



DERBYSHIRE  
**carers**  
ASSOCIATION

# Newsletter

**Carers save the UK “£87bn a year”**



The unpaid work of Carers saves the UK £87bn per year – more than the total amount spent by the NHS in the last financial year, say experts. The figure calculated by the University of Leeds for the charity Carers UK, is up 52% since the last estimate, calculated in 2002. The average person caring for a sick or frail relative is now estimated to save the nation more than £15,260 a year. The government said measures had been taken to help Carers, with more due. The new figures are based on how much it would cost to provide alternative care if a Carer was not available. This has been calculated at £14.50 an hour. The total is more than four times the amount spent on social care services for adults and children by local authorities in the year 2005 – 2006.

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## Ten facts about caring

1. One in eight (1 in 8) adults are Carers...around six million people.
2. Carers save the economy £87 billion per year, an average of £15,260 per Carer.
3. Over 3 million people juggle care with work.
4. The main Carer's benefit is £48.65 for a minimum of 35 hours, equivalent to £1.39 an hour.
5. 1.25 million people provide over 50 hours of care per week.
6. People providing high levels of care are twice as likely to be permanently sick or disabled.
7. Over 1 million people care for more than one person.
8. 58% of Carers are women and 42% are men.
9. By 2037 the number of Carers could have increased to 9 million.
10. Every year over 2 million people become Carers.

# What are Carers' rights?

Many people don't get the support they need because they don't recognize the caring role they have. If you regularly provide or intend to provide care, you need to find out about the help available.

The benefits system is complicated and finding out what you are entitled to can be difficult. Claiming benefits usually involves filling out forms. Try not to let this put you off. A local independent Advice Centre or Citizens' Advice Bureau should be able to help you with the forms. The Pension Service (Freephone: 0800 100 6165 ) should also be able to help you with more information about benefits and completing the claim forms.

Even if you're entitled to claim benefits there is a range of other ways in which you get help with being a Carer, such as equipment, practical help and getting access to a break.

This website has information about:-

- Benefits and financial help
- Practical Support
- Taking a Break
- Carers' Assessments

Alternatively visit the information section of the website [www.carersuk.org](http://www.carersuk.org) to find more about your rights as a Carer.



## What is Carers Rights Day?

Each year Carers UK holds a Carers Rights Day to:

### **Increase take up of benefits**

Estimates suggest that 40% - 60% of disability benefits go unclaimed. There are no firm statistics on the take up of Carers' benefits but it is estimated that £660 million of Carers' benefits goes unclaimed each year.

### **Make sure Carers know their rights**

Every year more than 2 million people become Carers for the first time. Those new to caring need straightforward and accessible information about their entitlements. Time after time Carers say they need clear information and this is what Carers' Rights Day is about.

### **Guide Carers towards practical Support**

Access to practical support can be vital in maintaining Carers' health and well-being and can help to ensure that they are not isolated and socially excluded. This might include time off, help with lifting and bathing, equipment or adaptations to the home or access to leisure activities for their disabled son or daughter.

### **Raise awareness of the needs of Carers**

Carers want the same life chances that other people enjoy – good health, financial security, the right to a family life, opportunities to work and pursue their own interests. But the reality for many Carers is vastly different. Carers Rights Day raises awareness of the needs of Carers with policy makers and professionals.

# Make WORK Work

**Make WORK work** is Carers UK's campaign to bring about change so that Carers have choices about balancing work with caring.

## What has the campaign achieved?

In 2006 the campaign won it's first major target – for Carers to have the right to request flexible working. We estimate as many as 2.65 million Carers could benefit.

## What next?

The campaign continues. We want to ensure that:-

- a. the right to flexible working for Carers is properly implemented and
- b. that Carers have access to services which fit around their working lives.

*Carers UK*

## MAJOR ADAPTATIONS

### What is a major Adaptation?

Cost over £1000

'Modifications to a disabling environment to enable independent living...' (DH 2006)

Stairlift>>>>Shower>>>>Structural Alterations

Individualised solution

### Who is Eligible?

Registered Disabled

Substantial Physical Disability including Sensory or Mental Disorder or Impairment (DH 2006)

In receipt of or eligible to have services arranged for you by the Social Services Authority (FACS) for access to care services

### Who is involved?

Assessment by Social Services

Occupational Therapist (OT) or Community Care Worker (sometimes Health OT)

OT works with Service User, Company Reps and/or Architects to achieve appropriate solution

Recommendation to Housing Association/District to prioritise work or District Council Grants Office to begin Disabled Facilities Grant process

### How is it Funded?

Council Housing: Decision made jointly with DCC and priority given

Housing Association and Private homes: DFG funding sought (means tested for over 19's)

DFG can fund up to £25,000

L.A.s can make discretionary top ups e.g. on basis of hardship

Can be self funded

## OUT AND ABOUT WITH OUR CARERS



Recently Jenny and Lynne who cover the High Peak took their Carers on a walk around the base of Kinder Scout.

