



Carers Together

in Redcar & Cleveland

Issue 37
Summer 2010

This Magazine is **FREE** please take one

Opening Hours

Monday to Thursday
9.00am – 5.00pm
and Friday 9.00am - 4.30pm

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Contents

Page 2
Comments
Citizen Support Exchange
Page 3
Carers Partnership
Page 4 & 5
In Your Area
Page 6
Complementary Therapies
Recipe
Fun Anagrams
Page 7
Carers Week
The Big Event
Page 8
Concessionary Travel
Cash Counts
Coffee Morning
Page 9
Carers Credits
Page 10
Dementia Advisor Service
Page 11
Carers UK
Page 12
Coffee Morning
Win a holiday!

Carers Week 14th—20th June 2010

A life of my own



2010 is the tenth year that Carers Week has been held in its current format. Organised by a consortium of seven national charities, over 100,000 carers take part in the thousands of activities held in every part of the UK.

Carers Week 2010 will highlight:

- Why supporting carers is crucial
- How carers miss out on things we all take for granted
- What needs to be changed



The theme ***A life of my own*** will enable carers to talk about many parts of life that most of us take for granted e.g. family occasions, going on holiday, a meal out, even just chilling out for an evening with no worries or responsibilities. Carers will speak about what they need to have ***a life of their own*** including:

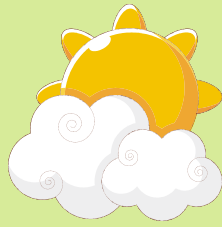
- Access to relevant and practical information, to help them with their caring role
- The opportunity to take a break when they need it
- Support at times of crisis
- Financial support



As usual Carers Together will be hosting a number of events during Carers Week and we will also be publicising the work of carers across the Borough. **As an extra bonus we have a fantastic holiday giveaway which has been kindly donated by the Middlesbrough Teesside Lions Club. For further details, please see page 7.**

This Magazine is now delivered direct to 2,137 carers

Comments



Welcome to issue 37 of our magazine!

Time has certainly flown this year as we once again approach Carers Week. We have a few activities planned during the week including our 'Big Event' and we hope as many of you as possible are able to join us!

There have been a few staff changes at Carers Together this year, and we would firstly like to thank you all for your understanding during this transitional period.

We have said farewell to Susi Diamond who we would like to wish all the best as she starts her new career with the Citizen Support Exchange (see the article opposite) and have welcomed back Jo Swinburne as Carers Development Worker for East Cleveland.

Amanda Spencer, Development Worker for the Eston area joined us in March and is doing a fantastic job and has settled in well.

Last but not least, we would also like to welcome Suzanne Bulmer who has joined our team as receptionist/administrator. Suzanne will be the first point of contact when carers phone or drop in and will ensure your enquiries are directed to the appropriate member of staff.

If you are free on Wednesday 16th June, why not join us at our Open Day at 23 Queen Street Redcar and meet us all (we'll even provide you with a cuppa and a slice of cake)!

We hope you all have a lovely summer and remember to keep your suggestions for articles, stories and jokes coming.

Sue & the team

Citizen Support Exchange

The Citizen Support Exchange is a unique collaboration between ROC and Main, two User Led Organisations. The concept arose from the current inefficient system and is driven by disabled people and carers.

The Citizen Support Exchange Hub will have two main functions:

The Exchange is a one stop shop/hub where citizens and their families/carers, who have identified social care or support needs can seek advice, information and support. On offer to people with or without a personal budget, will be a one stop shop where a range of support can be accessed including facilities to introduce trained Personal Assistants (P.A.s), who have gained a passport to support. The hub will not employ P.A.s but support people with matching trained P.A.s to their support needs.

Safeguarding will be promoted, encouraged and explained, and sessions will be facilitated where citizens can meet others in similar situations to exchange ideas and keep up to date with current thinking about personal support, get advice and be signposted to support about becoming an employer.

The Citizen Support Exchange will also be a hub where people who are unemployed, or considering a career in supporting people are offered real training opportunities. The hub will deliver exceptional workshops with bolt-on packages, all delivered by experts by experience.

The unique collaboration will ensure that the training on offer will not only be co-presented by people who are carers and people with disabilities, but be representative of local issues and reflect current needs.

