

Time for the big event

It's Carers Week again and this year the theme is 'The True Face of Carers'.

Carers' Week, June 13 - 19, celebrates and highlights the wonderful work that thousands of unpaid carers do every day and, so very often, at the expense of having a life themselves.

To help celebrate and to show our appreciation for all the hard work carers do, the Project is

incorporating a special event in with our Sowerby Bridge support group on Wednesday June 15 from 12.30pm to 3pm at St Paul's Methodist Church, Sowerby Bridge. All carers are welcome and we will be arranging a variety of activities from good old fashioned keyboard tunes from one of our carers, to a little bit of magical wonder from Andy, the magician and there will also be a quiz.

Some of you may want to relax and unwind by taking a therapy or two, or just come along for lunch and for what should be a fun day for all.

For further details contact Lesley or Wendy.

We are also holding some information/celebratory displays at several GP surgeries in and around Calderdale.

For more details, contact Judith on the number below.



LAM volunteer tutor Christine Taylor receives her accreditation certificate from Carers Project trustee Chris Ide.

Success of Looking After Me brings more

Looking After Me continues to be very successful.

Our recent course was completed by 15 carers.

We have organised another course to start on June 9 and to run each Thursday until July 14.

The course will be held at

Elim Church, Hall Street, Halifax starting at noon with a light lunch.

LAM includes topics on better breathing, relaxation techniques, problem solving, healthy eating, setting goals and much more.

To book your place or for more details on any of our activities, just ring:

01422 369101

Sitters can be arranged and transport paid for all the Project's activities and support groups.

Just let us know if this is required when you make your booking.

Calderdale Carers Project is a company limited by guarantee. Company No. 3288967.

Registered Office: Suite 3, Rimani House, Hall Street, Halifax, HX1 5BD. Registered Charity No. 1076012

How to contact us: Telephone number 01422 369101, e-mail enquiries@calderdale-carers.co.uk

BIG PRINT

Anyone who would welcome receiving the newsletter in big print format is asked to contact the project and we will put this in hand.

There will generally be direct telephone access at the Project between 9.30am and 4.30pm and at other times an answering service may be in operation.

If you have received this newsletter through the post, but no longer need it to be sent to you please ring the office so we can amend our records - thank you.

Deadline set for small grants

The deadline for the next round of small grants is Friday June 24. Carers can apply for up to £250 to help with a break from caring responsibilities. The Carers Small Grant Scheme is

administered by the Carers Project on behalf of Social Services. It can be used for outings, therapies, courses or anything to make your caring responsibilities a bit easier but if you have had a

grant in the past, it must be at least three years since you last received a grant. Contact us for more details on who can apply and we'll send you an application form.

Drop in for a cuppa

Come and join us for a carers' coffee morning. This is your chance to meet staff, find out more about what

we do, have a coffee and relax! We hope to see you there on Tuesday July 26. Just pop in to the

British Legion building at the bottom of Hopwood Lane in Halifax. We'll be there from 10.30am to noon.

'No Health without Mental Health'

Consultation

Help us shape the way we improve mental wellbeing and mental health in Calderdale. Your experience, insight and views as service users, community organisations, carers and service providers are important to help us respond positively in Calderdale to the new national mental health strategy.

9 June 2011

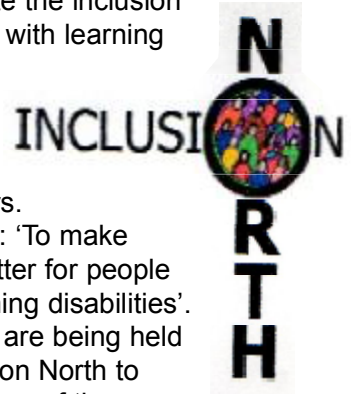
Heath Training Centre
Free School Lane
Halifax HX1 2PT
9.45am to 4pm.
Lunch provided at 12.30pm.
Write on a piece of paper your name, address, e-mail address, telephone number, name of organisation (if appropriate) and any special dietary requirements or access needs and send to the following freepost address to be received by May 29.

