



eden carers

# Eden Carers



The Princess Royal Trust  
*for Carers*  
Network Member

## NEWSLETTER:OCTOBER 2011



### EDEN CARERS' AGM

We held our 10th Annual General Meeting on Thursday 8th September 2011.

The meeting was well attended and those present were given the opportunity, after the business of the AGM, to admire our new premises.

### LAUNCH OF EDEN CARERS' NEW LOOK WEBSITE

If you have not already done so, please visit our newly revamped website at [www.edencarers.co.uk](http://www.edencarers.co.uk). You can also join us on Facebook.

### EDEN CARERS' CHRISTMAS CLOSURE

**Eden Carers' Office will close from 12 noon on Friday 23rd December 2011 and reopen on Tuesday 3rd January 2012.**

If you have an emergency outside of office hours, at weekends or bank holidays, please contact **Cumbria Adult Social Care Out of Hours Service Telephone 01228 526690**

#### 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, and Thursdays.**

Other times by appointment with Carers Support Co-ordinators.

#### **Contact Us:**

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

T: 01768 890280

E: [enquiries@edencarers.co.uk](mailto:enquiries@edencarers.co.uk)

W: [www.edencarers.co.uk](http://www.edencarers.co.uk)

Join Eden Carers on facebook

# CUMBRIA CARERS' STRATEGY REVIEW

Cumbria Carers' Strategy is due for review.

Now is your chance to influence the next one.

Cumbria County Council Adult Social Care are asking Carers to answer the following questions;

- a) What service changes could help a new Carer?
- b) How can we make Carers feel more valued?
- c) What could change to help Carers do things outside of caring (work, education, leisure for example)?
- d) Is there any training that you think would improve your Carers' lives?
- e) What would help improve Carers' health?

Send your answers to

**Julian Legat**

**Service Development Manager** | Adult Social Care

Adult and Local Services | Cumbria County Council

County Offices | Kendal | Cumbria | LA9 4RQ

**Email [julian.legat@cumbria.gov.uk](mailto:julian.legat@cumbria.gov.uk)**



## EXTEND

### **Exercise to Music for the over-60s and the less able**

Mainly seated exercise session, suitable for anyone who uses a walking stick or a wheelchair.

Thursday mornings at Penrith Quaker Meeting House

From 9:30 - 10:30 or 11:00 - 12:00

### **Exercise for active over-60s**

A mixture of lively round-the-room exercises, gentle seated exercises and one standing balance exercise

Monday mornings at Lonsdale Court, Penrith

From 11:00 - 12:00

### **Exercise to Music for the over-60s and the less able**

A mainly seated session.

Monday mornings at Lonsdale Court, Penrith

From 9:30 - 10:30

### **NEW MEMBERS WELCOME**

Term continues until 15th December 2011.

£3 per session: 'pay when you come'

Tea and coffee available between 10.30 and 11

**Contact Christine Ellerton on 077860 73584**

### **AGE UK TUESDAY GROUP**

Age UK extends a warm welcome to local people to join their Tuesday group for a two course lunch and an afternoon of activities, shared fun and companionship.

**At Eden Court, Lazonby**

**12 noon - 3 p.m.**

Cost: £6 inc lunch/activities

**Contact Sue Maughan on 01768 863618 for more details.**

## **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](http://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.

## FLU VACCINATION

As a Carer you may be worried about getting the flu because it would affect your ability to care for the person you're looking after. You may be able to get a flu jab because of this, or because of your age or your own health.

Government policy is that the flu vaccine should be offered to the following groups:

- Everyone aged 65 years and over.
- Everyone aged six months or over who is in a clinical risk group.
- People living in long-stay residential care homes or other long-stay care facilities where the infection could spread easily and put lives at risk (this doesn't include prisons, young offender institutions or university halls of residence).
- People who are in receiving a Carer's Allowance, or who are the main Carer for an elderly or disabled person whose welfare may be at risk if the Carer falls ill. This will be given on an individual basis at the GP's discretion depending on your need.

If you're not aged 65 or over, tell your GP if you receive a Carer's Allowance or are the main Carer for the person you are looking after. Explain your concerns for the welfare of the person you're looking after if you should fall ill, e.g. if there is no one else who would be able to step in. If you have health problems of your own, your GP should also check to see if you fall into one of the clinical risk groups. Your GP will decide whether you need a flu jab based on this information.



