

Carer's News



Winter Newsletter No. 64 2010

www.derbyshirecarers.co.uk

Distributed free to Carers and Health Professionals throughout Derbyshire

Latest News...

Derbyshire Carers Association announce the planned opening of new Drop-in Centres for Derby City and Chesterfield.

New Learning Disability Co-ordinators

Carers Rights Day
3rd December 2010





Hi Everyone

Well, once again it's been a very busy few months and the staff have worked very hard.

The big news, as you can see on the front cover is that we are planning to open new offices in Derby and Chesterfield to replace the existing ones, which no longer meet our needs. This isn't about our charity having plush offices (*they certainly won't be*), but about being accessible to Carers, being able to offer more services and reach more Carers.

We are still awaiting planning permission and rental agreements so haven't set a date for moving yet, but we will keep you informed of our progress.

Derbyshire is a huge county and we're very aware that not all Carers are within reach of the proposed drop-in centres. Our existing Area Co-ordinators will continue to work in their local areas and of course we will continue to provide home visits for carers that need it.

Our Head Office will remain in Ripley and we remain committed to supporting Carers wherever they live.

The Carers Ball in Matlock was well attended and it was a very enjoyable evening. A lot of the events that we hold are in the day time as this suits the majority of Carers, but it was good to have an evening event for a change.

There's a lot happening at DCA over the next couple of months and we are particularly looking forward to the service at Tideswell Church on 3rd December.

Like charities across the country we are waiting to hear about our funding and we are very aware that many of you will be waiting to hear the results of Derbyshire's consultation on changes to social care.

Whatever the future holds, our charity remains committed to supporting Carers throughout Derbyshire and if you, or someone you know, could help us with the offer of time or financial help, please let us know.

Best wishes

Helen Robinson

Chief Executive Officer

My G.P. actually cares!

I became very 'Anti-Health Service' after several years of indifferent support from my local surgery, which was only surviving by employing various locums, who were never consistent and didn't have time to understand the complex issues around a patient who has been cared for at home all 40 years of his life.

My son has severe learning difficulties and profound disabilities which has led to serious repercussions to myself as his mother and his full time Carer.

I recently experienced total exhaustion with major fears and anxieties and lost many a nights' sleep to extreme worry. But eventually my prayers were answered and two years

ago the surgery finally got two regular full-time GP's. The new doctor wanted to know all about me as a Carer, he recognised that I have the right to be a Mum and not just labelled a Carer. He actually cared about me as a person.

A few weeks ago, like many Carers, the pressures of an illness on top of my normal caring duties arose, drove me to despair.

In desperation I reached out for help and had to phone the GP for an appointment. As the receptionist informed me there were no appointments available I broke down in tears, being unable to take any more stress. But she managed to find me an emergency slot later that evening.

When I arrived at the surgery everyone was there to offer assistance: the receptionists, practice nurse and the GP.

The appointment was followed up by three telephone consultations by my GP - he said I needed time off work to re-charge my batteries.

He gave me a sick note with the following diagnosis: Carer totally exhausted with caring responsibilities, needs a respite break.

How many Carers need this recognition in their own right? Make sure your GP knows you are a Carer and organise a Carers assessment from your local authority.

*Janis Handley
Area Co-ordinator
Chesterfield & Bolsover*

Trustees Needed

DCA's Management Board is responsible for the strategic direction of the charity and stewardship of its' resources.

It is highly active at a strategic level and requires the energetic input of trustees who are able to support and add value to the work of its employed staff.

We are currently seeking new trustees to help guide the organisation in this challenging financial climate towards the ambitious aims outlined in our three year strategic plan.

Specifically, we need people with experience in finance, marketing and fundraising as well as a strong commitment to improving life for Carers.

They should also bring innovative thinking, drive and enthusiasm to support the future development of the charity.

These are non-remunerated posts but reasonable expenses will be paid. New trustees will be given an induction to the organisation and training where appropriate.

Further details are available at DCA's website: www.derbyshirecarers.co.uk Alternatively, you can contact our Head Office on Ripley 01773 743355.

Outage at Chesterfield

Apologies to anyone trying to contact our Chesterfield office during the last week in October. From Wednesday 27th to Sunday 31st over 20,000 telephones in the Newbold area were down – including our office.

This included all internet and e-mail communications.

