



carers news

August & September 2016

Carers Advice Line
0113 380 4300

Carers Leeds
0113 246 8338

WELCOME TO THE AUGUST / SEPTEMBER EDITION OF CARERS NEWS

'Calling Carers' Support for Older Carers



Helena Baldon, Carers Leeds Development Worker with Leeds Community Foundation team.

We are delighted to have received funding to start a new project offering support to older carers of people with dementia, delivered by volunteers. The support will mostly be provided over the telephone with some opportunities for face to face meetings.

Leeds Community Foundation is managing the funding which has been made available through Time to Shine, a BIG Lottery funded project helping socially isolated older people in Leeds.

Becoming part of the team delivering this work is an exciting opportunity for Carers Leeds and we are very keen to ensure that lonely and isolated carers can benefit from new services in the city. For more information please contact the Carers Advice Line on 0113 380 4300.

Parent Carer Summer Party



**Thursday 25th August,
1pm until 4pm, Vinery Centre,
20 Vinery Terrace, LS9 9LU**

The Carers Leeds Parent Carer Service supports parents and other family members caring for a child or young person, up to 19 years of age, with additional needs.

We would like to invite all parent carers, and their children, to a party to launch the Parent Carer Support Service.

There will be entertainment, light refreshments, indoor and outdoor activities and a chance to have a fun and relaxing time with other parent carers and their families. The facilities are fully accessible and there is a Changing Places care suite.

No need to book, simply turn up on the day and have fun! For more information please contact the Carers Advice Line on 0113 380 4300. We look forward to seeing you all there!

Make Your Health Your Priority!

The Carers Health and Wellbeing Team are running a series of 'Healthy Living Sessions' commencing on Tuesday 6th September at Carers Leeds. The sessions will help carers get a better understanding of our relationship with healthy eating, managing stress and anxiety, physical activity, and healthier habits around smoking and alcohol.

Is it time to ask yourself... Are you ready to **'Make Your Health Your Priority'?**

For more information please contact Charissa Chester, Carer Health Support Coordinator on 07398 173 322.



**THANK YOU
FOR YOUR SUPPORT**

Noah Stanton for raising over £1000 in the Leeds 10k for Carers Leeds.

Sinai Synagogue for their very generous donation of £2000 to Carers Leeds.

Helen Walker, Marketing Manager at Markel for taking part in the Leeds Triathlon raising £1900 for Carers Trust.



With support from



Kindly printed by



Carers Week

Message from Val Hewison,
Chief Executive Officer, Carers Leeds



Carers Week is an annual campaign which aims to raise awareness of caring, and this year took place from 6th - 12th June. Carers Leeds has been out and about all over the city letting people know about our services and raising awareness of carers issues.

The week kicked off with an information stand in Leeds City Centre on a busy Saturday and we were pleased that we were able to help so many people who came to talk to us who had caring responsibilities but did not see themselves as carers. We were able to offer information and advice to those people to help them in their caring role.



Our week continued with information stands at 5 different Sainsbury's supermarkets across Leeds; a Carers Healthy Living stall also popped up in Leeds Outdoor Market which was very popular with shoppers. We were also very pleased to work with GATE (Gypsy and Traveller Exchange), where we held an information and advice session for community members.

We targeted specific issues affecting working carers, and had information stands at Direct Line offices, the Department for Work and Pensions, Hitachi Finance and Leeds Beckett University, whilst I took part in a podcast on carers' issues walking around the city (exhausted!) with a member of staff from Leeds Beckett University and took up 2 opportunities to broadcast about Carers Week on Radio Leeds.

Carers enjoyed some fun events including a trip to Bridlington for 150 people, a City Centre walk in the very rare sunshine, a relaxing boating trip on the canal, an interactive visit to the Royal Armouries and a spontaneous outing to Skipton! A Carers Coffee & Cake morning took place at Aberford Community Centre, the first event for some newly emerging community work in the area.

Carers Week is a very important time in the Carers Leeds calendar – a time of great excitement for our enthusiastic staff team as it is an opportunity to celebrate the role of carers and make sure that all carers know they can get support if or when they need it. This year we have had a particularly enjoyable and successful week. Thank you to everyone that joined in; came along to say hello, and supported Carers Leeds.

Raising awareness of carer issues is highlighted during Carers Week, but the work continues throughout the year. I am a carer myself, and I believe respect and recognition for what we do is pretty darn important. With the commitment of us all, we put carers on the map and acknowledge the sterling work we all do to keep our loved ones well.



Thank you!!!

- Katie at Unilever for their very generous donation of items for carer goodie bags during Carers Week.
- Pamela and the team at British Gas for their kind donation of prizes for our Carers Week raffle.
- Craig Cooper at Infinity Bathrooms for supporting Carers Leeds and donating to our Morley carers outing to the Manor Restaurant.

Volunteers Week

Time to Celebrate

Message from Valerie Banks, Carers Leeds



"I love my volunteering time at Carers Leeds, it's a break from caring, meeting friends and a nice cup of coffee. Thanks, keep up the good work."