For more information contact Sue or Patrick on 01642 442961 or text us on 07505 013509 or email sue@themainproject.co.uk or patrick@themainproject.co.uk

VISION

All Carers should have full opportunities and choices to improve their quality of life, be respected and included as equal members of society

It was great to see some new faces at the Carers Partnership meeting in March and to hear about the new developments happening across our borough.

The Redcar & Cleveland Carers Strategy is ready for printing and Maggie Balmer is looking forward to presenting copies at the next Partnership meeting.

Maggie thanked people who had responded to the recent Carers Experience Survey. A very good response of mixed and interesting comments were received about carers needs and views of current services. National responses and feedback from the survey will be reported back to the Partnership at a later date.

Claire Hopper introduced the new Dementia Advisor Service to the Partnership. The Service provides support and information to people who have concerns about their memory, have been diagnosed with dementia, and their carers. For more information on the service contact Claire or Toni on 01642 488408.

David Hamilton fed back from the Health Self Assessment for learning disabilities. The consultation provided opportunities for people to give their valuable insight into services, rate services and set priorities. An action plan is being developed which David will bring back to the Partnership. The lack of speech therapists was highlighted as a priority during the consultation in 2008; David advised that plans were now being developed to address this issue. Anyone who is interested in becoming involved with the Health Sub-group or would like more information should contact David at: david.hamilton@tney.northy.nhs.uk

Jayne Robson gave a talk about the Condition Management Programme (CMP) which is available to people who claim either Incapacity Benefit or Employment and Support Allowance and want to return to work. The programme aims to provide support to help people break down the barriers that prevent them from returning to work. More information is available from Benefit Advisors at Jobcentre Plus offices.

Gordon Mogg gave details of an audit of James Cook University Hospital that he has participated in through LINK, and spoke briefly about his role as the Carers Partnership representative in the Personalisation Programme Board.

Jane Reast updated the meeting about a number of initiatives including funding to provide some wheelchair accessible scales, the forthcoming Regional Transport Conference and the Citizen Support Exchange.

The next meeting will be held during Carers Week and promises to be very stimulating and enjoyable see details on page 7.

The BIG EVENT
'A life of my own'
Friday, 18th June 2010
at Coatham Bowl, Redcar
10.30am to 3.30pm

Contact Angela on **01642 488977** or via **angela@carerstogether-rc.org.uk**, or access **www.carerstogether-rc.org.uk** for a copy of the minutes or further information.



In your area



Irene Poynter

TS10 & TS11 Areas

Following the successful get together with carers at New Marske, Stephen Mussett from Redcar & Cleveland Sports Development arranged a pilot of 6 one hour sessions of badminton at Marske Leisure Centre. Five carers from New Marske went along to the sessions which began on 6th April at the cost of £1 per session. Some carers were new to the game while others had played before but all of them enjoyed meeting up and had a great time. I'm not sure if any of the carers will ever play nationally but who knows?!? The sessions ran every Tuesday 10.30 to 11.30 until May 11th.

If other carers would like to try badminton or any other activity please get in touch with me and Stephen may be able to arrange an activity in your area. You can telephone me on 01642 491572 or email Irene@carerstogogether-rc.org.uk

I look forward to seeing many of you at the Carers Week Event on the 18th June We have arranged an excellent programme for the day with a special entertainment performance in the afternoon (see page 7 for details).

Irene



Amanda Spencer

TS6 & TS7 Areas

I'm thrilled to be appointed as the new Development Worker for the TS6 & TS7 area.

I have over 16 years experience in the social care sector, in day care services, working with older people and a local mental health team. For the past 16 years I have found myself in a caring role, and understand first hand the effect that caring can have on your life. It is vitally important to look after your own health and wellbeing and accept all the help and support you can. Being kept informed and valued by services and professionals was one of my priorities as a carer, but I want to know your views.

Now my caring role has come to an end I am keen to get involved with the team and contribute where I can to improve the lives of carers and develop activities and support in the local community. I would love to hear of any ideas or suggestions you may have.

I'm getting out and about to know my area, so if you would like to contact me for a chat or any ideas you may have then give me a call. I'll be waiting to hear from you.

Amanda



Carers Health & Wellbeing Project

The aim of our Health & Wellbeing Project, funded by The Big Lottery is to work with health professionals in particular GP practices in Redcar & Cleveland.

A key area of this project has been working with GP's to develop their 'Carers Registers'. The government asked that all GP's register patients at their practices who have a caring role. This is to enable carers to have access to the support services available in their area and also raise awareness throughout the practice of carers.