Source: <http://www.nhs.uk/CarersDirect/>

## HOME SAFETY VISITS

Every home in Cumbria is eligible to apply for a free Home Safety Visit to help them deal with any potential fire hazards in their homes. The service target is to carry out 15,000 visits per year, and can help you design a fire plan so that you and your family will know how to react if you have a fire.

This service for the residents of Cumbria is completely free, normally takes about 30 minutes and is undertaken by Cumbria Fire & Rescue Service personnel. They will also fit, where applicable, a battery powered smoke alarm free of charge.

To arrange a visit please ring freephone: 0800 358 4777 or 01228 221688. *(All Cumbria Fire & Rescue Service personnel carry an identification card. Never let anyone into your home unless you know them or they can prove their identity. If you are in doubt please call 01900 822503 for help).*



Source: [www.cumbriafire.gov.uk/services/home/safety-Visits.asp](http://www.cumbriafire.gov.uk/services/home/safety-Visits.asp)

### CARERS' SUPPORT - IMPORTANT MESSAGE

**Brendan McClafferty**, one of our adult Carers' Support Coordinators, will be away from Eden Carers until February 2011 to undertake the final placement of his three year degree in Social Work course.

Other members of the team will provide cover in Brendan's absence, so if you have any problems or questions while he is away then please contact the office as usual on 01768 890280.

## DWP BEREAVEMENT SERVICE

The DWP Bereavement Service is a new national service for a partner or next of kin reporting the death of someone who was claiming benefits. It has been running since March 2011. In one single call the Department of Work and Pensions (DWP) can:

- Collect all the information they need about the deceased person
- Check if the caller may be entitled to benefits.
- Take claims for bereavement benefits or a Funeral Payment.
- Make changes to State Pension.

This is separate to the local Tell Us Once service which allows people to notify central and local government services about a death, in one call.

Further information on the DWP Bereavement Service can be obtained from;

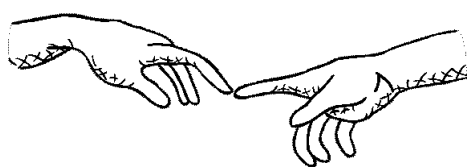
**Tel: 0845 606 0265**

**Textphone: 0845 606 0285**

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## IN TOUCH

**A new website aimed at Young Disabled People**  
[www.lcdisability.org/intouch](http://www.lcdisability.org/intouch)



All disabled people have a right to accurate and accessible information on sex, sexual health and relationships. Leonard Cheshire Disability has launched a new website called 'In Touch', dealing with these issues, especially for young disabled people.

- find out information about sex and relationships
- try out our exciting new resources (and feedback on their development)
- try out new interactive games
- help change services for the future by taking part in surveys
- have a look at the range of agencies that provide information and advice

Source: [www.lcdisability.org/intouch](http://www.lcdisability.org/intouch)

## TAKING CARE OF THE CARER

**23rd - 25th March 2012**

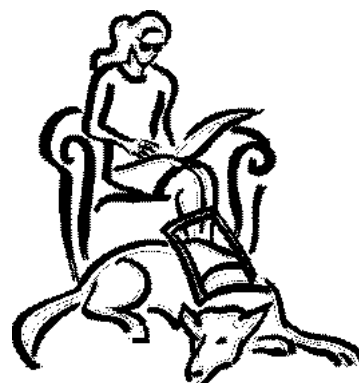
**Stress Management    Healthy Eating    Indian Head Massage**

Lancashire Adult Learning is once again running its residential course for unpaid Carers at Lancashire College in Chorley. For more information contact **Donna Galway at Lancashire Adult Learning on 01257 516325.**

## LIBRARY SERVICES FOR THE BLIND AND PARTIALLY SIGHTED

Blind and partially sighted people across Cumbria are now entitled to free music CDs, where they were previously charged £1.50 per hire.

The County Library Service is also planning to sign up to a six-step pledge drawn up by the Society of Chief Librarians to improve facilities and access for the blind and partially sighted. This includes the appointment of a champion within the library service to act on behalf of blind and partially sighted members and provide local collections of audio books and large print items.



The council is also launching a free audio book service with more than 600 titles to download. Once people register for the service, they can download up to 10 books at a time to their computer and can also listen on mobile phones and mp3 players because the format is compatible with smart phones. Files are automatically deleted after three weeks so users don't risk being hit with a fine.