"I very much enjoy volunteering at Carers Leeds and intend to carry on doing so. It is very rewarding and I always feel appreciated. I would not do it if I did not enjoy it."

Volunteers Week is an annual celebration of the fantastic contribution millions of volunteers make across the UK. This year it took place from 1st - 12th June.

Here at Carers Leeds we always like to say a '**Big Thank You**' to our wonderful volunteers during Volunteers Week, and for our 20th year we did it with style! We celebrated with an afternoon tea at Creams in Leeds and a theatre tour of the City Varieties.

The afternoon tea was delightful! The tea room at Creams had crystal chandeliers, a live pianist and friendly staff. We were served dainty triangle sandwiches and delicious cakes. But the best bit was spending time with each other – it was great to see our volunteers laughing, chatting and catching up with each other.

The City Varieties Theatre Tour was a feast of fascinating facts! We were treated to the intriguing and colourful history of the theatre. The theatre has been a music room above a pub, the home of The Good Old Days and it has welcomed comedians, musicians and performers for more than 140 years. We got up on stage and explored behind the scenes. Thank you to Richard our tour guide. After the tour

we came back to Carers Leeds for a light lunch which also involved cake!

We had a great Volunteers Week... A '**Big Thank You**' to all our volunteers. We wouldn't do as much as we do without your help.

Volunteers have made an important contribution to the work of Carers Leeds over the past 20 years. You can read some of their stories and the results of our 2016 Annual Volunteer Survey on our website www.carersleeds.org.uk/publications For printed versions of our Volunteer Stories and survey please contact us on 0113 246 8338.



"Thank you very much for the special time we have all shared today. The theatre was very interesting, I would like to try the Grand some time. It is always good to share a meal together when you are alone."



Celebrating 20 Years of Carers Leeds



Her Royal Highness The Princess Royal, President of Carers Trust, joined carers at Leeds Civic Hall for a truly special occasion, 20 years after she opened the Carers Leeds centre.

During her visit The Princess Royal met many of the carers who use Carers Leeds services, together with other supporters from local businesses, and Local Authority. Guests enjoyed an afternoon of live music from a string quartet, whilst listening to carers speak about their caring experiences and relationship with Carers Leeds.

It was an emotional afternoon for many, as The Princess Royal spent time speaking to each carer and volunteer.

We are delighted that The Princess Royal has been able to join us for our 20th anniversary celebrations and that Her Royal Highness has devoted so much time and energy to championing the cause of unpaid carers.

We hope that everyone who attended the celebration event had an enjoyable experience. More photographs from the event can be found on our website www.carersleeds.org.uk.

We hope carers can continue to join us in our 20th anniversary celebrations throughout 2016.

Thank you!!!

Dawn's Flowers and Stephanie White Photography for your contributions and support.

Our special guests Councillor Judith Blake, Councillor Ogilvie, Councillor Mulherin and Tom Riordan.

Carers Trust, with special thanks to Gail Scott-Spicer and Carole Cochrane.



Special thanks to the carers who spoke so openly about their personal caring experiences, who gave carers across Leeds a voice on what was truly a special day.



Maureen Temperley



Liz Monaghan



Dominic Broadhead



Kausar Iqbal



Susan Hartley

How Leeds City Council Look After Your Information

Leeds City Council is circulating a document specifically for carers in relation to how they look after your information. It covers what information they may hold about you, which health and care organisations they may share your information with and what checks and procedures Leeds City Council follows when keeping your personal information safe and secure.

If you would like to have a copy, Carers Leeds will be holding copies of the document, as will most Leeds City Council Adult Social Care offices.

The document is also available to download from the Leeds City Council website on the 'Information and advice for carers' page.

Patient Involvement at Leigh View Medical Practice

Leigh View Medical Practice has launched a Patient Club! A group of patients and volunteers will develop services and arrange events for other patients such as chair aerobics, coffee mornings and craft afternoons.

Carers Leeds is delighted that the Medical Practice has also developed a Patient Support Group to provide support specifically for carers and patients living alone, by providing health education, useful information,

and services directly to their door. For more information contact Courtney on 0113 253 7628/9 or email courtney.hill@nhs.net



Sunshine & Smiles Family Fun Day



Sunday 11th September

Leeds Down Syndrome Network is holding a Family Fun Day this year at Left Bank Leeds on Cardigan Road in Headingley.

Headlining the day will be the wonderful Singing Hands with performances and workshops from Tiny Tempo, Leeds Children's Circus, Roundhay Ukuleles, Dance 21 and much more. There will be stalls, crafts and workshops, plus food and drinks on sale.

Details of ticket prices and how to book will be published on the website www.sunshineandsmiles.org.uk or email hello@sunshineandsmiles.org.uk

Thursday Book Group: Places Available



There are places available for carers to join our informal and friendly book group. We meet every six to eight weeks on a Thursday from 11.30am until 1.00pm at Carers Leeds.

The Central Library provides our books, but we can make suggestions about what we would like to read. We have refreshments, laughs, lively discussions about the books we've read and usually have a general chat about what's going on in life.

It's a chance for carers to share their interest in reading with others in a relaxed and social atmosphere.