Since November 2008 I have been working closely with GP practices across the Borough and have introduced a two way referral process whereby the GP practices refer to Carers Together and Carers

4 Together can refer carers to their GP's Carers Register. The identification of the caring role may help



Jo Swinburne

TS12, TS13, TS14 Areas

Well, although I have only been back at Carers Together a couple of months, it already feels like I've never been away.

I am really looking forward to working with carers in East Cleveland again, catching up with some familiar faces and meeting carers who are new to the service. Over the next few months, I will be busy looking for venues so we can see you closer to where you live. We currently use G.P Surgeries and libraries for our appointments but if you have any other suggestions of suitable venues, please give me a ring at Carers Together.

The computer course continues to run at Destinations café, Saltburn and is on every Friday from 2pm onwards. The sessions are very informal and are tailored to meet your individual needs. If you are interested in joining the course, you are welcome to pop along to Destinations, have a look around and have a chat with the tutor.

If you have any issues or want to talk to me about anything that may be concerning you as a carer then please contact me on 01642 491572.

Jo



Glenda Middleton

Equalities Worker

Self directed support, personal budget, support plan, Making it Personal - some of the terms you will be hearing more of in the next

few months, particularly if the person you care for is considering approaching Redcar & Cleveland Council's Adult Social Care service for support.

Putting People First is the government's agenda to transform adult social care. Its aim is to put the person who needs support in control by giving them a personal budget to spend on self directing their own support. A support plan needs to be drawn up as part of this process. The plan will show how they will spend their personal budget and what support they want. In Redcar & Cleveland the person you care for has a number of options to choose from when deciding how to write their plan: They can write it themselves; they can ask their Social Worker or family and/or friends to write it or help them write it or they can chose to have help from the community-based Support Planning Team.

Glenda



carers access more flexible appointments within the practice, provide them with annual health checks and flu jabs. It also highlights to the GP any health and wellbeing issues carers may have relating to their caring role.

So next time you have an appointment to see one of our development workers why not ask them about registering you as a carer with your GP.

We have arranged for a publicity pack to go into every GP practice in Redcar & Cleveland for display during Carers Week 14th – 20th June. We hope to raise awareness of carers with staff at GP practices and with patients who may not have identified themselves as carers.

Irene Poynter
Carers Health & Wellbeing Liaison Worker



Complementary Therapy Service

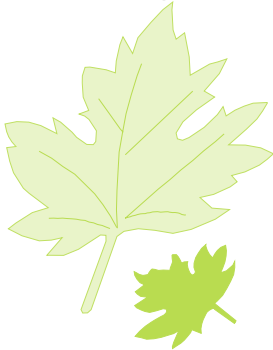
Since we began our Complementary Therapy Service for carers 4 years ago, they have proved very popular and many of you have told us about the benefits – feelings of deep relaxation and increased energy levels: and we are booked 2 months in advance. We are delighted to announce that NHS Redcar & Cleveland have agreed funding to provide additional sessions to our existing service.

From May 14th we will provide a further 5 sessions each Friday afternoon, and every 4th week we will provide a late night session until 7pm for a trial period to test demand.

The therapies on offer include

- Thai Massage
- Indian Head Massage
- Special facial
- Leg and Feet Massage
- Reiki
- Hot thermal stone massage

Our therapy service is provided by Tracey Holmes who is a fully qualified therapist. Both men and women of all age groups are now taking the opportunity to try the different therapies and are finding it a great way to relax and reap the natural benefits that therapies can provide.



Why not try a therapy for yourself?

Therapy sessions take place at
Hands and Oils Aromatherapy
3 Dundas St, Redcar

We ask for a minimum contribution of £4.50
For more information or to book an appointment
contact Angela on 01642 488977



Recipe

Summer Tray bake Chicken

Sent to us by Tony

An easy and delicious one pot meal



4 Chicken breasts
1 tbsp Olive Oil
250g Cherry Tomatoes
4 tbsp pesto



Put the chicken breasts in a large, shallow roasting tray and drizzle with olive oil. Grill for 10 minutes, then add cherry tomatoes and grill for another 5 minutes until chicken is cooked. Drizzle pesto over the top and serve. Simple yet delicious!

