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Medway Carers Newsletter



A Network Member

Carers Week 13—19 June 2011



The True Face of Carers

To celebrate Carers Week, Medway Carers Centre would like to invite all carers to their



Strike a Pose

'The true face of carers' show case event'.

Over the past few weeks carers with centre staff have produced a selection of images and thoughts. This booklet will be unveiled at Medway Carers Centre. On Wednesday June the 15th, from 11am the centre is open to all carers to come and view this publication and also it is an opportunity to meet and chat with staff. Other information stall holders will be present. Our day will end with a light buffet from 4pm til 6pm. This will be a chance for all carers young and old to meet one another and have a good time.

For further enquiries and for catering purposes please confirm your attendance with the Medway Carers Centre on 01634 57730

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Announcement

Carers FIRST
FIRST Choice of Carers

Following the earlier announcement that Ron Alexander our current Chief Executive had confirmed his intention to retire we are delighted now to announce that Peter (Pete) Turner will be joining us and replacing Ron as Chief Executive of Carers FIRST and of Medway Carers Centre.

Peter will join us at the beginning of June 2011, following which there will be a period of handover with Ron until 31st July 2011. During the handover period Ron and Pete will try to ensure that he is introduced widely to those we are in regular contact with. Pete's earlier career was as a Station Commander in the Fire Service in Greater Manchester prior to taking up his current role of Commissioning Manager for Parenting and Early Intervention at Westminster City Council.

He has been involved as a volunteer for many years across a range of services including Chair of his local school Governors, a lay Magistrate and founder and Chair of a domestic violence charity. He also stood for a number of years as a local Councillor in Wigan. I hope you will join with me in offering Pete your full support and best wishes. I take this further opportunity to wish Ron a long and healthy retirement and to thank him for his contribution to taking forward the work of the Charity over these past 6 years. It is hard to adequately express the success of Ron and the team he has led – the range of services we provide to carers has increased and in all areas the number of carers supported has grown enormously. I look forward to working with and supporting Pete and his team to continue this success.

John Purdie
Chairman
Carers FIRST

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.



Carers Training/Activities				
Month	Date	Speaker	Content of workshop/ presentation	Time
June	Wednesday 8 th June	Robin Maxted	Medway Council Direct Payment Scheme	10 -12pm
	Thursday 23 rd June	Sue Harrison	Supporting Carers into Work – Sue is from Jobcentre Plus and she will offer advice to carers on how to get back into work.	10 -12pm
July	Wednesday 6 th July	Medway Assessment & Short Term Treatment (MASTT)	The MASST provides a service to people with mental health problems. This will be an opportunity for all carers to gain some insight into what service this team provides	10 -12.30
	Thursday 14 th July	Admiral Nurses	Managing behaviour in Dementia. This session will look at how to deal with any challenging behaviour found with dementia sufferers.	10 – 12pm
August	No training booked. Peak Holiday Season			
September	Thursday 15 th September	Sallyann Baxter	Safeguarding Workshop. This is one of two workshops that help carers and a vulnerable person identify the risks present such as those from con artists and provides measures of how to be safe.	10 -12:30
	Thursday 22 nd September	Oliver Mawdsley	Carers allowance	10:30 - 12:30
October	Wednesday 19 th October	Sallyann Baxter	Safeguarding Workshop. This is the second of two workshops that help carers and a vulnerable person identify the risks present such as those from con artists and also what to consider when employing carers through the direct payment scheme.	10 -12:30
November	Tuesday 8 th November	Robin Maxted	Medway Council Direct Payment Scheme	10 -12pm
December	All training and events to be confirmed.			
<i>Due to health and safety we are only able to have a limited number of carers attend, in view of this can all carers please call the centre and confirm their attendance. Thank you.</i>				



Focus Group

Carol Campbell

Physio-Speech Therapy Services

Tuesday 12th July at 10—12:30pm.

Venue: Medway Carers Centre

Carol Campbell will be holding a focus group to talk to parent carers about physiotherapy and speech therapy. Again this is an excellent opportunity for all parent carers to come forward and talk about this issue

Have your say and take part in the annual carers' survey:

The Carers week annuals carers' survey was launched in February 2011. It will be from the results of this survey, detailing carers' experience and opinions, that Carers UK creates the overall picture that will be at the centre of Carers Week, being held this year from 13-19 June. The survey is open to every carer in the UK and it is important that carers' voices are heard loud and clear. To participate in the survey go to

www.surveymonkey.com/s/carersweek2011

Medway Carer Centre Activities

Date/Day/Time	Event	Location	Description	Respond to
Alternate Tuesdays (June 7th 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
17th June 10 – 12am Then every 3rd Fri- day of each month	Reading Group	Medway Carers Centre	Reading for pleasure Anyone welcome	Krishna 01634 577340
Tuesday 14th June, 6th September. 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 8th June)	Hope in Caring	Medway Carers Centre	Support group for those from the BME communities caring for someone with mental health issues	01634 577340

Carers Allowance—Benefits Talk

Thursday 22nd September 2011

10:30—12:30

Venue: Medway Carer Centre

Oliver Mawdsley from the Department of Works and Pensions will be coming to the Medway Carers Centre to talk about Carers Allowance. Please book early as places will be limited.

