



INVERCLYDE CARERS CENTRE

ISSUE 7 WINTER NEWSLETTER 2010

WHAT'S ON IN THIS ISSUE

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Carer Involvement
Carers Health
Carers Week Gallery
Social Activities
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Short Breaks

THE STATE OF CARING

Carers UK are launching a major new research survey to assess carers' health, wellbeing finances and the support they receive from health and care services and their employers if they juggle work and care.

We hear every day from carers who are facing tough times as services and benefits are cut. It is time that everyone else heard about it too!

Find the State of Caring survey at:
www.surveymonkey.com/stateofcaring
or pop into the centre and complete a paper survey.

CARERS RIGHTS DAY

Friday 3rd December 10.00 am - 1.00 pm
Westburn Church, Nelson Street

“Know Your Rights”

Sometimes as a Carer you aren't aware of the rights you have or the benefits you are entitled to. Carers have rights in the areas of housing and equality which gives protection against discrimination.

You have the right to request a Carers Assessment.

If you would like to find out more about your rights as a Carer, please come along to the **Carers Rights Day** event on **Friday 3rd December**.

Representatives will be available from Inverclyde Carers Centre, the Centre for Independent Living, Macmillan Cancer Support and Financial Fitness to answer any questions you may have regarding your caring role.

Guest Speakers have also been invited to speak about Carers Rights in relation to Housing, Welfare and Carers Assessments.

Mr David Cairns MP is also hoping to pop in to the event to talk about the new Pension Rights for Carers. Please put this date in your diary!

CENTRE HOLIDAYS

The centre will be closed on the following dates: Monday 27th and Tuesday 28th December, Monday 3rd and Tuesday 4th January.



CARER INVOLVEMENT

YOUR CENTRE NEEDS YOU!!

Inverclyde Carers Centre is a voluntary organisation led by people who have first hand experience of caring.

- ? Are you a carer or former carer?
- ? Do you want to help ensure quality support for carers?
- ? Can you help plan services being delivered at the centre?
- ? Would you like to be part of a team that leads the centre forward?
- ? Would you like to join the board?

If you answered yes to any of the above questions, please get in touch with Lorna to find out how you could get involved.

The centre supports all unpaid carers and wants to ensure as wide a range of experiences are represented on the board as is possible.

All carers are most welcome at this year's AGM on Friday 10th December at 12.30pm.

CARERS STRATEGIES

Scotland's new Carers Strategies were launched on 26 July 2010 and outline support for carers and young carers in Scotland over the next 5 years. These are essentially about promoting the health and wellbeing of carers and enabling carers to have a life of their own, enjoying the same rights and opportunities as the rest of the population.

The strategies were developed by the Scottish Government in partnership with the Convention of Scottish Local Authorities (COSLA), the National Health Service (NHS), voluntary and carers organisations.

The centres work around Counselling and Short Breaks has been cited as examples of good practice.

<http://www.scotland.gov.uk/Publications/2010/07/23153853/0>

EQUALITY ACT 2010

The Equality Act 2010 is a new law aimed at stopping discrimination and helping to encourage equality. If you're looking after someone who is elderly or disabled, the law will protect you against direct discrimination or harassment because of your caring responsibilities. This is because you are 'associated' with someone who is protected by the law because of their age or disability. You're already protected from discrimination and harassment if they happen at work, but the new law will also protect you, if you are caring for a disabled person when you shop for goods, when you ask for services, when you get services and when you use facilities like public transport. Further info on the Equality Act 2010 can be found at: www.adviceguide.org.uk.



CARERS HEALTH

HEALTH INFO SESSIONS

Over the last few months the centre has held various health improvement sessions for carers around nutrition, foot care and smoking cessation. In 2011 we will have further sessions around Cancer screening, MS and other long term conditions. We would be glad to hear your ideas for further information sessions and training.

HAVE YOU HAD YOUR FLU JAB?



Carers of people who are frail or have serious or chronic health conditions now qualify for an annual flu vaccination. For further information please speak to your GP practice.

FREE SWIM or GYM VOUCHERS

Do you want to improve your health through swimming or using the gym? Get in touch, we can help.

MOVING AND HANDLING

Inverclyde Centre for Independent Living are offering moving and handling training for carers on 12th January 2011 from 9.30 to 12pm. If you are interested in attending this course please contact us by 5th January 2011.

