



carers news

November & December 2017

Carers Advice Line
0113 380 4300

Carers Leeds
0113 246 8338

WELCOME TO THE NOVEMBER / DECEMBER EDITION OF CARERS NEWS



Carers Leeds invited carers to share their stories, we were overwhelmed at the response, and we cannot thank them enough for giving up their time.

We will use these stories, photographs and films to raise the profile of carers across our city, and to continue to celebrate what carers do.



With support from



Kindly printed by



National Dementia Carers Day 2017

Carers Leeds held an Afternoon Tea Dance at the Civic Hall to celebrate National Dementia Carers Day. It was an afternoon full of fun, laughter and a lot of dancing!

At Carers Leeds we understand the daily challenges of being a carer for someone with Dementia, and for that reason we continuously celebrate all that carers do. We host these events to celebrate you and your families, to see smiling faces, and hearing comments like this make it all worthwhile!

Take a look at www.carersleeds.org.uk for all the photographs. We hope to see you again next year!

“I went to the event not feeling particularly good, but I had a lovely time, really enjoyed myself and I came away feeling much brighter”.



Day Support for Younger People with Dementia


We are pleased to be working with Community Links to open a new Day Centre for younger people with dementia, where support to carers will be a key part of the service.

Previously at Armley Grange and moving to a new site in Cottingley, currently called Springfield Centre, this

Day Centre, and the community support that goes with it, will be available to people with a diagnosis of dementia under the age of 65.

Carers Leeds will be a key element of the new service offering a range of different groups and support services for families and carers.

We are very aware of the challenging and distressing issues faced by younger people with dementia and their family carers and look forward to developing the new service with Community Links to provide the best possible support. For further information please contact Helena Bladon on 0113 246 8338 or Helena.Bladon@carersleeds.org.uk



**Carers
Leeds**

What Do You Think Of Carers Leeds?

Join us for lunch on Wednesday 29th November and have your say!

Here at Carers Leeds we have a long established group known as the Focus and Advisory Group. The aim of this group is to keep carers up to date with how Carers Leeds plan to support them in the future and to listen to carers opinions on these plans.

“As a carer I find the Focus and Advisory group really beneficial. It enables me to find out what is happening at Carers Leeds first hand and to pass on my views, as someone on the front line of caring, about how Carers Leeds plan to support carers in the future.”

We would love to welcome more carers to this group to join us in the discussions of how we can support carers.

So please join us for lunch from 12pm on Wednesday 29th November at Carers Leeds 6-8 The Headrow Leeds LS1 6PT, and meet the people already involved, find out more and have your say!

To ensure we cater for everyone, please contact the Carers Leeds booking event line on 0113 246 8338 to register your attendance. Bookings will be taken from 10am on Tuesday 14th November.

Are You Affected by Someone's Drug or Alcohol Use?

Carers Leeds offer support to those who are affected by the drug or alcohol use of another adult. The support offered can be one to one support, group support or via information sessions all provided by Lesley and Owen, Carers Leeds Support Workers.

One to One Support is by appointment, whilst Group Support can be accessed during afternoon or evening monthly sessions. Information Sessions give up to date information about:

- the different types of drugs, what they look like, how they are taken
- what behaviours can be expected when someone is under the influence of the drug
- how addictions can be formed
- what happens to the body and the brain when a person is dependent on drugs or alcohol

People who have attended previous

information sessions have made the following comments:

“I feel this information will be a massive help, thank you.”

“It gives a good insight to drugs and alcohol and inspires confidence I can get positive help from the service.”

The information sessions and support groups take place each month at Carers Leeds. If you would like more information please contact Lesley on 0113 380 8915 or Owen on 07399 492 259.



Festival Planner

To book your place on a Carers Leeds event or activity, please contact the Carers Leeds event booking line on 0113 246 8338. Bookings will be taken from 10am on Tuesday 14th November.