Please call 01634 577340 to reserve your place.

Emergency card for carers

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 does not 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 pre-arranged emergency plan and puts it into action.

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

Please call 01634 577340

to register for your card today



New learning disability website pools expertise of parents and professionals:

www.netbuddy.org.uk is the first online resource of its kind offering hundreds of simple, yet ingenious solutions to everyday issues faced by parents, carers, teachers, and therapists working with learning disability.



From creating calm before bedtime to preventing panic attacks on the bus, Netbuddy lists over 7000 practical tips and suggestions from people with first hand experience of special needs. Since starting the project Netbuddy has received tremendous support from people from all walks of life who are living and working with a learning disability. It is a great resource as all kinds of people are sharing their experiences and ideas and helping each other out.



Everybody's
Mental Health Matters

Round the clock emotional support in Medway

Need confidential emotional support?

From Friday 1 April, support from a helpline is available 24 hours a day, 365 days a year, to people living in Medway and Kent. People feeling distressed, anxious, or down, are able to call the Mental Health Matters helpline on 0800 107 0160, round the clock. Support workers at the helpline use counselling skills to provide confidential emotional support and guidance, free of charge. They also have details of local and national support services that callers may find useful. People who want support can chat with a counsellor by email if they prefer, at timeonline@mentalhealthmatters.co.uk

Previously, the helpline was open in the evenings and at weekends but was closed in the daytime during the week. The increase in hours is being funded by the mental health commissioners in Medway and Kent (the three primary care trusts and two local authorities with responsibility for social care) and reflects the success of Mental Health Matters in helping people who are distressed.

Alan Heyes, from the voluntary organisation Mental Health Matters which runs the helpline and live chat email system, said: "In these uncertain times, it is often quite natural to feel anxious, apprehensive or just down. Job insecurity, debt, relationship problems, or emotional distress can all take a toll and, when this continues, it can start to impact on your health and mental wellbeing. "Since it started in Kent and Medway more than two years ago, the helpline has provided successful interventions for people with problems such as low mood, emotional distress and stress. Clients say they feel 'held'."

New Service—Benefits advice

A benefit advice service to help people living with or affected by cancer was officially launched in April.

The Medway Council & Macmillan Welfare Benefits Service is a joint initiative between Medway Council, NHS Medway and Macmillan Cancer Support. Two additional advisers have been employed to work as part of the team already in place to work with residents of Medway.

Their role is to guide people with cancer, their families and carers, through the benefits system by ensuring that they receive everything they are entitled to and do not suffer financial hardship.

The dedicated service provides support in many ways including drop-in sessions, home visits and an advice surgery at Medway Maritime Hospital held each Friday 10 a.m. to 4 pm, this service is by appointment.

The specialist advisers can act as advocates for their clients and offer practical advice and help. Cancer patients, their families and carers can be referred to the service through health professionals and council staff but can also contact staff themselves on the numbers below.

For further information please telephone 01634 333511 or 01634 331056.



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, mental health difficulties and people with long term disabling health conditions.

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.

To obtain your user name and password email counsellingforcarers@medway.gov.uk

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



Service is provided
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Registered
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4144820 (England)

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.

For details of this service call 01634 577340 and ask to speak to Sarah Kerr

Activities over Easter

Over the Easter Holidays both children supported by Aiming High and their families enjoyed a trip out to Farming World where the animals and tractor rides were the star attractions. Everyone really enjoyed the fantastic playground and lovely picnic area too. Older children also had the opportunity to spend a day out at Chessington's World of Adventure. Everyone enjoyed the rides and activities there; including the singing on the coach on the way home.



Aiming High in Medway continues to succeed in supporting children to a variety of community activities. All children supported by Aiming High receive a short break on a 1:1 basis with a regular Community Care Worker to attend either organised group activities such as Drama, Karate, Dance and Gymnastics classes. Some choose to meet up with others being supported and enjoy cinema visits, bowling or even swimming together. Taking advantage of vital opportunities to forge social links and just as importantly have fun.



Princess Royal Trust Medway Carers Centre

3 Canterbury Street Gillingham Kent ME7 5TP

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

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

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