

CARERS NEWS

April 2014 Spring Edition

Wendy Bids Farewell!

Carers Support Manager Wendy Mitchell, left our employ in early March 2014. Many carers, especially those who attend groups and take part in our activities, will have known her over the 19 years she has worked with us. I am sure they will join with the staff and the trustees, in thanking her for all her work over so many years, and in wishing Wendy every success and happiness in her 'post Calderdale Carers' life.

Carer's Fund Open For Applications

Carers needs funds are available to carers in Calderdale. You can apply all year round for up to £200, which should be used for the carers benefit i.e. A short break from caring, Gym membership, Driving lessons.

If you care for an adult (18+) you will also need to complete a carers needs assessment (unless you already have 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 and can only receive the fund once in a three year period.

Health Improvement Get Active Service

Get Growing 4 week courses, growing your own food and how to get started! / Gardening for Wellbeing taster sessions / Growing Healthy weekly sessions

For more information or to book your place contact Healthy Lifestyles Team on 01422 281529

All views expressed in this newsletter are those of the contributing individuals, these do not necessarily reflect the opinions of Calderdale Carers Project.

Registered Office : Rimani House, Hall Street, Halifax, HX1 5BD
Calderdale Carers Project is a company limited by guarantee. Company No. 3288967
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Contact Us:

Tel - 01422 369101

Email - enquiries@calderdale-carers.co.uk

We are also on Facebook

Our Services

Young Adult Carers Service

Emergency Back Up Plans

Looking After Me

Support Groups

Caseworking

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Carers Getting Creative & Pampered

Over the last 3 months, carers have been able to attend a range activities. We had a full house for the Spa Sessions, where carers were treated to facial massages and treatments, and taught how to take care of their skin.

More creative people came along to workshops to experience charcoal drawing, creative writing, junk jewellery and digital photography. And another glass painting session was run at one of our regular support groups. We also trialled evening and weekend activities which proved to be quite successful for future development, so watch this space!!!!

Our Next Looking After Me Sessions

We are hoping to hold our next Looking After Me course on Thursday evenings and would like to invite anyone interested in taking part, to attend our meet & greet session. Refreshments will be available, and you will have the chance to learn more about the course, meet the staff tutors and those who will be on the course and make further plans regarding the next sessions.

Venue - Overgate Day Hospice, 30 Hullen Edge Road, Elland, 5pm to 6pm

Please call Melanie / Louella on 01422 369101 if you would like to attend, or further information regarding Looking After Me

CrISP - Carer Information and Support Programme

The Alzheimer's Society is running the Carer Information and Support programme (CrISP) in Calderdale. CrISP is a series of workshops for people caring for a family member or friend with dementia. It provides an opportunity for you to talk in a friendly and confidential environment about your experiences and the impact they are having on you.

Topics will include: What is dementia? / How you can support and care for someone with dementia / The support services that are available / Planning for the future

The workshops will take place in Brighouse, Halifax and Hebden Bridge. The next programme will begin in Brighouse in May 2014. For more information on this programme, please contact the Alzheimer's Society in Calderdale.

01422 352789 or c&k.service@alzheimers.org.uk

Changing Location

The 3 C's lunch club is still meeting on the last Friday of the month at 12pm, However they have a new venue and will now meet at The Duke of Wellington!

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Activities Spring 2014

Please book with us PRIOR to the event by contacting the office on 01422 369101 (limited places)

Nail Therapy

File and Polish like a professional

Learn how to cut, file, and shape your nails, then apply basecoats, polishes and top coats for the perfect professional look manicure!

Thursday May 15th 2pm - 4pm

Rimani House (Carers Office), Halifax

Refreshments provided

Cartoon Creations

Cartoon drawing for beginners

Everything you need to know to create wonderful cartoon characters. No previous talents or experience needed just a creative flair.

Friday 11th July 10am-12pm

Horton House, Halifax

Artistic Sessions

How to draw for beginners focusing on trees, shrubs and the natural world

Weds 9th July 10am-12pm Horton House, Halifax

How to paint watercolour landscapes, techniques, advice and having a go!

Weds 9th July 2-4pm Horton House, Halifax

Art Attack

Encaustic art session, previously proved very popular.

Create an art masterpiece using a special heated wax and tools. Let your imagination run wild.

Monday 9th June 2-4pm

Brighthouse Learning Centre, Brighthouse

Relax & Unwind

Learn and experience the ancient art of Indian Head Massage, a safe and beneficial treatment blending essential oils and carrier oils, to treat your head and scalp during the massage process

Thursday 12th June 2pm - 4pm

Rimani House (Carers Office), Halifax

Refreshments provided

Penny Pinching

Save the pennies and the £1s look after themselves! Sale Savers is a shoppers guide to fractions, percentages, best buys and BOGOFs. Learn how to make the most of your shop and get the best bargains every time.

Friday 13th June 2-4pm

Rimani House, Hall Street (Carers Office), Halifax

Carers Support Groups

Come along and join us at a group near you

Halifax Carers Group

1st Tuesday of the month 1pm to 2.30pm Held at Calderdale Carers,
Rimani House, Hall St, Halifax, HX1 5BD
June 3rd/ July 1st

Lower Valley Group

1st Thursday of the month, 1.30 - 3pm Held at Brighouse Library,
Halifax Library, Brighouse, HD6 2AF
June 5th / July 3rd

Todmorden Group

2nd Tuesday of the month. 11am to 12.30pm Held at Todmorden Health
Centre, Halifax Road, Todmorden, OL14 5RN
June 10th / July 8th

Asian Carers Group (women only)

3rd Tuesday of the month 10.30am to 12 noon Held at Calderdale Cares,
Rimani House, Hall St, Halifax, HX1 5BD
June 17th / July 15th

Sowerby Bridge Group

3rd Wednesday of the month 1.30pm to 3pm Held at St Pauls, Tower
Hill, Sowerby Bridge, HX6 2EQ
June 18th / July 16th

If you require a sitter to take care of the person you care for whilst attending groups or if you require a taxi to attend group, you must contact us in advance (10 days in the case of sitters) on 01422 369101). (A polite reminder that children and the adults you care for are not able to attend these groups or activities unless specified.)