

Carers News



18th February 2011

Bulletin 1

Thank you for the music.

Carers at our Christmas lunch also enjoyed the tuneful entertainment of members of the Halifax Light Opera Society.

It was very much appreciated by everyone so many thanks to HLO for their continued support.

Contact us:
Call

01422 369101

By e-mail

enquiries@calderdale-carers.co.uk

or click on

www.calderdale-carers.co.uk

We need your views

We are sending out an important questionnaire with this bulletin. It has been nearly 4 years since we asked carers about our services and we need to be sure that we are providing the kind of support and services that local carers want and need. Please help us to focus on what is important to our carers by filling out and returning the short questionnaire.

So, we would be grateful if you could take the time to fill it in and return it to us.

You can post it back to us at

Rimani House
14-16 Hall Street
Halifax
HX1 5BD

Or email it to us on enquiries@calderdale-carers.co.uk

Your views do count

Thanks to all who completed the survey for carers which was distributed on behalf of Adults, Health and Social Care with the last newsletter.

We received almost 200 responses which was excellent. We have tried to follow up where people felt they were not getting enough support from different agencies provided. We also asked Neighbourhood Schemes to contact those people who asked for further information about social activities for older people.

For more information, or if you feel that you have not been offered an assessment of needs, either as a carer, or for the person you care for, please contact us on 0845 111 11 03

or e-mail GatewaytoCare@calderdale.gov.uk

Make your voice heard

Our colleagues at the Princess Royal Trust for Carers are carrying out a survey amongst people aged 60+ who provide unpaid care for a friend or family member anywhere in the UK.

The survey is designed to enable them to learn more about older carers' experiences, and help them to develop solutions which will improve support for older carers and their families.

If you are an older carer please complete the survey online, or download and print the PRTC survey 2011 and return it to the Princess Royal Trust for Carers at the address given on the questionnaire by 31 March 2011.

Don't miss this deadline!

Carers can apply for up to £250 to help with a break from caring responsibilities.

The Carers Small Grants Scheme is administered by the Carers Project on behalf of Social Services. You can only receive a small grant once every three years. It can be used for outings, therapies, courses or anything to make your caring responsibilities a bit easier.

The deadline for completed application forms is Friday 18th March. Contact us for more details and an application form.

It's snow joke

We are pleased to report that the office stayed open as usual throughout the snow disruptions.

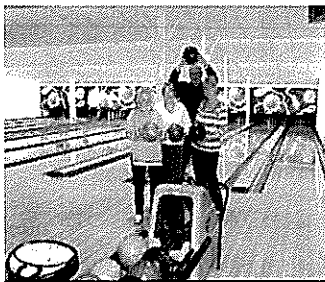
However, some services may be affected in bad weather.

So, please ring 24hrs before to check if your support group or event is going ahead if conditions are poor.

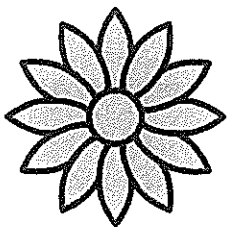
A Heart to Harts!

Special thanks must go to **Harts Bakery** of Queens Road, Halifax for helping to make our Christmas Pie and Pea lunch so successful. They always support us with their excellent food at great prices! Thank you from all of us.

There are still some places left on our **Computers for beginner's course** Wednesday 23rd February 10.30am to 12.30pm at Pellon Network Centre.



Look after yourself - develop your confidence, meet others who share similar experiences, learn new skills, focus on yourself and much more.



Some of you tried your hand at making flower corsages at our Christmas lunch.

So, why not come and spend a relaxing afternoon with us making flower corsages or decorating a canvas bag on

THURSDAY 31ST MARCH 1PM TO 3PM

Here at the Projects Offices.

Materials and refreshments will be provided.

Please ring Lesley to book your place.

We will be publishing a more comprehensive newsletter in April/May. We should have a clearer picture of whether local government cuts will impact on carers by then.

March & April Carers Support Group Meetings

- North Halifax - Illingworth Methodist Church – Tuesday 1st March 12.30pm to 3pm (5th April)
- Elland - Bethesda Church, Elland - Thursday 3rd March 1.30pm to 4pm (7th April)
- Todmorden - Todmorden Health Centre - Tuesday 8th March 10.30am to 1pm (12th April)
- Sowerby Bridge - St Paul's Church, Sowerby Bridge – Wednesday 16th March 12.30pm to 3pm (20th April)
- Asian Carers - Tuesday 15th March – The Youth Room, Kings Centre, Park Road, 10.30am to 1pm, including lunch for March only & returning to King Cross Library on 19th April.
- This group is for women only.

Bowling for carers

Our very popular Carers Bowling will be held on

Thurs 28th April at 10.30am at the Electric Bowl in Halifax.

This activity is always popular and the maximum number is 20.

So book your place early to avoid disappointment.

The census and carers

27th March 2011 is census day and yours will be posted to you during March.

It is a count of the population in England and Wales and it is compulsory to complete it.

Questions include asking if you are a carer.

Help to complete the form is available at libraries, via www.census.gov.uk

or the helpline 0300 0201 101

Looking After Me

Our next Looking after Me sessions will begin on **Tuesday March 1st** and run each week ending on April 5th.

They will begin with lunch at 12 noon and finish by 3pm and be held at King Cross library.

Please ring Lesley to find out more or to book your place. We hope to run another LAM course in June.

If you have done LAM and would like to train to become a tutor, please ring Wendy as there may be some training sessions available soon.

Carers Crafternoon