



Carers News

Summer May 2019

2 special events for carers in National Carers Week this year!

✓ **Friday 14th June**
10.30am to 2pm
Age UK, Rimani
House, Hall St,
Halifax, HX1 5BD

All carers & the people they care for are welcome to come along to **CARING TOGETHER** For a lunch, variety of complementary therapies, music, laughter and companionship. Plus a **FREE PRIZE DRAW** on the day.

Book your places by ringing
01422 369101

Or

Shabir at Bluebird Care on
07866 369916

If you need help with transport or a sitter for the person you care for please contact us as soon as **possible.**

This event is run in partnership with Memory Lane, Bluebird Care & Age UK.

Tuesday 11th June
1pm to 3.30pm
The Neighbourhood
Centre
Queens Road
Halifax, HX1 4NE

Come along & join Making Space for tea & cake, information stalls, other organisations & pamper sessions (carers only)

Email

carers.calderdale@makingspace.co.uk

This event is run by Making Space so any enquiries should go to them on

Louise 07815493439
Theresa 07813342856
Natasha 07815493442

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



BRICSS

BUILDING RESILIENCE, INCREASING
CARERS SELF-MANAGEMENT SKILLS

Have you heard about BRICSS?

It is our brand new self-management learning system for carers throughout Calderdale. The sessions are designed with help from The Community Fund to help carers learn about new ways of thinking and challenging old, negative patterns of behaviour. This should help carers to maintain their own identity and manage their caring role so that they can cope better in their daily lives.

It is an opportunity for carers to learn about the very latest developments in self-care. It helps carers to establish helpful, meaningful habits, reduce negative and avoidant, passive behaviour in themselves and others. Carers can then be open to new ways of thinking and behaving in order to take control and tackle the areas of their lives that make them unhappy and prevent them from flourishing.

Here is what some carers have said about the sessions.

“Positive but realistic discussions.”

“Very positive & supportive...I realise something must change to improve my situation.”

“Relaxed & friendly but most importantly gets carers to exchange ideas- even phone numbers!”

“The sitter was wonderful; she was almost as caring as a family member.”

“Always go out from the meeting on a buzz!”

So, what is stopping you from coming along? We may be able to pay for a care-worker to stay with the person you care for. (Depending on needs/availability.) We can help with a taxi if you cannot travel on public transport or need to cut down on travelling time because of your caring role.

**COME & JOIN US FOR A GET-TOGETHER & TO
FIND OUT MORE**

THURSDAY 18TH JULY 5.15pm

THE SHAY, HALIFAX, HX3 0AQ

**WE WILL BE HAVING A BUFFET AND SOME
TREATS FOR CARERS**

**BOOK YOUR PLACE BY RINGING JULIE ON
01422 369101**

A fond farewell & a happy hello!

With sadness we have waved goodbye to our colleague Lydia Woodall. She has been a valuable member of the team for 8 years & we wish her all the best in the future! We also welcome our new colleague Ruth Booth. Ruth has worked throughout Calderdale over her long career in the voluntary sector and we are pleased to welcome her to the team.

Help to Save?

Did you know the government has launched a scheme to reward you for saving if you are earning more than £569.22 monthly & claiming Universal Credit or Working Tax Credits? **For every £50 you pay in they pay in another £25!**

Visit

<https://www.gov.uk/get-help-savings-low-income>

Recently, at our Support groups we have welcomed Dr Janet McNally from Bradford University as a speaker giving us lots of useful information about delirium. She is currently working on a research project & would be pleased if any carers could respond to the survey using the link below.

<https://bradford.onlinesurveys.ac.uk/delirium-a-dementia-carers-survey>

Calderdale Recovery College

We have a new Recovery College running courses that carers can attend. To find out more ring Recovery College Calderdale on 01422 393339 or download a prospectus visit

<https://www.southwestyorkshire.nhs.uk/recovery-college/calderdale-recovery-college/>

Disability Rights UK- Have you joined?

As a member you will be able to attend free events and receive discounts on paid publications (organisations are allowed one free publication), a free newsletter and handbook updater. Your membership also contributes to the cost of free factsheets and helpline services. Find out more about the benefits of individual and organisational membership. Join now. Individual membership is only £7.50 a year.

<https://www.disabilityrightsuk.org/membership>

Do you have an Emergency Backup Plan lodged with us & Adults Health & Social Care? Do you have a carers Emergency Card?

If the answer is yes then is it time to update it? Have there been changes since you last looked at it? Please give it a check over & let us know of any changes to your Emergency Backup Plan. Tel. Julie 01422 369101



Your Carers Support Groups

If you need to talk- this is a safe & welcoming space for all carers. Don't be alone- join us. Staff and other carers can offer regular support to help you feel & cope better with your caring role.

Please ring Julie/Janet at Calderdale Carers before attending for the first time & we will help you to take your first steps in to the group.

All speakers must register with Julie/Janet.

<p>Halifax Group VAC Resource Centre, Hall Street, Halifax, HX1 5AY</p>	<p>1st Tuesday of the month 1pm - 2.30pm</p>	<p>June 4th July 2nd August 6th September 3rd October 1st</p>
<p>Lower Valley Group Brighthouse Library Halifax Road Brighthouse, HD6 2AF</p>	<p>1st Thursday of the month 1.30pm - 3pm</p>	<p>June 6th July 4th August 1st September 5th October 3rd</p>
<p>Todmorden Group Todmorden Health Centre, Halifax Road, Todmorden, OL14 5RN</p>	<p>2nd Tuesday of the month 11am - 12.30pm</p>	<p>June 11th July 9th August 13th September 10th October 8th</p>
<p>Sowerby Bridge Group St Paul's Church, Tower Hill, Sowerby Bridge HX6 2EQ</p>	<p>3rd Wednesday of the month 1.30pm - 3pm</p>	<p>June 19th July 17th August 21st September 18th October 16th</p>



Sitters & Transport

If you cannot leave the person that you care for we can often arrange and pay for a professional agency to come and sit for them to enable you to attend the group or any of activities that we organise.

These will be clearly marked with the tick above. We do require a minimum of 10 days' notice.

We can also pay for transport and /or parking if you are unable to use public transport.

Please note we do not carry cash and normally pay expenses by bank credit.

<p>Calderdale Carers Project is a company limited by guarantee. Company No. 3288967 Registered office: Rimani House, Hall Street, Halifax. HX1 5BD Registered Charity No. 1076012</p>