Bat & Chat

Every Friday 11am until 1pm throughout December, Bat & Chat will be full of festive cheer! Escape the hustle and bustle to enjoy a game of table tennis, fruit cake and mince pies, here at Carers Leeds.

07/12/17

Festive Shopping Trip to Halifax

Thursday 7th December

Enjoy the beautiful Victorian architecture of Calderdale's largest town. Visit the newly refurbished Piece Hall, covered market and high street shops.

A coach will leave Carers Leeds at 10.30am arriving back in Leeds 3.30pm (traffic permitting). The trip is open to carers and 1 guest, there are a limited number of 50 places available, booking is essential and this is a free event.

12/12/17

Seasonal Fun and Games

Tuesday 12th December

Put on your Festive Earrings or Christmas Tie – its time to party! Join us for an afternoon of entertainment including games, singing and festive photo booth.

Join us at Carers Leeds from 4pm until 6.30pm. Sandwiches and nibbles will be provided, please let us know your dietary requirements. This free event is open to carers only, places are limited to 25 guests, booking is essential.



13/12/17

Male Carers Trip to the German Market

Wednesday 13th December

It's not December without the German Market in Leeds. If you are a male carer join us from 12pm until 2pm to meet with other men who are caring for a loved one. Enjoy the food, enjoy the company and have fun.

Meeting at Carers Leeds at 11.45am, this is a free event with one free drink per person, and booking is essential.

14/12/17

Magical Winter Walk

Thursday 14th December

A festive wander around Leeds City Centre, absorbing the magical atmosphere this time of year brings and ending at Carers Leeds for a glass of Mulled Wine and a Mince Pie.

Meeting at Carers Leeds at 4.30pm the Winter Walk is open to carers and the person you care for. There are a limited number of 20 places, booking is essential and this is a free event.



14/12/17

Time for Us Café: Festive Film Fun

Thursday 14th December

Christmas is always a stressful, busy time - so join the Time for Us Café whilst we draw the curtains, turn the lights low and put our feet up to enjoy a festive film with popcorn and Christmas buffet lunch. Starting 11am until 2.30pm, this is a free event and booking is essential.

16/12/17

Trip to the Theatre to see The Lion, The Witch & The Wardrobe

Saturday 16 December, West Yorkshire Playhouse

Step through the wardrobe this winter into the magical kingdom of Narnia and see the Playhouse as you've never seen it before. Join Lucy, Edmund, Susan and Peter for the most mystical of adventures to a faraway land where it's always winter, but never Christmas.

We will be meeting at the West Yorkshire Playhouse at 1.00pm and the performance starts at 1.30pm. The show will finish at approximately 4.00pm. This event is open to carers only, there is a £5.00 charge to secure your place and booking is essential.

20/12/17

Fun for all the Family!

Wednesday 20th December

The Vinery Centre, 20 Vinery Terrace, Leeds LS9 9LU

A festive party for Parent Carers caring for children or young people, join us from 11am until 1pm, and bring the family! Disco and games will be provided by Shuffles Entertainment. There will be Christmas Crafts, Face Painting and lunch. The big man in red will be there – so booking is essential to ensure everyone gets a gift! This is a free event, we look forward to seeing you!

Does Caring Make You Lonely or Isolated?

Feeling lonely or isolated is a very distressing emotion – it's a sign of wanting contact with people. It can be harmful to our physical health as well as our mental wellbeing.

Some people might say that carers can't be lonely because they are usually with the person they care for, but research shows that 8 out of 10 carers experience social isolation or loneliness as a result of caring responsibilities.

Carers Leeds recognise there are particular issues for carers accessing support. For example, are you able to leave the person you care for in order to get a short break, or perhaps you have very limited time and too many things to do? There are a lot of things

related to caring that makes it more difficult for carers to socialise.

Here are some national and local services for people who might feel lonely or isolated, that we hope you find helpful.

