



eden carers

Eden Carers



The Princess Royal Trust
for Carers
Network Member

NEWSLETTER: FEBRUARY 2012

GP's AGREE SUPPORT FOR CARERS IN EDEN

In August 2011 NHS Cumbria's lead GPs agreed to create a new fund of up to £500,000 (five hundred thousand pounds) to support the county's army of Carers each year for the next four years. Following this decision, GPs in Eden have now agreed to fund a package of support proposed by Eden Carers.



The package will provide a range of services for Carers to access through the organisation or via their GP practice through the help of a Carers Health & Wellbeing Coordinator.

The money will be provided this year pro rata and for the next two financial years with the Carers Health & Wellbeing Coordinator expected to be in post later this year.

The aim of the funding is to identify 'hidden' Carers and to support the health needs of Carers by minimising the risk of them having to access traditional health services for problems which could have been prevented.

Source: NHS Cumbria

Contact Us:

Eden Carers, The Office, Mardale Road,
Penrith, CA11 9EH

T: 01768 890280

E: enquiries@edencarers.co.uk

W: www.edencarers.co.uk

facebook

[Join Eden Carers on facebook](#)

Eden Carers' Drop in Sessions

Drop in for information at the following times/days:

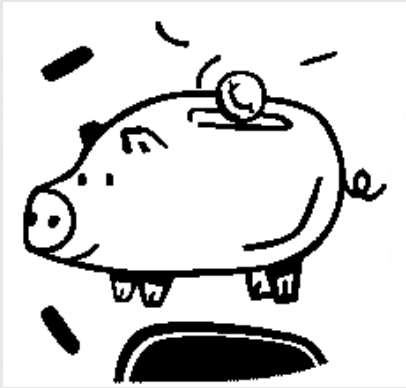
10 a.m. - 12 noon

2 p.m. - 4 p.m.

Tuesdays, Wednesdays, & Thursdays.

Other times by appointment with Carers Support Co-ordinators.

“What on earth are Personal Budgets?”



Would you like to find out more about the Personalisation agenda, and how to get the best out of it for your family?

To help you make most of Personal budgets, Eden Carers are holding the following FREE courses, including lunch and transport if required. The courses are to be held at Eden Carers' office premises on Mardale Road, Penrith.

Course One

Wednesday 15 February 2012 (10 a.m. to 3 p.m.) and Friday 24 February 2012 (10 a.m. to 1 p.m.)

Course Two

Wednesday 14 March 2012 (10 a.m. to 3 p.m.) and Friday 23 March 2012 (1 p.m. to 4 p.m.)

During the course you will:

- Find out what a personal budget is and what is going on locally regarding personalisation and how to get the best from it.
- Hear from other Carers about the difference personal budgets have made to their family life.
- Find out where to get more support and information.

For more information about the course, or to book your preferred dates, please contact Eden Carers, The Office, Mardale Road, Penrith, CA11 9EH.

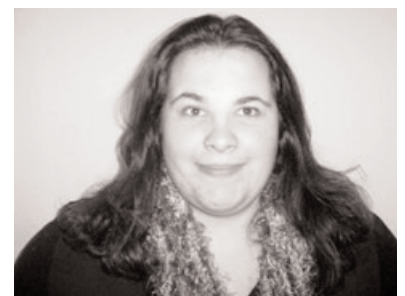
☎ 01768 890280 or enquiries@edencarers.co.uk

NEW FACES at EDEN CARERS

Sue Davis

'I am the New Young Carers' Development Coordinator at Eden Carers, and I have been in post since the middle of November.

I have enjoyed meeting the new people I have come into contact with since starting in November and getting out and about in the Eden Area. This is homeland for me as I grew up in the Penrith area and now live near Appleby'.



Denise Calder-Williams

'I joined Eden Carers in January as Service Development Manager, having previously worked for Age UK Carlisle and Eden and Cumbria Children's Services. I am delighted to be a part of the organisation and am really enjoying settling in to my new role.

As part of my work I will be recruiting and supporting volunteers, and would love to hear from you if you are interested in becoming a volunteer!'

FACEBOOK APP

In November, the Princess Royal Trust for Carers launched a Facebook app, called Who Cares?, which simulates the impact that being a Carer has on your social life and friendships.

