



# carers news

June & July 2016

Carers Advice Line  
**0113 380 4300**

Carers Leeds  
**0113 246 8338**

WELCOME TO THE JUNE / JULY EDITION OF CARERS NEWS

## Support for working carers in Dementia Awareness Week

In Dementia Awareness Week, Carers Leeds took the opportunity to develop links with large employers in Leeds, to promote the importance of supporting working carers of people with dementia.

Carers Leeds provided Dementia Carer Awareness events at Leeds Beckett University and Yorkshire Bank, discussing with employers their offer of workplace support for carers, whilst introducing staff to the range of specialist support that Carers Leeds provides.

**3 million people combine caring for a loved one with paid work.** Carers UK research showed that people of working age with caring responsibilities were more likely than carers of other ages to have given up work, reduced working hours and see a negative impact on their work, like stress and tiredness.

Carers Leeds believe that employers can, and should, provide effective support for these working

carers whilst achieving concrete business benefits.

It may feel as if you are juggling two or sometimes three jobs when you are holding down a paid job and caring for a relative. In many cases working age people may not only be caring for a parent with dementia, but also supporting their other parent who is the primary carer, and who may also have significant health and support needs.

Carers Leeds can offer all carers, particularly working carers of someone with dementia, information, advice and emotional support. Carers Leeds offers Dementia Carer Training Courses, monthly Dementia Cafés, support groups, as well as hospital-based support. We can help complete benefit applications and access to the Time for Carers grant scheme. This scheme helps carers get a break from caring or time out for themselves. For more information please contact the Carers Advice Line on 0113 380 4300 and speak to a Carer Support Worker today.

## Are you part of a business organisation in Leeds?

If you work for a local business that may be interested in receiving Dementia Carer Awareness training, as well as information and advice for working carers of people with dementia, please get in touch with Andrew Walsh at Carers Leeds on 0113 246 8338 or email [andrew.walsh@carersleeds.org.uk](mailto:andrew.walsh@carersleeds.org.uk).

## Have you heard of Twiddlemuffs?

Twiddlemuffs are designed to provide simple stimulation for active hands, and many people with dementia find them reassuring and comforting. Heather Moore, carer and supporter of Carers Leeds has offered to knit Twiddlemuffs for carers of someone with dementia. For more information contact Rachel Moore at Carers Leeds on 0113 246 8338.

## Would you like to help – get those knitting needles at the ready!

We'd be delighted if any willing knitters could help Heather create Twiddlemuffs, please get in touch.



## Celebrating 20 Years of Carers Leeds

Last month we were delighted to welcome Her Royal Highness The Princess Royal, President of Carers Trust to join us in the celebration of Carers Leeds 20th Anniversary, and we look forward to sharing photographs from the event with you in the next edition of Carers News.



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## Living Care Pharmacy Group support Carers in Leeds



Living Care Pharmacy Group want carers to know; your local pharmacist is an expert in medicines and how they work, and can provide a range of services in addition to dealing with prescriptions.

Carers Leeds has provided 'Carer Awareness' training to staff at the eight Living Care Pharmacy Group pharmacies across Leeds, and we are delighted that each branch now has a nominated Carer Champion.

The Living Care Pharmacy Group is a family owned company with

17 branches located across Leeds, Wakefield, Halifax and York. Living Care Pharmacy has offered all carers a 10% discount gift card to use in any branch, as well as a discount from Ray D White, Optometrist at Eyewear Opticians in Chapel Allerton.

We are thrilled to be working with Living Care Pharmacy Group and if you would like more information please contact Living Care Pharmacy Group on 0113 245 4544 where one of the Medicines Management Team will be happy to assist.

## Carers Allowance and the National Living Wage

The National Living Wage may cause working carers to exceed the earnings threshold for Carers Allowance.

The new National Living Wage saw the minimum wage for those aged 25 or over increase from £6.70 to £7.20 per hour. While this is good news for most workers, it may cause problems for working carers.

In order to get Carer's Allowance, your earnings after allowable deductions must be no more than £110 per week. If your wage increases it may become more than the allowable amount, whilst in receipt of Carers Allowance.

