



Carers Together in Redcar & Cleveland

Issue 32
Spring 2009

This Magazine is **FREE** please take one

Opening Hours

Tuesday, Wednesday
and Thursday
10.30am–12.30pm
and 1.15pm–2.30pm

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Carers Together Refurbishment



We are delighted to announce that due to a successful bid to the Redcar & Cleveland Mental Health Capital Grant, we have been able to expand and refurbish our premises at 23 Queen Street.

Although the premises are still under refurbishment, we now have a private interview room where carers can speak in confidence to a Worker, an Information Resource/training room and reception area all available for Carers, professionals and partner organisations to access. The rear of the premises is being altered to allow disabled access and

we're hoping to have the work completed in the near future to allow us to launch the premises in our summer issue of the magazine.

We would like to apologise for any inconvenience which has been caused by this disruption to our service and thank you for your patience and support.

Annual General Meeting

We held our 6th Annual General Meeting on 13th February 2009 at Redcar Cricket Club.

Our guest speaker Jason Lowe, Head of Tenancy Services for Coast and Country Housing described the strong partnership working between Coast and Country and Carers Together. Jason explained how advancing assisted technology is now able to provide a better quality of life for carers and the person they care for.

Dave Hamilton, Chair of Carers Together explained how the demand for the service is continuing to grow at a rapid rate and stressed that sustaining funding for the organisations future is vital.

If you would like to see a copy of our Annual Report please contact us on 01642 488977.

This Magazine is now delivered direct to 1,750 carers

Comments

As I sit writing this in my new office, the sun is streaming through my window and I can see the sky is blue. This is a first! Not that the sun is shining But I can see it from my office!!

As you will see on Page 1 we were fortunate enough to receive an award from the Mental Health Capital Grant which has allowed us to extend on to the first floor and relieve our very cramped working conditions. It's a very exciting development and one we could only dream of when we took on the lease 6 years ago. We are intending to host an open day during Carers Week when you can pop in and see the premises which we hope will become a resource for the community and house our rapidly expanding information resource,

This year the theme for Carers Week is 'Carers...The UK's Secret Service'. If you would like to offer help to support any of activities, please ring us. We would be thrilled to hear from you.

We hope you find this issue interesting, as usual Nic would like to receive any contributions for the magazine. She can't promise to include them all as we only have limited space.



Sue, Nic & Angela

Carers Week

8th-14th June '09
Carersthe UK's secret service

Carers are the UK's secret service: six million people provide unpaid care to someone they know.

3 in 5 people will become carers at some point in their lives and often face a lack of recognition.

The main consequence of this lack of recognition is that carers suffer more than they need to. Carers struggle with their finances (Carers Allowance at £50.55 is the lowest benefit of its kind), health, job, life and general wellbeing.

Carers Week will combat this by highlighting and celebrating the incredible contribution that carers make, sharing the positive experiences as well as the more difficult.

Carers Together will be planning a number of events during Carers Week including the Carers Partnership on Friday 12th June and hopefully the ever popular Taster Day. Keep checking our website www.carerstogether-rc.org.uk for further details or contact us on 01642 488977.

Tell Us Your Views

As a Carer led organisation, it is important that our service is tailored to *your* requirements.

We have randomly selected 100 carers to receive a copy of our Service Evaluation Questionnaire to identify how we can improve the services which Carers Together currently offer.

If you have not received a copy of the evaluation but would like to share your views with us, you can contact us on 01642 488977 or download a copy from www.carerstogether-rc.org.uk.

“ Despite the poor weather, sickness from the awful flu virus and Christmas looming ever nearer, over 55 people attended the Carers Partnership meeting in December. ”

As usual the meeting was very lively and once again there was a full agenda. Maggie Balmer, Carers Commissioning Office, gave an update on the progress toward developing the Emergency Respite Scheme which is coming together well. However, some logistical difficulties have been encountered in linking the scheme with the existing Emergency Card Scheme. These are being addressed and it is hoped to trial the new Emergency Scheme in the early part 2009.

Debbie Sheldon, Personalisation Officer for Adult Services, followed up concerns expressed at the previous partnership meeting in September about the personalisation agenda. She explained that part of her role is to develop a plan to build and increase citizens' involvement in shaping and influencing service delivery. She recognised that personalisation is the biggest change to social care delivery that we have seen for decades and so it is understandable that many people have concerns; but it offers opportunities for people to tailor their own support plans, taking into consideration their health, safety and wellbeing. The Partnership and other networks play an important role in including people in developing the future of personalisation in Redcar & Cleveland. Personalisation will remain high on the agenda for the Carers Partnership for the foreseeable future.