The weather wasn't too bad with only a few showers but nevertheless some wet weather gear

was needed. The group did really well and were all unperturbed by fields of cows, streams and some very strange looking stiles. They stopped in a lovely place to have their sandwiches looking around at the beautiful scenery and wild life. Jenny and Lynne think this successful event will prove to be a yearly one and would like to thank the Rangers for the guided walk.



## ASHBOURNE and MATLOCK



Ashbourne and Matlock Carers enjoying days out at Dinningsdale and The Botanical Gardens in Sheffield



Hello

My name is Louise Green and I am the recently appointed Network Co-ordinator for Learning Disabilities.

I joined Derbyshire Carers Association in late August and my post is funded for 12 months. My role is to support Carers of someone with a Learning Disability in taking proposals forward to Local Disability Partnership meetings.

Although based at DCA Head Office at Ripley, my area stretches the length and breadth of Derbyshire, so as you can imagine, I spend much of my 18 weekly working hours out and about meeting new Carers and attending meetings. If you are a Carer who I have not yet met and would like to find out about Carer meetings in your area please contact me on: **01773 743355**.



**DO YOU WANT TO MAKE A DIFFERENCE IN YOUR COMMUNITY AND HAVE A SAY IN DECISIONS THAT AFFECT YOU? GET INVOLVED – BE A PART OF YOUR LOCAL PARTNERSHIP BOARD**

Did you know that Carers of people with a Learning Disability have the opportunity to be involved with decision making locally? There are six Local Partnership Boards across Derbyshire. Elected Carers attend meetings and put forward proposals for improvements within their community.

It is the role of the 'Network Co-ordinator' (Louise Green) to support Elected Carers by helping to put together proposals and also assist in establishing regular group meetings for local Carers, where Carers can voice the needs of the local community, This information will then be taken to their next Partnership Board meeting via local Elected Carers.

Current elected members:

Chesterfield	Gillian Adlington	01246 411755
High Peak & Dales	Ellen Doran	
	Pam Wood	01629 734679
Erewash	Kay Milton	0115 9444945
	Wendy Prati	
North East	Steve Pearson	01246 557072
	Helen Worsley	01246 416227
South Derbyshire	Derek Wright	01283 760825

There are vacancies on all boards at present, please contact Louise Green at Derbyshire Carers Association for further information on **01773 743355**.



## GOUT

Gout is a condition that causes pain, inflammation and swelling in one or more of the joints. It occurs in attacks, which means that it affects you for a period of time, but will subside eventually, even without treatment. However, if left untreated, the attacks can sometimes become more frequent and last longer.

It affects about one in 200 adults, most commonly men between 49 and 60 years old. Gout affects women less often, but when it does it is usually after the onset of the menopause. In rare cases young people and children can be affected.

Although gout is a common condition there are effective ways of treating the pain, reducing the pain, reducing the inflammation, and preventing more attacks.

### Glossary

Pain is an unpleasant physical or emotional feeling that your body produces as a warning sign that it has been damaged.

Onset is the beginning or early stages of a condition or disease.

Joints are the connection point between two bones that allow movement.

Inflammation is the body's response to infection, irritation or injury, which causes redness, swelling, pain and sometimes a feeling of heat in the affected area.

## GLAUCOMA

Glaucoma is the name of a group of eye diseases that affects vision. If left untreated glaucoma can eventually cause blindness. Glaucoma is more common in old age and happens when the optic nerve in the eye is damaged. The two main types are:-

Open angle glaucoma (or chronic glaucoma)

Acute angle closure glaucoma (or acute glaucoma)

Open angle is the most common type. It develops very slowly and loss of sight is gradual and painless. The nerve fibres at the sides of the eye are the first to be affected, causing a loss of outer (peripheral) vision, which can be hard to notice. Central vision is the last to go.

Open angle glaucoma affects about 2 in every 100 people over the age of 40. However, this increases over the age of 70 to one person in ten.

Acute Glaucoma is less common. The name refers to a narrowed angle between the iris and part of the back of the eye. The reduced angle increases pressure in the eye, causing it to quickly become sore and red.

Occasionally, glaucoma can develop from other eye conditions that cause an increase of pressure in the eye. This is called secondary glaucoma. It may happen as a result of eye injuries or in inflammatory eye disease, for example.

Glaucoma is sometimes present from birth. This is called congenital glaucoma and happens when there is a structural abnormality affecting the way fluid drains from the eye.



