

carers news

April & May 2016

Carers Advice Line
0113 380 4300

Carers Leeds
0113 246 8338

CELEBRATING 20 YEARS OF CARERS LEEDS!

In 1996 we were delighted that Her Royal Highness The Princess Royal, President of Carers Trust, officially opened the doors to Carers Leeds. During the last 20 years Carers Leeds has grown and developed into a service now reaching over 10,000 carers.

Today, we are thrilled to announce that The Princess Royal, will be joining us to celebrate those exceptional 20 years at our anniversary celebration event.

Over the last 20 years Carers Leeds has experienced quite a journey. The buzz from our Drop-in Centre, the Carers Advice Line, carers training, as well as health and wellbeing sessions, has created a great atmosphere in our City Centre offices which we thrive on!

Our work within communities is developing and growing all the

time. We are very proud of the local services Carers Leeds offer; especially our Carer Support Groups, our expanding work within local businesses supporting working carers, and our partnerships with GP surgeries and hospitals so we can be there when you need us. It has been a phenomenal journey that we hope will continue!

There has never been any doubt that every worker and volunteer has carers at the heart of everything they do. With commitment like that, we could only ever succeed, and we think 20 years is cause for a celebration!

Details are enclosed on how carers can attend our celebratory event.

Carers Week: 6th - 12th June 2016

Another exciting celebration for carers in Leeds.

Carers Week is an annual campaign which aims to raise awareness of caring, highlight the challenges that carers face and recognise the contribution they make to families and communities throughout the UK. In 2016 we're going to continue to focus on building Carer Friendly Communities – helping all types of communities to help support carers and their families better.

We've got lots going on during Carers Week (6th – 12th June) to celebrate

the phenomenal support that carers in Leeds provide to their family and friends. Carers Week is also about helping to identify and reach out to those people who are caring for someone in Leeds but haven't accessed support for themselves.

Find details of events during Carers Week on page 3. Look out for Carers Leeds staff and volunteers popping up across Leeds, come over and feel free to ask us a question or say hello!



With support from



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New Carer Health and Wellbeing Project

We all know that being a carer can be stressful and as a result it is easy to forget about looking after your own health and wellbeing.



This new Carers Leeds project, funded by the NHS, will offer carers support and encouragement to find ways of leading a healthier lifestyle and developing healthier habits.

live in, or would like a Carer Health Support Worker to contact you to discuss how they can help you, please contact the **Carers Leeds Advice Line on 0113 380 4300.**

If you have a GP in the Leeds areas North, South or East our Carer Health Support Workers can offer free one to one sessions and support groups to help carers to make small changes which will have a positive impact on your life.

If you would like more information, are unsure which area of Leeds you

DO YOU WORRY ABOUT...

- Smoking?
- Managing your weight?
- Drinking too much alcohol?
- Not getting enough exercise?

Have you ever wondered what an opera might be like? Or haven't had much opportunity to go recently? Or perhaps you would like to experience live music from around the world?

Opera North, which is based at Leeds Grand Theatre, wants to give those people who haven't yet been exposed to the arts a chance to get involved.

Carers Leeds is working closely with Madeleine Thorne, the Community Engagement Manager at Opera North, to develop a programme of activities and events.



Don't miss out! Register your interest

As part of the programme we will be offered a number of subsidised tickets for opera performances at the Leeds Grand Theatre and musical events at the Howard Assembly Rooms. We may not have time to advertise these tickets in Carers News, so please get in touch and

sign up now, so that we can contact you with details.

Please call Carers Leeds on 0113 246 8338 to leave your name and a contact number – you may well be opening the door to a whole new experience!

HAVE YOUR SAY!

My Leeds Community Healthcare experience

Leeds Community Healthcare (LCH) NHS Trust want to know about your experiences as a carer of someone who uses their services.

Leeds Community Healthcare provide a range of community services across the city including:

- Podiatry
- Community Dentistry
- Continence, Urology & Colorectal Services (CUCs)
- Speech and Language Services
- District Nursing

Leeds Community Healthcare do not manage GP's or hospital services.

If you have had recent contact with any Leeds Community Healthcare service and would like to share your experiences please contact Jill Morris, Carer Engagement Worker, on 0113 246 8338.

Please complete a carers feedback card available from your Leeds Community Healthcare service. Your feedback will be used to help improve services.

Alternatively you can give feedback on-line at www.surveymonkey.com/r/LCHcarers



Carers Week: 6th – 12th June 2016

Bookings taken from 10am on Tuesday 12th April

Telephone: 0113 246 8338



Monday 6th June: City Centre Walk

Departing 11am from Carers Leeds.
Places are limited, booking is essential.

