

Number 31
November 2011



A Network Member

Medway Carers Newsletter



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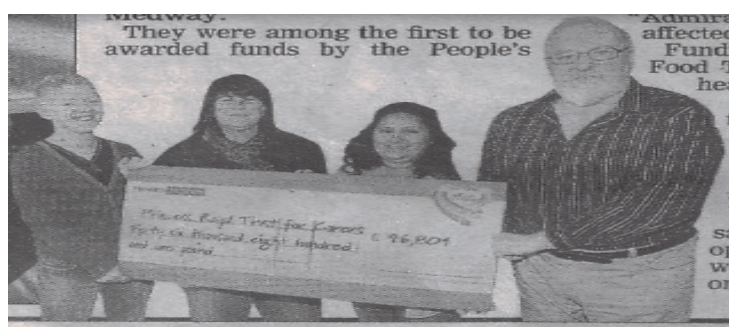
We would like to end the year, in our final Newsletter of the year by saying thank you for all the support we have had from all the volunteers as well as staff under the "UMBRELLA" of "Medway Carers Centre", who are Aiming High, Carers FIRST and Living Well in Medway.

To make it an even greater end to the year the Carers FIRST and Medway Carers Centre who have been awarded funds by the People's Health Trust, which decides where Health Lottery money is most needed. The amount is £46,801.00, which will implement more support for Carers!

We are all very excited as this will give more opportunities for services, that we know will impact positively on carers and their families.

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

Medway

VISITORS PARKING VOUCHER

MONTH: 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: _____

Carers Training/Activities

Month	Date	Speaker	Content of workshop/ presentation	Time
December 2011	Tuesday 13th December		Carol Service at St Marks Church. Everyone welcome. Hot drinks and mince pies after service in the Church.	3pm
December 2011	Tuesday 6th December		Christmas Coffee Morning	11am to 3pm
December	All training and events to be confirmed.			

Due to health and safety legislation 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.

Date/Day/Time	Event	Location	Description	Respond to
Alternate Tuesdays June 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 pm	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
Meets every 3rd Friday of the month. 10 – 12pm. 20/1/2012, 17/2,2012,16//3/2012, 20/4/2012, 18/5/2012, 15/06/2012, 20/7/2012, 17/8/2012, 21/9,2012, 19/10/2012, 16/11/2012	Reading Group	Medway Carers Centre	Reading for pleasure Anyone welcome	Krishna 01634 577340
Tuesdays 10am - 12pm	Parent Carers Forum Coffee morning	Medway Carers Centre	Drop In for parent carers - anyone welcome	01634 577340
Second Wednesday in each month 10—12pm	Hope in Caring	Medway Carers Centre	Support group for those from the BME communities caring for someone with mental health issues	01634 577340



Carers Rights Day

Friday December 2nd 2011

Families across the country are struggling with high household bills and worries about jobs. But families affected by illness and disability can struggle more than most - as they struggle with the additional costs of caring and often lost earnings as a result of illness and disability. This means that there has never been a more important time for carers to know their rights and access all the financial and practical support they are entitled to.

Each year Carers UK runs Carers Rights Day, working with hundreds of local groups, businesses and charities across the country to support carers in their area.

The theme for this year's Carers Rights Day is simple: *Money Matters* - because without support, we know that carers can end in debt, struggling to pay essential bills and sometimes sick with the stress of it.

Carers Rights Day is about getting carers the information and advice they need to claim benefits, get a carer's assessment and access support.

For further Support and information



The Princess Royal Trust
for Carers

London Office
The Princess Royal Trust for Carers
Unit 14, Bourne Court
Southend Road
Woodford Green
Essex
IG8 8HD
Tel: 0844 800 4361



Carers Direct Call 0808 802 0202

Free, confidential information and advice for carers.

Lines are open 8am to 9pm Monday to Friday, 11am to 4pm at weekends. Calls are free from UK landlines and mobiles or you can request a free [call back](#).

NHS choices

News Updates



Devastating impact on health of older carers

A report launched today by The Princess Royal Trust for Carers reveals that 70% of older carers suffer a devastating impact on their health due to their caring role. The report “Always on Call, Always Concerned” highlights the concerns of older carers while demonstrating how essential it is to support local centres that look after older carers’ needs.