Many of you will have attended the Carers Week Taster Sessions held at the Adult Development Centre in partnership with Carers Together. Denise Bolland, Strategy Manager, gave an overview of the service. She highlighted that special projects now target carers and disabled people and some are provided either free of charge or with discretionary rates for courses. Once again there was a lively question and answer debate. It was pointed out that a number of courses are available to people claiming



benefits, but many benefits remain unclaimed; so it may be beneficial for people to arrange a free, confidential benefit check.



Maggie Balmer told the meeting that consultation on the Carers Strategy had been delayed: that was the bad news! The good news was that the strategy is to be a joint document in partnership with the Primary Care Trust and the final draft document is being prepared. To help with the process, groups were asked to consider the draft of the Health & Wellbeing section and feed back their priorities. These have been sent to the Local Authority and Primary Care Trust.

Gordon Mogg thanked everyone for attending and wished them all A happy Christmas and New Year. He hoped to see everyone in the New Year and welcomed anyone who would like to attend the meetings or receive the minutes.

To obtain copies of the minutes contact Angela on 01642 488977 or email angela@carerstgether-rc.org.uk or download

In your area



Irene Poynter

TS10 & TS11 Areas

I have contacted some carers from TS10 & TS11 who look after someone with memory loss, confusion, dementia or Alzheimers asking if they would like to meet up for a get together over a pub lunch, a snack in a cafe or a coffee at Carers Together and so far the responses have been positive. We already have a group from TS6 & TS7 who meet monthly at the Poverina in North Ormesby and the carers who go tell us they find this very beneficial. If other carers living in TS10 or TS11 would like to join us please get in touch with me. If you have difficulty getting out because of your caring role please let me know.

Don't forget if you would like an appointment for one to one support I can meet with you at any of the following locations: Carers Together, Redcar Health Centre, Lakeside SureStart, the Stead Hospital or alternatively Marske Medical Centre or Zetland Practice in Marske. Just telephone me on 01642 491572 or you can now email me Irene@carerstogether-rc.org.uk.



LOTTERY FUNDED

Irene

Funded by the Big Lottery



Toni McHale

TS6 & TS7 Areas

With the worst of the weather behind us and spring round the corner you may be thinking of getting out a bit more or even planning your summer holiday. If your reaction to this statement is "I wish" or "How"? Then why not contact me to discuss what services or benefits may be available to support you, give me a ring on 01642 491572. I can arrange to meet you in a number of venues which are listed on the back page of this issue.

The computer course is going well despite the terrible fire at Golden Boy Green. I'd like to thank members of the local community who rallied round and we have been kindly provided with alternative accommodation at South Bank Library. A big thank you to Linda and all the staff at South Bank Tomorrow for their support and we wish them all the luck for the future.

If you would be interested in taking up our computer courses please see the article below.



Redcar and Cleveland
Primary Care Trust

Toni

Funded by Redcar & Cleveland
PCT

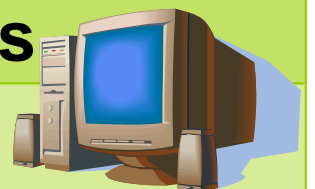
Basic Computer Course for Carers

A group of carers have just completed our six week basic computer course and the feedback which we received has been fantastic.

Carers learnt the basic skills for word processing, accessing the internet, shopping online and using websites relevant to the role of carers i.e. GP surgeries and of course Carers Together.

carers how pc's can help you trace and contact lost friends through the Friends Reunited website and how to use a computer to make simple greeting cards.

Some of these carers had never switched a computer on prior to joining the course and have now moved onto more advanced courses. So, If you would like join with other carers and learn the basics of computing, please give Toni a call on 01642 488977.



“ The computer course has made a total difference to my life in more ways than one. I have made some new friends and by learning to use the email I can now easily keep in contact with family, friends and other carers. ”

4

The course also taught the



Susie Diamond

TS12, TS13, TS14 Areas

I've been in post for over four months now and I feel that I'm becoming established in the area. I've now secured venues at both Loftus Library (every other Monday) and Brotton Library (every Thursday) where I can see carers confidentially. Appointments are available by contacting me on 01642 488977.