Front cover illustration...

Local artist, Michael Groves has been producing Christmas Cards depicting Chesterfield and Derbyshire winter scenes for the last twenty years.

Mick (as he is known to his friends) - works as a studio graphic artist for a national media group. His work has been displayed in numerous local galleries and exhibitions.

All the Christmas cards are reproduced from original

watercolours and printed by a local company.

Cards can be purchased from the Chesterfield Tourist Information Centre; Chesterfield Museum and 'A-for-Art' on Cavendish Street, Chesterfield.

Previous years cards are still available and can be obtained from these outlets or by phoning 01246 230047.

Many thanks Mick! - Ed.

This years' card shows Chesterfield Town Hall and Rose Hill from the early 1960's.



*Holywell Street,
Chesterfield
circa 1920*



Latest news from Caring with Confidence



The Caring with Confidence project was extremely busy over the summer months - providing a total of 92 sessions which enabled many carers to complete their full programme.

We finally rounded off the project with re-unions held across the city and county and Carers who had previously participated were invited along to meet with others they had met through the sessions.

Moving on

We are hoping to be able to provide further tailored sessions and are currently trying to identify all eligible carers.

If you are interested in attending the new sessions, please complete the letter included with this newsletter and return it to Lynda Hammond at head office.



JAZZ 4 CHARITY

A fund raising Jazz Night took place on Thursday 7th October at the Cricket Club in Glossop.

Stan Coram, who kindly organised the event is a supporter of DCA. He is a double amputee and has been in a wheelchair for 20 years.

Stan said 'It is my attempt to repay some of the debt I feel I have to the people and organisations that have helped me'.

Jeff Milner's Delta Friends provided a great musical evening. They are a New Orleans style band with musicians from Europe and the UK.

The evening was also attended by Andrew Bingham, MP for the High Peak district.

Over £225 was raised for DCA – thank you so much Stan!



Despite the motorway being closed and Chesterfield town centre gridlocked - Carers from around the area managed to make their way to 1866 Sheffield Road for a behind the scenes visit around the brand new Chesterfield Football Club ground.

DCA Chesterfield office originally planned this event to give male Carers a break, an alternative to the very popular pamper days - but it seems the ladies were eager for a look-around the 10,300 capacity ground too!

Geoff Mitchell the knowledgeable media officer for the club, escorted everyone around the various lounges, board room, TV interview room, boot room, changing rooms and even the showers! Although much to the ladies disappointment - there were no hunky footballers in residence!

The new ground is absolutely fantastic, a credit to everyone concerned - from directors, players and staff down to the groundsmen and volunteers. Everyone has a great pride in the club - which clearly shines through.

Comments from Carers included: *'I'll remember this for the rest of my life.'* *'It makes you want to come and support the team!'* *'Isn't it lovely - makes you proud!'*

We're told quite a few of the Carers have now resurrected their old CFC football shirts and are now regularly visiting home matches.

Geoff also informed us that Carers taking anyone in a wheelchair to the home matches are allowed into the ground free of charge.

Our sincere thanks goes to Geoff and CFC Community Director John Croot and his team for all their help and support with the visit.

Supporters can get further information regarding disabled facilities from Disability Liaison Officer - Melanie Cooper, on 01246 209765.

We've taken lots of photographs which will be appearing shortly on our website, click to: www.derbyshirecarers.co.uk

Christmas Greetings and

Carers Pamper Days in Ilkeston

Two free treatments from fully trained and highly qualified therapists, buffet lunch and chance to meet other carers.

Gentlemen welcome!

Long Eaton Support Group

Every 3rd Monday of Month 2pm – 4pm

In the near future I will be setting up a new Support Group in Ilkeston.

If anyone is interested in attending or knows of a room or venue we could use, please contact me on 0115 9468881

Have a lovely Christmas and New Year!

Emma Handley



A Big Thank You!

To **Derby Lions Club** - for their very kind donation towards the cost of a laptop computer for the Internet Café facility at Derby City Centre.

A big **thank you** to the congregation at Derby Cathedral for choosing DCA as one of their charities.

Thank you for the donation towards Carers Day from the **Derbyshire Community Foundation Fund**

and of course not forgetting the most kind, private donations from past and current Carers.

