



# carers news

January & February 2017

Carers Advice Line  
**0113 380 4300**

Carers Leeds  
**0113 246 8338**

**WELCOME TO THE JANUARY / FEBRUARY EDITION OF CARERS NEWS**



## Happy New Year from Val Hewison, CEO

**Everyone here at Carers Leeds joins me in sending our very best wishes for a happy and healthy 2017, we hope it will bring you everything you wish for yourself and the people you care for.**

Last year was our 20th anniversary, a hugely busy and successful year for us and this year we promise to continue offering good quality information and advice when you need it, and support to you in your caring role.

I am sure in the year ahead there will be times when we are challenged and where nothing seems to be going right. If it helps to talk....ring us. If you need some help in finding your way through the system.... call in and see us. We will listen with

the intent to understand your personal story, with respect and sensitivity.

This year we will be reviewing the support we offer. We want you to tell us how we are doing and we want to know what works or would work best for YOU as a carer.

Our newsletter will keep you updated on how best to let us know (Speak Up and Take Part on page 2), but as always, if you would like to talk to me,

please ring and ask for Val.

### **You are amazing!**

When it comes to New Year resolutions, I wondered why on earth I was putting another undue stress on myself. As a working carer and after a very tough Christmas in my caring role....I am just very pleased some days that I am up and dressed! I'm not going to be so hard on myself. Join me in that? We are after all pretty amazing!

### **Carers Leeds Wins Prestigious HSJ Award**

Carers Leeds are thrilled to announce that in partnership with Leeds City Council Adult Social Care and the three Leeds Clinical Commissioning Groups (CCG), we have won a prestigious Health Service Journal (HSJ) Award in the "CCG and Local Authority Integrated

Commissioning for Carers" category for our Yellow Card Scheme within GP Surgeries.

### **Yorkshire Evening Post Health Awards 2016**

Carers Leeds is delighted to have been highly commended as 'Carer Team of the Year'. What a fantastic 2016!

### **2017 GSK IMPACT Awards**

Carers Leeds has also been shortlisted for the 2017 GSK IMPACT Awards, designed to recognise and reward charities that are doing excellent work to improve people's health. We will be considered by the judging panel and winners will be announced in March 2017.



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# Carers Speak Up and Take Part 2016 Carers Conference

## Carers Leeds held its first carers conference on Carers Rights Day 2016 asking carers to Speak Up and Take Part!

The aim of the day was to hear your views on the services available to carers, and to give carers the opportunity to speak directly with our influential key speakers.

Cath Roff, Director of Adult Social Care, spoke about the future of social care in Leeds and the focus on 'Strength-based Community Development', a strategy for community based support focussing on local strengths, resources and skills. More information will be featured

in future issues of Carers News.

Mick Ward, Deputy Director, Integrated Commissioning, Adult Social Care discussed the financial climate within social care services and Ian Brooke-Mawson, Carers Commissioning Manager introduced 'The Carers Blueprint'.

Those who attended gave a lot of feedback on services, how they felt about Carers Leeds and what they would like to see in the future.



The day ended with an interactive 'Ask the Audience' session which showed us that carers who attended the day rely on the Carers Advice Line for support during difficult times, enjoy the seasonal trips provided by Carers Leeds, and particularly value the Carer Support Groups.

Your views are important to us, if you missed the chance to 'Speak Up' you can still 'Take Part' via our website <http://www.carersleeds.org.uk/carers-speak-up>

## Leeds Carers Partnership: Making Leeds the best city in the UK for carers.

**By Ian Brooke-Mawson, Carers Commissioning Manager**

"I'm not sure how many of you know that we have a Leeds Carers Partnership. Membership includes carers as well as staff from the public, private and voluntary sector. It exists to champion the needs of carers in order to influence the way that services are planned and delivered.

A little earlier in the year two key reports were published; the first by Carers Trust, (Care Act for Carers: One Year On) and the second by NHS

England, (An integrated approach to identifying and assessing Carer health and wellbeing). The Leeds Carers Partnership carefully considered the reports and decided that they needed to do something that could increase awareness, generate enthusiasm and recognise achievement for carers, not just in health and social care but in every sector of our society. And that's where 'The Carers Blueprint' comes in."







## What is The Carers Blueprint?

"I think the exciting thing about our Leeds Carers Partnership and The Carers Blueprint is the opportunity to get out there among those not yet converted to making Leeds a better place for carers. This expands beyond health and social care agencies, we want to see this in banks, in supermarkets, in fish and chip shops, in hairdressers – in fact we want to see this anywhere and everywhere.

