



Working to improve the lives of carers

Carers News

December 2020

Update Message To All Carers

Welcome to the final edition of the Newsletter for 2020, a year that has been so different and given so many challenges to all of us. As we approach Christmas and the New Year we must all hope that before too long in 2021 we are able to get back to doing many of the things we have missed in the past 9 months. All of our team are hoping that we can move forward sooner rather than later and start to meet carers again in one to one meetings and groups.

We know how very difficult lockdown and restrictions has been and every carer who has coped through these difficult days can rightly be proud of their achievement in doing so. Calderdale Carers has adapted to be able to continue to deliver a service and we want you to know that we are here for you although it might take a little longer to get hold of us than usually. Whilst working remotely staff have worked directly with many more carers than is typical, and provided a similarly high number of actions of support. As Chief Officer and Chair we are very grateful to all the staff for their efforts and cannot thank them enough. Can we also thank those many carers who have taken the time to contact us and express their thanks or have sent cards or thank you emails, it is good to know that we have helped.

Please do not hesitate to contact us if we can assist at all with advice and information, help to complete forms such as Assessments and Back Up Plans or if you feel a listening ear is needed. We have embraced Information Technology and can now hold meetings online through Zoom and are expanding this to have social groups where carers can join a virtual meeting and chat to each other. Please if you do use IT check out our Facebook Page regularly as things we are doing will be publicised there. Also if you have an email address and think we might not have it could you drop us an email to enquiries@calderdale-carers.co.uk We can then update your details and email you about any services or events we are holding. Whilst we know IT based support is not for everyone and you might not have internet access please contact us if you would like to give it a try and we will look at what we can do to help. We all hope that you have a good Christmas albeit different to previous years and wish everyone a Happy and Healthy 2021, with a hope that before too long we will start to meet up again.

Lynn & Chris (CEO & Chair Calderdale Carers Project)

Contact Details

Phone; **01422 369101**

Email; enquiries@calderdale-carers.co.uk

Website; www.calderdale-carers.co.uk

Facebook: **Calderdale Carers**

Update On Carers Support Groups

During this unprecedented time, we have had to pause our in-person carers support groups. However, we have been working hard to develop our technology skills and we are now able to offer support online, by video calls on Zoom.

We know from talking with carers over these past months how much they are missing the support groups & each other, so we have invested our time and efforts into getting the online groups ready to go. Offering support groups this way is a great opportunity to catch up with each other and boost your spirits to help you through these ever-changing & challenging times.

The groups will be informal, welcoming & friendly. They will be hosted by your usual support workers: Janet & Julie. It will provide chance for a friendly chat, to catch up; meet both old and new faces, and give you an opportunity to share experiences and receive peer support from other carers in similar situations. For anyone who has never attended a support group, you are most welcome to get involved and the workers will give you any help you may need to get involved.

Dates will be offered from the beginning in January 2021. To take part you will need internet connection and access to a computer, smart phone or tablet. For those of you who are unable to, or do not wish to join us online, support calls will still be available throughout these challenging times. So please let us know how we can best support you in your caring role.

Please contact us if you are interested in joining our online community, and we can contact you to allocate a space. Please note, places will be limited up to 6 people at any one time.

To sign up or for more information, contact Janet or Julie
On: 01422 369101 or email: enquiries@calderdale-carers.co.uk



Facebook

We are still sharing as much accurate and up to date information as possible with carers through our social media so if you have Facebook please consider following our page for regular updates from both local and national services.
Search: Calderdale Carers and click Like Page



Email Competition

To encourage carers to sign up to our email updates we have a fun competition for you. Can you guess how many decorations are on caseworker Lydia's Christmas Tree???

To have a guess simply email enquiries@calderdale-carers.co.uk and give your name, address and your guess. The carer that guesses closest to the answer will win a £50 gift card! The competition will close on Friday 8th and January and the winner contacted the following week.

Good luck!

Answerphone Messages

We are not currently able to answer calls so we are continuing to ask carers or professionals ringing in to leave a message on our answerphone. We are checking our messages daily and aim to have somebody call you back within 72 hours.

When leaving a message please include:

- Your Name
- Your contact Number
- The name of the person you want to speak with if known
- A short explanation about the support you require

This information will help us ensure that the appropriate person gets back to you.

Information videos and Factsheets

In order to help with some of the services we offer we have produced some new information videos and factsheets. They cover

- Emergency back up plans
- Carers needs assessments
- Carers personal budgets
- Carers allowance
- Pension credit
- Council tax reductions
- Professional referrals

Each video gives brief information and the fact sheet goes in to slightly more details. These are available to view now on our website, on our Facebook page or can be sent to you direct by Email or post.

Calderdale Council- Emergency Back-up Plan

During this difficult time you may feel especially worried about what would happen to the person you care for if you became unwell or had an emergency? The councils emergency back-up plan scheme aims to help carers put together a plan of support for the cared for person. If a carer is involved in an emergency such as illness or hospital admission they have peace of mind that the person they care for will be supported.

The plan will include gathering information about family/ friends who could help out and noting down important information such as care and support needs and medication. We are able to email carers a copy of the plan or in some situations complete a plan over the phone.

As the new year starts it can be a great time to review your existing plan to ensure that all the information is up to date and to make any amendments if necessary.

To find out more about the scheme or to discuss completing or amending a plan please contact us on 01422 369101.

Calderdale Council- Carers Personal Budgets Update

Carers Personal Budgets

Carers who care for someone who lives in Calderdale can apply to Calderdale Council for a Carers Personal Budget. If they are eligible they could get up to £20 a week for household tasks or driving lessons, or a one off wellbeing payment for a break, gym membership, massages, beauty treatments, therapies, leisure activities or a laptop/tablet/mobile. Awards last for one year and carers can reapply every year as long as they are still eligible.

**Awards for activities that are not accessible during lockdown eg gym membership; massage; some beauty treatments; and driving lessons are on hold until the restrictions end. Where awards have already been made for activities that carers have not been able to access due to Covid restrictions, the period that the funding covers is being extended to take account of that, e.g. if you had an award for annual gym membership, but the gyms have been closed for 4 months, that award would now last 16 months as there will be 4 months funding left over from when the gyms were closed.*

Contact enquiries@calderdale-carers.co.uk for more information or to apply.

If you no longer wish to receive this newsletter, please contact us on 01422 369101.