Send to: Freepost RLTG-HYAB-BHXZ, NHS Calderdale, 4th Floor F Mill, Dean Clough Office Park, Halifax HX3 5AX or email to: nicola.king@calderdale-pct.nhs.uk making 'mental health conference' the subject. More information available from Mike Hughes on 01422 281432 or Jeevan Bhadare 01422 281497.

'Making sense of it for me and mine'

'Inclusion North' works in the north east and Yorkshire and Humberside to promote the inclusion of people with learning disabilities, their families and carers.

Their aim: 'To make things better for people with learning disabilities'. Sessions are being held by Inclusion North to make sense of the Mental Capacity Act and Deprivation of Liberty Safeguards (DOLS). This is an important way of protecting the rights and liberty of people with learning disabilities. The sessions are for family members and family carers from Calderdale and as places are limited, it is advisable to book early. Sessions to be held on Friday 27 May at Shibden Mereside Café from 9.30 to 1.00pm. To book a session contact Paul Gledhill on 01422 393368 or via email: paulgledhill@calderdale.gov.uk.



SUPPORT GROUP MEETINGS, TIMES AND DATES

Carers Support Groups run on a regular basis at a variety of locations in Calderdale. They are for all carers and provide a listening ear, a break, refreshments and information on services that can help you.

Over the next few months, groups run as follows:

AREA	VENUE	DATE	MEETING TIME	INFO SESSION	DATES BOOKED
Elland	Bethesda Methodist Church	1st Thursday	1.30pm to 3.30pm	3.30pm to 4pm	June 2 July 7 August 4
North Halifax	Illingworth Methodist Church	1st Tuesday	12.30pm to 2.30pm	2.30pm to 3pm	June 7 July 5 August 2
Todmorden	Todmorden Health Centre	2nd Tuesday	10.30am to 12.30pm	12.30pm to 1pm	June 14 July 12 August 9
Sowerby Bridge	St Paul's Church	3rd Wednesday	12.30pm to 2.30pm	2.30pm to 3pm	June 15 July 20 August 17
Asian Women	King Cross Library	3rd Tuesday	10.30am to noon		June 21 July 19

Ready for the switchover?

What's this digital switchover? Perhaps this is a question you keep asking yourself.

The switchover to digital transmission starts on 7 September 2011.

Are you already digital? If you only have analogue TV services (four or five channels) any TV you want to keep watching after the switchover will need to be converted with a digital box. If you have more than five channels on your TV set, it is likely to be digital already. If you only have digital TV on your main set, you'll need to think



about converting any others. If you have Freeview, you'll need to re-tune at each stage of the digital switchover.

If you have satellite or cable for all your TVs, you are not affected by the switchover.

For more information, search 'Frequently Asked Questions' on www.digitaluk.co.uk/find.help or telephone 08456 505050.

New mentoring partnership

Scope Aspire Services, who provide support to disabled people in Calderdale, have recently added mentoring as part of their service. This free service will provide a volunteer mentor who will help a disabled person to realise their full potential. Through this partnership approach, a goal such as starting college, travelling independently or joining a social group can be achieved.

Aspire also provides the opportunity for disabled adults to join staff at the service with a multitude of volunteer placements.

New training sessions are starting all the time and interested parties should call 01422 367544 or email: aspire.mentoring@scope.org.uk for more information.

Open University may suit your requirements

Have you ever thought of taking up some academic study again?

If so, the way you learn with the Open University may be perfectly suited to your circumstances.

- Working from home
- Studying interactively on-line
- Fairly flexible schedules – fit work in when you have time
- Generous grant scheme
- Qualifications from



certificates to degrees available

Telephone and e-mail support is available with extra support for people with additional needs.

Find out more: www.open.ac.uk/study
Tel: 0113 2341225;
Yorkshire@open.ac.uk

More learning...

Calderdale Council have updated their learning and development guide for 2011-12.

There are a range of courses which carers may find useful. Topics include oral health care, loss and bereavement, managing continence and catheter care, dementia care, palliative care, medication awareness and more.

If you're interested or would like to know about other topics, please telephone the Project.

