



Working to improve the lives of carers



Carers News

Better Lives at Number 42

A new way of providing adult social care is launching in Calderdale to boost the health and wellbeing of local residents.

Calderdale Council is piloting the new service, known as 'Better Lives at No. 42', at 42 Market Street, Halifax.

The shop, which will be run by social workers, will open its doors to the public on Wednesday 3 May 2017. It will be a place where people can go for information and advice on the services available in Calderdale and will also be an opportunity to meet other people.

The new service aims to provide support in the community at an earlier stage, to prevent or delay health issues in the future.

This means people can stay independent for longer and avoid stays in hospital or care homes. Open Monday to Friday 10am – 4pm there is a team of social workers providing accessible, face to face information and support to adults in Calderdale.

Metro Senior Passes

SENIOR PASSES - IS YOURS UP FOR RENEWAL?

300,000 passes will come up for renewal between now and March 2018, which could mean long queues at Bus Station Travel Centres if all pass holders choose to renew there. Senior Passes can be renewed online up to 3 months in advance, and a family member or friend can renew on someone's behalf if needed.

It's quick, free and easy and saves travelling into the city or town centre. Simply visit www.wymetro.com/ticketsandpasses to renew online.

Choose Well

Self-care is best for most common ailments such as coughs and colds.

Pharmacists are highly trained and can give you advice on common illnesses and conditions.

Call NHS 111 when you need medical advice fast, but it's not an emergency.

Visit your GP or an out-of-hour service if you have an injury or an illness that isn't getting better.

Accident and Emergency and the 999 ambulance service should only be used in a serious or life-threatening situation.



Accident and Emergency

A&E is for serious emergencies such as:





- Choking
- Chest pain
- Blacking out
- Blood loss
- Serious injury
- Suspected stroke



Not all medical issues require a trip to A&E. If it's not an emergency try calling your GP or NHS 111 first.

Your Carers Support Groups

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

 <p>Halifax Group Calderdale Carers, Rimani House, Hall Street, Halifax, HX1 5BD</p>	<p>1st Tuesday of the month 1pm - 2.30pm</p>	<p>No group August 5th September 3rd October 7th November 5th December</p>
 <p>Lower Valley Group Brighouse Library Halifax Road Brighouse, HD6 2AF</p>	<p>1st Thursday of the month 1.30pm - 3pm</p>	<p>3rd August 7th September 5th October 2nd November 7th December</p>
 <p>Todmorden Group Todmorden Health Centre, Halifax Road, Todmorden, OL14 5RN</p>	<p>2nd Tuesday of the month 11am - 12.30pm</p>	<p>8th August 12th September 10th October 14th November 12th December</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>16th August 20th September 18th October 15th November 20th December</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

The Age UK Business Directory

<http://www.aubdcalderdaleandkirklees.co.uk/>

The traders & businesses listed on this website have all been checked by local Age UK staff to ensure that they are qualified, insured and have a history of reliable and trustworthy trading. This is a free service for you to find a builder, roofer, electrician, plumber, joiner, plasterer, gardener, cleaner, solicitor or any other type of supplier or service.

What's On in Calderdale!!!

Have fun, Learn new skills, Make new friends



TO A **YOUNG** HEART,
EVERYTHING is **FUN.**

Charles Dickens

VOLUNTEER WITH OUR PLACE

Spaces now available Saturdays and Sundays

£15 per day including transport, 2 course lunch, refreshments and activities

Call 07825 429034 to find out more



Our Place is a project of VAC. VAC is the operating name of Voluntary Action Calderdale. A Registered Charity No 1087518 and Company Limited by Guarantee registered in England No 4116224.



SELF DISCOVERY GROUP
New Peer Support Group Every
Tuesday 11 - 12 at Hanson Lane
Staying Well Hub



This group is a safe space to discuss any problems or issues with the advice and support of others in the group. 1 - 1 support also available.

Sometimes just sharing with others can help, come on in and give it a go! It can be really beneficial.