The Carers Blueprint will raise the awareness of carers, what they do, how caring impacts on health and wellbeing and why supporting carers is so important. It then highlights what Leeds will look like from a carers point of view if it was the best City for carers in the UK – what would businesses, community groups and teams of professionals be doing differently, doing more of and doing better.

The Carers Blueprint prompts organisations to consider what they do well for carers and the things they could do better. We then ask for a commitment of two or

three things (actions) that particular business, community group and team of professionals are going to do for carers and by when.

The Leeds Carers Partnership will gather all these actions and commitments. Where we can link groups and organisations who are working on similar things we will, and we will continue communication with organisations in order to celebrate success. Just think, if we can get 50 action plans, each with 2 or 3 actions, there will be over 100 things happening in Leeds specifically to improve support for carers."

**More information on the development of the Leeds Carers Partnership and The Carers Blueprint will be shared in future issues of Carers News.**



# What's on at Carers Leeds

## Time for Us Café: All You Need to Know about Power of Attorney

**Thursday 9th March**  
**11am until 2pm**  
**Carers Leeds 6-8 The Headrow,**  
**Leeds City Centre**

Clare King from Clarions Solicitors will be joining the Time for Us Café to give a presentation on Making a Will and Power of Attorney. So if you would like to know more do come along and Clare will try to help and answer as many queries as possible.

Lunch will be provided. Please contact Carers Leeds on 0113 246 8338 to book your place. Bookings will be taken from 10am on Tuesday 14th February.



## Dementia Information Days in Pudsey

**Four weekly sessions starting**  
**Thursday 16th February until**  
**Thursday 9th March 11am until 1pm**  
**Pudsey Wellbeing Centre,**  
**Robin Lane, LS28 7BR**

Are you caring for a family member or friend with dementia? Carers Leeds is offering 4 free information days to help carers find out more about:

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

It would be beneficial to attend all 4 weekly information days.

For more information or to book a place please contact Fiona Porteous, Dementia Carer Support Worker on 0113 380 4300 or email [fiona.porteous@carersleeds.org.uk](mailto:fiona.porteous@carersleeds.org.uk)



**Carer Support Group:** Has the person you care for moved, or is moving, into a care home?



**Second Friday of every month**  
**10.30am until 12pm**  
**Carers Leeds, 6-8 The Headrow,**  
**Leeds City Centre**

If you look after someone who moves into a care home it does not necessarily mean that you stop being a carer. In fact, many carers still spend a lot of time visiting the home, helping with care and keeping the person they care for company.

It can be a very difficult time for carers and family. Join Carers Leeds at this new support group to talk to others, ask questions and receive support. No need to book, please feel free to call in.

For more information or to see if this group meets your needs, please contact Lisa McAvan at Carers Leeds on 0113 380 4307. We look forward to meeting you.

## Crafty Carers: Glass Painting and Button Art

**Friday 17th February**  
**Friday 17th March**  
**1pm until 3pm at Carers Leeds**  
**6-8 The Headrow, Leeds City Centre**

Come along and join Crafty Carers as we create beautiful glass painting

effects on everyday items, and learn how to use buttons to produce artwork and trinkets for yourself, family and friends. All materials will be supplied. Light refreshments will also be provided. No need to book, we look forward to seeing you!



# Care For Your Health



## Wellbeing Sessions at Carers Leeds

**Monday 6th March  
and Monday 20th March**

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 book up to 2 sessions per year (April 2016 to March 2017). To book your place please contact Carers Leeds on 0113 246 8338. Bookings will be taken from 10am on Tuesday 14th February.



## Walk in My Shoes - Carers Walking Club

**Wednesday 8th February at Golden Acre Park,  
Wednesday 8th March at Kirkstall Abbey**

Gentle, low impact exercise that's easy, free and available to everyone. Take time out from your caring role and do something new today - join the Carers Walking Club!

The meeting point for the Carers Walking Club is 10.45am at Carers Leeds, 6-8 The Headrow, Leeds City Centre.

For more information and to book your place please contact the Carers Leeds booking line on 0113 246 8338.



## Ministry of Food - 'Cook Well and Eat Well'

**Monday 15th March  
Meeting at 12.30pm at Carers Leeds,  
6-8 The Headrow, Leeds City Centre**

Improve your cooking skills and understand how to prepare healthier food by joining the Carers Leeds Health and Wellbeing team at The Ministry of Food. Classes last for two hours and the course runs for 8 weeks. During each weekly class you will be taught a full range of cooking skills to enable you to prepare quick, healthy and cost-effective meals.

Places are limited. For more information and to book your place please contact the Carers Leeds booking line on 0113 246 8338. Bookings will be taken from 10am on Tuesday 14th February.