If have a Facebook account, you can play the app now - just follow this link:

<http://apps.facebook.com/who-cares-for-carers>

The app aims to reach a wider audience with a message about how difficult and isolating it can be to be a Carer; we also hope it will help identify 'hidden' Carers. In 2011 the Trust ran a survey on isolation and found that almost 80% of Carers had lost touch with friends because of their caring role. They thought Facebook was an ideal media to highlight this issue, as it the most popular and pervasive social media network in the UK.

Please share the app via Facebook and Twitter. The more we share it, the more awareness we can raise for Carers issues.

Source: www.carers.org

PENRITH OVER 55'S CLUB

Penrith Over 55's Club extends a warm welcome to all Carers and their Cared for (regardless of age). The Club meets every Wednesday at Penrith Cricket Club, Wetheriggs Lane, Penrith. Elizabeth, the organiser, invites you to come along to either or both sessions: The Morning session (from 10am to 12noon), is a community Coffee Morning with games (e.g. Scrabble, Dominoes, Card Games or some people bring along their craft work). It is hoped that an exercise class for people with limited mobility (chair exercises) will also follow. Or simply come along and make some new friends.

The afternoon session, from 2pm-4pm, is Social Dancing to the music of the 50's 60's, very good but gentle exercise, although you are just as welcome to come along and listen to the music and enjoy the "crack" and the company.

Some of the members have been Carers and appreciate it can be difficult to find venues with disabled access and activities suited to everybody with the added bonus of allowing both parties to do different things while still being in the same room. The cost is £2 per session which includes hot drinks and biscuits.

The Cricket Club is on Penrith Town bus route and a Community Transport mini bus can be arranged to take people home within Penrith at 4pm (cost £1 per person). Those wishing to travel from surrounding villages may use Rural Wheels (Telephone 0845 6023786). Those from Penrith may also use Volunteer Transport (telephone 01768 867057).

If you would like more information regarding the Club, transport or refreshment options, please contact Elizabeth on 016974 72071 or 07913 853820 or email elizabethpenrithover55club@hotmail.co.uk.

Source: Penrith Over 55s Club

EDEN CARERS' LUNCH CLUB

All Carers Welcome!

We get together once a month at various venues in Penrith for a chat over Lunch.

Lunch normally costs around £5 to £7 depending upon your choice.

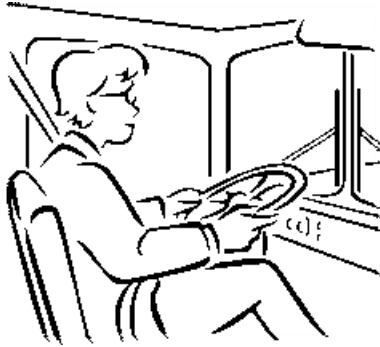
For details of forthcoming dates see the back page, or our website;
www.edencarers.co.uk

Contact Wendy, Carers Support Coordinator, on 01768 890280 to let us know you are coming.

We would also like to arrange a similar Lunch Club in Upper Eden. If you live in Appleby or Kirkby Stephen perhaps you would like to let us know your preferred venues.

Transport and Social Care Services in Cumbria

Cumbria County Council has made some changes to the way that people choose to use transport to access adult social care in Cumbria. From October 2011, transport is now included within an individual's personal budget. The new approach offers people more choice and control in relation to how they are supported and the role council funded transport plays as part of this.



County council staff will work with service users to ensure that their transport is appropriate to their individual requirements. This may include combining the traditional use of minibus services or volunteer schemes with other forms of transport such as walking, public transport or support from family and friends.

A leaflet entitled "Transport and your personal budget" (October 2011) provides much more information about this change and the reasons behind it. The leaflet is available to download from www.cumbria.gov.uk/adultsocialcare or telephone the Adult Social Care team on Eden West (including Keswick) - 01768 812243/33, Eden South - 01768 812089/ 812231, Eden North - 01768 812241/ 53.

Source: www.cumbria.gov.uk

PAT'S PETITION



We have been asked by one of our Carers to make other Carers aware of the following petition against cuts in the financial support for people claiming disability and other health related benefits.

Follow the link to 'Pat's Petition' on <http://carerwatch.com/reform/>

www.carerwatch.com is a campaign group run by independent, unpaid carers

Source: Carerwatch.com

PATIENT TRANSPORT SERVICES

Patient Transport Services (PTS) are provided for those patients whose medical condition means that they cannot get to their appointment any other way.



