

Medway Carers Newsletter

Carers Week 13—19 June 2011

The True Face of Carers

This year we are asking carers to tell us about the reality of caring in the UK in 2011.

How hard is life as a carer? Or how easy? What are the biggest surprises that you and I encounter when we become carers?

Is caring a perpetual struggle with no thanks and no recognition? Or a richly-rewarding experience that brings out the best in the human spirit?

How much help do carers actually receive from government? Or should that be 'how little'?

What can really make a difference to the lives of carers?

All this and more will be revealed during the biggest awareness week in the UK from 13-19 June 2011. Carers will be centre-stage to speak about *The True Face of Carers* and sweep away the myths.

Medway Carers Emergency Card

Carers are issued with a credit card sized card. The carer carries it at all times, so that it can be used as an instant source of identification in case of accident or sudden illness. The card doesn't have any personal details on it, only a unique registration number and the telephone number of the central help line.

In an emergency situation anyone can telephone the number on the card and quote the unique registration number printed on the card. The contact centre uses the registration number to easily access the carers agreed emergency plan and puts it into action.

This free service is available 24 hours a day, 7 days a week.

For further information, call Medway Carers Centre: 01634 577 340

In part-



www.kentcarersemergencycard.org.uk



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Free Parking

Vouchers

Available for all events and training sessions at Medway Carers Centre.

Please call on

01634 577340

10 days prior to the event you are attending to get your voucher in good time.

VALID FOR ONE DAY ONLY

Issue No. E0267177



VISITORS PARKING VOUCHER

MONTH: **SAMPLE** J A S O N D

DATE: 1 2 3 4 5 6 7 8 9 10 11 12

13 14 15 16 17 18 19 20 21 22 23 24

25 26 27 28 29 30 31

DAY: M T W T F S S

Vehicle Reg:

nership with:

Carers Training/Activities

APRIL	Thursday 7 th April – Understanding Biopolar Wednesday 20 th April – BME Back to Work	1.00 – 3.30 pm 10 am – 12 pm
MAY	Thursday 5 th May – Understanding Schizophrenia Wednesday 18 th May – Wills, Trusts, Power of Attorney	10.am-- 12 pm 10am-1pm
JUNE	Wednesday 8 th June – Medway Council Direct Payment Scheme – Robin Maxted Thursday 23 rd June – Supporting Carers into Work Sue Harrison	10am – 12 pm 10am – 12 pm
JULY	Wednesday 6 th July – Medway Assessment & Short Term Treatment (MASTT) Thursday 14 th July – Managing Behaviour/Admiral Nurses re Dementia	10am – 12.30 10am – 12 pm
AUGUST	PEAK HOLIDAY PERIOD – NO TRAINING BOOKED	N/A
SEPTEMBER	Thursday 15 th September – Safeguarding Workshop Sallyann Baxter	10am –12:30
OCTOBER	Wednesday 19 th October – Safeguarding Workshop Sallyann Baxter	10am –12:30
NOVEMBER	Tuesday 8 th November–Medway Council Direct Payment Scheme–Robin Maxted	10 am – 12pm
DECEMBER	CHRISTMAS EVENTS/TRAINING TO BE CONFIRMED	

Date/Day/Time	Event	Location	Description	Respond to
Alternate Tuesdays (Mar 19th onwards) 11am - 1pm	Coffee Morning Drop In for Carers	Medway Carers Centre	Drop In for carers anyone welcome	01634 577340
1st Monday in the month 10 am - 12 am	Support Group for carers of people with mental health issues	Medway Carers Centre	Drop In for those caring for some one with mental health issues	01634 577340
Every Monday & Tuesday 1 - 3pm	Yoga	Medway Carers Centre	Relaxation Anyone welcome	Maya 01634 577340
15th April 10 – 12am Then every 3rd Friday of each month	Reading Group	Medway Carers Centre	Reading for pleasure Anyone welcome	Krishna 01634 577340
Tuesday 5th April, 3rd May, 14th June. 10am - 12pm	Parent Carers Forum Coffee morning	Medway Carers Centre	Drop In for parent carers - anyone welcome	01634 577340
1st Wednesday in each month (Meeting 6th April)	Hope in Caring	Medway Carers Centre	Support group for those from the BME communities caring for someone with mental health issues	01634 577340

Improved blood tests in Medway

People needing blood tests in Medway can from 1 March benefit from a more convenient service. Patients can go to any of the 29 clinics, including 22 GP surgeries and branch surgeries to take their blood samples. A further 11 surgeries and branch surgeries can take blood samples for their own patients. This is a radical opening up of the service. Before, around 20 GP practices offered a blood taking service for their own patients but none routinely offered the service to patients registered with other practices. Majority of people in Medway attended clinics run by Medway NHS

