

## Did You Know?

If you opt to receive your copy of Carers News by email you will also receive regular bulletins too? These contain extra information and opportunities that we are not funded to mail out on paper but can be very useful to carers and help us to involve you in planning and consultations. Send us your name and email address to [enquiries@calderdale-carers.co.uk](mailto:enquiries@calderdale-carers.co.uk)

## Nuisance Calls & Mail

Are you or the person you care for having problems with Nuisance Calls and Mail? Useful telephone numbers  
**Reduce Nuisance Calls and Mail**  
Telephone Preference 0845 070 0707  
Mail Preference 0845 703 4599  
**Report Rogue Traders and Scammers**  
Citizens Advice 03454 04 05 06  
Action Fraud 0300 123 2040  
Victim Support WY 0300 303 1971  
Police 101/999

## Money in Mind

### Are you a carer who is worrying about money or finances?

Becoming a carer can cause big changes to your everyday life, including how you manage your money.

- Are worries about money keeping you awake at night?
- Are money worries affecting your health and relationships?
- Are you relying on credit cards to pay for essentials such as food or fuel?
- Are you in arrears with your mortgage, rent, council tax or fuel bills?
- Are you in arrears or have defaulted on things like payday loans, doorstep lenders or mail order companies?
- Have you been waiting for the outcome of an appeal for state benefits that is causing you financial hardship?

If you have answered yes to any of the above please ring Louella or Lynn on 01422 369101 for a supportive, non-judgmental, confidential chat. It may be that we can help under our new Money in Mind scheme.

## Carers Book Review -Elizabeth is Missing - Author Emma Healey

This book provides a wonderful insight into how a person with dementia relates current events to memories in their past. It evokes our own concerns for our future mental health and also the issues our families could face in caring for us. One of the thoughts that came to me is that I could relate to some of the main character's difficulties like how often I can't remember a word but know the first letter it begins with!. Flitting from the past to the present shows how a person with dementia can be frustrating to look after and difficult to understand. Towards the end of the book I felt more understanding of what it could be like to have dementia and the needs those living with dementia have. The story flows well and holds you to a mystery or two, then all is answered at the end. Not a miserable story just factual and funny at times. I enjoyed it.

# Carers News



Working to improve the lives of carers

Autumn 2015



## Carers Activities Consultation

We would like to recruit a number of carers to become more involved in how we plan and deliver our activities programme in the future. Awards for All have funded us to begin this process in the Autumn. If you would like to become a member of an informal group that inputs suggestions and ideas into this then please ring Louella on 01422 369101 or email [louella@calderdale-carers.co.uk](mailto:louella@calderdale-carers.co.uk)

## 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)

## Carers Film Matinee and Annual General Meeting

Come along to see a film alongside other carers and bring the person you care for if you wish. This is a carers treat paid for from the generous legacy of our former Chairperson, the late Iris O'Donnell.

**Wednesday 21st October 10am**  
**The Rex Cinema, Coronation Street, Elland**

(If you don't want to take part in the AGM please arrive at 10.45am)

**Booking essential ring 01422 369101**

We will be holding our AGM to receive the report of the trustees and accounts and any necessary elections and then all settling down to enjoy a free film with tea/coffee. There will be an interval if you wish to buy an ice cream or sweets.

If you would like to become a member so that you can vote at the AGM a form is enclosed with this newsletter for you to apply by post or you can join at the AGM.

**If you need help with transport please discuss this with us at when making your booking.**

## Introduction to Manual Handling

After the success of our first manual handling training we have now booked in 2 more sessions for this year! The session 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. The sessions will take place on

**Thursday 10<sup>th</sup> September 10-12.30**  
**or**  
**Tuesday 1<sup>st</sup> December 12-2.30 in Halifax**

There is limited availability for these sessions so please ring the office on 01422 369101 to **reserve your place.**

**Looking After Me Tutor Success!** Many congratulations to our newly accredited volunteer Tony Wigglesworth! Well done and thank you for all your hard work. Carers gain an enormous amount from Looking After Me and our tutors are much appreciated.

## Carers Support Groups

### IMPORTANT NOTICE REGARDING OUR SATURDAY GROUP

We have been piloting a Carers Support group on a Saturday morning for some time now. However, numbers attending it have remained too low for us to sustain it. Therefore, we are cancelling the group with immediate effect so there will be no meeting on Saturday 5th September

<b>Halifax Group</b> Voluntary Action Hall Street, Halifax HX1 5AY	1st Tuesday of the month 1pm - 2.30pm	1st September 6th October 3rd November 1st December 5th January 2016
<b>Lower Valley Group</b> Brighthouse Library Halifax Road Brighthouse, HD6 2AF	1st Thursday of the month 1.30pm - 3pm	3rd September 1st October 5th November 3rd December 7th January 2016
<b>Todmorden Group</b> Todmorden Health Centre, Halifax Road, Todmorden, OL14 5RN	2nd Tuesday of the month 11am - 12.30pm	8th September 13th October 10th November 8th December 12th January 2016
<b>Sowerby Bridge Group</b> St Paul's Church, Tower Hill, Sowerby Bridge HX6 2EQ	3rd Wednesday of the month 1.30pm - 3pm	16th September There will be no meeting in October 18th November 16th December 20th January

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.

## Carers Reading Well Book Group

Reading Well is an agency that promotes the benefits of reading for health and wellbeing. They work with health and social care professionals to produce a list of what they call Books on Prescription. With the aid of a grant from the Beardeners Trust we have been able to buy copies of these excellent books.

We know that carers often enjoy reading and would like to invite you to our first

### Carers Reading Well Book Group at

**Calderdale Carers, Rimani House 14-16 Hall Street, Halifax, HX1 5BD  
Saturday 5th September at 11am.**

You will be able to choose and take away a book from our Books on Prescription with the aim of reading it and writing a short review saying how you found it for the next meeting.

The books might help you to become more informed or help you to manage conditions such as depression, anxiety, low mood, worrying and chronic pain and it would be good to discuss them with other carers in a safe, confidential and friendly environment. It will also help us to find out from you what sort of health and wellbeing activities and workshops you would like us to deliver in the future.

If you can come along to our first meeting please ring us on 01422 369101 to book your place.

## Calderdale Golden Years Roadshow

### An Event for Older People in Calderdale The Shay 18th September 9.30am to 3.30pm

This will be our first visit to Halifax; the Shay Stadium makes a fantastic venue for the 50+ Show. We have a great day lined up with loads of free entertainment and a host of quality, local businesses and organisations showcasing their products and services.

Live music, Fitness Activity Sessions, Charity Bingo hosted by Mecca, Live cookery demonstrations, Products and information from quality local businesses, Fun Charity Casino hosted by Napoleons, Fashion Show, Giveaways and Special Offers, Supporting Local Charities- all proceeds goes to CFFC, Refreshments plus lunch available, Free Parking

**40 x Free Advance tickets available from Calderdale Carers. Ring 01422 369101**

For more information click on  
<http://www.goldenyearsroadshow.co.uk/?event=calderdale-halifax-local-50-show>  
**or ring**  
**0114 2483458**

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