



A Network Member

Medway Carers Newsletter

Do you care for someone?

We are looking to see how support for carers has improved since our last meeting in March 2010 and what still needs to be done. **If you are a carer and would like your voice to be heard** please come along to a meeting of Health and Adult Social Care Overview and Scrutiny Committee on **Thursday 11 November at 5pm** at Gun Wharf, Chatham.

If you are unable to attend the meeting, but would like to comment and share your views, you can do so either by writing or emailing them to Jane Love at the following:

Social Care Commissioning Team,
Level 4
Gun Wharf
Chatham
Kent ME4 4TR
Email: jane.love@medway.gov.uk



ATTACHED TO THIS NEWSLETTER IS A PROGRESS NOTE TO EXPLAIN WHAT HAS HAPPENED SINCE 23 MARCH 2010 MEETING.

If you would like to come but are not able get there, please let us know and we will consider how your needs can be accommodated. To ensure that we are able to accommodate your needs on the day, please confirm your attendance with Rosie Gunstone.

For more information about the meeting:

Phone: Rose Gunstone on 01634 332715

Email: rosie.gunstone@medway.gov.uk

Visit: www.medway.gov.uk

Health and Adult Social Care Overview and Scrutiny Committee: Support for Carers

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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



| Date/Day/Time | Event | Location | Description | Respond to |
|--|--|--|---|--------------------------|
| Alternate Tuesdays (Nov 9th onwards) 11.30 am - 1pm | Coffee Morning Drop In for Carers | Medway Carers Centre | Drop In for carers anyone welcome | 01634 77 340 |
| 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 577 340 |
| Every Monday & Tuesday 1 - 3pm | Yoga | Medway Carers Centre | Relaxation Anyone welcome | Maya 1634577 340 |
| 19th November Then every 3rd Friday 10 – 12am | Reading Group | Medway Carers Centre | Reading for pleasure Anyone welcome | Krishna 01634 577 340 |
| Alternate Tuesdays (Nov 9th onwards) 9.30 am - 11am | Parent Carers Forum Coffee morning | Medway Carers Centre | Drop In for parent carers - anyone welcome | 01634 577 340 |
| Mondays by appointment | Computer skills | Medway Carers Centre | Any one wishing to learn new skills or update existing skills | Lionel |
| Alternate Tuesdays from 16th Nov 11am- 1pm | MCC Beat | Medway Carers Centre | Singing for fun - come and join us | 01634 577 340 |
| December 7th Christmas Buffet 1pm and Carol Service 4pm | Buffet followed by Christmas Carol Service | Medway Carers Centre and St Marks Church | Join us to celebrate Christmas Anyone welcome | 01634 577 340 |
| Thursday 24th Nov 10.30 - 1.30pm | Wills Trusts and Power of Attorney Talk | Medway Carers Centre | A talk about how to set up wills, Power of Attorney and trusts | 01634 577 340 |
| 1st Wednesday in each month | Hope in Caring | Medway Carers Centre | Support group for those from the BME communities caring for someone with mental health issues | 01634 577 340 |

The Princess Royal Trust for Carers expresses concern over the impact on carers of the benefit reductions announced in the government's Comprehensive Spending Review.

Carole Cochrane, Chief Executive at The Princess Royal Trust for Carers, comments:

"We are pleased that the coalition government has acknowledged the importance of social care by pledging an additional £2bn, as well as increased joint working between the NHS and social services; however, the full extent this will have on carers and their families remains unclear.

"Cuts to local councils will result in fewer carers receiving help before crisis point, a higher risk of physical and mental breakdown resulting in the person with care needs requiring hospital readmission or expensive residential care, and the carer becoming a patient as well. It doesn't take an economist to work out that this will cost the country more in the long-term. And, this seems bitterly unfair when you discover that carers save the UK an estimated £87 billion per year through caring at home.

"We feel there is a real risk that support provided by social care will be wiped out by the loss of the family household income through benefit reductions. Our latest research revealed the perilous financial situation that carers are already in; with one in three carers not wanting to wake up in the morning because of their dire financial circumstances. Carers and their families can't afford to lose anymore.

"Though schools have been promised increased funding every year, we are also deeply concerned that young carers, many whom experience poverty, will be adversely affected by the removal of educational maintenance allowances which allows many of them to stay on at school after 16.

"The Princess Royal Trust for Carers will continue to work closely and creatively with the government and Local Authorities to ensure that adult and young carers are not ignored or forgotten.

"If the government wants to build their 'big society' that cares, they may be building on rocky ground."

Research launched by The Princess Royal Trust for Carers revealed that over one third of carers feel they do not want to wake up in the morning, due to the strain of their financial situation.

Nearly 60% said they had given up paid work to look after a sick or disabled relative. More than half of those who did still work earned less than £10,000.

37% of carers asked said they were fearful of the future, 39% felt at risk of losing their home and 53% had borrowed money because of their caring role.

Carole Cochrane, Chief Executive, said: "The new coalition government has an opportunity to improve the lives of millions of carers.

"As part of their welfare reform they must ensure greater financial support for carers, and the comprehensive spending review must deliver the improved community support for carers to combine work and care, as pledged already by the government in June. "

In a joint statement the Department of Health and the Department for Work and Pensions responded:

"The Coalition Government recognises the valuable role that carers undertake and the importance of supporting them to stay mentally and physically well.