Source <http://www.equality-cumbria.org>



ICAS Supporting your voice in the NHS

- ? Unhappy with your NHS treatment or care?
- ? Want to make a complaint but you're not sure where to start?

The Independent Complaints Advocacy Service (ICAS) can help. Better still, it is free, confidential and independent of the NHS.

Call your local ICAS office today and find out how ICAS can help support you through the NHS complaints procedure. Please call the ICAS office on 01768 861830 for more information.

*Source: ICAS*

## NATIONAL AUTISTIC SOCIETY

New Freephone helplines now available:

Education Rights Service	0808 800 4102
Autism Helpline	0808 800 4104
Parent-to-Parent Service	0808 800 4106

**The Autism Helpline:** For people with an Autism Spectrum Disorder, family members and Carers, offering impartial and confidential advice, information and support around autism and related issues, including local support and services, diagnosis, early intervention, therapies and behaviour management. People can also book telephone appointments with our Welfare Rights and Community Care services via the Autism Helpline.

**NAS Parent to Parent Service:** Our confidential telephone service providing emotional support for parents and Carers of an adult or child on the autism spectrum.

**NAS Education Rights Service:** Providing advice and support on educational provision and entitlements throughout the UK. Our trained volunteers will guide parents and Carers through education law and support them through what can often be a complex and difficult process. They also help parents prepare appeals to educational tribunals.

*Source: National Autistic Society*

## CARERS' RIGHTS DAY

The annual Carers' Rights Day, organised by Carers UK, takes place on Friday 2 December 2011.

The aim of Carers' Rights Day is to make sure carers know their rights, increase their take up of benefits, signpost carers to practical support, and raise awareness of their needs.

The theme of this year's Carers' Rights Day is 'Money Matters'. Look/listen for local and national media coverage.

## AUTISM SUPPORT GROUP

### Monday 7 November

Speakers Laura Carrigan and Nicola Simpson, Occupational Therapists from Neuropartners. Penrith Methodist Church, 7.30 p.m.

### Monday 5 December

Christmas Meal at Crosskeys, Carleton, Penrith. Meet at 7.30 p.m. Please phone Fiona to book (01768 898863)

For details contact:

Val Wake, Child and Family Worker, 01228 221211

Fiona Simm, Parent, 01768 898863.

Karen Nicholson, Autism Support Worker, 07730 536842

## THANK YOU

Eden Carers would like to thank the following for recent funding and contributions...

The Finn Family Fund

Carlisle, Dumfries & Galloway Branch Scots Guards Assoc.

BBC Children In Need

Cumbria County Council Adult Social Care and Children's services.

University of Cumbria

Individual Carer Donations



## RESULTS OF ONLINE SURVEY

### Self-directed support with personal budgets for mental health services.

In 2009, Cumbria County Council's Adult Social Care service implemented self directed support with personal budgets for many of its service users. Mental health services weren't part of that implementation so a new project has been set up to implement personal budgets for social care in Cumbria's mental health services in 2011.

An online survey was conducted to find out how much people involved in mental health services knew about self-directed support with personal budgets, to find out how they felt about this and to hear their ideas, suggestions and concerns.

The survey sought feedback from anyone involved in mental health services in Cumbria including service users and Carers, county council and NHS staff and people working for voluntary organisations and service providers.

**The survey is now complete and a report of the results is available at <http://www.cumbria.gov.uk/eLibrary>**

The Project Board have used the findings from the survey in their work to implement self-directed support for mental health services.

*Source: [www.cumbria.gov.uk/adultsocialcare](http://www.cumbria.gov.uk/adultsocialcare)*

## GARDEN HELP!

We are pleased to announce that Eden Carers have been lucky enough to enlist the assistance of a volunteer Gardener for Carers in the Penrith area. This is a limited service that will be accessed through our Coordinators on the basis of need. Please see your Carers Support Coordinator for more details.



## CARERS' GRANTS

You may be aware that from the end of July 2011 the Adult Carers' grants were on hold as the allocation of funding from Adult Social Care had been spent. There has been such a huge demand for the grants that any additional funding will now be strictly allocated to the neediest cases. See your Carers' Support Coordinator for details of this, and other potential funding sources.

### CONTACTING EDEN CARERS

Perhaps you have been registered with us for some time but things may have changed. You may feel you need more support now or would like your emergency plan reviewed. You may never have had a Carer Assessment or emergency plan and would now like one. Or you may just want someone to talk to. Please call 01768 890280 to arrange an appointment.