## Stress Control and Mood management

**Contact Carers Leeds to register  
your interest**

If you live in Chapel Allerton, Beeston or Harehills and would like to improve your stress control and mood management, Carers Leeds is working in partnership with Leeds Improving Access to Psychological Therapies (IAPT) to offer a 6 week course to support carers to successfully control stress and mood management.

The course will consist of 6 weekly sessions lasting 2 hours. Please contact the Carers Leeds Health and Wellbeing Team on 0113 380 4300 to register your interest.

# What's on in Leeds

## Befriending Social Group in Garforth

If you have a mental health difficulty, are feeling down, worried or isolated, why not enjoy a tea or coffee in good company?

The group is a safe space for people who are experiencing mental health difficulties to come together, support one another and make new friendships.

Meeting every two weeks at Garforth One Stop held in the Cielo Express Coffee Shop on the first floor.

For more information or if you would like to attend please contact David Holmes at Making Space on 0113 276 1421. Making Space is a national charity and leading provider of adult health and social care services.

## Siblings Group

Siblings Group is open to children aged 7-14 who have a brother or sister with a learning disability. It is a place to have fun, make friends and have time to yourself.

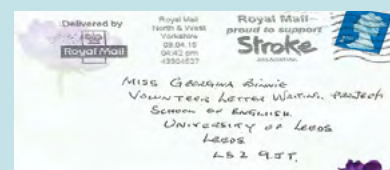
Some of the activities include decorating biscuits in the shape of their family (while talking about their family), making stress balls (and thinking about who to go to if they feel upset or concerned), t-shirt decorating,



a talent show, den building and even fundraising events!

Siblings Group runs on Fridays from 4.30pm until 6.30pm at the Vinery Centre (LS9). Contact Mencap for more information on 0113 235 1331.

## Writing Back



Are you an older Yorkshire resident? Would you like to exchange letters with a University of Leeds student?

Why not take part in an award-winning letter writing project matching School of English students as pen pals with older Yorkshire residents. The scheme is fully funded and participants are provided with stationary and stamps.

A member of the project says "My experiences with this project are invigorating, interesting, a learning curve giving me tremendous pleasure, no need ever to feel lonely; each person, no matter what circumstances, has plenty to give and gain."

If you would like to learn more about this opportunity, please contact Georgina Binnie, 0113 343 6189 or visit [www.leeds.ac.uk/arts/writingback](http://www.leeds.ac.uk/arts/writingback)

## Thank you from Carers Leeds

**A huge and heartfelt thank you to Markel in Leeds, for their generous donation of over 200 Christmas gifts for isolated carers in Leeds. These were donated by Markel staff and lovingly wrapped by Heather White the Receptionist at Markel in Leeds. Markel are one of our greatest supporters not only at Christmas but all year long, we send our sincere thanks to them.**

Angie Thompson, Carer Group Coordinator, would like to thank the following people for their very generous donations - Thank you!

Andy at The Eleventh Earl Toby Carvery for donating a meal for 4 people. Bernard Hopkins at Coe's Fisheries for his generous donation

of a family feast meal. Jax and April (Clarins), Amanda (Estée Lauder), Michelle (Clinique) from Boots for the lovely cosmetics and bags. Suzanne Bush at Holiday Inn for donating a meal for 2. Angie Workman and Karen Lewis for all the lovely gifts they generously donated. Scott at The Angel Toby Carvery for donating a



*Heather was not injured in the making of this photo!*

meal for 2. Katie at Lever Faberge for her continued support and donations. Becky at The Mercure Hotel for donating Afternoon Tea for 2. Mark at Manor Golf Club for donating bottles of wine.

Big thank you to Linda Kirkby and Kirsty Thompson for donating their time and helping with all the wrapping.

# Dying Matters in Leeds

**Tuesday 9th May**  
**11am until 3pm**  
**Leeds City Museum**  
**in Millennium Square**

Following the success of last year, the Leeds Dying Matters Partnership are back for Dying Matters week 2017. The event will include a range of stalls, workshops, and activities themed around planning for end of life. Please make a note in your diary, and watch out for more details about this important event.

A range of council, NHS, private sector and voluntary services will

be represented at the event, with staff available to offer information and advice on matters concerning end of life issues. Refreshments will be available.

The Dying Matters Partnership aims to enable people in Leeds to feel more comfortable talking about death and dying, discuss their end of life wishes with friends, family and/or professionals, write a will, register as an organ donor and communicate their end of life wishes.

Further information about Dying Matters in Leeds can be found on the

website <http://dyingmattersleeds.org/>  
 To speak with someone about Dying Matters contact Carole Clark at Leeds City Council on 0113 378 3831 or email [agefriendly@leeds.gov.uk](mailto:agefriendly@leeds.gov.uk).



