

# Carers Conference

*'A Helping Hand for Carers'*

Are you a carer living in Derby looking after a partner, relative or friend?

Or perhaps you have a disabled child?

Please come along for an enjoyable and informative day and to meet other Carers...

**Assembly Rooms, Derby**

**Wednesday 3rd November 2010,**

**10am - 3.30pm**

**The free Carers Conference will include:**

- Guest speakers
- Information stands
- Interesting discussion topics around the tables
- Relaxing stressbuster sessions
- A Free buffet lunch

*We recommend that you book early to avoid disappointment.*

To book your place, contact Gemma Heath or Miia Piho:

Tel: 01332 255276

Email: [gemma.heath@derby.gov.uk](mailto:gemma.heath@derby.gov.uk) or

[miia.piho@derby.gov.uk](mailto:miia.piho@derby.gov.uk)



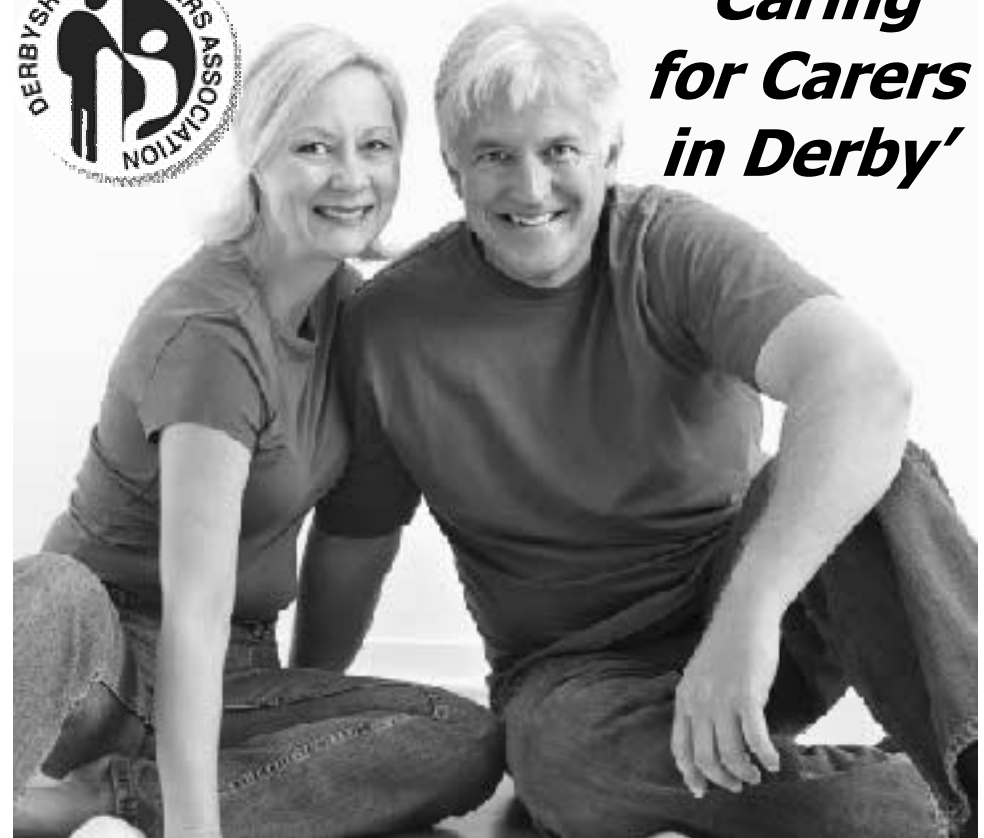
*Please let us know if you require any extra assistance.*



# Derby Carers Centre



*'Caring for Carers in Derby'*



## NEWSLETTER

### Autumn 2010

**Telephone 01332 200002**

### **CHADDESSEN**

The Fire Station, Nottingham Road  
Every 2nd Tuesday of the month 9.45-12.00pm. Facilitated by Lisa Barker.

## *Support Group Meetings*

### **ALLESTREE**

Woodlands Evangelical Church, Blenheim Drive  
Every second Tuesday of the month 1.45pm-3.00pm.  
Facilitated by Stuart Norton.

### **ROSEHILL BUSINESS CENTRE**

Room 2, Rosehill Business Centre, Normanton Road, Derby  
Every third Wednesday of the month 10.30am-12 Noon.  
Facilitated by Colleen Francis.

**Telephone: 01332 200002**

*All new Carers are welcome!*



*Please help us by  
passing this  
Newsletter on to  
someone you know  
who is caring or to  
your GP surgery,  
dental practice,  
optician etc.*

### **New Mickleover Support Group**

**Run by Carer, Mike Smith**

At Mickleover Library (off Vicarage Road)

**For more information please email Mike at:  
[mickleovercarersgroup@yahoo.com](mailto:mickleovercarersgroup@yahoo.com)**

## **Useful Information for Carers ...**

### **The Shaw Trust**

*If you are claiming incapacity or sickness  
benefits and looking for work then the Shaw Trust can  
help support you.*

For a free informal chat call **0808 180 2005**

### **HELP POINT PHONES**

**At Derby Royal Hospital**

There are many Help Point phones situated around the site. Just pick up one of them to get travel information, order a taxi, speak to PALS or order the patient and visitor buggy.