Derbyshire Carers Association continues to strive towards improving the lives of unpaid and informal Carers in Derbyshire and have been successful in doing this as a result of generous donations in the past.



Glossop Carers have been very busy over the last few months...

Some of the Glossop Carers went on a trip to Southport for a day during the summer, albeit a pretty wet and windy day but a good time was had by all nevertheless!!

We also had a strong Glossop presence at the AGM in September - an evening where everyone enjoyed the opportunity to meet other Carers and DCA staff from across the county.

And it was back to Matlock the week after for the Carers Ball. We danced the night away and also won a very much appreciated tin of chocolates in the quiz. We've been munching our way through them at our local groups!

Monthly Support Groups picked up again after a summer break and the cheese and wine evening held in October was a well attended and a very enjoyable night.

In December the group will be going to Windy Harbour in Glossop for a Christmas Meal.

Stressbusters came to the end of its current run in November but new workshops will be starting in the New Year. This has been a great success and been of wonderful benefit to all those Carers who have attended.

Why not make it a New Year's Resolution to come along in January and see what its all about?

The Friday drop-in sessions at the Primary Care Centre continue on the last Friday of the month from 9am until 12 Noon. Everyone is very welcome to along and have a chat with me in complete confidence. Room 10 is on the first floor and is accessible via the stairs or the lift.

If you would like any more information about anything please call 01457 858383.

Glossop Coffee Morning will be held on Wednesday 8th December from 10-12 at Bradbury House.

All Carers welcome, bring a friend and introduce them to Derbyshire Carers Association. Possibility of cake relatively high!!

In the meantime, I hope all of you have a great Christmas and a very Happy New Year.

Best Wishes

*Kim
Hammond*



local news

Janis, Kevin and Linda from the Chesterfield office would like to wish everyone a huge...

*Merry Christmas
and a Happy New Year!*

Following on from the visit to the new Chesterfield FC ground - let us have your suggestions for our next event!

We are looking to organise a new Carers Support Group in Chesterfield but awaiting the planned opening of our new drop-in centre...

Tel: 01246 222373



SEASONS GREETINGS FROM BAKEWELL

Rebecca & Helen at North Lodge Bakewell - wish everyone a Merry Christmas and a Happy New Year

Seasons Greetings

All management and staff based at our Head Office in Ripley would like to take this opportunity of wishing everyone a **HAPPY CHRISTMAS** and **PROSPEROUS NEW YEAR**

Please note the office will be closed from 3.30pm on Friday 24 December reopening at 9.00am on Thursday 30 December 2010. Closed on Monday 3 January reopening at 9.00am on Tuesday 4 January 2011.

Seasons Greetings

A warm welcome awaits all **DERBYSHIRE CARERS** at the **Kiloran Trust** for respite in 2011 from Norma, Faith and all the trustees
Tel: 0207 602 7404

Come along and meet new friends!

Amber Valley Carers Support Groups

Belper Carers Support Group

2nd Wednesday of each month.
10.30am-12 Noon - Manor Farm, Newbreck Road, Belper.

Heanor Carers Support Group

1st Monday of each month, 10.30am-12 Noon - Park Court Community Centre (opp. Heanor Hospital in sheltered housing complex next to Fire Station - under archway).

Ripley Carers Support Group

1st Tuesday of each month - Field Terrace Community Rooms, Field Terrace (Opp. Co-op) Ripley.

I'd like to take this opportunity to wish all Carers a very Happy Christmas and a happy and healthy New Year.

Louise Green
Amber Valley
Area Co-ordinator
Tel: 01773 749087



Tideswell Carol Service

We've organised another Carol Service again this year, to be held on 3rd December at 11am to 1pm with a free picnic lunch in the church.

There will be a Christmas Tree with baubles to place if desired.
Same popular format as last year - Choir, readings and poetry.
Call your local Area Co-ordinator for further information!
Transport from Chesterfield office will be provided.

HIGH PEAK NEWS

A very successful Pamper Day was held on Monday 1st November, everyone enjoyed themselves and felt happy and relaxed - with most Carers managing two treatments from caring professional therapists who ensured everyone was given the very best treatments.

Once again lunch was provided by Jill Longden from Highcroft Catering - which met everyone's high expectations, the fresh cream scones were magnificent!

We are hoping to organise yet another Pamper Day in the New Year to perk us all up for the Spring!