MESSAGE IN A BOTTLE

Do you worry about what will happen if you or the person you care for has an emergency at home and is unable to communicate?



Message in a Bottle is a voluntary scheme intended for use by anyone who feels vulnerable while living at home.

The scheme provides emergency services with vital details of any illness or allergy that the person may have, as well as providing details of emergency contact and details of anyone that they care for.

On **Monday 6th December at 1pm** there will be an information session where carers can find out more about the scheme and collect their own bottle.

CARERS COUNCIL WORD SEARCH

Issues Campaign Rights Charter
Local Carers CHCP Carers Council

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SOCIAL ACTIVITIES

FUNDRAISING GROUP

Carers and former carers have recently formed a group to raise funds for the centre. Throughout the year the group hope to organise many different activities which will have a dual purpose of having fun and raising money at the same time.

If you would like to get involved in fundraising please get in touch.

Likewise, if you would prefer to support the centre by coming along to events or spreading the word, contact us for updates on forthcoming activities.

COOK SCHOOL FOR CARERS

Stepwell Consultancy is offering Carers the chance to develop their culinary skills in cooking classes at their newly refurbished, state of the art kitchen in Haig Street, Greenock.

Stepwell hope to bring the fun and enjoyment back into cooking with quality recipes. Participants will then have the chance to relax and enjoy their efforts with the rest of the group.

If you would like to come along please contact the centre by 24th December.



CARERS WEEK PHOTO GALLERY

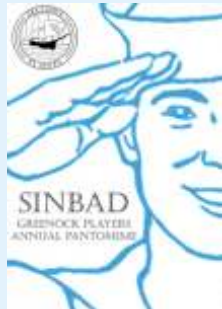


SOCIAL ACTIVITIES

IT'S PANTOMIME TIME AGAIN!

Greenock Players Presents
SINBAD

Friday 17th December 2010



The centre has 50 free tickets for the evening performance of this year's pantomime "Sinbad". Each year the centre has a high demand for this event therefore priority will be given to carers who have not been before.

Each carer can request two tickets which can be used for themselves and a companion of their choice.

SUPPORTING FORMER CARERS



The centre has developed a new policy to ensure we concentrate resources on those still in a caring role whilst continuing to provide support to former carers.

If you are a former carer and would like to find out more about this please speak to one of the staff.

Since the last issue of the newsletter, the Carers Council organised the events which took place during National Carers Week back in June. The theme of which was "A Life of my Own".



The Carers Council have also been very active in areas of concern for Carers, primarily housing issues such as River Clyde Homes new Aids and Adaptations Policy which is having a dramatic impact on many Carers. We have also been in contact with local MP Mr David Cairns on various occasions to raise awareness on Carers issues.

We are always on the lookout for new members to join us; if you would like to be part of this body and want to help us to highlight Carers issues please contact:

Mr Hamish Macleod
(Secretary - Inverclyde Carers Council)
c/o Inverclyde Carers Centre

SECRET SANTA'S VISIT TO CHRISTMAS PARTY

(Secret Santa looks like the one above)

Secret Santa is hiding somewhere in the newsletter. To be in with a chance of winning the £25 prize, kindly donated by a former carer, return the tear-off slip to the centre in time for the draw at the **Christmas Party on 10th December from 2.00 pm - 7.00 pm**

Name:

Tel:

Secret Santa is hiding in the
..... article on page



FINANCE

FINANCIAL FITNESS MONTHLY SURGERY



Inverclyde Carers Centre has teamed up with local organisation “Financial Fitness” to provide registered Carers with independent and impartial welfare advice and financial support.

Each surgery takes place in the centre on the 2nd Monday of each month. Appointments can be made by contacting a member of staff at Inverclyde Carers Centre on 735180.

Due to time constraints advisors are unable to fill out Disability Living Allowance or Attendance Allowance forms at these appointments but they are happy to make an alternative appointment with you.

Money Matters Inverclyde offers a FREE, Confidential and impartial service that can help take away the stress of debt.



It's all too easy to find yourself struggling with household bills, credit cards, bank loans etc, especially in the current economic climate.

At Money Matters Inverclyde we will assess your situation and help you prioritise your needs and obligations, and discuss various strategies to deal with your debts.