I recently held a lunch meeting at the Voyager in Guisborough to enable carers to get together and support each other. This was really successful and we're hoping to continue this on a regular basis. If you'd like to join us, please give me a call.

I am also very keen to hear from carers about what support they would like in the East Cleveland area. My ideas would include Stress Management, Assertiveness Training or even a coffee morning. Please feel to let me know what YOU need.

Susie

Funded by the Northern Rock Foundation



Glenda Middleton

Equalities Worker

More carers are deciding to have a carer's assessment. By law you have a right to an assessment if you care for someone for 'a substantial amount of time on a regular basis'. You may be a carer living with or away from the person you care for either full time or combining care with paid work - you still have a right to a carer's assessment.

You may be offered a carer's assessment by your social services department or, if not, can ask for one, even if the person you care for does not want help from social services. As a carer, you can use a direct payment to purchase the services you are assessed as needing to support you in your caring role. This includes support that may help maintain your health and well-being. For example, driving lessons or time to yourself.

Why not give some thought to having an assessment? If you need more information or have any questions contact social services on 01642 771500 or give me a call at Carers Together on 01642 491572.

Glenda

Funded by the Local Authority



Redcar & Cleveland Borough Council Apply for Beacon Status

Redcar & Cleveland Borough Council's inclusive approach to support disabled adults has won national praise.

The Council was shortlisted along with a further four Local Authorities for the Government's Beacon Council status for its innovative work in Supporting Independent Living for Disabled Adults and our very own Sue Reeves attended the prestigious awards ceremony and gala dinner in London on Tuesday, March 3rd.



A Carer's Story

How did I become a Carer?

For as long as I can remember, I've been doing jobs for mum, such as the odd bit of washing, taking her shopping for her groceries, but more recently the demands on me have grown without even realising.

Due to arthritis and age related mobility problems, mum can no longer muster the energy to come shopping or do housework, so I now go for her groceries, do the cleaning and washing. Making meals has also become too much of an effort, so I call in through the week with meals already plated up for her. Mums memory has now started to deteriorate and whilst she still has good days, on the bad days she forgets simple things such as how to unlock her door and use her electrical appliances.

This started to weigh heavily on my mind and I was losing sleep at night worrying that she would scald herself or forget to switch off her oven, so I started visiting her daily, then calling her every evening to check that everything was ok.

My daughter told me to contact Carers Together to see if they could help, but I just put the number to one side. What could they do, mum's 90, what do you expect when you get to that age!

After a week of no sleep and the visits increasing to at least twice a day, I finally came to terms with the fact that I needed help and so did mum. I called Carers Together and instantly felt relieved. They took a great deal of time to explain different options available to me and gave me information on how to arrange an assessment for mum and also a carers assessment for me. When I explained about mums memory loss and that she was unaware that she had a problem, they suggested that I went speak to my mums GP, I hadn't realised that I could do this without mums consent.

Mum believes that she is independent and I suppose like me, refuses to ask for help, so I was really pleased when the Social Worker approached the situation very gently and I was extremely surprised when mum agreed to having services. Carers now call in to check on her three times a day but I still wanted an input in her care so I still clean and shop for her, but it is such a relief knowing that someone else is checking on her. With regards to her memory loss, it's still early days, but the GP was very approachable and has referred mum to a memory clinic and reassured me that support and medication may be available to help her. So although she is 90, it was still worth the call!



Recipe



Jerk Chicken

*From the British Heart Foundation Booklet
Food should be fun ... and healthy!*

1 Oven ready chicken (about 3lb) cut into quarters, skin removed.
1 lime, cut in half
1 teaspoon sunflower oil

2 tablespoon jerk seasoning or
3 tablespoons jerk marinade
1 tablespoon of dark rum (optional)

Rub chicken quarters with lime, rinse and pat dry.

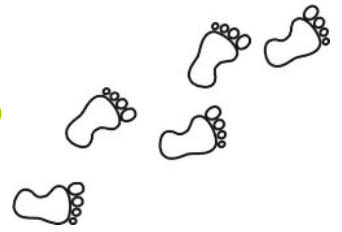
Combine oil, jerk seasoning or marinade and rum, if using, in large non-metallic bowl. Add chicken quarters and rub jerk mixture thoroughly into chicken.

Cover and leave to marinate in cool place for at least 4 hours, preferably overnight.