A Big Thank-You to DCA Volunteers

I would like to say thank-you to two recently recruited volunteers and a Carer in the High Peak, who covered for me at the Support groups in Buxton and Chapel-en-le-Frith whilst I was on holiday. And another big thank you to Christine who helped at the Pamper Day.

Many thanks also to, Christine, Terri and Janice.

Lynne O'Brien
High Peak Central

Free hotel rooms for Carers

Did you know that some hotels offer free rooms for Carers who are accompanying the person they care for?

Some Holiday Inns located in England offer free connecting rooms to Carers (based on availability) such as the Holiday Inn Kensington (08719 429100), the Holiday Inn Cardiff (08719 429240), the Holiday Inn Birmingham (01216 346200) and the Crowne Plaza London-Heathrow (08719 429140).

The Holiday Inn Bloomsbury (08719 429222) does not offer a free room, but does offer a free bed based on availability.

If you are looking for a place to stay with the person you care for which has disabled access, there are many holiday cottages and places to visit.

The following websites will give you plenty of ideas:

www.joysoflife.co.uk
www.disabledholidaydirectory.com
www.disabledholidayinfo.org.uk
www.dementiaholidays.com
www.holidaysforall.org

If you do not have internet access, we may be able to help you obtaining a telephone number for these sites.

Also remember that many tourist attractions offer free entry for a Carer when accompanying a person with an illness or disability.

Ask before purchasing your tickets as many places don't advertise this!

If you have had a particularly good holiday experience with excellent facilities for the person you care for, then please let us know about it. Going on holiday can be a big worry for Carers, so any hints or tips would be very welcome!

Social Tariff

As part of the government's strategy to eradicate fuel poverty by 2016, all energy suppliers now have to offer social tariffs to help their most vulnerable customers cope with the high costs of gas and electricity.

So if you're struggling to keep up with the rising cost of heating your home, why not talk to your supplier and see if you can be moved to a cheaper tariff.

What should I do next?

Firstly you should compare energy tariffs to check if there are cheaper options available to you - you may be on one of the most expensive tariffs, especially if you haven't changed your energy supplier in a while.

Secondly - speak to your energy provider to see what they can do for you. You may be able to switch onto a social tariff if you fit their eligibility criteria.



Super Snapper 3

Now a regular feature - Jeanette - a Carer over in Chesterfield has sent us another stunning picture for this edition of the Carers News. We reckon the monkey is trying to tell us something!

Many thanks Jeanette - Ed.

Jeanette has recently visited Zambia - more pics soon!



In my own words...

I have been a Carer all my adult life alongside bringing up my family. This has covered 26 years.

Being a Carer means you give yourself unconditionally. You stretch your thoughts and make allowances for others' capabilities and needs, you develop empathy. It was after my family had flown the nest that I realised just how much I had given and how very little time I had thought of myself.

I felt I had left myself behind somewhere. A very common thing with all Carers!

It took me a year to start to think about what I wanted to do and actually put it into action. I enrolled on courses for holistic therapies and relaxation 'which nurtures the soul'. I had worked in the care profession but hadn't any formal training.

As a personal assistant, I found there was no formal training, so I decided to do a First Aid and Food Hygiene course. I re-took maths and English and a few other courses, passing them all.

I also did DCA's Caring with Confidence. I am now doing an I.T. computer course to improve my skills.

I now realise how important it is to have that time to do what you want to do. It doesn't have to be much, coffee with a friend, a regular walk, etc. There are lots of groups and activities out there and Derbyshire Carers are there to help and advise you with anything. Nothing is too much trouble.

I would like to take this opportunity to say 'Thank You' to Rebecca Volli and Kevin Miles for their help and support they gave me while I had to handle a very difficult situation. With their help I stayed strong and kept believing in myself. Derbyshire Carers are a very special team!

L.H.
Wirksworth

Carers Rights Day

'Know Your Rights' - Friday 3rd December 2010

Every year, more than two million people become Carers for the first time. Many don't get the support they need because they don't recognise themselves as Carers.

Carers Rights Day is all about knowing your rights - finding 'Hidden Carers' who don't realise they have rights; supporting Carers to claim what they are entitled to; and informing Carers and Carers Groups about what new protections for Carers in the Equality Act will mean for them.

