

Carers News

January 2019

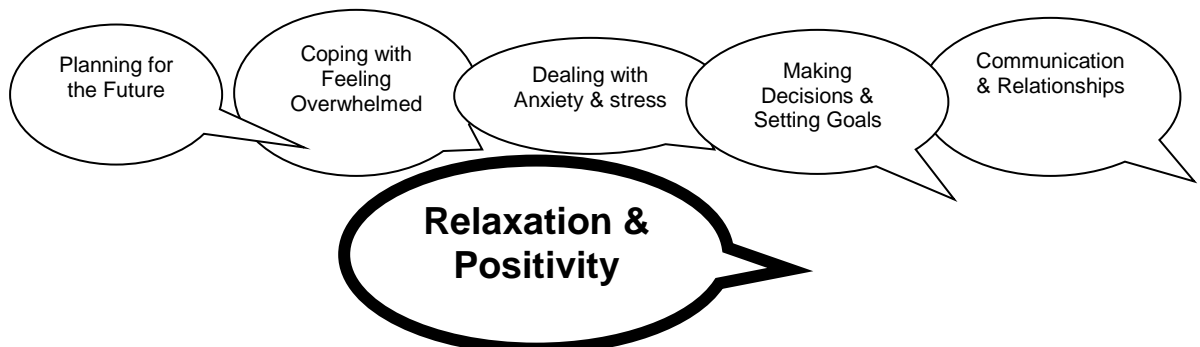
Welcome to our first newsletter of 2019. As the new year starts it can be a good opportunity to look at making some positive changes and how to achieve these.

This newsletter gives some suggestions of things we think can help improve carers' lives for the better. It might be that over the year you want to try all of them or that one is just enough for you! To access further information or support with anything you read in the newsletter please get in touch. We wish everyone a very happy 2019!

Self-Management Success!

We are very pleased to announce that we have received funding from the National Lottery Awards for All Fund to create new Self-Management Workshops for Carers.

This means that you will be seeing new opportunities to join staff & volunteer facilitators on Carers Workshops that will include:



We will be holding our first Carers Relaxation & Positivity workshop on **Thursday 14th February at Todmorden Central Methodist Church 10.30am to 2pm with a social lunch**
Please book your place ringing Julie on 01422 369101

The deadline for all bookings is Friday 8th February and all carers wanting to attend must have booked their place by that date. This means we can plan and cater properly. If you would like to find out more please ring Louella on the above number on Monday or Friday.

Improving Health and Wellbeing

As a carer you may feel you have very little time to focus on your own health and wellbeing, but it is so important! There is lots of support available in this area and sometimes it just requires a small amount of time to start making changes!

Did you know that Calderdale has a Better Living Service? This service offers advice on issues such as weight management, increasing exercise, stopping smoking, reducing alcohol intake and advice for expectant mums. They have information through their website:

<https://www.calderdale.gov.uk/v2/residents/health-and-social-care/bls>

and also have a Facebook page: <https://www.facebook.com/BetterLivingCalderdale/>
So, you may not need to sign that expensive gym contract after all, but be able to achieve your goals with a local free/low cost service instead!

Managing Your Money

Issues with finances are often very common with carers, from understanding the benefits system to learning budgeting skills, there are lots of difficulties carers face but also lots of advice and support available. Our caseworkers are able to offer some advice but also have a good knowledge of other services if you require in-depth specialist support.

Did you know that the money advice website offers advice and guides to help improve your finances, handy tools and calculators to help keep track and plan ahead, information about benefits, pensions, and a whole lot more. They offer support over the phone and online. Their advice is free and impartial and the website is definitely worth a look! www.moneyadvice.org.uk

Carers Personal Budgets

In Calderdale carers can apply for a one off payment of up to £300 to pay for a break, social or leisure activities, driving lessons, laptop etc. or up to £20 a week towards cleaning, ironing or gardening. To apply you need to complete a Carers Needs Assessment which Calderdale Carers can help you with or you can request a form from Gateway to Care on (01422) 393000 or Gatewaytocare@calderdale.gov.uk. The award lasts for one year and then you can reapply if you wish.

Have you joined Newest Calderdale's Facebook Page for Carers?

Shabir Hussain at Bluebird Care has set up a page for carers & it is really good.

Search for

who cares! ... we care on Facebook

Also look for **the unforgettable dementia support group** if you are a dementia carer. It is really interactive and supportive.

Taking up a new Hobby or Learning A New Skill

Have you ever thought about going back to education to learn a new language, find out about your family history or complete a first aid course? Then Calderdale Adult Learning might have a course for you.

Calderdale Adult Learning (CAL) offers a wide range of learning activities and courses, with more subject choice than ever before. As well as a varied programme of evening classes, CAL offer classes during the day, so you can fit your learning around your lifestyle and caring role. We have some copies of their course brochure we can post out or alternatively you can download them from;

<https://www.calderdale.gov.uk/v2/residents/education-and-learning/adult-learning>

Making Time for Yourself

We know that being a carer can take up a lot of time. It can affect your social life, hobbies and work. We often fall into the trap of saying we are fine when we're not & we don't always ask for help when we need it, because we don't want to bother anyone.

So, why not make some time for yourself by encouraging the person you care for to have a taster day in one of these excellent services? Or you can go together to the wonderful Sundale Spa & enjoy some pampering?

Age UK

Companionship Centres

**Weekdays Monday to Thursday
Social day service for people over 50
Lunch included
Plenty of activities
Transport available**

**Contact
01422 252040**

Our Place

Encouraging youthful ageing

**Open weekends
Social day service for people over 50
2-course lunch
Plenty of activities
Transport available**

**Contact
07825 429034**

If you want to do something special & have a place to go together then consider





Sundale Spa

Sundale House, an Age UK centre in Huddersfield has it's very own older people's spa facilities: we can offer a bathing service in our accessible Parker bath, a mini hairdressing salon, manicures & pedicures and it has its own Relaxation Room, for some well-deserved time out, with lunch optional Fridays are Spa Days at Sundale House so you can visit for a combination of any of these services.

**Contact
01484 559935**

Your Carers Support Groups

Please ring Janet at Calderdale Carers before attending for the first time.
All speakers must register with Janet.

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|  <p>Halifax Group</p> <p>VAC Resource Centre, Hall Street, Halifax, HX1 5AY</p> | <p>1st Tuesday of the month 1pm - 2.30pm</p> | <p>5th February 5th March 2nd April 7th May 4th June 2nd July</p> |
|  <p>Lower Valley Group</p> <p>Brighouse Library Halifax Road Brighouse, HD6 2AF</p> | <p>1st Thursday of the month 1.30pm - 3pm</p> | <p>7th February 7th March 4th April 2nd May 6th June 4th July</p> |
|  <p>Todmorden Group</p> <p>Todmorden Health Centre, Halifax Road, Todmorden, OL14 5RN</p> | <p>2nd Tuesday of the month 11am - 12.30pm</p> | <p>12th February 12th March 9th April 14th May 11th June 9th July</p> |
|  <p>Sowerby Bridge Group</p> <p>St Paul's Church, Tower Hill, Sowerby Bridge HX6 2EQ</p> | <p>3rd Wednesday of the month 1.30pm - 3pm</p> | <p>20th February 20th March 17th April 15th May 19th June 17th July</p> |

Docmail Enclosing Barcode

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