LOCAL SUPPORT

Digital Angels teach and support people aged over 50 to get online, use technology, and create social networks. 0113 389 3017

Leeds Black Elders Association offer a free befriending scheme for members to eradicate the possibility of isolation. 0113 237 4332

Touchstone: Wellbeing & Befriending Scheme is open to anyone aged over 18, from any community, who may be feeling socially isolated. 0113 248 4880

Neighbourhood Networks provide local social activities, befriending support and advice to older people. Contact Carers Leeds Advice Line 0113 380 4300 to find your local network.

The Volunteer Centre is a great way to connect with other people and to build your skills and confidence. 0113 389 3017

Writing Back: University of Leeds is a pen pal scheme between English students and older Yorkshire residents. 0113 343 6189

NATIONAL SUPPORT

Age UK Call In Time is a free telephone befriending service for those aged over 60 years. 0800 434 6105

Carers UK offer a listening service for you to talk through your caring situation with a trained volunteer who understands what you are going through. 0808 808 7777

Samaritans is a 24 hour confidential listening and support service for anyone who needs it. Phone 116 113

SANE is an out-of-hours mental health helpline offering emotional support to anyone affected by mental illness, including family, friends and carers. 0300 304 7000

Silver Line is a 24hr confidential helpline providing information, friendship and advice to older people. Also offering Silver Line Telephone Friends weekly friendship calls and Silver Letters a regular penfriend. 0800 470 8090

The Mix is a support service for under 25s to talk about anything! Chat online www.themix.org.uk or 0808 808 4994.

Health and Nutrition Workshops

Do you feel like you could be eating more healthily but don't have the time, energy or ideas? Maybe you already have a pretty healthy diet but are interested in which foods can give you more energy, or can help with stress.

This short workshop series aims to share practical tips and ideas on how simple changes can improve your diet and health. We'll cover a little bit about the importance of certain food groups, and the links between stress and food. There will be plenty of time in each session for questions and discussion.

It is recommended you attend each workshop, all sessions will be run by Nutritional Therapist Kim Adams and will be held at Carers Leeds.

This Health and Nutrition course consists of 3 weekly workshops, Monday afternoons from 1.30pm until 3pm at Carers Leeds, 6-8 The Headrow, City Centre, on:

- Monday 27th November
- Monday 4th December
- Monday 11th December

To book a place please contact the Carers Leeds event booking line on 0113 246 8338, bookings will be taken between Tuesday 14th November until Monday 20th November.

Take a Break from Your Caring Role

To book your place on a Carers Leeds event or activity, please contact the Carers Leeds event booking line on 0113 246 8338. Bookings will be taken from 10am on Tuesday 14th November.

Wellbeing Sessions

Wellbeing sessions are designed to give health benefits guaranteed to melt away your stress and tension. Choose from Aromatherapy Massage, Indian Head Massage, Foot Massage or Face and Neck Massage.

Treatments are just £5 per session lasting 30 minutes. Carers can access up to 2 sessions per year (between April 2017 to March 2018).

Appointments are available from November onwards. Due to popular demand bookings will only be taken from the booking date, see above for more information.

Male Carers Meet-Up



Wednesday 22nd November
12pm until 2pm at The Hedley Verity

Join us for lunch at The Hedley Verity pub in Leeds. Just £5 per head includes lunch and an alcoholic or non-alcoholic drink. Booking is essential and much appreciated.

If you are a male carer why not meet with other men who may have similar experiences. Use the group to discuss caring issues with others, or as a place to have a break from caring and not have to talk about it at all!

Time for Us Café: An Introduction to New Technology



Thursday 11th January
11am until 2pm at Carers Leeds,
6-8 The Headrow, City Centre

The Digital Angels from Age UK will be bringing some digital Tablets (a hand held device) and running a session to let people have a go with technology. You will be able to chat to the Digital Angels about your interests and hobbies, and how to make technology relative to you. If you have a tablet and want to know more about how to use it - then this event is for you!

Walk Off That Christmas Pudding!