Depending on their circumstances, carers have rights including financial support, protections for their State Pension if they have given up work to care - and rights to request flexible working if they juggle work and care.

Those new to caring need straightforward and accessible information about their entitlements.

Every year £740 million of carers' benefits are unclaimed.

Carers are missing out

A quarter of a million people caring for an ill or disabled friend or relative could be missing out on a top-up that protects their basic and second State Pensions in later life.

An estimated one million people have given up work to care for someone and Pensions Minister Steve Webb wants 'hidden' carers who could be eligible for Carer's Credit to benefit.

Steve Webb said: "It's natural that people caring for a loved one often forget about their own needs and thoughts about the future are pushed to one side.

"But this is a very simple way for carers to protect their State Pension and I urge people to find out more by visiting the Directgov website or by calling the Carer's Allowance Unit."

People giving up their time for 20 hours or more a week to provide unpaid care for a loved one, who are not already claiming Carer's Allowance, could qualify. There are currently less than 1,000 people getting Carer's Credit.

The Government and Carers UK are calling for people to help identify hidden carers and encourage more people to ensure they are claiming all they are entitled to.

Many people looking after an elderly parent, ill spouse or disabled child do not think of themselves as carers. In fact, according to research from Carers UK the majority of people who care for relatives take over a year to realise that they have become a carer.

But if you are giving up time to cook, clean, shop or provide personal care, unpaid, for someone you could be entitled to Carer's Credit.

Carer's Credit is not a cash sum now but means that a carer's financial future can be protected as it credits a person's National Insurance record for the time they are caring, helping them to build up their State Pension.

For more information visit

www.direct.gov.uk/carers,
Telephone 0845 608 4321
or 0845 604 5312 (Textphone).

Robert Kinghorn MCIBS Dip PFS
Senior Compliance Manager

Keeping Mum

In 1999, Marianne Talbot's mum was diagnosed with Alzheimer's and went to live with her.

For the next five years, Marianne juggled a full-time job with caring for her mum.

A beautiful, heart-warming account of caring for someone with dementia and of all the laughter and tears that it involves.

Deb.Gough



Above: Tripping the Light Fantastic at the Carers Ball
Right: Dawn Longden-Whiting Dancers



Dear Derbyshire Carers

I am writing to say how much I enjoyed the Carers Ball held at County Offices, Matlock last October. Firstly a big thank you to the Chesterfield team who organised the bus picking us up from Derwent House and bringing us safely back afterwards.

When we arrived, we went to the members room and it was good to see everyone already there, dressed up and fully into the swing of things.

To start seeing Dawn Longden-Whiting there with her dancers was very entertaining, there's no end to this woman's talents.

The band entertained us also, especially after we asked them to lower their bass volume!

We then were offered a selection of canapes and sandwiches by the very elegantly dressed waitresses, which we gladly consumed and then finished off with an excellent selection of cakes and buns.

Three people from my table won raffle prizes, ranging from a bottle of wine to a family tour of Haddon Hall.

A big thank you to Helen Robinson and her team, who, I understand organised this event. I am looking forward to next years' ball, when I can put my bow tie on again in a very pleasant atmosphere.

Yours faithfully

M.S. C. - Chesterfield

Do you care for someone with a learning disability?

INFORMATION DAY

9th December 2010

10.30am - 3.30pm

Thomas Cook Memorial Hall
High Street, Melbourne DE73 8GJ

Arrive/Coffee	10.30am
Information Sessions	11.00am
Chat and Lunch	1.00pm - 2.00pm
One-to-One advice	2.00pm - 3.30pm

Find out how changes in funding and services affect you

- Advice and support
- Network
- Meet new people
- Information stalls

Telephone: 0790 328 2604

E-Mail:

pamela.gill@derbyshirecarers.co.uk.
lynda@derbyshirecarers.co.uk

Where's good for you?



The last AGM held in the Members Room, County Hall, Matlock was an outstanding success. To continue the trend we are asking Carers if they would like an input into next years' location:

Where would you like next AGM to be held?

What's the best time for you?

Please let our head office know if you have any ideas or suggestions!

Chesterfield Cancer Support Drop-in Centre

Do you or a member of your family or close friend have cancer? Would you like the opportunity to talk to someone in confidence?

The new Centre is now open in Room Five on the second floor of the Market Hall, Chesterfield.