Fun Anagrams

Sent in by John

Semolina - Is No Meal

The Eyes - They See

Dormitory - Dirty Room

Astronomer - Moon Starer

The Morse Code - Here Come Dots

Slot Machines - Cash Lost In Me

Election Results - Lies, Lets Recount

Eleven Plus Two - Twelve Plus One



Carers Week 14th - 20th June 2010 *'A life of my own'*

We understand that many of you have 'A life of your own' however, we would be delighted if you would join us in celebrating carers week at one or all of the following events:



Monday 14th June 2010

Coffee Morning



Our Director and friend Ann Robinson is kindly hosting a coffee morning at :
46 Castle Road, Redcar
between 10am and 2pm

There will be a small charge for tea, coffee, cakes and biscuits with all proceeds donated to the Carers Together Social Fund.

Wednesday 16th June 2010

Open Day at Carers Together



Once again we are opening our doors at Carers Together and hosting an Open Day for you to pop in and join us for a cuppa and a slice of cake; have a browse through our information and meet the staff and other carers. We also have a wide range of novels and listening books available for a small donation. Our doors will be open between 10am and 3pm at 23 Queen Street, Redcar.

Friday 18th June 2010

The Big Event 'A life of my own'



10.30am till 3.30pm

Coatham Bowl, Majuba Road, Redcar



The Carers Partnership and the Carers Health & Wellbeing Project are joining together to provide a Carers Event to celebrate the work of carers and promote their health and wellbeing to ensure they can have a 'Life of their own'.

We are delighted to be joined on the day by guest speakers Mike Dillon, Director of Adult and Children's Services, Redcar & Cleveland Borough Council and Anne Greenley, Assistant Director Service Reviews, NHS Redcar & Cleveland and actors from AFTA Thought will be providing us with a performance about the some of the difficulties that carers may face.

There will be information stands throughout the day; Complimentary Therapist, Tracey Holmes will be providing therapy demonstrations; you will even be able to book yourself in for a free health check with the team from the NHS or you may just want to relax and chat over our free buffet lunch.

We have many prizes to give away in our raffle including free memberships to Tees Valley Leisure Centres, pampering products and we will be drawing the raffle for our fantastic Holiday Giveaway (see page 12) which has been donated by Middlesbrough Teesside Lions Club.

We are expecting big demand for places so please complete the tear off slip on the letter enclosed with the magazine and return it to us by 4th June as places are allocated on a first come first served basis.

Changes in the Age of Eligibility for Concessionary Travel

The Travel Concessions (Eligibility Act) Act 2002 set the age at which older people are eligible for travel concessions as 60 years for both men and women. However, the Pre-Budget Report in December 2009 announced that there will be changes to the age of eligibility for concessionary travel in line with the changes that are being made to the state pension age from April 2010.

The changes to the age of eligibility will not impact on anyone already in possession of, or entitled to, a concessionary travel pass. The eligibility of disabled people is unaffected by this change.

Before 6 April 2010, both men and women became eligible for concessionary travel when they attain 60 years of age.

From 6 April 2010, the age of eligibility for concessionary travel in England will be tied to the pensionable age for women. So, as the pensionable age for women gradually increases from 60 to 65 over the ten-year period from 2010 to 2020 so too will the age of eligibility for concessionary travel increase for both men and women.

The age of eligibility for concessionary travel for those turning 60 after 6 April 2010 is therefore:

- For women = pensionable age
- For men = pensionable age of a woman born on the same day

By 2020 the pension age for men and women will have harmonised at 65. Beyond 2020, the age of eligibility for concessionary travel will continue to increase in line with any future changes to the state pension age.

Cash Counts



Contact a Family has recently launched Cash Counts, a new online service dedicated to ensuring families with disabled children are getting all the financial help they are entitled to. Cash Counts includes:

- An online benefits calculator, allowing families to work out how much they are entitled to
- A top tips guide on the benefits available to families with disabled children written by the Contact a Family helpline
- A frequently asked questions page to help families navigate the complex benefits system

Visit Cash Counts at <http://www.cafamily.org.uk/cashcounts>. Alternatively, please give our national freephone helpline a call on 0800 808 3555 to make sure you are receiving all the financial help you are entitled to.

contact a family
for families with disabled children

Carers Coffee Morning

We recently held a coffee morning at Queen Street for carers to meet over a cuppa and a scone and catch up with old friends and new.