Based on a survey of 639 carers aged 60-94, the report found that 65% of older carers have long term health problems or a disability themselves and seven out of ten (68.8%) say that being a carer has an adverse effect on their mental health.

Of the UK’s approximately six million carers, around half are aged over 50 and 1.5 million of these are carers over the age of 60 alone.

The pressures of caring also particularly affect older carers in other ways; a major concern for eight out of ten is what will happen to the person they care for in the future. And only half feel safe or confident in lifting the person they care for.

The Trust points out that greater focus on helping older carers maintain their health is crucial. Local authorities and local health providers need to give greater recognition to the benefit of supporting older carers. Centres support carers of all ages, but a high percentage of users of the service are older people. This means that most carers’ centre services are designed to meet the needs of older carers including availability of home visits, emergency planning and group activities that meet the

needs of older carers.

Supporting carers could save billions to public purse

A lack of support for carers is costing this country billions of pounds every year, according to a new report from The Princess Royal Trust for Carers and Crossroads Care.

The publication, Supporting Carers: The Case for Change, shows how funds to increase support for carers also benefits the people being cared for as well as reducing demand on other health and social care services.



Using evidence from randomised controlled trials (RCTs) and peer reviewed journals, the report shows that increasing support for carers not only improves the health and wellbeing of patients and recipients of care but also improves the health and wellbeing of carers. It also reduces unwanted admissions, readmissions and delayed discharges in hospital settings as well as reducing unwanted residential care admissions and length of stays.

The report also includes examples of services – breaks, counselling and training – that have shown success in helping carers maintain their health and quality of life and that of the person they care for.

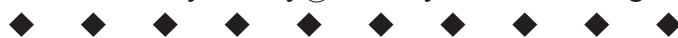
For more details on the services that work have a look at www.carershub.org

Medway Carers First Parent Carers Support Group

This is run by Tracey Huzzey who is the support for Parents/Carers of Disabled Children and provides general support and outreach support. For further information please contact Tracey:

Tel : 01634 577340 or 07827296199 Or

Tracey.huzzey@medwaycarerscentre.org.uk



Walking Group

We have started our walking group from 7th of December 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 7th December 2011, 21st December 2011, 04th January 2012, 18th January 2012, 1st February 2012, 20th February 2012, 2nd February 2012, 7th March 2012, 21st March 2012

Time: 10:30am to 10:45 am to meet

Venue: Meet at the Medway Carers Centre,

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



Do you have a child or young person with a disability or additional support need? Do they use school or college transport provided by Medway Council?

Do you have concerns or nothing but praise?

Whatever your comments, Medway Parents and Carers Forum want to hear from you. In February next year, a daytime and an evening sessions will be held at Parklands for you to come and express your views with a representative from transport.

The dates are to be confirmed but a flyer will be circulated following final confirmation of attendees and dates.

Medway Parents and Carers Forum are in the process of organising a number of opportunities for parents and carers of children and young people with additional support needs to have a say about issues that affect them. Ranging from coffee mornings to a cultural event, parent confidence training to an event with GP's and professionals, this is your chance to have your say a real influence on services. Our next coffee mornings are on Thursday December 8th and Tuesday 7th February, where our topic will be Home Education with guest speaker Sheila Jasper. Both will be held at Medway Carers Centre. If you cannot attend any events, you will still be able to leave your comments on our facebook page, our website www.medwaypcf.org.uk. You can also email

Medwaypcf@googlemail.com or contact us on 07813123984.

Living Well in Medway

Access to help, support and advice

home

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 _____



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**

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.

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

Medway Carers Centre is a subsidiary of Carers FIRST
Registered Charity No: 1085430. Company Ltd by Guarantee No: 4144820.
Company Registered in England

Medway Carers Emergency Card

Welcome

One of the main concerns that carers tell us they have, is when leaving the person they look after, what would happen if they were taken ill or involved in an accident.

The Carers' Emergency Card provides the peace of mind in being able to access emergency assistance around the clock

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

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

Kent & Medway Carers Emergency Card

Testimonials

"This scheme has given me total peace of mind when I am away from home"
-Caroline Ashford

"What a marvelous idea" - Doris Folkestone

"Brilliant scheme, which I have recommended to many other Carers"
-Marie Ashford



Peace of mind

for all Kents & Medway Carers