A carer in this position may be tempted to cut their hours so their earnings do not increase. However, depending on your circumstances, cutting your

hours to below 16 per week could mean you no longer qualify for Working Tax Credit.

There may be changes you can make to help you retain your Carer's Allowance payments without having to cut your hours. For example, increasing your contributions to a pension or additional child care hours. For advice please contact the Carers Leeds Advice Line on 0113 380 4300.



## Did you know that your Community Pharmacist can...

- Dispense and distribute medicines, to ensure the correct and safe supply of medicinal products to the general public.
- Prepare dosette boxes for elderly people or people with memory or learning difficulties. Tablets are placed in compartments for specified times and days of the week.
- Provide a 'Medicines Use Review' to help people understand how their medicines work, why they have been prescribed and discuss any problems you may be having.
- Provide specialist health checks such as blood pressure, cholesterol monitoring and diabetes screening.
- Offer stop-smoking clinics and weight-reduction programmes as well as giving flu and travel vaccinations.
- Offer a free prescription collection and delivery service, collecting your prescription from your GP practice and delivering your medication to your home.
- Provide safe disposal of unwanted or out of date medicines.

# Giving Carers a Voice...

## Hospital Discharge of Older People

Leeds Older People's Forum asked its members for cases of hospital discharges of older people (age 60+) which they felt were inappropriate, and presented a report to senior staff from NHS Leeds, Adult Social Care and also Councillors.

Leeds Older People's Forum has continued to meet with NHS Leeds, Adult Social Care and local Councillors to discuss this topic and changes that have been made to the process of hospital discharges.

Leeds Older People's Forum remains

concerned over hospital discharges and so have continued collating evidence, particularly examples of older people being discharged at unsociable times with no one to care for them at home.

### Do you have any examples?

If you have hospital discharge examples, both positive and negative, that you are willing to share with Leeds Older People's Forum please contact Sean Tunnicliffe, via email [sean@opforum.org.uk](mailto:sean@opforum.org.uk) or telephone 0113 244 1697.

## Do you care for someone who has a pendant alarm system?

### Participation session taking place at Leeds Beckett University on Wednesday 29th June at 10.30am until 2.30pm

The ALL INN project (Assisted Living Leeds Innovation project) is a joint venture between Leeds City Council and Leeds Beckett University. The project runs sessions linking organisations that create equipment and technology with the people who might be interested in using them.

These sessions give you, or someone you care for, the chance to discuss and give feedback on these products to improve them for the future. The next session is with a telecare company called Tunstall, who make pendant alarm systems, and they want input into a design for a new app. We want to hear from you and/or the person you care for to find out your views about telecare, how you

use it and, most importantly, what you would change!

### Book your place now

If you are interested in attending or would like more information please contact Suzanne Morton on 07584 581 656 or email on [suzanne.morton@leedsbeckett.ac.uk](mailto:suzanne.morton@leedsbeckett.ac.uk) Transport can be arranged to get you and the person you care for to and from the session and a buffet lunch will be provided.



## The Department of Health: How can we improve support for carers?

The Department of Health is preparing a new strategy for carers, and want to ask YOU...

### 'How can we improve support for carers?'

To take part, please complete the Department of Health survey online before 30th June 2016.

Go straight to the survey here: [consultations.dh.gov.uk/carers/how-can-we-improve-support-for-carers](https://consultations.dh.gov.uk/carers/how-can-we-improve-support-for-carers)

Alternatively contact The Department of Health via email [carers@dh.gsi.gov.uk](mailto:carers@dh.gsi.gov.uk) or telephone 020 7210 5051 for more information.

## Healthwatch Leeds Take 10

Take 10 is an opportunity for individuals, groups and organisations to take 10 minutes to share what works and what could be improved in the interactions with health and care services.

Healthwatch want to take this information to the people who buy and deliver services in Leeds, to influence the way services are delivered.

Jessica Duffy, the new Take 10 Project Worker, is hoping to talk to all sorts of groups, carers, service users and staff. You can take part in Take 10 by registering on the Healthwatch Leeds website: [www.healthwatchleeds.co.uk/taketen](http://www.healthwatchleeds.co.uk/taketen).