We can write to your creditors to negotiate a reduced payment plan, arrange a Protected Trust Deed or advise you on Bankruptcy. We have Approved Money Advisers who can administer the Debt Arrangement Scheme.

PRT CARERS RELIEF FUND

Princess Royal Trust 'Carers Relief' programme helps carers to buy essential equipment to help them in their caring role. The programme helps carers like Lauren whose husband suffered a severe spinal injury and now has a catheter and permanent colostomy bag. The Trust helped Lauren, who also suffers from ill health, by providing enough money for her to buy a fridge freezer so that she can store meals in larger capacities and not have to worry about getting to the supermarket.

NEW OPPORTUNITIES FOR CARERS

Work Focussed Support for Carers is a scheme designed to support carers who wish to rejoin the workforce in a paid capacity. Specially trained advisors will help carers match their skills to vacancies and access training to take on new roles. They will provide support and replacement care to ensure carers get the same opportunities as others.



NEW INVERCLYDE COMMUNITY HEALTH CARE PARTNERSHIP

The Inverclyde Community Health and Care Partnership was established in October of this year. The CHCP is a merger between social care services within the Council and the primary (community) health services under a single management structure.

This single management structure and sharing of resources should assist more joined up working between the services and streamlined delivery of care, as well as enabling easier access to services by members of the public. The CHCP will continue to uphold the pledge of both Greater Glasgow Health Board and Inverclyde Council commitment as signatories to the Inverclyde Carers Charter.

At the recent Annual General Meeting of Inverclyde Carers Council the Director of the CHCP, Rab Murphy, gave his commitment to continue to recognise the invaluable contribution made by carers locally and assured carers, that they are valued as partners in the delivery of care and that they will continue to play an important role in the development of the CHCP.

ARE YOU A FACEBOOK FRIEND?



Inverclyde Carers Centre is always looking at ways to keep Carers up-to-date with activities and services available at the centre.

As a result, we now have a "Facebook" page which will feature a variety of discussion topics and information on local events for Carers. You can also become a "friend" or simply suggest this to another carer who you think may find our page useful.

Carers can also contact the centre privately through our "Facebook" page if they would like further information about the centre.

CARERS INFORMATION STRATEGY



The centre has recently secured funding to improve means of getting information to Carers. This has allowed us to

provide counselling to more carers, purchase new computers, a new display screen, cameras to record and promote events and employ a new member of staff to update our database.

Isabel Berry joined our team recently and will be getting in touch with carers to ensure we have correct details on file.



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NEED SOME TIME FOR YOU?

We can help, whether it's to go for a walk, attend an appointment, spend some time with other family members it doesn't matter, it's your choice.

4 EASY STEPS TO GET A BREAK

1. Decide when it suits **you** to have a break from caring.
2. Call the centre and have a chat with staff to discuss what you would like.
3. Our staff will arrange for a registered social care provider to contact you and arrange a home visit before the service starts.
4. At the times agreed the Care Worker will arrive at the person you care for's home.

Breaks can be for up to 4 hours a week.

It can be on a weekly basis for 12 weeks or a one off.

LOUDEN TRUST HOLIDAYS

ONE OFF BREAKS AVAILABLE FOR OLDER PEOPLE

IS THE FUND AIMED AT YOU?

1. Over 60?
2. On a low income?
3. Not had a holiday in the last few years?
4. Carer in need of a break from caring or who may wish to accompany their relative / friend on holiday

TYPE OF BREAK

Overnight stays from 2-4 nights which could take the form of hotel, bus tours, caravan, Holiday Park etc.

FUNDING

Cost of break up to £100 per person is payable to the older person, who fits the criteria. In addition further costs, up to £100, are also available for the carer to accompany individual. The payment includes transport and accommodation.

IF YOU ARE INTERESTED IN A ONE OFF BREAK, PLEASE CONTACT THE **SHORT BREAKS BUREAU** BY CALLING 715953/54

NEEDING A COMPLETE BREAK AWAY FROM YOUR CARING ROLE?

The centre has funding to meet the cost of accommodation and travel for two or more carers. Breaks must be taken before 31st March 2011.

Please contact a member of staff for an application pack. The closing date for applications is 1st February 2011.