# HIGH PEAK PAMPER DAYS

Jenny and I have for the past year been looking at holding Pamper days for Carers. When you start to look at these things they always seem easy to do but then reality kicks in. After lots of unsuccessful applications we have now secured funding to run pamper days. The next ones being Friday 18<sup>th</sup> January 2008 and Friday 14<sup>th</sup> March 2008. The Pamper days are being held at Blythe House in Chapel en le Frith, a purpose built day hospice, a lovely peaceful venue. There will be a range of therapies on offer such as Aromatherapy, Massage, Reflexology, Reiki and Facials.

We are also providing a free lunch and coffee/tea/biscuits will be available. Whilst people are waiting for therapies Jenny and I will be holding craft sessions, where Carers will be able to make Birthday Cards, Christmas Cards and look at Scrap Booking.

If you are a Carer and live in the High Peak and fancy a therapy etc, then please ring **01663 745500** and speak to either Jenny or Lynne.

Looking forward to hearing from you!

*Lynne O'Brien*

***Don't forget - High Peak Carers Forum Thursday 13<sup>th</sup> December at Buxton Methodist Church 10.00 – 12.00 pm. If you live in the High Peak and would like to attend then please contact Lynne or Jenny on 01663 745500.***



## CHOCOLATE TRUFFLES



### Ingredients

#### Basic recipe for truffles:

**8 oz ( 225g ) good quality plain chocolate ( 70% cacao )**  
**5 fl oz ( 150ml ) double cream**  
**2 oz ( 25g ) unsalted butter**  
**2 tablespoons of plain yoghurt**  
**cocoa for dusting**  
**almonds ( finely chopped )**

#### Chocolate coating:

**2oz ( 50g ) plain chocolate**  
**1/2 teaspoon groundnut oil**  
**melt in a bowl over hot water, then add oil and mix together**

#### Rum and raisins:

**1 tablespoon of raisins (coarsely chopped)**  
**rum, enough to cover raisins, cover and leave overnight**  
**then mix with basic truffle mixture**

Break chocolate into small pieces, place in a bowl over a pan of hot water until the chocolate melts. Do not let the bowl touch the water. Add the butter, cream, yoghurt and blend it all together. Refrigerate until firm.

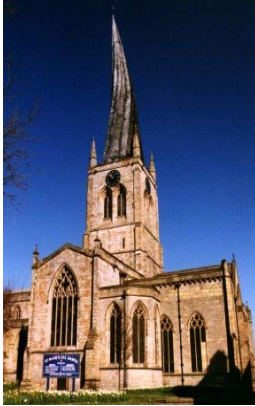
Shape into small balls and dust truffles with your choice of cocoa, chopped almonds, coconut or coat in melted chocolate. When set place into little paper cases.

If liked, Rum soaked raisins can be added to some of the basic mixture.

Note: As these contain cream they will only keep for 3-4 days..

# WHAT'S COMING UP IN YOUR AREA

## CHESTERFIELD



Celebration of Thanksgiving for Carers at St Mary and All Saints Church  
'The Crooked Spire'  
2.00 pm Monday 17<sup>th</sup> December .

## AMBER VALLEY

Christmas lunch and sing-a-long at The Cottage Inn, Blackwell 7<sup>th</sup> December.  
Walk and lunch at Shipley Park, Heanor 20<sup>th</sup> December.  
Hot Tickets for Treasure Island at Derby Playhouse sometime in January.  
Dates to be confirmed  
Lunch Meeting at the Red Lion, Ripley 12.00 noon 15<sup>th</sup> January

*If interested in doing any of these please contact Jo Wild on 01773 749087 for further information.*

## EREWASH

Christmas lunch at the Steam Boat, Trent Lock, Sawley, 12.15 pm 10<sup>th</sup> December.  
Outlook, Christmas Party 2.00 – 4.00 pm 17<sup>th</sup> December – everyone welcome.

Anyone interested in the Christmas Lunch contact Katherine Ramage on **0115 9468881**.

## DALES

A Carol Service 'Celebration of Caring' at St Oswald's Church, Ashbourne 11.30 am on 4<sup>th</sup> December.

Please contact Barbara Wright on **01629 812132** or Jackie Marsh (Alzheimers Society) **01335 347285** for further details.

### FOR SALE



Sunrise Medical Wheelchair  
£100 Tel: 07932 772319

**CHRISTMAS**

There is fog in the valley  
 And frost on the trees  
 The white snow is falling  
 And will soon be up to your knees  
 The children are skating  
 On ice on the ponds  
 Angelic choir voices  
 Are singing their songs  
 Parents in mufflers  
 And children in mitts  
 And candlelight flickers  
 From windows well lit  
 It does your heart good  
 To hear children sing  
 But this isn't Christmas  
 It's "Buxton in Spring"  
 Alan Dennis Carer

**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**