If you would like more information please contact Jessica Duffy on 0113 898 0035, or email [take10@healthwatchleeds.co.uk](mailto:take10@healthwatchleeds.co.uk).

# What's On at Carers Leeds

## Male Carers Event: Roundhay Park Walk and Lunch

Sunday 3rd July, 11am until 2pm meeting at Roundhay Park Café

Meeting at the Roundhay Park Café, just next to the car park, join the Male Carers Group for a walk around the lake at Roundhay Park followed by lunch at the White House pub.

There is no charge for this event and places are limited. To book your place contact Carers Leeds on 0113 246 8338. Bookings will be taken from 10am on Tuesday 28th June.

## Male Carers Event: Skipton Castle Woods Walk

Friday 29th July, 10am until 4pm meeting at Leeds Train Station



Join the Male Carers Group for a trip to Skipton for a 2.5 mile wildlife filled walk around the castle woodlands. Bring a picnic for lunch. Optional extras include visiting the Castle and Afternoon Tea. Travel costs are covered on this event, and places are limited. To book your place contact Carers Leeds on 0113 246 8338. Bookings will be taken from 10am on Tuesday 28th June.

## Touchstone Black Asian Minority Ethnic (BAME) Carers Group

Every 3rd Thursday of the month, 11am until 1pm

This carer support group provides information and advice, training, education, therapeutic sessions and an opportunity to socialise.

The group is held at Touchstone Support Centre 53-55 Harehills Avenue, Leeds LS8 4EX with lunch provided (£1 contribution).

For more information please contact Shuria or Eulalee on 0113 219 2727.



## Drop-In Café for carers of people with a heart condition

Wednesday 22nd July, 10.30am until 12pm at Carers Leeds, 6/8 The Headrow, Leeds, LS1 6PT



The drop-in coffee mornings are open to anyone who supports someone with a heart condition and are run approximately every 3 months at Carers Leeds. Please drop-in for a coffee and a chat with other carers, let's share ideas and support each other!

## NEW GROUP Crafty Carers

2nd Friday of the month, starting Friday 8th July  
10.30am until 1pm  
Bramley Lawn Social Centre, Rossefield Lawn, LS13 3RU

A new craft group for carers. Come along and try your hand at various craft activities. No experience necessary, all abilities catered for.

Crafty Carers will begin trying our hand at macrame, a craft using string, wool or flex to create chains, key rings, glasses chains etc, and in August we will be card making for all occasions.

Light lunch and refreshments provided. No need to book, simply

turn up on the day or for further information call Angie Thompson at Carers Leeds on 0113 246 8338 or 07854481011. Look out in our next Newsletter edition for future activities.



# NEW GROUP

Has the person you care for moved, or is moving, into a residential home?

Starting Friday 8th July at 10.30am until 12pm  
Carers Leeds, 6/8 The Headrow, Leeds, LS1 6PT



Carers Leeds is delighted to announce the launch of a new carers group, to support carers

whose loved one has moved or is moving into a residential care home. No need to book, please feel free to call in for a chat and a cuppa!

For more information or to see if this group meets your needs, please contact Lisa McAvan at Carers Leeds on 0113 246 8338. We look forward to meeting you.

## Leeds Community Dental Service

Thursday 14th July at Carers Leeds, 6/8 The Headrow, Leeds, LS1 6PT



The Oral Health Improvement Team are providing two FREE training sessions for carers and professionals who work with children, older people or people with additional needs.

To book your place please contact Carers Leeds on 0113 246 8338, places are limited. Bookings will be

taken from 10am on Tuesday 28th June. For more information contact The Oral Health Improvement Team on 0113 843 0387 or email leeds.smiles@nhs.net

### Looking at Children and Young People's Oral Health

Training session one will take place from 10.30am until 12.30pm and will be aimed at parent carers, and carers of children and young people.

### Looking at Older Peoples Oral Health

Training session two will take place from 2pm until 4pm and will be aimed at older people, and carers of older people.

# Time for Us Café

The Time for Us Café is open to all carers.