## Did you know... Carers Leeds has a Bereavement Support Service?

Carers Leeds provide bereavement support to family and friends who were caring for a person who has died.

Our experienced team will give you the space and time to tell the story of your bereavement and help you to focus on thoughts and feelings following the death of the person

you have been caring for. We can offer one to one support and also join a monthly Support After Loss Group.

If you would like more information, please contact Sue, Bereaved Carer Support and Development Worker on 07539 101014 or email [susan.sutton@carersleeds.org.uk](mailto:susan.sutton@carersleeds.org.uk)

### Save the Date!

Carers Leeds will be hosting an event for carers during Dying Matters Week. The event will be at the Carers Leeds centre on Wednesday 10th May from 10.30am until 12.30pm. More information will be shared in the next edition of Carers News.

## Celebrating World Book Day



Carers Leeds would like to invite you to celebrate World Book Day. They say reading is a wonderful way to relax, so please join us and choose a book from our large number of hard and paperback books available.

It's time to combine the fast pace of a carers life with the grounding calm of a beloved book. And if just one day of relaxation and reading wasn't enough, why not join a Carers Leeds Book Club?

The Carers Leeds Book Clubs are a space for carers with a love of reading to have time for themselves and to be swept away into a fictional world.

### Carers Leeds Book Clubs

Meeting every 6-8 weeks  
 at Carers Leeds

- Wednesday Book Group:  
 11am until 12.30pm

- Thursday Book Group:  
 11.30am until 1pm

The Carers Leeds Book Clubs are informal, friendly groups; we get together to talk about novels we've read which are provided by the Leeds Central Library.

New members are welcome at both groups. Please contact Helena Bladon on 0113 389 8916 or email [helena.bladon@carersleeds.org.uk](mailto:helena.bladon@carersleeds.org.uk) for more information.

**Thursday 2nd March**  
**11am until 1.30pm**  
**Carers Leeds 6-8 The Headrow,**  
**Leeds City Centre**

# 'Step into My Shoes' Fundraising Event



Hello, for those of you who don't know me, my name is Grace Purnell. I am a Carer Health Support Worker here at Carers Leeds and this year I have set myself the goal to raise awareness of the mental health struggles carers experience, and hopefully inspire people to contribute to the funding of support programs for carers.

Now, as my friends and family know, I don't like to do things by halves, and this challenge is no different! I am embarking on ten gruelling, physically demanding, and mentally challenging races consisting of two half marathons, three 10k runs, Tough Mudder challenge, a triathlon, a 100 mile bike ride, and finally finishing off with the Yorkshire Marathon!!! And I am going to need huge support from each and every one of you to help me through to the finish line.

As someone who is a carer myself, I know first-hand the impact caring can have on mental health, I understand the importance of creating a network of support that carers can rely on when they need help coping with mental health issues. The money raised will go towards delivering one-to-one support and information sessions for carers that may be having a difficult time with their mental health.

I would like to ask if you would do me the honour of joining me on my journey throughout the ten challenges I will participate in over the course of the year. Get to know me and my personal experiences of being a carer, keep up to date with my training and of course all donations will be greatly appreciated.

## Follow My Story

**Follow my blog:** <http://stepintomyshoes2017.wordpress.com>

## How to Donate

**Online:** <https://localgiving.org/fundraising/stepintomyshoes2017>

**Cheque by post:** made payable to Carers Leeds. Addressed to Carers Leeds, 6/8 The Headrow, Leeds, LS1 6PT

**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

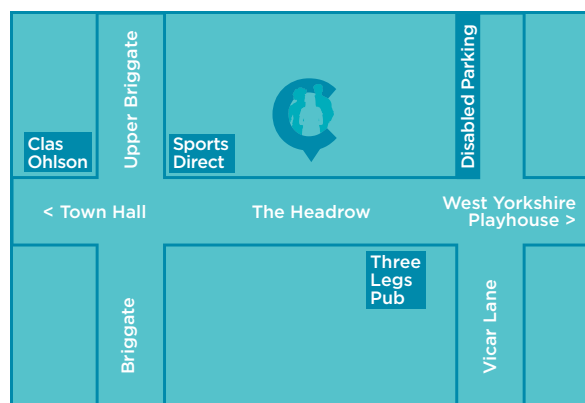
- **Carers Advice Line 0113 380 4300**  
(9 am – 4.30 pm, Monday - Friday)
- **Drop-In to Carers Leeds City Centre office**  
(10 am – 3.30 pm, Monday - Friday)
- **Email: [info@carersleeds.org.uk](mailto:info@carersleeds.org.uk)**
- Message via the website, Facebook or Twitter

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



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