Foundation Trust or Medway Community Healthcare. Changes are made on the request from patients. NHS Medway asked people needing regular blood tests where they would like them to be provided, as part of its drive to improve local health services, the overwhelming majority favoured GP practices, saying it would improve convenience and cut down on travelling times. The service provided by Medway NHS Foundation Trust at Medway Maritime Hospital stays the same. However, its satellite clinics at Rochester Healthy Living Centre in Delce Road, and Keystone Centre in Strood are ceasing. Some locations offer a drop-in service, while others are by appointment only. Full details are

available on the NHS Medway website: www.medwaypct.nhs.uk/A-Z

Surgeries offering a blood-taking service to patients from practices in Medway are:

King George Road surgery, 52A King George Road, Walderslade

College Health, Boots, the Pentagon Centre, Chatham

St Mary's Island Surgery, Edgeway, Chatham

Stonecross and West Drive Surgeries, 26 Street End Road, Chatham

Stonecross and West Drive Surgeries, West Drive, Chatham

Churchill Clinic, 94 Churchill Avenue, Chatham

Dulwich Medical Centre, adjoining Greenacres School, Walderslade

Woodlands Family Practice, Woodlands Road, Gillingham

Medway NHS Healthcare Centre (provided by Dulwich Medical Centre) 547-553 Canterbury Street, Gillingham

Dulwich Medical Centre, Twydall Clinic, Twydall Green, Gillingham

Malling Health, Blue Suite, Rainham Healthy Living Centre, 103-107 High Street, Rainham Malling Health, Parkwood Health Centre, Long Catlis Road, Rainham

City Way Surgery, 67 City Way, Rochester

Borstal Village Surgery, 25 Wouldham Road, Borstal

Highcliffe Medical Practice, Hermitage Road, Higham

Cliffe Surgery (provided by Highcliffe Medical Practice), Millcroft Road, Cliffe

Riverside Medical Practice, Ferry Road, Halling

Court View Surgery, 2A Darnley Road, Strood

Riverside Medical Practice, 19A Wood Street, Cuxton

Parkside Surgery (provided by the Parks Medical Practice), Cliffe Woods, Rochester

The Parks Medical Practice, Miller Way, Wainscott

St Mary's Medical Centre, Vicarage Road, Strood

Surgeries offering blood-taking services to their own practices are:

Hoo St Werburgh Medical Practice, Yellow Zone, Balmoral Gardens Community Healthy Living Centre

Dr M Dharan, Dr AK Shetty, 90-92 Malvern Road, Gillingham

Dr PP Jana, 151 Napier Road, Gillingham

Brompton Medical Centre, 28A Garden Street, Brompton

Dr M Faramawi, 1 Wyvill Close, Rainham

Thames Avenue Surgery, 2 Thames Avenue, Rainham

Dr DC Hubbard, Dr JH Redman 1 The Esplanade, Rochester

King's Family Practice, 30-34 Magpie Hall Road, Chatham

The Halfway Surgery, 68 New Road, Chatham

Hoo St Werburgh Medical Practice, 98 Bells Lane, Hoo St Werburgh

The Surgery (provided by Hoo St Werburgh Medical Practice), Mallard Way, Lower Stoke

Blood tests will continue to be available at:

Medway Maritime Hospital - provided by Medway NHS Foundation Trust

Lordswood Healthy Living Centre, Sultan Road, Lordswood - provided by Medway Community Healthcare

The Sunlight Centre, Richmond Road, Gillingham - provided by Medway Community Healthcare

Twydall Clinic, Twydall Green, Gillingham - provided by Medway Community Healthcare

Rainham Healthy Living Centre - provided by Medway Community Healthcare

Parkwood Health Centre - provided by Medway Community Healthcare

Walter Brice Day Centre, Tilley Close, Hoo - provided by Medway Community Healthcare

Parent Carers Drop in Service

New Drop in service for Parent carers of disabled children 0-21yrs at Medway carers Centre, 3 Canterbury Street, Gillingham, ME7 5TP. It will be an opportunity for parent carers to meet other parents and meet Tracey Huzzey (parent carer support worker) along with Priti (volunteer) an informal meeting place to have coffee/tea and talk about issues /problem around their caring role. The date and time are below.

Monday March 28th 10-12pm

We hope to book monthly meetings once we have taken into account Parents availability and as it's a new group what parents would like from this group eg. advice /info or general support etc.

Please ring Tracey tel 01634 577340 to book your place.