Wednesday 17th January
11am at Roundhay Park

Join other carers for a health walk around Roundhay Park Lake. Meeting at Carers Leeds at 10.45am (or 11am by the Lakeside café). You will need sturdy footwear as the path is likely to be muddy/slippery. Booking essential.

Walking has been described as the perfect exercise, and we completely agree! If you can't make it, check out www.walkingforhealth.org.uk for details of other walks in the local area to help you stick to those New Year resolutions.

Crafty Carers: December

The Crafty Carers will be taking a break and there is no group meeting in December. We would like to wish everyone a Very Merry Christmas and look forward to bringing you more crafts throughout 2018.

Crafty Carers: Pictures and patterns with Hama Beads



Friday 19th January
1pm until 3pm at Carers Leeds, 6-8
The Headrow, City Centre

Crafty Carers will be using Hama Beads to make pictures, coasters and badges. The traditional way to use Hama Beads is by placing them one-by-one onto the pegs of a Hama Pegboard. Once the desired pattern is created, and every bead is beside another, the design is then fused together using Ironing Paper and an iron.

Have you had your free NHS flu vaccination this year?

Flu vaccination is available every year from the NHS to help protect adults and children at risk of flu and its complications. If you receive Carer's Allowance or if you are the main carer for an older or disabled person who would be at risk if you were to get ill, you may be eligible to get a free NHS flu jab.

Protect the Person You Care

When you're looking after someone who's old or disabled and unable to get by without your help, catching the flu can be catastrophic for both of you. By having the vaccination, you will reduce your chance of getting flu AND spreading it to the person you care for.

That's why unpaid carers are eligible for a free NHS flu jab. Even fit and healthy carers should have a flu jab every year.

Where to Get Your Flu Vaccination

You can have your free NHS flu vaccination at your local pharmacy (chemist) or your GP Surgery.

Pharmacies have longer opening hours than most GP practices and many pharmacies provide a "walk-in service" - if you do choose to get your flu vaccination at your local pharmacy it is worth checking with them first.

If you have your flu jab at a pharmacy, you don't have to inform your GP – it is up to the pharmacist to do that.



Medicines Helpline

For information and advice about medication, telephone 0113 8555 534 between 9am and 5pm on Monday to Friday. Service provided by Leeds and York Partnership NHS Foundation Trust

You can find out about:

- What treatment options are available for your mental health
- The risks and benefits of medication
- How to get the best out of your medicines
- The purpose of your medicine
- Side effect and how to minimise them
- What to do if you miss a dose

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

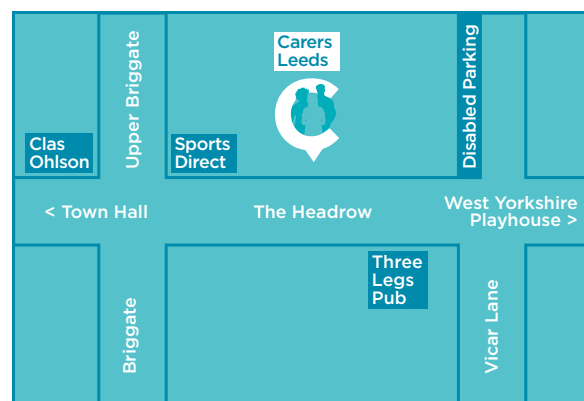
- **Carers Advice Line 0113 380 4300**
(9 am – 4.30 pm, Monday - Friday)
- **Drop-In to Carers Leeds City Centre office**
(10 am – 3.30 pm, Monday - Friday)
- **Email: advice@carersleeds.org.uk**
- Message via the website, Facebook or Twitter

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 Brenda James at Carers Leeds on 0113 246 8338 to request your copy.



[f /carersleeds](https://www.facebook.com/carersleeds)

[f youngadultcarersleeds](https://www.facebook.com/youngadultcarersleeds)

[t @carersleeds](https://www.twitter.com/carersleeds)