * you must look after someone for at least 35 hours a week the person you look after must receive a qualifying disability benefit * if you work you must not earn more than £87 per week * you must not get one of a list of other benefits including state pension * you must be living in the UK when you claim * you must not be a full time student.**

Even if you think you will not receive it in monetary terms it is still worth applying for Carers Allowance, if you qualify, it can open doors to other benefits.

How to Apply

You can get a Carers Allowance claim form from -

- Carers Allowance Unit, Palatine House, Lancaster Road, Preston. PR1 1HB.
Tel: 01253 856 123 or on the internet - www.dwp.gov/carersallowance
- any Jobcentre Plus office or Pension centre.
- The benefit Enquiry Line 0800 882200 Mon – Fri 8.30am – 6.30pm
Saturdays 9am - 1pm

You may be able to get the Carers Premium, an extra amount of money (up to £27.15 a week) included in the calculation of Income Support, income based job seekers allowance, housing benefit and council tax benefit. It is also used to calculate Pension Credit.

If you are awarded Carers Allowance, find out if you also qualify for the Carers Premium or its Pension Credit equivalent, you may get more money.

If your claim is successful and you receive Housing and/or council tax benefit already, tell your Benefits office that you have been awarded Carers Allowance or have an underlying entitlement to it. They will re-calculate your benefits taking this into account.



Red Action 3 Manual Wheelchair, large rear wheels that come off,

only been used once - cost £544 accept £350 ono

Tel: 01332 764991

Derbyshire Carers Association, White House,

The Willows, Slack Lane, Ripley,

Derbyshire DE5 3HF

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