If you can't make a Thursday you may be able to join our Wednesday group. To find out more please contact Helena Bladon via email helena.bladon@carersleeds.org.uk or telephone 0113 380 8916.

Reminder!

If it is your first time attending a local carer support group in the month of August please contact Angie Thompson on 07854 481 011 as some of the groups are on Summer outings and not at the usual venue.

Young Mind Matters

From September Young Mind Matters, a group for family members caring for a young person with mental health issues, will meet at the new time of 5.00pm until 6.30pm. The meeting will still be at the Leeds Church Institute.

What's on at Carers Leeds

NEW!! Carers Café For Parents who are Caring for an Adult Child with a Life Limiting Condition

Wednesday 19th October
10.30am until 12.00pm
Carers Leeds, 6-8 The Headrow

This Carers Café will give carers a chance to meet with other people in a similar position, to offer support to each other

and look at services available. If carers would like the Carers Café to be a regular support group, this could be developed too. Look out for more information in the next newsletter or contact Angie Thompson on 07854 481 011 to discuss further.

Time for Us Café - The Wheel of Life

Thursday 8th September
11am until 2.30pm
Carers Leeds, 6-8 The Headrow

Struggling with getting the balance of your life right? Come and meet Life Coach Anne Bostock. She will help you understand how to balance your

day to day life so you get the most out of it. Life balancing can cover Work, Personal Relationships, Health, Social Contribution, Spirituality and much more. A light lunch will be provided. Please call Carers Leeds on 0113 246 8338 to let us know you would like to attend.

Time for Us Café - Manicure and Massage



Thursday 13th October
11am until 2pm
Carers Leeds, 6-8 The Headrow

The Central College of Health and Beauty, located in the heart of Leeds, will be making a return to

the Time for Us Café to offer carers a light lunch and the following relaxing treatments:

Mini manicures - shaping and polishing of the nails with a hand and lower arm massage.

Shoulder and neck massage - a deep upper back, neck and shoulder massage to ease away tension.

Places are limited and booking is essential. To book your place contact Carers Leeds on 0113 246 8338. Event bookings will be taken from 10am on Tuesday 23rd August.

Carers Walking Group



The Carers Health and Wellbeing Team are developing a walking group from Carers Leeds city centre office. The group will allow carers to improve their health and wellbeing with a monthly walk, accommodating all walking abilities; walks will last 30-45 minutes in locations across the city. If you are interested in joining the group, or would like more information please contact Charissa Chester, Carer Health Support Coordinator on 07398 173 322.

Bat and Chat



Carers Leeds has teamed up with Ping! England to bring table tennis to carers!

Table tennis can be enjoyed by individuals of any age; it is a low impact exercise and good for fitness. Come and have a recreational game and a chat, meet new people for some banter and rallies. No skill or previous experience necessary.

Bat and Chat is open to carers and the person they care for, and will take place between 11am until 1pm every Friday starting in August. See you there!

Carers Leeds Staff

Goodbye to Gill Hutchinson



In April we said goodbye to Gill Hutchinson who for the last 15 years has been Finance Officer at Carers Leeds. Throughout this time Gill's job was to manage the finances of the organisation and there is no doubt she played an important role in the growth and expansion of Carers Leeds. We would like to thank Gill for all her hard work, commitment and everything she brought to Carers Leeds. Gill has gone on to pastures new and we wish her every success for the future.

Goodbye to Merlo Michell



We said goodbye to Merlo Michell who left her employment with Carers Leeds at the end of March. Merlo worked for Carers Leeds for 5 years, initially as the Administrator and later as the coordinator of our Call 'Cos You Care project. Merlo had a great deal of experience in supporting volunteers, something she particularly enjoyed doing. Funding for the Call 'Cos You Care project ended in March this year and Merlo decided that this was the right time for her to retire. We wish Merlo many happy years of retirement.

Goodbye to Tahir Abass



Tahir joined Carers Leeds in 2015 to support people affected by another person's drug and alcohol use. Tahir initially worked to promote the project amongst people from black and minority ethnic communities and supporting families identified through this work. He then took on additional hours and worked to provide support to all people in contact with the Drug and Alcohol Service. Tahir has been a much valued member of staff bringing a unique set of skills and experience and has gone on to pursue a research opportunity which we feel sure will lead to an exciting academic career.

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.

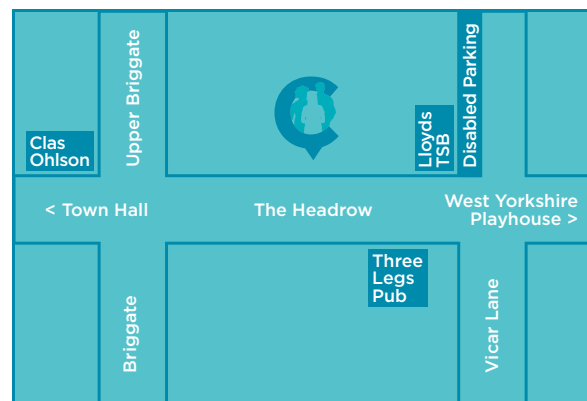
Contact Details

- **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 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)