Preheat oven to 180°/350°F/Gas Mark 4 or light barbecue. Place chicken quarters on baking sheet and roast in oven for about 45 minutes or until thoroughly cooked and very tender. Alternatively slowly grill chicken over a barbecue until cooked and very tender. Serve with rice and peas!

Walk in our Shoes

Autism Awareness Event



Walk In Our Shoes was a national event where MPs and Councillors from all over England spent time with families affected by autism. Over the course of week commencing 1-6 December they saw first hand the challenges they face but also the significant contribution that children and young people with autism can make when they have access to appropriate education and support.

The aim of *Walk In Their Shoes* was to promote a greater awareness and understanding of autism, which affects 1 in 100 school aged children in the UK.

The event was organised by TreeHouse, the national charity for autism education and coincided with International Day of Persons with Disabilities on 3 December.

Linda Redford, Director of Education, Policy and Education at TreeHouse, said: *Walk In Our Shoes* aims to promote a greater awareness and understanding of autism amongst policymakers and the public, as the condition now affects 1 in 100 school aged children in the UK. It's fantastic that so many MPs and Councillors are getting involved. As the national charity for autism education, TreeHouse hopes that events like this will pave the way towards all children and young people with autism getting the education they need and their families receiving the support they deserve.

Here in Redcar and Cleveland, Vera Baird, MP for Redcar, was one of three MPs and Councillors who took part in 'Walk in our Shoes'. Vera accompanied parent Linda Dickinson and one of her children, Alfie to a shopping trip in Redcar. This time was important to raise awareness with Vera, the public and shop staff – as well as staff working within the Redcar Business Centre.



Linda and Alfie Dickinson with Vera Baird, MP
Mum, Linda, said 'Alfie, 9 is a very endearing young man. He has Down's Syndrome and autism; the autism has totally taken over his behaviour, learning, etc. He generally does not enjoy shopping so we chose a quiet time of day to go. He really enjoyed looking out of the windows at the Christmas lights and preferred to ignore other people within the shop. He was compliant in having his feet measured and thoroughly enjoyed playing with the foot measure-gauge – he loves to swing objects by a tag, or tape, or something similar. Alfie still uses a buggy for safety reasons, but that day Alfie walked beautifully holding Vera's hand. I truly believe Vera, being the Patron of FOCAS (Families of Children on the Autistic Spectrum), is learning more and more about the effects of a family member being diagnosed with autism. I am also sure that Vera is yet another person to find 'our' Alfie so endearing'.

Q: How do you make a rabbit stew?

A: Make it wait for 3 hours!



Q: Why did the Easter Egg hide?

A: Because he was a little chicken.

Small steps = BIG CHANGES

Small steps = BIG CHANGES is the name chosen by the first Steering Group made up of parents of disabled children within Redcar and Cleveland.

The aim of this group of parents is to improve services with the back up of money from the Government; the Local Authority and Contact-a-Family.

Following on from the Every Child Matters campaign; the Every Disabled Child Matters campaign and the Aiming High for Disabled Children campaign (the transformation programme for disabled children's services) parents have highlighted that particular areas of concern are 'short breaks' or 'respite' - for all the family and with more choice; Better childcare; Transition as children become adults.

The above parent group have money to be spent creatively between now and 2011 and the first Parent Conference took place on Monday 24 November at Gisborough Hall. Parents, led by the Chairperson, Linda Dickinson organised the first conference, organised by parents for parents, and a handful of professionals were invited. One of our Guest Speakers was Barbara Shaw, Head of Children's Services who is totally behind parents and also a speaker from Durham – Lesley Moore, the parent of a child with a disability and one of the organisers of the conferences taking place in

Durham.

The Conference at Gisborough Hall had around 50 parents in attendance and in the afternoon focus groups were decided : Short breaks, Information, Key Working.

Two of these Focus groups have already taken place, however there will be a Key working Focus Group on Friday 31st March at 10.30am, Birkbecks Rally School, Brotton.

If you have any questions or would like to be involved then please contact me on mdickinson@ntlworld.com or telephone: 07949672610 or via Carers Together on 01642 488977.

ALL CHILDCARE AND TRAVEL EXPENSES WILL BE REIMBURSED.