Bob Tyrrell from Leeds Civic Trust will be leading another of his very popular city centre walks. Starting at Leeds Town Hall, we will explore architecture and other interesting features around Park Square, City Square and streets along the way. We will return to Carers Leeds to enjoy hot drinks and snacks. **This event is Free.**

Tuesday 7th June: Male Carer Group Summer Canal Trip

From 10.30am until 3.30pm
Thwaites Mill, Thwaite Lane, Leeds, LS10 1RP
Places are limited, booking is essential

Male Carers are invited to a relaxing day on the canal this summer. A chance to slow down, unwind and be outdoors. Optional pick-up and drop-off from Carers Leeds available, please specify when booking. Please note, we do ask for a £5 contribution per person.



Wednesday 8th June: Trip to Bridlington

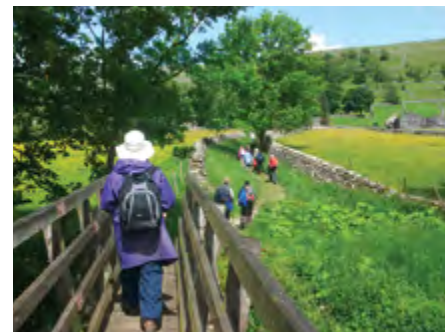
Departing 10am from Carers Leeds.
Returning approximately 5.30pm.
Booking is essential.

Spend the day on the beach, have a ride on the seafront railway, or indulge in a spot of retail therapy. There are plenty of cafés and restaurants if you choose not to take a packed lunch. Open to all carers plus one guest. We ask for a £5 deposit per booking in order to secure your place on the coach. Let us know when you reserve your place if you have any additional needs, or need to discuss wheelchair access.

Thursday 9th June: Healthy Eating for Carers

Carers Leeds will be in Kirkgate Market from 10am until 4pm.
No need to book - everyone welcome!

Carers Leeds will be located in Kirkgate Market promoting healthy eating for carers. We aim to have fun and enjoy eating healthy food that tastes good! Meet our Carer Health Support Workers to talk about wellbeing. Help us raise awareness and promote health and wellbeing for carers in Leeds. **This event is Free.**



Friday 10th June: Walk in the Yorkshire Dales

Departing 9.15am from Carers Leeds. Returning approximately 5.30pm. Booking is essential.

Carers are invited to join us for a walk in the Yorkshire Dales. The walk will be a 4 mile circular walk from Austwick through Oxember Woods where you can enjoy the wildflowers and beautiful Dales scenery. There will be one steep uphill section and one difficult stone stile to cross, so if you're interested in this walk, you need to feel confident that you can manage this.

Please bring a waterproof jacket and walking boots with you, as well as your packed lunch and a drink. It may be possible to borrow waterproofs or boots if needed. The walk leader will not let anyone join the walk unless they are wearing appropriate footwear. **This event is Free.**



What's On at Carers Leeds

NEW Events at the Time for Us Café

The Time for Us Café is new for 2016 and open to all carers.

Each month the Time for Us Café will have a different event and theme. A light lunch will be provided. If possible please can you book your place by contacting Carers Leeds on **0113 246 8338**, but you can also drop-in on the day.

The next Time for Us Café events are as follows...

Do you want to know more about Power of Attorney?

Thursday 14th April 2016
11am until 2pm at Carers Leeds



Clarions Solicitors will be joining the Time for Us Café to give a presentation on; Wills, Legal Power of Attorney, protecting your home, paying for residential care and to answer any questions you have on these subjects.

Bingo with a Twist - The Energy Saving Gameshow

Thursday 12th May 2016
11am until 2pm at Carers Leeds

The Energy Gameshow is coming to the Time for Us Café! A fun and interactive way of learning about energy use in the home and how to save money on your bills. There's a picture quiz, a higher

or lower game, and energy efficiency bingo! It's free to come along, and there are great prizes and giveaways to be had! The Energy Gameshow is delivered by volunteers from British Gas.

The Royal Armouries Experience

Thursday 9th June 2016
11am until 2pm at the Royal Armouries

Join the Time for Us Café for an experience across the ages. The team at the Royal Armouries will be providing a tour of the wonderful exhibitions they are running, plus a chance to actually handle some of the artefacts and more.

Places are limited, please book your place by contacting Carers Leeds on **0113 246 8338** from 10am on the telephone booking date Tuesday 12th April.

Optional pick-up and drop-off from Carers Leeds may be available, please specify when booking.



Start this Spring caring about your wellbeing!

Monday 9th May
Friday 27th May
Monday 6th June



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. So if you've already had two sessions, you can now book again.

To book your place contact Carers Leeds on **0113 246 8338** from 10am on the telephone booking date Tuesday 12th April.

NEW Young Mind Matters

Tuesday 26th April
Tuesday 31st May
Tuesday 28th June

Are you a parent caring for a young person, teenager or young adult (up to 25) with mental health issues?

You are not alone. Come along and meet other parents in similar situations, share experiences and get advice in a warm friendly environment.