### **Legal Surgery**

**Held by Nelsons Solicitors**

**At the Derby Women's Centre, 4 Leopold Street, Derby  
every Wednesday 12.00-1.00**

FREE advice on divorce, contact and family matters.

Please telephone to book an appointment

**01332 341633**

### **CROSSROADS CARE**

**For Carers & the People they Support**

**Please call 01332 344448 to hear about the range of  
services we offer**

Derbyshire Carers Association, Derby City Office, Room 2, Rosehill  
Business Centre, Normanton Road, Derby DE23 6RH  
Website: [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)

Email: [derby@derbyshirecarers.co.uk](mailto:derby@derbyshirecarers.co.uk) Telephone: 01332 200002

Area Co-ordinators: Lisa Barker & Colleen Francis

Admin/Information & Support: Lisa Hallsworth

Emergency Plan Officers: Tan Yung & Andrea Weatherston

Newsletter Editor: Lisa Hallsworth



## TOO MUCH SALT...



**Too much salt (or sodium as it's labelled) in many meals and processed foods, can have a serious impact on your health!**

*Most people are aware that salt can affect their health but don't know that it's linked to serious health conditions such as stroke, heart disease, osteoporosis, stomach cancer, obesity and kidney disease, which can affect anyone.*

The daily recommended intake of salt for an adult is no more than 6 grams even though we can survive on as little as 3 grams a day.

To reduce the amount of your salt intake can be as easy as reading the labels of foods and choosing lower salt ingredients and not adding salt during cooking or at the table.

Sodium is another word for salt and the amount of sodium in food items at the supermarket can be found on the back of the packet or tin.

The following guidelines will give you an idea of what is a healthy amount of salt and what is not:-

**0.1g Sodium - LOW**  
**0.2g-0.4g Sodium - MEDIUM**  
**0.5g Sodium - HIGH**  
**based on per 100g of food.**

## Changes to the Personal Budget

Hi Everyone,

Can all carer's be aware that there has been a recent change in the way the Personal Budget will be administered. It has been temporarily suspended by Social Care, due to a review of the overall procedure. Once this has been completed then hopefully Derbyshire Carers Association will know more.

First of all, we apologise for any inconvenience caused to our Carers, but until this issue has been resolved we know as much as everyone else.

However, I promise that as soon as we receive clarification, Carers within DCA will be the first to know.

**Tan Yung & Andrea Weatherston**  
Emergency Planning Officers  
Tel: 01773 743355 Ext. 228/230

## Carers Allowance

Recently Carers have had notification of earning too much in wages whilst claiming this benefit. Like any allowance, changes in your circumstances will effect your entitlement. Current information is available on line at [www.direct.gov.uk](http://www.direct.gov.uk).

***You cannot get Carer's Allowance if you earn more than £100 a week not including any expenses.***

***Thank you to all our Volunteers who have supported us at stands and events. Especially to Nikki who has helped with admin in the Derby office. Good luck to Nikki in her new job. If you'd like to volunteer, please call us on 01332 200002 for a Volunteer Pack - Lisa B, Colleen & Lisa H***

## Carers on Holiday AUSTRIA

**Mr Jon Eccarius kindly sent us pictures of his holiday with his wife Sylvia whom he cares for.**



Jon and Sylvia had a wonderful time in Brandenburg, a village in the Austrian Tyrol, with the help of the Derby City holiday grant.

They stayed at the Hotel Ascherwirt and this was their first holiday for some time due to illness.

The holiday package included rail travel around the beautiful Austrian countryside with Skills Holidays.

The coach had plenty of leg room and the Austrian trains offered help at all times for people with mobility problems.

Jon and Sylvia were well cared for and would thoroughly recommend this holiday to other Carers.

*Above: John and Sylvia outside the Ascherwirt Hotel in Brandenburg.*

*Right: The steam train in the Ziller Valley, travelling to Mayrhofen in the beautiful Austrian Tyrol.*

Many thanks to Jon and Sylvia for sharing their photographs with us.



## Chaddesden Age Concern Chaddesden Park (next to the Library)

Age Concern has recently been funded by the National Lottery to provide Action & Fun for the over 50's. This has enabled them to extend their regular activities and people are invited to join them at the following events:

**KEEP FIT** with Susan Booth. Exercise for the over 50's, also includes diet & nutrition. Initially on Tuesdays 1-2.00pm.

**FLY FISHING** 6th, 13th, 20th & 27th September. Learning to fly fish for beginners, centre and on location.

**ART, MOSIAC & PHOTOGRAPHY** 7th, 14th 21st & 28th September 11am-1.00pm. Relax and enjoy your artistic talent.

**Alternative Therapy, Beauty & Life Coaching.** From October 2010.

Age Concern ask for a donation of £1.50 for each session.