Medway Carers Bookworms

Are you interested in reading novels? Do you feel that you have nowhere to share your excitement? Medway carers are now running a book club. We meet on the third Friday of every month to discuss the books over tea and biscuits. It is a great chance to read a fantastic novel and share your experience with others.

Our next session will be on the 15th April 2011 at 10:00 am, it would be great if some more people attended. It will be at the Carers centre located on 3 Canterbury Street.

If you have any enquires please contact Krishna on 01634 557 340

Walking Group

We have started our walking group from 19th of January 2011. Its only a half hour walk, giving carers a chance to view the scenery and chat. Carers already on this group really enjoy it.

Date: Wednesday

Time: 10:30am to 11am

Venue: Meet at the Medway Carers Centre at 10:30am.

Walking route: The route will be passing the St Mark's church, carry on and turn left, pass the library and cross over to the other side, pass Medway park (Black lions), turn left to great lines park and then come back the same route. Please wear appropriate clothing and shoes and bring a bottle of water with you. Umbrella will be handy as well.

If you are interested in being part of this group please contact Maya on 01634 577340

Notice to all carers

Currently we are updating our database. Over the next few weeks, you may receive a phone call from one of our volunteers, or staff requesting additional information. Please be patient with us and thank you for your continued help and support.

If you have any questions please contact the carers centre on: 01634 577340.

Living Well in Medway is an information service for adults with low to moderate social care needs and their carers. This includes older people, people with learning or physical disabilities,

**WE PROVIDE INFORMATION FOR THOSE WISHING TO PURCHASE SERVICES
DIRECTLY FOR THEMSELVES OR THEIR FAMILY**

We hold information on a wide range of services that will support people to remain in their own homes. Services include domestic services, support groups, leisure activities/facilities, personal care , meals services etc.

CONTACT: 01634 582132

Email: info@livingwellinmedway.org.uk

www.livingwellinmedway.org.uk

A free service for carers in Medway



You talk, we listen, we help

Medway Council understands that carers often need to talk to someone outside their circle of friends and family about the pressure or stress involved in being a carer. Some carers may find it helpful to talk to someone who is independent, who can help them talk through a problem, consider new options and find solutions.

Many carers find they need support with the emotional aspect of caring as well as practical help. Carers often find that their own health can suffer as a result of carrying out their caring role.

To help carers, Medway Council has launched a free counselling service. Run by Care First, an independent organisation, Carers' line Medway offers a 24-hour service seven days a week.

Carers who want counselling support will be able to contact the Carers' line team of fully-trained counsellors in confidence. Carers can talk to a counsellor over the phone, through a web chat facility on the website and can also arrange to meet someone for up to six free sessions of face-to-face counselling, if they need to.

Carers living in Medway can access this free service by phoning **0800 197 4517** or by visiting www.care-first.co.uk. You will then be asked for a user name and password which will put you in contact with Care First web chat or online counselling.

If you no longer wish to receive the newsletter, please let us know by completing the slip below and returning it to **Medway Carers Centre, 3 Canterbury Street, Gillingham, Kent ME7 5TP**

Please tell us why you no longer want the newsletter (if due to bereavement, the date bereaved)

Name _____

Address _____

Telephone Number _____



Aiming High
Delivered by
Carers First
Through
Medway Carers
Centre

Aiming High in Medway supports families and children with disabilities to experience fun at home and in the community. By offering one to one support or help to join in group activities. Children and young people with disabilities aged 5—19 years old have time away from their carers and make new friends.

Carers also benefit from a break from their caring role.

Who Can Use This Service?

Children and young people with both ASD and other impairments.

Children and young people with complex health needs

Children and young people 11+ with moving and handling needs that will require equipment and adaptation

Children and young people where challenging behaviour is associated with other impairments (e.g. severe learning difficulties)

Young people 14+ who are severely disabled



To find out if you may be eligible please call Medway Carers Centre
on **01634 577340**

Service is provided by: Carers FIRST registered charity number 1085430

Registered company number 4144820 (England)

Princess Royal Trust Medway Carers Centre

3 Canterbury Street Gillingham Kent ME7 5TP

01634 577340 www.medwaycarerscentre.org.uk Email : info@medwaycarerscentre.org.uk

Registered Charity No: 1104884—Company Registered in England & Wales No: 5070912

Every care has been taken in the preparation of this newsletter, but neither Medway Carers Centre nor its employees can be held responsible for errors or omissions. Any opinions expressed are of their respective authors, and not necessarily those of the Medway Carers Centre or the Princess Royal Trust for Carers.

The Princess Royal Trust for Carers (national): www.carers.org and www.youngcarers.net

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