



DERBYSHIRE
carers
ASSOCIATION

Newsletter



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Ever wondered what happens at Chatsworth ?

We are again planning our Annual General Meeting which this year is on Thursday 27th September. It will be held in the Members room at County Hall and will start at 7 pm. Details and reply slip will be sent to you.

Our speaker for the evening is Christine Robinson, the housekeeper from Chatsworth House. This should be a very interesting and informative talk.

We look forward to seeing you there. Should you need transport, please contact your area Co-ordinator who may be able to help.

Carers Conference

Hayes conference centre, Swanwick
23rd May 2007



The conference was attended by over 100 delegates. The morning consisted of workshops covering Welfare Benefits, Carers Pathway, Continuing Care and the Mental Capacity act. These were very informative and raised many questions.

A tasty buffet was served at lunchtime and as it was a beautiful day, we could enjoy the grounds during the breaks.

In the afternoon Sue Riley from the Kiloran Trust in London showed a video and talked about this excellent respite opportunity for Carers.

A full report of the day will be available shortly.

Derby City Carers Conference
at the Darwin suite
Tuesday 11th September
10.30 - 3.00

Supporting unpaid Carers

100 free places including lunch are available for this event – designed to help unpaid Carers

- ◆ Visit the information stands
- ◆ Meet other Carers
- ◆ Listen to a speaker from Carers UK
- ◆ Join the workshops on 'Listening to Carers', 'Flexible working and new legislation', 'Power of attorney & changes in the law' and Parent Carers'.

To book your place contact Maria Stringer on 01332 347141 ext 2404

For general enquiries please contact
Marilyn Hambly 01332 255527 or
Martin Rawson 01332 785130 or
Julieann Trembling 01332 868902

Introducing Katherine Ramage Erewash new Area Coordinator:

I would like to take the opportunity to profile myself to you all, being the new face on the block after joining Derbyshire Carers in February.

I have spent most of my career working for Social services both as a Carer and a Manager, both in the community and residential homes.

I work 20 hours a week based at my office in Southlands, although I have met many of the Erewash Carers who have been very supportive of me, I have many more to meet.

Support Group News

I have currently organised a new support group meeting to be held at Outlook (Briar Gate) on the first Wednesday of each month 7 pm – 9 pm, starting in September.
All Carers welcome.

Kindly note the Monday group at Southlands has now ceased due to difficulties with access due to the stairs.

If I have not yet met you please don't hesitate to get in touch, just call on 0115 9468881.

I would like to take this opportunity in personally thanking Pat Desborough, one of our Erewash volunteers, for all the help and support she has given me since February.



The eighth annual **Carers Rights Day** will take place on:

Friday 7 December 2007

The aims of Carers Rights Day are to:

- ◆ Increase the take up of benefits available to carers and their families
- ◆ Ensure that carers access their rights
- ◆ Raise awareness of the needs of Carers
- ◆ Ensure carers are aware of and take up their right to request flexible working

This years theme is Caring Costs and the focus is on Carers and work and the other costs of Caring. We will be concentrating on Carers' Rights which help them to stay in work and, if they give up work or retire early, how to ensure that they get the right benefits and entitlements.

Glossop Area

A little sunshine seen in Glossop!

We were so lucky, and picked the right day! Approximately 20 Carers and their cared for met in Manor Park Glossop and sat in the shade of a beautiful tree to enjoy a picnic and celebrate Carers week.

South Team picnic in Kedleston

No sun shone on us at any point of the day, in fact we were all showered excessively. The eight of us turned up in waterproof walking gear although we would have been better dressed in snorkels and wetsuits.

We redirected our walk to Markeaton park and then to the café for homemade mushroom soup. A thoroughly enjoyable day - sorry no pictures..





This year's theme was 'Your life as a Carer' so this was a key consideration when we started the planning. You see the end result of the planning on the day, but we start from the moment Carers Day ends the previous year. You help us by telling us how we did and completing your evaluation forms. Having considered the last years reviews and listened to what you had to say," the venue was good, the car parking

good, food fairly good and the programme of events excellent" we have ideas of what you would enjoy the next year.

We have tried to ensure we don't become static with our ideas and are not afraid to try something new. This year, although crafts have been a great success over the previous years, they didn't fit into this year's theme. A creative writing workshop was introduced to demonstrate techniques and offer the tools the enable Carers to tell their story. The Chocolate making demonstration was interesting and looked delicious. The Exercise class was fantastic with many of you joining in, and many of you kept the nurse busy doing health checks. The guided walk was also well attended.

Pamper sessions - all our therapists were kept very busy and worked flat out all day, although we still did not fulfill the need. If the pamper sessions are to be repeated again at future events we will ensure that the booking system is improved.



How do you think we did? if you would like to make comments or suggestions for next time, please don't hesitate to drop us a line or call, we can't do it without you!



FALLS

Slips, trips and falls are a very common cause of accidents with hundreds of thousands of incidents reported each year. Falls often result in serious injury, often to bones and joints, and there are many fatalities, particularly amongst older people and people at work.

Accidental falls are by far the biggest killer in the home. An estimated 1000 older people die each year from a fall on stairs. Falls cause the most deaths and long-term health problems amongst older people.

Good health and safety practices at work can prevent many slips, trips and falls. Whilst it is impossible to make all jobs totally safe, there are laws, which help to protect you at work to ensure a safe working environment.

Additionally, employees have a responsibility to look after their own health whilst at work, taking sensible steps to protect themselves from hazards and avoid accidents. Accidents can occur in any workplace, not just in building sites and manufacturing, but in offices as well.