Not as many people were able to come as we had hoped, but those who did had a lovely time and enjoyed the scones and tea. A big thank you to Liz Knight who donated a delicious decorated fruit cake as a prize in the 'guess the weight of the cake' draw: congratulations to Kath Barnbrook who guessed the nearest weight and won the cake.

We are holding another Open Day during Carers Week, (Page7), so if you have the odd half hour spare call in to see us. We are keen to hear your ideas for future social activities—if you can't make the Open Day but have any ideas please send them to us at 23 Queen Street, Redcar or telephone 01642 488977.



Important changes from the 6th April 2010: The state pension age for women will start to rise from 60 to 65 between 2010 and 2020 (to be equal with men). There are also two significant changes that will really benefit carers:

Change to qualifying years

Only 30 years of NI contributions and/or credits will be needed to get a full basic State Pension for men and women instead of 39 and 44 qualifying years for women and men currently. This means that carers can have gaps in their NI record for some years and not get a reduced basic State Pension as a result (as long as they do not have less than 30 qualifying years in total).

New Carers Credit

Home Responsibilities Protection (HRP) will be replaced by weekly credits for parents and carers. Carers caring for a total of 20 hours per week or more will be able to apply for Carer's Credit to protect their State Pension—both the basic and State Second Pension. This will help in situations where carers currently struggle to get their State Pensions protected.

You could benefit if you are in one of these situations:

- You care for 20 hours or more a week but miss out on Carer's Allowance because you don't care for 35 hours or more
- You care for someone who can't or refuses to claim disability benefits
- Where there is more than one of you caring for a disabled or ill person and someone else is getting the Carer's Allowance for that person
- You look after several people but cannot claim Carer's Allowance because you do not care for any one of them for 35 hours
- You are still providing a lot of care for someone who has gone into hospital or a care home, but cannot get Carer's Allowance because they don't get disability benefits because they have been in hospital or a care home.

The Government has introduced a new Carer's Credit to help carers in these situations. To claim it you need to be caring for one or more disabled person for a total of 20 hours or more a week where they get Attendance Allowance, Constant Attendance Allowance or the middle or highest rate of Disability Living Allowance care component; or you will need a medical or care professional to confirm that you are providing appropriate care for them.

If you think this might be you, you can contact the Carer's Allowance Unit on 0845 608 4321 or Textphone on 0845 604 5312.

Q: What do you call a fly with no wings?

A: **A walk!**

Q: What do you get if you cross a hen with some gun powder?

A: **An eggspllosion!**



Sent to us by Ian Cox

Neighbour father wife sister husband brother friend

Dementia Advisor Service

The Dementia Advisor Service has been up and running for six months now and we've already made a lot of developments. We have been busy promoting the service and you may already have spotted our posters and leaflets whilst you have been out and about.

We now have 120 people registered with our service and have handled over 200 enquiries relating to a wide variety of issues due to memory problems and dementia. One person contacted us as she was worried about her mum who was becoming increasingly isolated. Social Services are now working with the family to develop a support plan so that mum can join in activities she used to enjoy and someone is coming in to help her with household tasks.

We recently held a coffee morning at Carers Together which was a huge success; a mixture of carers and people with dementia came and enjoyed a relaxing morning with us. We used the morning as an opportunity to find out the kind of social events people might like to be provided. The most popular activities identified are: coffee mornings held at Carers Together, day trips and dementia training. We will be working towards developing some of these activities for people with memory concerns

and their carers in the near future.

The Dementia Advisor Service is aiming to put together a helpful hints booklet, full of tips on how to cope with some of the difficulties people can face when living with dementia. For example, Mrs Jones* cares for her husband who has dementia, he often gets muddled up with identifying day and night. This causes him to get up during the night and get ready for bed during the day. Mrs Jones* uses a picture prompt on her husband's bedroom door; when it's night time she puts up the picture of night time/bedtime. If he gets up in the night he will see the picture which will prompt him to realise that it is night time and quite often he will go back to bed and vice versa. If you have any helpful hints and tips that you would be willing to share, please let us know to help us develop this useful tool.

Claire & Toni
Dementia Advisor Service



The Dementia Advisor Service and Coast & Country are holding a



**Telecare Event on the
30th June 2010
11am — 1pm**



at
The Community Centre, Severn Road, Redcar

The event is aimed at providing people with dementia and carers the opportunity to see first hand the range of telecare equipment that is available. You will be able to look around the telecare bungalow and see how the equipment works and enjoy a free buffet lunch. Telecare is designed to provide safety measures and promote the independence of people in their own homes.