## Knitting and Crochet Craft Session

Thursday 14th July,  
11am and 2pm,  
Carers Leeds, 6/8 The  
Headrow, Leeds, LS1 6PT

If you have ever wanted to learn how to knit or crochet, or if you are an experienced knitter, come along to the Time for Us Café. Joy, our experienced crafter, will be available to answer your questions. Materials will be provided but feel free to bring along anything you might be working on, need help with or want to start from scratch.

Each month the Time for Us Café will have a different event and theme. A light lunch will be provided. Please call Carers Leeds on 0113 246 8338 to let us know you would like to attend.

The Time for Us Cafe will be taking a short break in August but will return on Thursday 8th September. We will be having a presentation from a Life Coach and full details of this event will be in the next newsletter and on the Carers Leeds website nearer the time.

## Wellbeing Session at Carers Leeds

Monday 1st August

Wellbeing sessions are designed to give health benefits guaranteed to melt away your stress and tension.

Treatments are just £5 per session lasting 30 minutes.

Carers can book up to 2 sessions per year, which runs from April to March. To book your place contact Carers Leeds on 0113 246 8338. Bookings will be taken from 10am on Tuesday 28th June.

# What's Happening in Leeds



## Leeds Girls Can Pedal

Leeds is a great place to ride a bike. Now there are even more opportunities to get out and about on your bike in the area. These groups are to encourage all women to get out on their bikes – and they're free!

There are bikes available to hire free of charge from Fearnville Leisure Centre and Middleton Park, if bikes are required please contact Dani Penney in advance. The rides are an easy pace, with opportunity to stop off along the way.

For more information contact Dani Penney at [dani.penney@yorkshiresport.org](mailto:dani.penney@yorkshiresport.org)

or visit 'Dani Penney Leeds Girls Can' on Facebook. Dani is a qualified ride leader with the aim to get women out on their bikes and feel good.

**Middleton Park Club House**  
1st Wednesday of the month  
at 6pm

**Fearnville Leisure Centre**  
Last Thursday of the month  
at 10am

**Kirkstall Abbey Visitor Centre**  
2nd Wednesday of the month  
at 10am

## Walking group in Oakwood

**Every Monday 5pm until 6pm**  
**Meeting at Oakwood Lane Medical Practice**

Summer is on its way; join the Oakwood Walking Group for gentle walks around the Gipton area.

The group is attended by people of different abilities, and there is no cost for the walks. Walks last up to 1 hour and are approx 3 miles.

It is recommended that people

request advice from their GP before attending if they have any current health issues and inform the walk leader.

It is advised that people attending for the first time should arrive 10-15 minutes before in order to complete a registration form. For more information contact [paulahardy@nhs.net](mailto:paulahardy@nhs.net)

## Urban Farm Site Sought

Start-up social enterprise Growing Better is urgently looking for a site for an agricultural urban farm that will provide a therapeutic environment for people facing mental health challenges.

Salad leaves and herbs will be grown under polytunnels on raised beds and sold to local food establishments, with the income being reinvested in the farm and related community projects.

You can find more information about Growing Better at their web site <http://GrowingBetter.co>

Anything from a large garden to a 2 acre brown field site is potentially suitable as we can scale and tailor our operation to the specific site. Ideally the site should be within the Leeds Ring Road for ease of access, and have secure access.

If you may be able to help with the search, please contact Growing Better founder Rob Moores by phone on 0758 4497 442 or email [rob@GrowingBetter.co](mailto:rob@GrowingBetter.co)



## Hello! We are the Carers Health and Wellbeing Team

Changing the way that we look after our health and changing those familiar habits is sometimes the hardest thing to do. It usually requires for us to acknowledge what we need to change, and then find the skills, motivation and confidence to do so.

Now that the Carers Health and Wellbeing Team is up and running, this may be the time to think about what lifestyle changes you may want

to make. The Carers Health Support Workers Jo, Charissa and Grace are here to encourage carers to take control of their own health, support, provide knowledge, motivate and build confidence around reaching their own goals.

The service will support carers who have a registered GP in the Leeds areas North, South or East, providing one to one sessions and group support to enable changes to your lifestyle.