We meet on the last Tuesday of the month at Leeds Church Institute, 20 New Market Street, LS1 6DG (back of House of Fraser), offering free refreshments and good company.

For further details contact Angie Thompson on **0113 246 8338** or **07854 481 011**.

What's On in Leeds



Dying Matters week 9th - 15th May 2016

Dying Matters is a week of nationwide events to encourage everyone to talk about their wishes about end of life with friends, family and loved ones.

Dying, death and bereavement are often seen as taboo subjects and the aim of Dying Matters week is

to encourage everyone to begin to have those sensitive conversations. Talking about death and dying can be a difficult conversation to have but we hope by being part of the Dying Matters week and hosting our own café event here at Carers Leeds we can support you in starting to have those big conversations.

Carers Leeds Dying Matters Café

Wednesday 11th May from 10.30am until 12.30pm at Carers Leeds

We hope you will be able to come along, and in a friendly and comfortable environment, find out more information about writing your Will, Power of Attorney, Advance Decisions (used to be called Living Wills) and much more.

Start the conversation about what you want and the choices you can make about your end of life. Find out about the different funeral ideas that are

possible. Maybe start to think about things you would want to put on your 'bucket list' and how you would like to be remembered.

To make sure we have enough cake for everyone book your place by telephoning Carers Leeds on **0113 246 8338** from 10am on the telephone booking date Tuesday 12th April.

Green for Go! Leeds

Want to keep active?
Like to learn new skills?
And have fun?

Every week on Tuesday
and Wednesday
10am until 3pm
Lady Pit Lane Allotments,
Beeston Hill, LS11 6ES



Green for Go! is for you if you live in South Leeds, are aged 26 or over and have a long-term health condition such as COPD, CVD, arthritis, chronic pain or diabetes.

Green for Go! offers a chance to get active, learn new skills and meet people, in a friendly and safe environment, and involves activities such as growing your own food, arts and crafts, making hanging baskets, community gardening and conservation tasks.

For more information contact John Cummins on 0113 238 0601 or email jcummins@groundwork.org.uk or visit online www.groundwork.org.uk/leeds to find out more.

Leeds Irish Health & Homes - Women's Group

Every fortnight on a Thursday at 1pm
Montague Burton Day Centre, Banstead Street West, LS8 5PU.

A small group of like-minded ladies coming together as an outlet to help reduce isolation and an opportunity to meet new friends. We hold advice sessions on health and wellbeing, arrange trips, outings, reminiscence sessions, cultural sessions, along with a good natter and a hot cup of tea. Cost is £2 per person.



For more information contact Emma Sanderson on 0113 2625614 or email Emma.Sanderson@lihh.org or visit www.lihh.org to find out more.

Training available from Carers Leeds

New Caring Well Training Course



Caring Well is a course for carers and includes a programme of 6 weekly sessions.

A number of different areas relevant to carers are covered in an informal group environment where carers are encouraged to support and learn from each other.

Please note there are just a few places left on this course.

To book your place contact Carers Leeds on 0113 246 8338 from 10am on the telephone booking date Tuesday 12th April.

The course will take place on a Tuesday between 11am and 2.30pm.

The programme is:

May 17:	Introductory session: talking about caring
May 24:	Looking after my mental wellbeing
June 7:	Looking after my physical wellbeing
June 14:	Practical aspects of caring
June 28:	Caring, communicating and money
July 5:	Thinking about the future an residential care

Are you caring for a family member or friend with dementia?

Join Carers Leeds for 4 free workshops to help carers with understanding the following topics:

- Understanding dementia
- Legal and money matters
- Coping with unusual behaviours
- Accessing support and services



Yeadon Town Hall

Held once a week over a 4 week period, starting on Friday 6th May. Sessions are 2 hours (1.15pm until 3.15pm).

Wetherby Town Hall

Held once a week over a 4 week period, starting on Thursday 9th June. Sessions are 2 hours (11.00am until 1.00pm).

For more information or to book a place please contact Lisa McAvan, Dementia Carers Support Worker on 0113 3804307 or email lisa.mcavan@carersleeds.org.uk

Moving and Handling Training

**Thursday 14th April
10.30am until 2.00pm**

Our popular moving and handling training for carers is back!

If you are caring for someone with mobility issues or someone at risk of falling, this is for you.

A light lunch will be provided. You will need to wear loose clothing and flat shoes for this practical session.

To book your place contact Carers Leeds on 0113 246 8338.



Mental Health Recovery Group South Leeds

**Every fortnight on Mondays at 5.30pm until 7pm
Vale Circles Tunstall Road,
Leeds LS11 5JF**

This group helps people who are carers and have mental health difficulties. It helps people to be positive about mental health and learn from support workers and each other about getting better from mental health problems.

For more information ring 0113 380 4300 and speak to Lokhi Roy or Elaine Wilkes.