Patients are assessed on their suitability for PTS using a short and simple series of questions when booking. PTS is a vital resource for those who need it, and should not be seen as an alternative to a taxi or a means to avoid parking costs and inconvenience.

Only the parents and Carers of patients who have been assessed as vulnerable may also travel with them on NHS transport. To book transport for North Cumbria (including Eden) call **0845 1481733**.

If you, or your cared for are not eligible for PTS, you can get information on public transport from Traveline on 0871 200 22 33. Or visit www.traveline.org.uk

If you are on a low income, you may be able to get financial help from the Healthcare Travel Costs Scheme, by claiming at the hospital or clinic at the time of your appointment. More details from www.direct.gov.uk or call the NHS Patient Services helpline on 0845 850 1166.

Source: NHS (September 2010)

CANCER INFORMATION AND SUPPORT IN EDEN

The Penrith & Upper Eden Cancer Befriending Group and Mobile Cancer Information Service is offering a new drop-in information and support service. This is held at the Local Links Centre in Kirkby Stephen on the 2nd Friday of every month from 10.00am - 12.00 noon, starting on Friday, 13th January 2012. Volunteers will be available to talk in confidence over coffee, provide information and signpost to other sources of specific help or advice.

The group also offers 'Come for Coffee' drop-in sessions in the Bolton Lounge, at the Voluntary Sector, Riverside Building in Appleby - on third Monday of each month for those affected by cancer, and on the second Monday of the month for those who have been bereaved. People often find that the opportunity to talk about their experience with people who understand what they are going through makes a huge difference to how they feel.

If you require any further information regarding these groups or are interested in volunteering please contact Age UK Carlisle and Eden on 01768 863618.

The Independent Complaints Advocacy Service

Do you have concern about your NHS care or treatment? ICAS is a free and confidential service, independent from the NHS. ICAS is holding complaints advocacy outreach sessions at Carlisle Library. Make an appointment or drop in from 9 a.m. until 1 p.m. on

Monday 23 January 2012
Monday 13 February 2012
Monday 27 February 2012

For more information call
01768 861830

DEALS ON HOLIDAYS IN STATIC CARAVANS FOR CARERS 3, 4 and 7 night breaks

The Carers' Support Centre, Bristol, has launched a new holiday scheme. They take bookings for holidays in luxury static caravans at two locations: the Cotswolds and Torbay in Devon. The caravans sleep either four or six people, and there are two wheelchair-friendly caravans at each site.



Both locations are at Hoburne Holiday Parks (www.hoburne.com) which have a range of facilities, including heated indoor and outdoor pool, sauna and steam room, kids club, soft play, nature trail and a restaurant and bar. Both sites offer an evening entertainments programme, with all facilities included in the price of your holiday.

To be eligible for our discounted Carers' rate you must be a Carer providing unpaid support to a family member or friend who could not manage without you. There must be at least one Carer per booking. You can book a Carers' holiday either with or without the person you care for.

Examples for a 3 / 4 night short break, based upon 2011 pricing:
High Season £375: Low Season £150

For more information contact Carers Holidays on 0117 965 2365

Source: www.carersholidays.org.uk

EXTEND

EXERCISE TO MUSIC

for the over-60s

and the less able of any age

Choice of active or seated classes

Classes in Penrith on

Monday and Thursday mornings

Classes in Appleby on Wednesday mornings

Why exercise?

- ◆ To have fun and meet new people
- ◆ To increase healthy life expectancy
- ◆ To improve mobility for daily living
- ◆ To improve balance and prevent falls

New members are welcome!

Please ring to discuss

which session would be best for you

Christine Sutherland ~ 077860 73584

NetBuddy
Support for learning disabilities

www.netbuddy.org.uk is a website for parents, Carers and learning disability professionals. It is a space to hunt for ideas, swap tips and access information on everything from brushing teeth to challenging behaviour.

All the information on the site is submitted by people with first-hand experience of learning disability, and is organised under quick searches such as 'Dressing & undressing' 'Out and about' 'Behaviour' and 'Routines'. There are also practical info packs on subjects like financial help and jobs & training, plus a friendly interactive forum.