## LEAVING A LEGACY

### An extraordinary gift to help ordinary people.

A legacy is a special gift left in your Will which is a crucial source of our funding and plays a significant role in giving Carers a brighter future. As a bonus, because this is a gift to charity, this means that it is exempt from tax, so it may reduce the amount of inheritance tax for which your estate is liable.

Writing a Will is essential to enable you to provide for the people and causes you care about. We understand that your loved ones come first. All we ask is that once you are happy that you have taken care of your family you consider our work and the vital support it offers to thousands of Carers.

Alternatively, you may want to make a donation in memory of a loved one, or you may want friends and family to donate in place of birthday or anniversary gifts. Making a donation in memory can be a way of celebrating a loved one's life by making a valuable difference to Carers in Eden.

**Donations given locally are always spent locally, unlike with some national organisations.**

**Every Size of gift is invaluable to Eden Carers.**

Contact 01768 890280 for more details on donating.



## Young Carer Facts

Many children and young people are involved in caring for a parent, sibling or other relative. Some statistics about Young Carers across the UK\*

- The average age of a Young Carer is 12
- There are 175,000 Young Carers in the UK
- 13,000 of these young people are engaged in caring for more than 50 hours per week
- In the UK 50,000 children and young people look after someone with a mental health problem
- 68% of young carers are bullied in school.

Eden Carers offers a dedicated support service for Young Carers. We currently have 87 Young Carers under the age of 18 who benefit from our services.

[www.edencarers.co.uk/youngcarers](http://www.edencarers.co.uk/youngcarers)

**Contact the Young Carers Team - on 01768 890280.**

Source \*<http://www.carers.org/>

## To the Parents of children under 18 who have a learning or physical disability

### Parent Carers' Consultation

Eden Carers and East Cumbria Family Support are in the process of setting up a joint project to provide practical and emotional support for Parent/carers of children who have a learning or physical disability.

As our organisation is involved with you already, we are inviting you to take part in the development and shaping of the project. We would like parent/carers to feel they have a say in how when and what support is provided, and also to let us know about the challenges that arise for you and your children on a day to day basis.

Your children will have a view to put forward, and we think it is important that their voice is heard. Whichever way we consult with you, there will be an opportunity for them to be included.

Because we know from what you have already told us, that your time is precious, we have set up a facebook profile that will enable you to join in the consultation process and have your say electronically without you having to attend meetings etc. The profile we have set up is secure and doesn't allow anyone we haven't invited to be part of it or to join. We realise that the internet is not always what everyone would want to use, and so would like you to tell us if you would want a home visit or a telephone call if that is what you would prefer.

We do hope you will be able to be part of the consultation as the strength of the service depends on your input and expertise. Below are the ways you can be part of the consultation. Please complete the form below and send it to us so that we know which method you prefer.

To: Eden Carers, FREEPOST RSRE-ASTY-RYRR, The Office, Mardale Road, Penrith, CA11 9EH

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone Number \_\_\_\_\_

Please indicate your preferred contact method

Facebook

Telephone

Home Visit

Completing a form

## DATES FOR YOUR DIARY

**Drop in Coffee Mornings are held monthly, often with a speaker. Drop in for coffee and to meet other Carers between 10.30 a.m. and 12 noon.**

Tuesday 15	November 2011	Penrith Library meeting room with speaker Jen Rhodes, Pharmacist.
Tuesday 20	December 2011	Penrith Library meeting room - Christmas special!
Tuesday 17	January 2012	Penrith Library meeting room
Tuesday 21	February 2012	Penrith Library meeting room
Tuesday 20	March 2012	Penrith Library meeting room
Tuesday 17	April 2012	Penrith Library meeting room
Tuesday 15	May 2012	Penrith Library meeting room

### **Adult Carers' Lunch Club - see Page 2**

**Get together over lunch, normally around £5-£7, at various venues from 12 noon**

Tuesday 1st November 2011 The George Hotel, Devonshire Street, Penrith

**Tuesday 13th December The George Hotel; CHRISTMAS LUNCH (See insert)**

No Lunch Club in January 2012

Tuesday 7 February 2012 Penrith Parish Centre, St Andrew's Place, Penrith

### **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 Now 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** .....

**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 Registrarion No 4939903



**INVESTORS  
IN PEOPLE**

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