Care-free meeting

Care-free Group meets on first Wednesday of each month, 12.30 till 2.30pm at St Paul's Methodist Church, Sowerby Bridge. For ex carers and carers. Contact Roy/Joyce 01422 381382/245388.

Lunch club

3 C's Lunch Club meets on last Friday of each month at 12 noon at The Salvation, Bull Green, Halifax. For carers, cared for and ex carers. Contact Pat 01422 363532



CALDERDALE CARERS PROJECT CARERS SUPPORT WORKER (CASEWORK)

£9,810 per annum for 18hrs a week.

Fixed term for two years funded by Lloyds TSB Foundation for England and Wales.

Based at Rimani House, Hall Street, HALIFAX HX1 5BD
To work as part of a small team providing support and case-working to adult carers.

Previous experience of providing information and support to carers is essential.

An enhanced CRB disclosure will be required.

Closing date: Friday June 10 2011 Interviews: Tuesday June 28

Application packs can be downloaded from our website
www.calderdale-carers.co.uk or requested by e-mail on
enquiries@calderdale-carers.co.uk

We regret that for security purposes we are unable to accept applications on e-mail.

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Come follow - or even perhaps join the band

Do you play a musical instrument? We already know one or two carers who play and thought there must be more. So what instrument do you play? What type

of music do you play? Are you interested in meeting up with other musicians and making music? It'll be a laugh if nothing else – so ring Wendy if you're interested.



Laughter is the best medicine. Smiling uses fewer muscles than frowning does, so smile and save your energy.

It's two for the price of one at the cinema

Regular cinemagoers will be pleased to learn that there is a national card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema. This will give you two tickets for the price of one. An application form has to be completed, and proof is needed that you are in receipt of Disability Living Allowance or Attendance

Allowance or you are a registered blind person. The card is valid for one year from the date of issue and a processing fee of £5.50 is chargeable per card. Visit the CEA card website or telephone 0845 1231292. Many cinemas are equipped with a system that delivers audio description through a headset, which is provided when you collect your ticket.

The audio description runs each time the film is shown and is undetectable to anyone not wearing a headset. This means you can attend any screening of films with audio description and sit anywhere in the auditorium. To find out which cinemas provide audio description telephone 0845 0569824 or e-mail ad@yourlocalcinema.com

REMINDER

Have you got an emergency back-up plan? Have there been any changes to your plan? If you have any changes to your Emergency Back-up Plan such as a change of telephone number or GP surgery, please keep us up to date so that we can make the amendments to your plan. Call Janet on 01422 369101.

How to find ways to help online

There is a website for family members and friends of people with psychosis. The site - mentalhealthcare.org.uk - gives up-to-date, evidence-based information about schizophrenia, bipolar disorder and other mental health problems that may involve the symptoms of psychosis. There is information about causes,

symptoms and treatments. The site aims to help relatives and friends in their caring role.

● Every library in Calderdale offers free internet access. You can book a computer for up to two hours a day. To find out more go to: www.calderdale.gov.uk/community/libraries/services/services/internet.html

Calderdale's own Gateway to Care

Calderdale's Gateway to Care can provide a 'Companion Pass' to anyone with a disability who needs accompanying while

travelling on public transport. Tel: 0845 111 1103 for more details. If Calderdale's Leisure Services are advised when a disabled

person, who needs to be accompanied, is applying for a Passport to Leisure, that facility can also show that a carer can go too.

Thanks for your response

Many thanks to those of you who took the time (and paid for the stamp!) to return the recent questionnaire. We received 89 forms and are now spending some time analysing the results. We can tell you that the

services most used by carers are those to do with information - information through the post or over the telephone. We are pleased to hear that carers find these services either 'very helpful' or 'helpful'. We've received a great

deal of positive feedback about the support that we offer, so thank you very much. There have also been some suggestions for new support, so watch this space as we think about how to give you more of what you want.

Want it on e-mail?

Some people may prefer to receive their newsletter by e-mail. If this is your choice, please send us an e-mail to this effect and we will do the rest. Send it to enquiries@calderdale-carers.co.uk

All views expressed in this newsletter are those of the individual contributors and not necessarily of Calderdale Carers Project.