For more information on the background visit :

<http://www.everychildmatters.gov.uk/files/F36EAE47BC5BC246093EC694AF1338D6.pdf>

www.everychildmatters.gov.uk/socialcare/ahdc/

The Cinema Exhibitors' Association Card

This card entitles the holder to one free ticket for a person accompanying them to the cinema. To apply, a person will need to meet one of the following criteria:-

- Be in receipt of Disability Living Allowance (or Attendance Allowance) at any rate.
- Be a registered blind person.

Cards are valid for 3 years and a £5.50 processing fee applies. 90% of UK cinemas are supporting, from large chains like Odeon, Showcase and Cineworld and independents also.



Benefit changes for lone parents

From the 24th November 2008, lone parents with a youngest child aged 12 or over will have to look for paid work and will no longer be able to claim Income Support. They will be able to apply for Jobseeker's Allowance or, if unable to work due to a health condition or disability, the new Employment and Support Allowance.

Income Support payments for lone parents who have been claiming solely on the grounds of being a lone parent, and have a youngest child aged 12 or over, will end over the next year. The exact date they will end depends on the age of their youngest child on 24 November 2008.

These changes will not apply to lone parents entitled to Income Support for other reasons. For example, if they:

- Have children who are entitled to the middle-rate or highest-rate care component of Disability Living Allowance.
- Get Carer's Allowance.
- Are fostering and have a foster child living with them.

This is not exhaustive and lone parents are asked to speak to an advisor if they are unsure about whether the changes apply to them.

If, on 24 November 2008, the lone parent is already a full-time student or taking part in a full-time course or training as part of New Deal for Lone Parents, or similar, they may be able to continue receiving Income Support. Again, they will need to discuss this with their adviser.

Further changes will be introduced from October 2009 for lone parents with a youngest child aged

over 10 and, from October 2010, for lone parents with a youngest child aged 7 or over.

Lone parents making a new or repeat claim will be told about the changes when they visit Jobcentre Plus.

Existing Jobcentre Plus customers affected by the change should have received a letter in November, confirming the changes, and an invitation to a voluntary interview to discuss the changes and get help to make a new claim.

In addition, Options and Choices events have been taking place across the country since April 2008 to prepare lone parents for the changes, and factsheets produced to support their discussions with advisers during Work Focused Interviews.

A Choice Kit is also available for lone parents to order, which is full of practical help to prepare for work, and outlines the in-and-out-of-work help and support that Jobcentre Plus can give.

Further information:

The Choices kit can be ordered through our campaign phone line 0800 085 5701. Lines are open 9am-5pm Monday to Friday. Calls to 0800 numbers are free from BT landlines, but calls from other Networks may charge.

Article taken from Touchbase December 2008



VACANCY: Green Fingered Helpers Required

We are presently working on a garden at the old Redcar and Cleveland College site. The garden will have raised flower beds, a polytunnel, veg plot, summer house, pond, pagolas, fruit area and an orchard.

The garden should be ready to start planting our fruit and veg and flowers at the end of march. Anyone who is interested in joining this new and exciting group can contact Terry at Redcar Day Service on 01642 296055.

Good news about grants for disabled children aged 16 & 17

The Family Fund are pleased to tell you that, from April 2008, we have been able to raise our age limits.

We can now give grants for severely disabled children up to age 17 in Scotland and Northern Ireland and up to age 18 in England and Wales.

Our age range is now:

- 0-17th birthday in Northern Ireland and Scotland
- 0-18th birthday in England and Wales

The Family Fund gives to lower income families with severely disabled children for things that make life easier and more enjoyable.

We give grants to meet the additional needs of caring for a severely disabled child, such as holidays, driving lessons, specialist toys, computers and hospital visiting costs.

For more details, and to apply, contact us at:

Website: www.familyfund.org.uk
Email: info@familyfund.org.uk
Phone: 0845 130 4542
Post: 4 Alpha Court
Monks Cross
York YO32 9WN



Family Fund *extra*

Families with a disabled child can now make their money go further through a new online website—Family Fund *extra*. And anyone can shop online and help severely disabled children without it costing them a penny more.

Helping families' money go further

All families with a disabled child, as well as disabled young people themselves up to the age of 25 years, can join family fund *extra* for free and enjoy discounts of up to 25% from leading online retailers, including Comet, Argos, BSM, Haven Holidays and Stone Computers.

Making a difference by shopping through extra

That's not all. Anyone who shops online can help severely disabled children at no additional cost to themselves simply by clicking from the *extra* website through to nearly a hundred leading retailers, including Tesco, Marks and Spencer, Amazon, Boots, Comet, Argos, HMV, John Lewis, B&Q, Dell, PC World and Halfords. As retailers give Family Fund *extra* commission on every purchase, you can support families with severely disabled children without spending a penny more.