Hello! We are the Mental Health and Learning Disability Carers Team



We work for the NHS and became partners with Carers Leeds in April 2014.

We are a group of Carer Support Workers offering information and advice to anyone who supports someone with mental health difficulties or learning disabilities. We are committed to offering support to carers and work with each person as an individual.

So what can we do?

- Offer emotional support and listen to people who may be distressed
- Offer one to one sessions, this can be at home, at Carers Leeds or somewhere you feel comfortable talking.
- Offer appointments out of hours.
- Offer information and education about mental health conditions and learning disabilities.
- Carer Support Groups so people can share their experiences and learn from others in a similar situation.
- Give information about benefits and other services that might be helpful.
- Attend meetings with professionals to support carers if needed.

If you are supporting someone with mental health problems or learning disability and feel you would benefit from speaking to a Carer Support Worker, please ring the Carers Leeds Advice Line on 0113 380 4300.

Volunteer Opportunity: Help us to reach out to carers

We are passionate about reaching out to unpaid carers to make sure that they get the support they need.

To help us do this we are recruiting volunteers who are happy to display posters and information leaflets within local communities. This is a great opportunity to meet new people and spread the word about the support that is available for carers.

We are looking for volunteers, who are friendly, get on well with people and

who are able to work independently. This role is very flexible so you can fit it in around your other commitments, including caring responsibilities. The minimum commitment we ask for is two hours of volunteering a month.

How to apply

For an application pack, for the role of Leaflet and Poster Distribution Volunteer, please contact Valerie Banks, Volunteer Co-ordinator on 0113 246 8338.

Carer Support Group Bulletin Board

Crafty Carers is back!

Crafty Carers Group is returning in July to the West Leeds area for six crafting sessions, look out for venue details and times in the June/July edition of Carers News.

Support Group Update

Unfortunately due to external circumstances, the Boston Spa Carers Support Group will no longer be running.

Any carers in the Boston Spa area are very welcome to come along to the Wetherby Carers Support Group that continues to run as normal on the 3rd Thursday of the month 10am - 12 noon at Wetherby Town Hall.

Carer Support Groups Online Map

Many carers enjoy our Carer Support Groups, and we have found a great way to make it quicker and easier to find a group near you!

To help carers find their nearest support group we've created a Google Map with details of all of our support groups in Leeds.

You can use the map to get directions to a support group from your home by car or public transport. View the map here: <http://bit.ly/1ogySgi>

If you're not on online, you can contact the Carers Leeds Advice Line on 0113 380 4300 to find out more information about our support groups.

Carers Leeds Support Groups give carers a break from caring and are a way of getting advice, information and support, whilst socialising and enjoying activities.

From the Postbag

Sharing useful information, stories and experiences.

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

Saga Respite for Carers Trust award

The Saga Respite for Carers Trust was launched to help carers aged 50 and over by providing a much needed holiday for the carer and a friend. Saga Respite for Carers Trust is now raising money to allow unpaid carers to take that much needed respite break.



Do you know a carer in need of a break?

The period for submitting nominations for 2016 is now open, and will close on 31st August 2016. At the end of the nomination period applicants will be contacted by the Trust with the outcome of their nomination.

The carer should be aged 50 or over,

have been caring for someone for more than a year, not have taken a significant holiday away from their caring responsibilities within the last year, not be a professional carer.

How to apply

You can apply yourself or nominate someone you think deserves it. Nomination forms can also be obtained by post; please send a stamped, self-addressed envelope to:

Saga Respite for Carers Trust, Enbrook Park, Folkestone, Kent CT20 3SE. Alternatively visit <http://www.saga.co.uk/saga-charitable-foundation/saga-respite-for-carers-trust.aspx>



Shared with us by a carer Joyce Sanders...

MY CARE HOME

Margarine,
Girls laugh and scream,
Very very hot,
Care workers rushing,

Elderly zimmers pushing,
Poems and crosswords,
Painting and exercises,
Dominoes and baking,
And Margerine.

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.

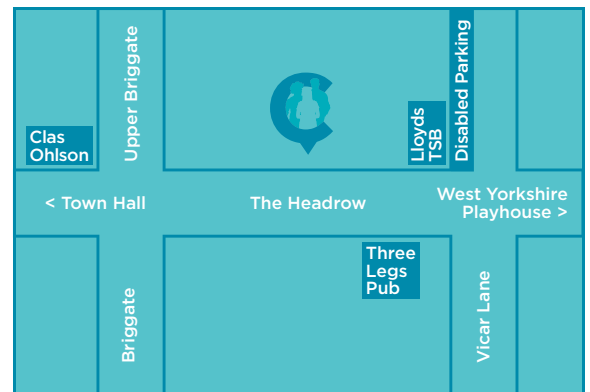
Contact Details

- 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
- 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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