

Carers Week 2014 in Calderdale

From the 9th to the 13th June Carers everywhere celebrated Carers Week. Louella and Melanie staffed displays about Caring in GP surgeries at Ripponden, Northowram, Hipperholme and Rastrick. We were busy all week with new carers registering with us and finding out what sources of information and support were available to them. Additionally, some carers came to chat about their circumstances on a one to one basis and we were able to offer some personalised support to them. Many thanks goes to the GP practices that supported us that week. Let's hope we can do more in GP practices next year. We did some Indian Head Massage and Nail therapy sessions for carers along with creative art and penny-pinching sessions too.

Important Information Regarding Data Protection

Over recent months we have been making changes to our information systems regarding the consent of carers registered with us. Due to changes and additions to Data Protection laws we must ensure we have your signed consent to store your details on our database. This means we need a short form completing if you wish to receive our support, services and newsletter.

**If there is a form enclosed with this newsletter
please complete it and return it to us if you wish to stay registered**

Helping Carers Have Their Say

We want to encourage and support all carers to have a voice as we know their daily lives are affected by various services both positively and negatively. If you have had experience of a local NHS service that you want them and others to know about there are lots of ways you can share your experience and it will help them improve services.

You can ring **The Patient Advice and Liaison Service on 0800 052 5270.**

You can visit their website

www.calderdaleccg.nhs.uk/contact-us/comment-and-compliment

You can also tweet

@calderdaleccg

Or [facebook.com.nhscalderdaleccg](https://www.facebook.com/nhscalderdaleccg)

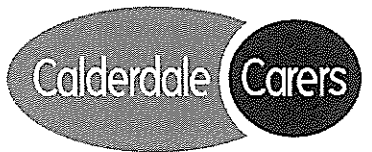
You can also email an independent site that lets you feedback your experiences of health services. It also lets you read what others have said.

www.patientopinion.org.uk or telephone them on **0800 122 31 35**

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Carers News

July 2014 Summer/Autumn edition



Working to improve the lives of carers

Do you know the Five Ways to Wellbeing?

Improving the health and wellbeing of carers is one of our aims here at the project. Staff are always looking out for new opportunities to do this. Recently, some of our staff and Christine have trained in a brand new programme run by The Health Improvement Service called "The Five Ways to Wellbeing." This builds on national evidence and is a set of realistic, achievable and fun actions that anyone can incorporate into their daily lives to help them feel happier and more content with their lives. They are divided into five sections headed

CONNECT BE ACTIVE TAKE NOTICE KEEP LEARNING GIVE

And you will see start to see these symbols in our newsletter and other materials as well as our website over coming months. We will also be introducing the five ways to carers both in learning opportunities but also in new, fun and different activities for carers. You may even be able to join our own Five Ways Loyalty Card scheme. So, the first Five Ways activity will be held on **Saturday 13th September 10.30am to 1pm** and will look at the Keep Learning section. The aim is to help you learn new skills or practice old ones helping you to keep interested and focused. Lifelong learning encourages us to be social, have a more active life and enhances our self esteem. This is a new activity involving drawing relaxing doodles and learning how to free write with some simple creative writing exercises to inspire you. There are a maximum of 10 places so to book your place please ring Melanie or Louella.

Looking after Me Afternoon Tea

Carers are invited to book a place on our afternoon tea on **Wednesday 30th July from 2pm to 3.30pm**. This is your chance to meet tutors and find out if the course could help you to make changes in your life, learn new self management skills, meet new people and make sure that you maintain your own identity. We will help you to set positive new goals and achieve them in a safe and supportive environment, taking back control of the aspects of your life that are important to you. Please ring Melanie or Louella to book.

Contact us

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Email
enquiries@calderdale-carers.co.uk

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Our Services
Emergency
Back Up
Plans
Looking After
Me
Support
Groups
Case working
Young Adult
Carers
Service

Carer's Fund Open For Applications

Carers needs fund awards are available to carers in Calderdale. You can apply all year round for up to £200, which should be used to give carers a break e.g. a short break from caring, Gym membership or Driving lessons. (It cannot be used to pay for respite care)

If you care for an adult (18+) you will also need to complete a carers needs assessment (unless you have already done one) If you care for a child (under 18) you will be asked to complete a scoring form to accompany your application. You should be caring for 25+ hours a week and can only receive an award once in a three year period.

Changes to Support Groups

Recently we have reviewed all of our Carers Support groups and there have been changes to times and venues. Please check the new details of our groups in this newsletter before coming along. We hope in the near future to have more news about our groups and will keep you updated via this Newsletter, our website and our Facebook page.

Changes to Gateway to Care Contacts

Calderdale Council has recently changed its telephone numbers. Please keep a note of them as the old numbers will soon be obsolete.

Gateway to Care 01422 393000

Street Care 01422 288002

Emergency Out of Hours 01422 288000

Finance 01422 288003

General Enquiries 01422 288001

Attending Activities

We understand that finding time and ensuring cover to attend things does not always go to plan. However if you are unable to attend a booked activity, please let us know as early as you can. This gives us a chance to offer the place to someone else, saving resources and being of benefit to more people. For example last month we had 17 carers booked onto an activity. The Tutor provided work for 17 and refreshments were also provided for 17. Only 4 people actually came.

Calderdale Carers Project are on Facebook.

Why not find us and like our page? We regularly post the latest information on there, including events and activities for carers in the local area. So it is well worth a look.

Find us at: www.facebook.com/CalderdaleCarersProject

Health & Wellbeing Information Right Care Right Time Consultation

We have been engaging with carers about the proposals affecting our local health service, including the issues around Calderdale Royal Accident & Emergency. We have had some lively discussions at some of our support groups and we are glad to hear carers voicing their opinions and concerns. You might know that a set of proposals have been produced by the provider organisations and offered up for consideration by the Clinical Commissioning Group (CCG) who are the GP's who run and commission our local health services.

There are different models based on integrating care and support in community settings and moving current hospital based services closer to where people live. However, to achieve this might mean substantial changes to Calderdale Royal and Huddersfield Royal, with one becoming a specialist in planned and elective care and the other dealing with acute and emergency services.

As you can see, these proposals will have a significant impact on carers and the people they care for. We are working with the CCG to ensure carers are engaged and consulted with during the period of this consultation. Two staff are currently undergoing training to become 'Engagement Champions' so that we have the right tools to help carers to have a voice.

Our Work with Local GP's

Recent work by the Royal College of GP's has focussed on how important the role of GP's is in identifying and supporting carers. To this end we have been working for the last year with local GP's to help them improve the way that they identify and support carers within their practices. Three practices have volunteered to be pilots for this work and they are Brig Royd at Ripponden, Longroyde at Rastrick and Northowram and Kos (known as Northowram practice)

We are also working on a protocol that will enable us (with your consent) to share information with your GP so that they know and understand your situation as a carer. This could lead to improvements in services offered to carers within GP practices in Calderdale.

Information at the Click of a Button!

We have launched our new website which will be updated regularly and will make it easier for those of you who are technically minded to contact us and access the information you need. Don't panic if computers are not your thing we will still be sending out the Newsletter in paper form too.

www.calderdale-carers.co.uk