

## HOPE – the Calderdale Recovery College

- Find your skills, Discover your strengths, Explore your potential to volunteer, Recognise yourself

HOPE – the Calderdale Recovery College is offering lots of different recovery-focused courses that could help you to boost your work skills, improve your health and wellbeing or get involved in local initiatives. Recovery is a personal journey! It's about building lives, creating opportunities, taking control and instilling hope.

Our educational courses have been designed in partnership with people who have experience of mental and physical health problems – to offer everyone the chance to learn a new skill, build on your strengths or become an expert in your own self care.

For more details about the courses available ring  
HOPE - The Calderdale Recovery College on 01422 393339

## Neighbourhood Schemes

Keeping active, sharing the company of others and enjoying ourselves are vital ingredients of a healthy life.

The Neighbourhood Schemes Team is here to help you or someone you care for to find healthy, meaningful activities, improve their wellbeing and feel connected to their local community.

If you'd like to take that step, feel free to call us on **01422 393794**, or email [nst.admin@calderdale.gov.uk](mailto:nst.admin@calderdale.gov.uk). We'll phone you back to discuss your interests and needs, and try to find you a selection of activities which may interest you. We can even come along to your first session if you need us to.

## New Lunch Club

Calderdale Council's Neighbourhood Schemes Team and Ravenscliff High School and Sports College are running a Luncheon Club and we would like you to go!

Hot meal cooked by an award-winning chef.

- Only £1 cost towards cost of ingredients
- Young people wait on guests

**Places must be booked in advance, so to book your place please call Richard from the Neighbourhood Schemes Team. T: 01422 392 777 M: 07912 891 271**

## Scams and Frauds Education for over 55's

Scams and frauds education is made up of FREE Interactive Workshops for Over 55's to help raise awareness and offer guidance on the following:

**Doorstep Crime**

**Scams and Frauds**

**Benefits for Older People**

The workshops also offer information, advice and support on dealing with:

**Nuisance calls**

**Scam mail**

**Bogus/doorstep callers**

**Financial health checks**

**For further information on how you can get involved please contact Rebecca on 0113 393 9814 or by email to [rfinch@wyjs.org.uk](mailto:rfinch@wyjs.org.uk)**

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

# Carers News



Working to improve the lives of carers

Summer 2015

## Would you like to get this newsletter by email?

If the answer is yes then please send an email to [melanie@calderdale-carers.co.uk](mailto:melanie@calderdale-carers.co.uk) and help us to save money and the environment.

## Reminder

Have you got an Emergency Plan?  
Have there been any changes to your plan?  
If you have any changes to your Emergency Backup 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.  
Ring Melanie on - 01422 369101

## Contact us:

Telephone  
01422 369101  
By e-mail  
[enquiries@calderdale-carers.co.uk](mailto:enquiries@calderdale-carers.co.uk)  
Or click on  
[www.calderdale-carers.co.uk](http://www.calderdale-carers.co.uk)



## New Carers Personal Budgets

The Carers Needs Fund payments of £200 every 3 years have now been replaced by Carers Personal Budgets due to the Care Act coming in on 1 April 2015.

Carers still need to complete a Carers Needs Assessment. Then if you meet the new national eligibility criteria for carers (below), a worker from Calderdale Carers or Adult Social Care will complete a Carers Support Plan with you.

The Carers Support Plan asks about any needs you have as a carer and how they can be met. It could lead to funding for a service or a personal budget for you as a carer, which is paid by Adult Social Care at Calderdale Council. For example, if you are struggling to keep on top of your housework due to your caring role and there is no one else to help you with it, you may be entitled to a cleaning service. As the Care Act only covers carers of adults (18+) the new scheme doesn't apply to carers of children or young people under 18, unfortunately.

You must meet the national eligibility criteria for carers by answering yes to these 3 questions:

1. Are the carer's needs the result of providing *necessary care*?
2. Does your caring role have an effect on you? Your caring role has an effect on you if your physical or mental health is at risk of getting worse, or you are unable to achieve at least one of the following outcomes:
  - look after any children you have responsibilities for
  - provide care to any other person
  - maintain your home in a fit and proper state
  - eat properly and maintain proper nutrition
  - maintain and develop your relationships with family and friends
  - take part in any education, training or volunteering you may wish to
  - have time for social activities, hobbies etc
  -
3. Is there, or is there likely to be, a significant impact on the carer's well-being?

The definition of 'well-being' in the Care Act is very broad and includes things like personal dignity, control over your day to day life, participation in education, work or social activities, relationships with other people, having suitable accommodation, protection from abuse and neglect.