Contact Helen for more information 01422 347392

Memory Lane Café

Halifax

- Crafts
- Advice
- Support
- Games
- Conversation
- Music
- Activities
- Information



Maurice Jagger Centre
Lister Street
Winding Road
Halifax
HX1 1UZ
Every 1st and 3rd Wednesday
from 2-00pm - 4-00pm
£2 including refreshments

2017

Aug....2 and 16
Sept...6 and 20
Oct....4 and 18
Nov...1 and 15
Dec...6

Contact June on:
01422 706373 or 07920 549131
contactmemorylanecafe@gmail.com

LAUNCH DATE: Wednesday 2 August 2017



Riverside Cafe

in St. Bartholomew's Church
Ripponden

Part of Ripponden Parish Council's Dementia Friendly Area Initiative

Tea, coffee and chat
Crafts, Games, Music, Activities, Information

A very warm welcome is extended to people with dementia, conditions such as Parkinson's, and their Carers, and people who are isolated and lonely

Every 2nd and 4th. Wednesday. 1.30pm -3.30pm
£2 including refreshments

Dates for 2017

May..... 10 and 24
June..... 14 and 28
July 12 and 26
Aug..... 9 and 23
Sept..... 13 and 27
Oct..... 11 and 25
Nov..... 8 and 22
Dec..... 13 and 27(?)



Pet Scam



Action Fraud has reported an increase in online auction fraud involving pets. Fraudsters place an advert of the pet for sale, usually a kitten or puppy, often stating that the pet is located overseas or somewhere not readily accessible. When the sale is agreed, the fraudster requests an advance payment be made to secure the deal. The pet never materialises. Further funds are then requested to pay for courier fees or transport costs. Again the pet never arrives.

How to stay safe

- ✓ Stay within auction guidelines.
- ✓ If the price is too good to be true, be wary, especially if the pet is a pure breed.
- ✓ Be cautious if the seller requests payment by one method and later claims that due to 'issues with their account', they need to take payment another way.
- ✓ A genuine seller should be keen to know that the pet is going to a good home. If no questions are asked it could be an indicator all is not right.
- ✓ Ask for copies of the pet's paperwork before agreeing to the sale. If not forthcoming it could mean the pet does not exist or has been illegally bred.
- ✓ Consider buying a pet in person from a rescue centre or from a known and reputable breeder.



Postal Scams

Postal scams typically offer something which sounds attractive but doesn't actually exist. The two most common scams are fake lottery winners and non-existent competitions. We can never stop scam mail completely but here are a few tips.

How to spot scams

- ✓ Bad spelling or poor grammar.
- ✓ Unsolicited contact. Do you know the company or recall sharing details with the company.
- ✓ Brightly coloured envelopes saying words such as 'urgent', 'open now'.
- ✓ Asks you to pay an admin or transfer fee to claim the winnings / prizes.
- ✓ Letters may have official seals, serial numbers, watermarks, barcodes, testimonials from previous competition winners to make them appear genuine.

Protect yourself by

- ✓ Registering with the Mail Preference Service (MPS) on 0207 291 3310.
- ✓ Make sure you tick the box to opt out of any agreements to share your data.
- ✓ Report scams to Action Fraud on 0300 123 2040 or Citizens Advice 0345 070 0707

Doorstep Callers

Beware of cold callers offering to clean out gutters. A small job of cleaning gutters then progresses to major work needed on the roof at significant cost.



West Yorkshire
Trading Standards

THINK JESSICA

0113 393 9810

safer@wyjs.org.uk

www.facebook.com/SAFERProject

www.twitter.com/wytradstandards

Calderdale Carers Annual General Meeting 2017

Our Annual General Meeting will take place on
September 19th 2017 at Rimani House
Members are invited to attend and will have received a separate letter

If you are interested in attending the AGM
Please contact us to register your interest
as a member on:-
01422 369101 or
email enquiries@calderdale-carers.co.uk

Community Transport Calderdale

NEW ACCESSIBLE TRANSPORT SERVICE IN TODMORDEN. YourCar - Accessible car scheme.

YourCar is new low cost accessible community car scheme providing assistance for wheelchair users living in Todmorden who may have difficulty using public transport.

YourCar is an accessible vehicle which can be driven on a normal car licence – no special licences are required.

Drivers who wish to use the service to assist family or friends can register for free to gain access to the vehicle. A booking system is in place to help as many people in the area as possible. One off or regular bookings are accepted. Also, help with a driver may be possible if required.

For further details please email
info@ctcalderdale.co.uk or phone 01422 888086
Please note - this service is only available in TODMORDEN due to funding restrictions.



Forgotten Something?



**Close and lock your doors.
Keep a burglar out!**

**Lock doors and windows
even when you're in**

www.westyorkshire.police.uk/burglary



Calderdale Carers Project is a company limited by guarantee. Company No. 3288967
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Registered Charity No. 1076012

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