If you would like to join us, please contact either Claire or Toni on 01642 488408

Carers UK calls for new Social Contract

Article taken from Carers UK website 19th February 2010

Charity urges all political parties to take action before 'tipping point for care' is reached.

On the day of the care conference called by Secretary of State for Health, Andy Burnham MP, to try to find political consensus on the reform of social care, Carers UK is calling upon government, employers, public services, communities and families to sign up to a new social contract before a tipping point for care is reached in 2017 that risks plunging families and the UK economy into disaster.

Demographic change is one of the greatest challenges facing our society and our economy. More people are living longer and living longer with disability and greater numbers are now entering retirement than are entering the labour market. Unless we take action now, the care needed by older people is likely to outstrip what families currently provide by 2017 – this is the tipping point for care. Unless more services are provided in a way that really helps families, more people will be unable to work. New research from Birmingham University sets out some of these risks – families will be less likely to be in work and will miss out on an estimated £750 million to £1.5 billion in earnings each year if there is not sufficient investment in care.

Around one million people have given up work to care (Ipsos MORI) – one in six people with caring responsibilities. Those providing significant amounts of care are twice as likely to suffer ill-health and those providing care over long periods of time are far more likely to be in receipt of means-tested benefits. Every day, over 6,000 people take on a caring role for a family member or friend, unpaid, and there are a staggering six million people providing this care throughout the UK.

Imelda Redmond, Chief Executive of Carers UK, said, "It is time that we think completely differently about how care is provided and about supporting families who do decide to provide care, unpaid. With constraint on public finances, it is critical that we all work together to ensure that families and individuals are given the support they need, so that they can meet the challenges of managing chronic illness and disability."

She added, "Carers are looking to all political parties to provide a strong lead - but every other public service, our communities and employers and even our families have a role to play. Our social contract sets out this vision."

The social contract recommends:

- A nationally determined entitlement to care and support which recognises the contributions of families and carers.
- A funding system for care which is fair and transparent.
- Flexibility and support from employers to provide workplaces that meet both business needs and the needs of families and individuals to juggle work and care.
- A tax and benefits system which prevents financial hardship, recognises families' contribution to care and gives carers the flexibility and security to juggle care and working lives.
- Communities which better understand and respond to the impacts of disability, chronic illness, age and caring on people's lives, supported by public services – health, care, transport, housing, education, leisure – that enhance family life.

Carers UK have published its policy manifesto giving political parties a road map for how a new Government could deliver on this social contract.

CARERS UK
the voice of carers

Dementia Advisor Service Coffee Morning



D-Cafe



Following the success of our first Dementia Advisor Service Coffee Morning for people with dementia and their families and carers we would like to invite you to the following planned get-togethers:

**Wednesday 23rd June 2010
1.30pm—3.30pm
&
Thursday 29th July 2010
10am—12 noon
Carers Together, 23 Queen Street, Redcar**

To try to accommodate most people we have organised a mixture of days and times. Because some are in the morning and some are in the afternoon we have decided to call our get-togethers D-cafe - let us know what you think or if you have a better name please let us know!

We will not be mailing out with the dates so pop them in your diaries. Hope to see you there.

Toni & Claire



Holiday Giveaway

We are delighted to be able to offer you the chance to win a **FREE** holiday for one week in a Chalet at Filey week commencing 14th August 2010, kindly donated by Middlesbrough & Teesside Lions Club



The Lions Club will provide transport to and from the chalet and provide a starter pack comprising of things such as milk, cereal, tea & coffee and tinned goods.

The chalet comprises a double bedroom with a double bed and en-suite toilet and bath & 2 single beds with adjacent toilet and shower. The chalet is accessible to wheelchair users with a ramp leading to French doors, however once inside the chalet the doors are not wide enough for wheelchair access. Unfortunately children and pets are not permitted, however the holiday would suit either a couple or a couple along with a friend/carer.

Colour TV, portable radio and a wheelchair are available and the chalet has central heating (should the weather turn cold!)

If you are free the week commencing 14th August and fit the criteria as described above then why not enter the draw to win this fantastic prize. To do so, please complete and return the slip on the bottom of the covering letter enclosed with your magazine or contact us on 01642 488977. The prize will be drawn at our Carers Event on Friday 18th June 2010.