We encourage those who would like some support around healthy eating, increasing physical activity, reducing alcohol and smoking to contact the Carers Leeds Advice Line on 0113 380 4300.

## Hello! We are the Parent Carers Support Team

Steph and Adam are developing a new service to support Parent Carers and are both very excited about this project. As well as offering direct support to Parent Carers, helping parents feel more in control of their circumstances, Adam and Steph will be making links with many of the support groups that exist across the city and meeting with representatives from Health, Education and Social Care to highlight the issues faced by Parent Carers when accessing services.

Adam started working at Carers Leeds at the end of February and has two roles here at Carers Leeds; Parent Carer Development and Support Worker and Young Adult Support Worker. Previous experience includes working in schools in a management role, as well as intervention work and parental support.

Steph joined Carers Leeds as a Carer Support Worker in September working on the Carers Advice Line before being successfully appointed to the



post of Parent Carer Development and Support Worker. Steph has a background in both family support and advice work, and worked in a range of projects across the city.

## Hello! My name is Zaira

I have joined Carers Leeds as the Black Asian Minority Ethnic (BAME) Carer Development and Support Worker in April 2016. My role is to support carers from the BAME communities looking at their health, finances, impact of the caring role, how they are managing at home, and work life balance for working carers. I have over 10 years experience of supporting carers, particularly those caring for someone with a learning disability, mental health issue, or physical disability. I also have experience of working in the health

sector and local authority.

I will be working with Touchstone in identifying gaps of current service provision and would like to hear from carers how they envisage support to carers in Leeds to be. I am bilingual in Urdu and Punjabi and have some awareness of British Sign Language (BSL). If you have any ideas or suggestions please contact me on 0113 380 4303 and look out for opportunities to get involved in the work I do.



# From the Postbag

Sharing useful information, stories and experiences.

## This month our readers want everyone to know about...

### www.myageingparent.com

This unique UK focused website provides free, easily accessible information, advice and sign-posting to help those caring for elderly parents or relatives.

www.myageingparent.com offers advice, information and top tips on Life, Technology and Age-related Health issues. Join the 'myageingparent'

forum and share ideas and problems with others in similar situations.

myageingparent.com works with health professionals, lawyers, accountants and charities to ensure the best information is always available and the site is constantly updated with new articles and the latest news.

### Register for free with the Telephone Preference Service (TPS)

UK-based companies must not make unsolicited sales and marketing calls to Telephone Preference Service registered phone numbers, even if the call centre is overseas. To register with the Telephone Preference Service contact 0845 070 0707 or visit online at [www.tpsonline.org.uk](http://www.tpsonline.org.uk). However please note, the Telephone Preference

Service won't stop scams, market research calls, calls from companies where you have 'opted in' or calls from companies based abroad.

The Telephone Preference Service is free – if a company ever asks you to pay for this service, refuse and inform the Telephone Preference Service.

### Late delivery of Newsletter

We are aware that many carers received their Carers News newsletter late in the month and this has meant they have missed out on some events. We're very sorry this has happened and understand that it has been disappointing for many carers.

We are working hard to resolve these problems, and in the future hope to organise events much later in the month to make sure that everyone has an equal chance to attend some of the interesting and exciting activities we have on offer.

**If you are able to receive the newsletter via email, if you are no longer caring, or if you have received more than one copy at the same address, please let us know.**

### Contact Details

- **Carers Advice Line 0113 380 4300**  
(9 am – 4.30 pm, Monday - Friday)
- **Drop-in to Carers Leeds City Centre office**  
(10 am – 3.30 pm, Monday - Friday)
- **Email: [info@carersleeds.org.uk](mailto:info@carersleeds.org.uk)**
- Message via the website, Facebook or Twitter

For support for carers aged 5-17, contact Willow Young Carers on 0113 262 2851

6/8 The Headrow, Leeds, LS1 6PT  
**Admin telephone number: 0113 246 8338**

Carers News is also available in large print and on audio tape or CD.

Please contact Valerie Banks at Carers Leeds on 0113 246 8338 to request your copy.



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