

Carers News



15th November 2011
Bulletin 4

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Lloyds fund new Carers caseworker

We are pleased to welcome a new member of staff to our team.

Her name is Lydia Thompson and her work has been funded by Lloyds TSB Foundation for England and Wales.

Lydia works on specific carers issues within our Outreach Team alongside Geraldine, Judith and Janet.

Contact us:

Telephone
01422 369101

By e-mail
enquiries@calderdale-carers.co.uk

Or click on

www.calderdale-carers.co.uk

To activate your Backup plan ring Gateway to Care on 0845 11 11 103

Would you like to get this newsletter by email?

If the answer is yes then please send an email to lesley@calderdale-carers.co.uk
And help us to save money and the environment.

Don't Drop Out - Drop in! Carers Rights Day 2011

All Carers are cordially invited to our Carers Rights Day Drop in on

**Friday 2nd December, 12 Noon to 2pm in
The Bancroft Suite, Rimani House, Hall Street,
Halifax.**

There will be opportunities for carers to fill out Emergency Back up Plans and/or Carers Needs Assessments with Carers Project staff to provide help and support.

It is a great chance to come and meet us and get that paperwork done, especially if you are new to us. It will also be a chance to collect your free SOS talisman with each completed Back up Plan
Light refreshments will be provided.

Carers Small Grants

The deadline for the next round of small grants is Monday 19th December. Carers can apply for up to £250 to help with a break from caring responsibilities. The grant can be used for outings, therapies, courses or anything that can make the caring role easier.

The scheme is run by the project on behalf of Adult Services. All decisions are made by a panel appointed by Adult Services and they will meet in January 2012 to go through the applications. The Project will not receive the final decisions until late in January and will then send out the cheques to successful carers.

Please note that in order to apply you must not have had a small grant in the past 3 YEARS and must be in receipt of a means tested benefit or Carers Allowance.

To apply please give us a ring on 01422 369101 and we will post out

Annual General Meeting

This will be held on Friday 2nd December at Elim Church, Hall Street, Halifax, from 10.30am to 11.30am.
Please see papers enclosed with this newsletter.

Counselling- A Helping hand for Carers

The Project has a free counselling service offering up to 12 counselling sessions, where carers have the opportunity to be listened to and to express their feelings in a safe, confidential and non-judgmental environment.

The project's counsellor is Fiona Simmonds, who is a fully qualified integrative counsellor, which means she has knowledge and experience of many models of counselling. She has experience of working with a wide range of clients with different issues. The aim of counselling is to help people who have become unhappy or feel 'stuck' to explore ways they can help themselves to make beneficial changes and become more resourceful to deal with life events.

If you feel that you could benefit from counselling please contact Wendy for an informal and confidential chat on 01422-369101

Coffee and mince pies on the menu at St Chads

St Chads Church, Hove Edge, Brighouse recently held a coffee morning for carers and the people they care for suffering from Alzheimer's Disease.

There are plans to make this a monthly meeting and an invitation to all carers of those with Alzheimer's and their cared for are welcome. The next meeting is in December with mince pies and refreshments.

For more information please ring Eileen London on 01274 671722

New group for partners of those with Aspergers

Calderdale Aspergers Group are opening a new group meeting monthly for the partners of those suffering from Aspergers syndrome. A formal diagnosis is not necessary. For more information please contact Dawn Collins on 01422 393966 or email Dawn.Collins@calderdale.gov.uk

Looking After Me

34 carers completed Looking After Me this year. Looking After Me helps carers to learn new skills, develop confidence, meet others who share similar experiences, solve problems and learn relaxation techniques.

Our next sessions will start in Spring 2012 so if you're interested give us a ring and we'll let you have further details nearer the time.

The Alzheimer's Disease Society

The Alzheimer's Society in Calderdale provides information and support to people with dementia, their carers' and families living in the Calderdale area. There are currently 2222 people diagnosed with dementia in Calderdale and this figure is set to grow by over 50% in the next 15 years.

The current services they provide include a private and confidential information service, cafes for both people with dementia and their carers, carers support groups and a new dementia advisor service. The advisor service provides a highly responsive information and signposting support service to people with dementia and to those who support and care for them.

For further information or an informal chat please contact: Alzheimer's society, Calderdale Services, 4th Floor 39-41 Commercial Street, Halifax, HX1 1BE Tel. 01422 352789

Weekend Care

There are still some vacancies for day respite on a Saturday or Sunday for those carers needing a break at the weekend. A sociable lunch and activities are provided in safe and welcoming surroundings Please ring Mary on 01422 311224 for more information

Activities & Support Groups

Please note that places may be limited & must be booked by telephoning Hx 369101. Should an event be over-subscribed priority will be given to current carers and those new to the Project, so you may be placed on a reserve list.

Get crafting, Kurling and ready for Christmas!

Carers are invited to a variety activity day
on

**Thursday 15th December 10.30am to 3pm including
lunch**

At

Southgate Methodist Church, Elland

There will be Christmas crafts workshops including woolly flower-making and Christmas Craft and calendars for those last minute gifts. There will also be the chance to take part in New Age Indoor Kurling. This is an adapted form of kurling that can be played indoors on any smooth flat surface. It is suitable for all ages and abilities and is great fun. Each session will run 11am-12noon and 1.30pm to 2.30pm so you can do both.

**To book your place on any of our activities please ring Lesley or
Wendy on 01422 369101**

If you need a sitter please see information overleaf.

From Rags to.....?

Reminiscence activities always bring back memories of old skills and pastimes. These are now making a comeback and becoming popular once again. So, catch up on an old skill or try something new and ring to book your place on our

Rag-Rugging Workshop
To be held on Friday 9th December 10.30am to 2.30pm
in The Bancroft Suite, Rimani House, Hall Street,
Halifax

Bring along old, clean T-shirts or garments to cut up and use if you have them but materials will be provided.

Your Carers Support Groups

You must be registered with us to attend the group. If you are attending the group for the first time please TELEPHONE US to let us know before the day.

NAME	VENUE/FREQUENCY	DATES	TIME
Halifax	The Bancroft Suite, Rimani House, Hall Street, Halifax 1 st Tuesday of the month	6 th December, 3 rd January, 7 th February	12.30pm to 2.30pm
Lower Valley	Brighthouse Library, Halifax Road, Brighthouse 1 st Thursday of the month	1 st December, 5 th January, 2 nd February	1.30pm to 3.30pm
Todmorden	Todmorden Health Centre 2 nd Tuesday of the month	13 th December, 10 th January, 14 th February	11am to 1pm
Sowerby Bridge	St Paul's Methodist Church, Tower Hill, Sowerby Bridge 3 rd Wednesday of the month	21 st December, 18 th January, 15 th February	1pm to 3pm
Asian Carers (Women only)	The Bancroft Suite, Rimani House, Hall Street, Halifax 3 rd Tuesday of the month	20 th December, 17 th January, 21 st February	10.30am to 12.30pm

Sitters & Transport

If you cannot attend a group or any of our activities because you cannot leave the person that you care for we may be able to arrange and pay for a professional agency to come and sit for them, or support you to access regular respite. This requires a minimum of 10 days notice. We can also pay for transport and /or parking if you are unable to use public transport.

The Community Dental Service will be speaking at Support Groups in January.

Christmas Opening at the Carers Project

We will be closed on Christmas, Boxing and New Years Day and operating with a skeleton staff between those dates. If you have an emergency or need to activate your Backup plan please contact Gateway to Care on 0845 11 11 103

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