To get shopping, visit www.familyfindextra.org.uk. If you're a parent or carer with a disabled child, register first to enjoy the discounts. Or just click on "shop with us" to enable severely disabled children to benefit from retailer commissions on what you buy.



Knowledge is knowing that a tomato is a fruit.

Wisdom is knowing not to put it into a fruit salad!

REDCAR & CLEVELAND CARERS STRATEGY 2009 –2014 CONSULTATION PERIOD APRIL – JUNE 2009

Redcar & Cleveland Council and the Primary Care Trust are currently developing a plan for how the council and the health service can support carers both now and in the future.

We have written a draft document and devised a simple questionnaire. We want lots of carers to give us their views about what has helped them and what could help in the future.

The draft strategy is based on the following 6 priority areas, which were developed through the Carers Partnership meetings:

- Recognition and respect
- Accessible information
- Quality services for both carer and cared for person
- Support to maintain health and wellbeing
- Support to start or continue in work, education or training
- Support for young carers

We are intending to have a couple of special events for carers but any carer who would like a copy of the draft document and/or the questionnaire can contact me at:

Maggie Balmer, Commissioning Manager Carers, Adults and Children's Services, Seafield House, Kirkleatham Street, Redcar TS10 1SP
Tel: 01642 771720
Email: maggie_balmer@redcar-cleveland.gov.uk

***What do you think would help you?
Please let us have your views
they are really important!***




Redcar and Cleveland
Primary Care Trust

The Expert (Parent)

There is something I don't know that I am suppose to know.

I don't know what it is I don't know and yet am suppose to know.

And I feel I look stupid if I seem both not to know it and not know what it is I don't know.

Therefore I pretend I know it.

This is nerve wracking since I don't know what I must pretend to know.

Therefore I pretend to know everything!

Partners in Policymaking.

Thank you for your continued support to our High 5's for Carers campaign.



We have now reached a fantastic £833.62 which is equivalent to 5 pence for 16,672 carers. The money raised will be used to provide carers with much needed training and social activities.

Originally the campaign was to collect 5 pence pieces, however we are now receiving bags of all kinds of loose change, so thank you all for your generosity.

Due to it's success we have decided to keep the campaign running for the foreseeable future, so please keep sending in your spare change.



A big thank you to everyone who collected Wish Tokens for Carers Together.

We are delighted to announce that we were awarded £143.35 which has been put towards our Carers Complimentary Therapy Sessions. If you would like to book an appointment for a therapy, please contact Angela on 01642 488977.

In Your Area

If you provide care and support to a relative, friend or neighbour and would like to speak in confidence to someone about your caring role, then why not make an appointment to see one of our Development Workers at a community venue near your home.

All appointments are confidential and held in private rooms in the following community venues:

Redcar & Marske

Lakeside SureStart, West Dyke Road

Redcar Health Centre, Coatham Road

Stead Hospital

Marske Medical Centre

Zetland Practice, Marske

Greater Eston Area

Eston Clinic

Grangetown Library

Manor House Surgery

Ormesby Library

South Bank Library

East Cleveland

Loftus Library

Brotton Library

Garth Surgery, Guisborough

Springwood Surgery, Guisborough

**To make an appointment please contact us on
01642 488977**

Our service is free, confidential and impartial
Registered Charity No. 1096666

Definition of a Carer

A carer spends a significant proportion of their life providing unpaid support to family or potentially friends. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

Carers at the heart of the 21st-century families and communities

Dates for your Diary

Carers Week — 8th — 14th June 2009

Carers Week College Taster Day—To be confirmed

Carers Week Coffee Morning—To be confirmed

Carers Partnership — 12th June 2009

Direct Payments Forum—13th May 2009

Stress Management Course for Carers

We intend to run a pilot course of Stress management for Carers. This will run from 9th April until 14th May and be held at our premises at 23 Queen Street. Each session will be 90 minutes long and will be for a maximum number of 10 carers.

Over the 6 weeks we intend to look at what exactly is stress, how being stressed makes you feel and react. Attempt to find changes that you can make in your life, then looking at individual ways of tackling stress and making time for you.

If you would be interested in joining the course or would like to express an interest in future courses, please contact us on 01642 488977.