FIBROMYALGIA

Fibromyalgia is a chronic condition that causes fatigue, pain in the muscles and ligaments (the bands of tissue that connect bone to bone), and tender areas in certain points of the body.

Around 9 out of 10 of those affected by fibromyalgia are women. In most cases, fibromyalgia develops between the ages of 30 and 60, but it can develop in people of any age, including children and the elderly. Around 1 in 100 people develop fibromyalgia at some point in their life and there are around 14,700 new cases in the UK each year.

The name fibromyalgia comes from the Latin word fibro, meaning fibrous tissues (tendons, ligaments), my, meaning muscles, and algia, meaning pain. The condition used to be known as fibrositis, which literally means inflammation of the muscles and soft tissue, but was renamed fibromyalgia in the 1980s because studies found there is no inflammation or nerve injury.



Web site: <http://www.fibromyalgia-associationuk.org>

PAUSE FOR THOUGHT!

The next time you are washing your hands and the water temperature isn't just how you like it, think about how things used to be!

Life in the 1500's

- most people got married in June because they took their yearly bath in May and still smelled pretty good. However they were starting to smell so brides carried a bouquet to hide the body odour, hence today's custom of carrying flowers when getting married.
- baths consisted of a big tub filled with hot water, the man of the house had the nice clean water, then followed the sons and other men, then the women and children, last of all the babies. By then the water was so dirty you could lose someone in it, hence the saying 'don't throw the baby out with the bath water'
- houses had thatched roofs, thick straw piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals lived in the roof. When it rained it became slippery and the animals would slip off. Hence the saying 'it's raining cats and dogs'
- there was nothing to stop things falling into the house, this was a problem in the bedroom where bugs and other droppings could mess up your nice clean bed. A bed with big posts and a sheet hung over the top gave some protection. That's how canopy beds came into existence.
- the floor was only dirt, only the wealthy had something other than dirt, hence the saying 'dirt poor'. The wealthy had slate floors which got slippery when wet, so they spread thresh straw) on the floor to help keep their footing. As winter wore on, they added more thresh until when you opened the door it would all start slipping outside. Hence the saying 'a threshold'

In those old days, they cooked in the kitchen with a big kettle hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and not much meat. They would eat stew for dinner, leaving leftovers in the pot to go cold and then start over the next day. Sometimes the food in it that had been there for quite a while. Hence the rhyme 'Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old!'

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang the bacon to show off. It was a sign of wealth that a man could 'bring home the bacon'. They would cut off a little to share with guests and would all sit round and 'chew the fat'. Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach on to the food, causing lead poisoning death. This happened often with tomatoes, so for the next 400 years, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle and the guests got the top, or 'upper crust'.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. A passerby would take them for dead and prepare them for burial. They were laid out on the kitchen table, the family would gather round and eat and drink and wait to see if they would wake up. Hence the custom of holding a 'wake'.

England is old and small and the local folks started running out of places to bury people. So they would dig up the coffins and would take the bones to the 'bone-house' and re-use the grave. When re-opening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realised they had been burying people alive. So they would tie a string to the wrist of the corpse, and tie it to a bell on the surface. Someone would have to sit out in the graveyard all night ('the graveyard shift') to listen for the bell; thus someone could be 'saved by the bell' or was considered a 'dead ringer'.

And that's the truth (possibly!!!)... Now whoever said history was boring!!!!



GO ON, TREAT YOURSELF!! ALL-IN-ONE SPONGE CAKE WITH RASPBERRY AND MASCARPONE CREAM

Ingredients:

6oz (175g) S R Flour,
1 rounded teaspoon baking powder
3 large eggs
6oz (175g) caster sugar
6oz (175g) butter, very soft at room temperature
½ teaspoon vanilla extract

For the filling:

8oz (225g) raspberries
3-4 tablespoons soft set raspberry jam
1 x 250g tub mascarpone
1 x 200ml tub fromage frais
1 level tablespoon caster sugar
1 teaspoon vanilla extract

To serve: a little icing sugar

You will also need 2 x 8 inch (20cm) 1 ½ inch (4cm) deep sponge tins, greased and lined.

Method:

Pre-heat the oven to gas mark 3, 325F, 170C

Take a large mixing bowl, measure out the flour and baking powder and sieve into the bowl. (hold the sieve quite high to give flour airing)

Next add all the other ingredients (ensuring the butter is really soft) and whisk together with an electric whisk until it is all combined and smooth.

The mixture should drop off the spoon, (add 1-2 tablespoons of water **IF** it seems too thick and mix again).

Divide the mixture between the 2 tins, level out and place in the centre of the oven.

Cook for 30 – 35 minutes (don't open the oven door until 30mins have elapsed)

To test, touch the centre lightly, if it leaves no impression then the sponge is cooked.

Remove from the oven and after 5 minutes remove from the tins and place on a wire cooling tray. Carefully peel off the base papers and leave to go cold.

For the filling:

Combine the mascarpone and fromage frais in a bowl, a balloon whisk will amalgamate them quicker. Add the sugar and vanilla extract.

Spread one tablespoon of jam over one of the cakes, cover this with half of the mascarpone mix and then scatter the raspberries over this. Next add the remaining mascarpone mixture and drizzle the remaining jam over the top. Place the second sponge on top, press very lightly to sandwich everything together and then lightly dust the top with the icing sugar before serving.

Next - make a cup of tea, sit down and enjoy!!!



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