"The idea for Netbuddy came about when my son was small," said Netbuddy founder Deborah Gundle, whose son has learning disabilities. "I spent so much time and energy solving day-to-day problems, which I felt sure other people had encountered".

For more information go to www.netbuddy.org.uk

Source: Netbuddy

TELEPHONE COLD-CALLING ALERT

Residents in Cumbria being reminded to be vigilant following reports that cold-callers have telephoned patients offering to sell them medication/tablets such as Rosehip. In one incident a person received a call from a firm stating the medication would be delivered to a local Pharmacy following payment, however the items were not received.

NHS Cumbria urges people not to deal with firms they are unsure about. Genuine firms would not approach patients in this way. If people have any doubts they should not make any payments.

Source: Cumbriapct.nhs.uk

Autism Support Group

Monday 6 February 2012 -
Speaker, Marion Jones
(Service Development Manager - Autism) 7.30 p.m.
Penrith Methodist Church

Monday 5 March 2012 -
General Support Meeting
7.30 p.m. to 9.30 p.m.
Board & Elbow Pub, Penrith

Monday 2 April 2012-
Speaker, Carlyne James,
DaCE, 7.30 p.m. Penrith
Methodist Church.

For details contact:
**Val Wake, Child and Family
Worker, 01228 221211**

Celebrating the Olympic Torch Relay coming to Eden on Wednesday 20 June 2012

The Olympic Torch enters Cumbria through Eden at Brough on Wednesday 20 June 2012, and then travels to Appleby before arriving in Penrith.

Eden residents may be amongst the 8,000 Torch Bearers who the general public have nominated to carry the Olympic Flame across the UK, with final places to be confirmed in March 2012. By visiting www.london2012.com you can sign up to become a Local Leader and organise an Olympic celebration event for your community.



Source: Eden District Council

WINTER FUEL PAYMENTS

You may be entitled to Winter Fuel Payments if;

- You were born on or before 5 January 1951
- You normally lived in the UK on any day in the qualifying week of 19-25 September 2011

Check www.direct.gov.uk/winterfuel for full information and exemptions.

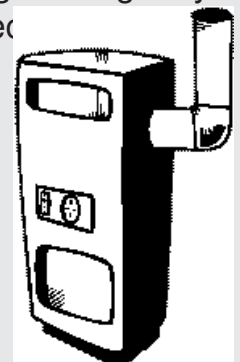
You may also be able to claim a Winter Fuel Payment if you are still working as long as you meet the eligibility criteria. You may need to make a claim if you have not received a Winter Fuel Payment in the past.

Most people do not need to apply. If they do need to they can:

- Fill in and print a claim form online at www.direct.gov.uk/winterfuel or
- Call the Winter Fuel Payment Helpline 0845 9 151515

Completed forms need to be received on or before 30 March 2012

Source: www.direct.gov.uk



EDEN CARERS' STATEMENT OF INTENT

"Eden Carers is committed to identifying and eliminating prejudice and all forms of discrimination, direct and indirect, which restrict or hinder the promotion of equal opportunities, the provision of equal treatment and the positive valuing of diversity throughout all areas of its work and activities."

EDEN CARERS welcomes any comments, suggestions or criticisms about their work as a means of giving good service. Comments should be sent to the Chairman of Eden Carers in the first instance.

Eden Carers' Newsletter Also Available Electronically

In order to make best use of the Charity's funds, by saving on printing and postage, we are encouraging those readers of our Newsletter who currently receive it by post to read our Newsletter on line if they possibly can. The newsletter is available to view at <http://www.edencarers.co.uk/Newsletter.htm>

If you would prefer to receive the newsletter by email, please let us know.

Join our free mailing list

If you would like to receive a regular copy please telephone us on: **01768 890280**

or e-mail

enquiries@edencarers.co.uk

FREEPOST RSRE-ASTY-RYRR

EDEN CARERS
The Office
Mardale Road
Penrith CA11 9EH

Name.....

Address.....

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Postcode.....

Tel:.....

Email:.....

Accessibility: Eden Carers will do what is reasonable to provide information in alternative formats on request. If we encounter difficulties meeting your request, we will discuss the best solution for you. Please contact the Newsletter Editor on 01768 890280.



Eden Carers

Registered Office :
The Office
Mardale Road
Penrith CA11 9EH

Charity Registration No 1101719
Company Registration No 4939903



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