"We are going to 'refresh' the Carers Strategy and, before the end of this year, we will set out how the Government plans to work in partnership with carers, local authorities, the NHS, employers, the voluntary sector and local communities to improve support for carers.

"The Government knows that urgent reform of the social care system is needed to ensure it is sustainable and fair. We're already pressing ahead with a commission on the funding of care and support which will report back, within a year.

"Carers provide an important service to some of the most venerable people in society and we want to make sure they get the support they need.

If so you might like to try books from Calibre Audio Library. Calibre provides a free postal lending library of audio books. It's a nationwide service, with 19,000 members and all our books are recorded unabridged.

As it is a postal service, you can exchange your books as often as you like. And with over 8,000 titles in the library you'll never run out of new books to read. The choice includes the latest bestsellers, classic fiction, detective stories, romances, and popular non-fiction like biography and travel. There's also a Young Calibre collection for under-16s. Best of all, there's nothing to pay- no subscription, no fines, no postage costs and no charge for lost or damaged books.

The library is really easy to use. If you like to choose for yourself the books you'll read, Calibre's staff can help you to do this. But if you prefer, you can tell us what sort of books you like and we will choose for you, based on your preferences. Our books are available on MP3 digital format CDs, USB memory stick and Calibre members with sight loss can also receive them on cassette tapes.

If you would like to know more, or if you are interested in joining the library, just phone 01296 432 339, email enquiries@calibre.org.uk or visit the website www.calibre.org.uk. We're looking forward to hearing from you, and



Carers Support Group

Do you care for some one with Mental health problems ?

Do you feel you are alone and need some help?

Would you like to meet with other carers for a chat, to share concerns good and bad ?



There is a group who meet once a month at
W R V S information centre, 95-97igh Street, Chatham, if you
would like to come and join them.

Please contact: Ruth for more information. 01634 687466.



Walking Group—Watch this space

We are getting active and healthier at Medway Carers Centre so are offering carers the opportunity to join our walking group in the near future as part of the Medway Health Walks Programme which are aimed to reconnect you with your 'Natural Health Service' and take a walk in one of Medways country parks or urban green spaces.



Medway Health Walks is a local scheme that supports walking groups across Medway and encourages people living in the community to use local parks and green spaces for improved health and wellbeing.

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

Kent and Medway Dementia Web - 24 Hour Dementia Helpline

When you first hear the word 'dementia', it can stir up a wide variety of emotions. These can range from being scared, worried, isolated and confused. These emotions can make you feel depressed, anxious and panicky. You may not know what will happen next or where to go to for help and advice.

If you are a person who has dementia, or you are a family member, a friend or a carer and are worried about the condition, we have a 24 hour a day helpline to help you. The 24 hour dementia helpline offers a telephone service where your calls are taken by trained volunteer advisors. All calls are treated with the highest of confidentiality and callers need not give their name if they wish.

If you have concerns about Alzheimer's disease or about any other form of dementia, the 24 hour dementia helpline can provide emotional support and information on different services and support that you can access. This new 24 hour dementia helpline is a joint project between Alzheimer's and Dementia Support Services and The Alzheimer's Society. These two charities provide a wide range of services across Kent, supporting people with dementia, their carers, family and friends.

24 Hour Dementia Helpline : 0845 604 4391

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 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 _____

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

3 CANTERBURY STREET GILLINGHAM ME7 5TP



An opportunity for carers to participate in a Focus Group for Carers of Older people with Mental Health Issues !

Have you had experience of the person you care for being admitted to a psychiatric ward or do you have problems caring in your daily life, is the person you care for an older person with mental health needs?

Then we would like to hear from you—

Kent and Medway Partnership Trust have engaged a team of service users to support its service improvement activity through conducting user led evaluations. They have selected carers experience on older peoples mental health. This evaluation is a part of series of projects planned and delivered by a KMPT supported group of mental health service users called the 'Experts by the experience research group'.

A focus group has been organised to hear your experiences on 18th November at the Medway Carers Centre from 1-30pm to 3-00pm. Refreshments will be provided free of charge.

If you would like to participate in this focus group, Please ring Maya on 01634 577340 to book your place.



**WOULD YOU LIKE TO HAVE A SAY IN HOW CHILDREN WITH
ADDITIONAL SUPPORT NEEDS SERVICES ARE DEVELOPED
AND WHERE THEY CAN BE DELIVERED?**



MEDWAY PARENTS AND CARERS FORUM WANT TO HEAR FROM YOU.

THURSDAY 11TH NOVEMBER 2010

Medway Carers Centre, Canterbury Street, Gillingham, ME7 5TP

9.30am to 12.00pm (including refreshments)

and

6.30pm-8.30pm (including refreshments)

There will be a presentation by Angela Birch, consultant from CSUK who has been consulting with parents about the shape and delivery of childrens services. There will be an opportunity for your questions, comments and views at both sessions.

Due to health and safety regulations, there is a limit of 50 places at each session. If you would like to book a free place or raise a question please contact Medway Parent and Carers Forum on 07813 123984 or e -mail medwaypcf@googlemail.com by Wednesday 10th November.

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 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.

in partnership with



www.kentcarersemergencycard.org.uk



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 : Medwaycarers@aol.com

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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