**Contact Gateway to Care on 01422 393000 or [gatewaytoCare@Calderdale.gov.uk](mailto:gatewaytoCare@Calderdale.gov.uk) to request a Carers Needs Assessment to complete and return to them.**

Please note the views or opinions expressed in this newsletter are not necessarily the views of Calderdale Carers but of individual contributors.

## Carers Support Groups

<b>Halifax Group</b> Voluntary Action Hall Street, Halifax HX1 5AY	1st Tuesday of the month 1pm - 2.30pm	5th May 2nd June 7th July 4th August 1st September
<b>Lower Valley Group</b> Brighouse Library Halifax Road Brighouse, HD6 2AF	1st Thursday of the month 1.30pm - 3pm	7th May 4th June 2nd July 6th August 3rd September
<b>Todmorden Group</b> Todmorden Health Centre, Halifax Road, Todmorden, OL14 5RN	2nd Tuesday of the month 11am - 12.30pm	12th May 9th June 14th July 11th August 8th September
<b>Asian Carers Group (women only)</b> Calderdale Carers Project, Rimani House, Hall Street, Halifax, HX1 5BD	Please contact Calderdale Carers for further details	
<b>Sowerby Bridge Group</b> St Paul's Church, Tower Hill, Sowerby Bridge HX6 2EQ	3rd Wednesday of the month 1.30pm - 3pm	20th May 17th June 15th July 19th August 16th September
<b>Saturday Carers Group</b> King Cross Library Halifax 151 Haugh Shaw Road King Cross, Halifax HX1 3BG	1st Saturday of the month 11am to 12.30pm	2nd May 6th June 4th July 1st August 5th September

We have a limited fund to enable carers to attend our groups and activities. It means we might be able to pay for care-workers to provide cover if you cannot leave the person you care for alone. The fund can also pay for carers to have taxis to our groups and activities. However, if you are able to use public transport we would prefer that you refrain from using taxis where possible. This means that the fund goes further and helps those carers most in need.

## New Self Management Course- Places available

Our staff and volunteer tutors have recently undergone new training to deliver an updated version of Looking After Me. The training was challenging but introduced new elements to the course that we know carers will want to learn all about.

The course covers;

- Getting a good night's sleep**
- Improve your decision-making the easy way**
- Food labels- What you don't know and probably should**
- Evaluating Treatments- is it a good idea?**

**The next course starts on Tuesday 19th May at 10.30am at Rimani House, Halifax. It runs for 2.5 hours each week for 6 weeks.**

If you need someone to stay with the person you care for so that you can come to the course please ring us and we will see if we can arrange and pay for it.

We can also pay for a taxi for you if you cannot use public transport. Ring Louella or Melanie to book your place on 01422 369101

### Stress Control Course

Calderdale Carers are working in partnership with Calderdale Improving Access to Psychological Therapies to offer a 6 week course to support carers in managing stress. There will be 6 x weekly sessions of 1.5 hours.

**If you are interested in attending please contact IAPT on 01484 434625 or 01422 222872 where a telephone assessment will be booked for you.**

We might be able to offer a sitting service and/or help with transport if this would enable you to attend (subject to availability of fund.)

### Introduction to Manual Handling

This will introduce you to some basic top tips for how to look after your own health and well being when assisting with manual handling tasks. It will take place on Wednesday 20<sup>th</sup> May 10am-12pm at Halifax Library. Please note that the library is closed to the public on Wednesdays so attendees can access the session via the back door which is situated down the steps between the library and Northgate House. There is limited availability for this session so please ring the office to reserve your place.

### The Looking After Me Team has grown!

Many of you will be familiar with our existing volunteer tutors but we are very pleased to welcome 4 new tutors to our team. Some have transferred over from Bradford and will be delivering high quality, accredited courses throughout Calderdale for us. All of our tutors give generously of their time and energy, and we greatly appreciate the work that they do for us

### Donation for Ex-Carers

The Carefree group has received a significant donation to support their work by paying for the venue in 2015 from an anonymous donor. We would like to express sincere thanks for this as ex-carers gain great benefit from it.

### Weekend Care

This is a local charity providing food and entertainment in a social setting, for the elderly and disabled people of Calderdale. Spaces are available on Saturdays and Sundays for the person you care for. They are also looking for volunteers to help at the centre, to escort on the buses and drivers too

**If you would like further information regarding referrals or volunteering opportunities please contact Melanie on 07825 429034 or melaniejrumble@hotmail.com**