Opening hours are Monday, Thursday and Friday 10am-4pm. Saturday 10am-1pm.

Entrance is by the bottom door of the Market Hall opposite the entrance to the precinct, there is a lift to the second floor.

Clay Cross Carers Group

Corrie Motley and Sara Davis have recently re-introduced a group for Carers at the Clay Cross Hall Resource Centre, Ox Close, Market Street, Clay Cross.

The meetings will take place on the last Wednesday of each month, between 1pm and 2.30pm. Tel: 01629 537300 for further information.

Community Health Champions...

Are volunteers who seek to improve the health and wellbeing of people from their community. They do this by: signposting local health services and initiatives; 'Buddying' people to health groups; setting up their own health related groups and offering help and support to people with health related issues.

If you live in the Bolsover, Chesterfield or North East Derbyshire and would like more information, please call Carl Siddall on 01623 747147 or email on csiddall@bolsovercvp.org.uk

Help setting up a bank account

Emma Bates, Financial Inclusion Manager for Derbyshire, said, "We are working to make sure that people know about basic bank accounts and can easily get one from their local bank".

Financial Inclusion Derbyshire is a partnership of nearly fifty organisations across the county working on these types of issues. She can be contacted via telephone: 01629 821929 or email: e.bates@ruralactionderbyshire.org.uk

Volunteering opportunities

If you have a few hours to spare and are looking for an outlet to develop your skills, why not be a volunteer?

We have volunteers helping with a variety of tasks from admin, facilitation of Support Groups, helping at other meetings and even compiling our website!

Carers can volunteer to be representatives on our Management Committee and even represent us at special events and lectures to students.

If you are interested in lending a hand please contact our head office on 01773 743355.



Erewash Carers tread the boards

The newly re-built theatre is now up and running enabling the Long Eaton Carers to visit the opening show and have a look backstage behind the scenes of this lovely theatre.

Laughter Lines...

Quotable Quotes on growing old

'My grandmother is over 80 and still doesn't need glasses, drinks right out of the bottle'.

Henry Youngman, comedian.

'Advanced old age is when you sit in a rocking chair and can't get it going' - *Eliakim Katz, professor of economics.*

'Growing old is compulsory, growing up is optional' - *Bob Monkhouse.*

'If you're given the choice between money and sex appeal, take the money. As you get older, the money will become your sex appeal' - *Katherine Hepburn, actress.*

'I am at an age when I can only enjoy the last sport left - which is called hunting for your spectacles' - *Sir Edward Gray politician.*

'My old mum reads the obituary page every day but could never understand how people could die in alphabetical order' - *Frank Carson, Irish comedian.*

'Eventually you will get to an age where you stop lying about your age and start bragging about it' - *Will Rogers, comedian.*

£4 Million Boost for Carers

A raft of new measures that will help support carers were unveiled by Care Services Minister Paul Burstow recently.

More than £4 million will be reinvested in a range of projects from training schemes for health and social care workers to access to better information.

The funding is available following cancellation of the contract for Caring with Confidence.

There are a range of new activities, one of which is a scheme that will fund voluntary organisations to reach out to carers.

It will particularly focus on early contact with those who are taking on a caring role for the first time through a variety of settings such as hospitals, places of work and supermarkets.

This will build on existing networks already used to support people with specific conditions, in keeping with our overall approach to integrate carers' issues within wider health and social care provision.

It will also provide carers with key information and practical advice about how to care effectively and safely for people with specific conditions.

Other projects that will be funded include:

- The Department working with the Royal College of GPs to fund a further 200 training places for GPs and practice staff; and
- £500,000 of new support each for The Princess Royal Trust for Carers, Crossroads Care and Carers UK to support important projects.

Care Services Minister Paul Burstow said: "Identifying and supporting carers at an early stage is critical. The financial outlook is extremely challenging so we must make sure the money we have is working harder for us.

"The Caring with Confidence contract was not good value for money. This is why I am announcing a raft of measure today, that will reinvest more than £4 million to get local authorities and the NHS spotting and responding to carers' needs earlier to prevent poor social outcomes and ill health and help them care more effectively.

"We need better information and advice, allowing people to negotiate the system more smoothly. And we need better support to help carers stay in or get back to work, as many would like to do.

"The Coalition Government is committed to improving support for carers and this funding is evidence of that."