**For more information & booking forms please contact Teresa or Linda on 01332 674562 or email [Chaddesden@ageconcernderbyshire.co.uk](mailto:Chaddesden@ageconcernderbyshire.co.uk)**

## Events and Support Groups for Carers of people with dementia

### Alzheimer's Society **LITTOVER CARERS GROUP**

10.00am-12 Noon

Monthly on a Tuesday

The Grange Banqueting Suite  
457 Burton Road  
Littleover, Derby  
DE23 6XX

**Tel: 01332 208845**  
[derby@alzheimers.org.uk](mailto:derby@alzheimers.org.uk)

For the benefit of Carers who wish to bring the person they care for, there will be support workers from Crossroads available at the Centre

### Alzheimer's Society **SINGING for the BRAIN**

2.00pm-4.00pm

Monthly on a Monday

At Allestree Dementia Café  
Woodlands Church  
Blenheim Drive, Allestree  
Derby DE22 2GP

**Tel: 01332 208845**  
[derby@alzheimers.org.uk](mailto:derby@alzheimers.org.uk)

Supported sessions for people with dementia, their families, friends and Carers.  
**Join them for refreshments and a sing-along!**

## Befriending Scheme in Derby



### How does Befriending help?

The befriending scheme aims to provide friendship and encouragement to people with dementia and their carers. The scheme provides companionship and emotional support through our volunteer befriending in Derby areas. If you would like to know more about the scheme or feel this befriending scheme will benefit you or the person you are caring for please contact :

**Jean Eckman or Boony Pragantasan on 01332 208845 or visit our website: [derby@alzheimers.org.uk](mailto:derby@alzheimers.org.uk)**

*If you would like to make a difference and become a volunteer, please call us for more information, we would be delighted to hear from you!*

**Alzheimer's Society is a Registered Charity No: 296645**

## Derby Carers Pamper Day

Saturday 16th October 2010  
At the MS Centre, Jubilee Business Park,  
off Stores Road, Derby 10.00am-3.30pm  
Light Lunch & Refreshments provided.



Booking is essential, please call us on 01332 200002 to request a booking form.

## CRAFT DAY

Derby Carers next Craft Day will be in February 2011

*Details of this garden themed day will be in our Winter Newsletter*



To register for this event, please call us on **01332 200002**



## Wheelchairs and Scooters

If the person you look after has long-term or permanent mobility problems then they may want to consider using a wheelchair or scooter to improve their quality of life.

There is a large variety of wheelchairs and scooters available. The choice will depend on the individual's needs, so expert independent advice is essential. Some of the things to consider when choosing the right equipment are:

- The physical ability of the person using the equipment. If they're unable to stand up, for example, a scooter may be difficult. Their stability and balance may also affect what they can use.
- How the equipment will be used. For example, are there stairs or narrow doorways to negotiate?
- Practical problems such as access to a power point if the equipment needs to be charged up, or having a secure place to store the equipment when it's not in use.

### What the NHS can provide

The NHS may be able to provide a wheelchair free of charge, but does not supply scooters. The NHS will assess the person you look after so that they can choose the right one (there are different types available). The assessment is done at a wheelchair assessment centre or clinic. Some wheelchairs are 'manual', which means the wheelchair user has to push themselves or have someone who can push them. Some are electrically powered, and they may be provided for someone who can't push themselves and doesn't have anyone to push them, or if it would be difficult to do so.

NHS voucher schemes provide vouchers so that the wheelchair user can make their own choice of wheelchair. It is also possible to top up the voucher to purchase a more expensive wheelchair than the NHS

would normally provide. In some cases the voucher not only covers the supply of a wheelchair but also its repair and maintenance. In other cases the wheelchair user may need to contribute towards repair and maintenance.

### Motability scheme

The Motability scheme may be of use to someone who wants to hire or buy a powered wheelchair. The scheme, unlike the NHS, also makes scooters available. The scheme is available to people who receive the high rate mobility component of Disability Living Allowance or the War Pensioners' Mobility Supplement. These benefits can be used to pay for the hire or hire purchase of a wheelchair or scooter.

### Wheelchairs for children

There are charities which advise on mobility equipment for children and the training to use the equipment. In some cases they can help with funding.

### Shopmobility schemes

Most towns and shopping centres have a shopmobility scheme, where a person with mobility problems can borrow a wheelchair or buggy to go shopping.

### Westfield Shopmobility

In Westfield, Derby you can book a free wheelchair or motorised scooter and make the most of their wheelchair-friendly malls and restaurants.

Shopmobility is located in the Basement Car Park, and is open from 9.30am to 4.30pm, Monday to Saturday.

### British Red Cross Independent Living Service, Derby

Offer advice on all aids and adaptations, telephone 01332 525423.

