

WELCOME TO THE MARCH / APRIL EDITION OF CARERS NEWS



“To ‘Tweet’ or not to ‘Tweet’, that is the question. Whether tis nobler to share on Facebook or to follow us on Twitter...”

Written by Geoff Gibbs, Information, Communication and Technology Specialist at Carers Leeds

facebook.com/carersleeds
twitter.com/carersleeds

We are certain that our favourite bard would be making use of Social Media to promote and publicise his plays had he been writing them today, and we'd be followers!

Social media is playing an ever increasing role in everyday communication, but at the heart of it all, it's about relationship building, storytelling, and sharing.

Need a Helping Techie Hand?

By Social Media we are talking about Facebook and Twitter, two websites allowing you to make contact with people.

Don't think for a minute this sort of thing is for kids, actually, figures show that over 50% of the people on these websites are aged 35 and over, and 1-in-4 people over 65 are social media users.

If you are having problems getting to grips with social media, understanding the lingo or getting online, contact Age UK Leeds Digital Angels on 0113 389 3000 or call into your local Library.

Some Benefits of Social Media

- An opportunity for carers to reconnect with old friends, meet new people and other carers.
- Use of Social Media often sparks interests and reignites the passion for learning.
- A desktop computer isn't required. Carers can access Social Media via smart phones and tablets.
- Social Media can help carers diminish the feeling of loneliness and feel supported.

We like to Tweet and Post!

Take a look on Facebook and Twitter and if you haven't already done so



or



Carers Leeds.

We enjoy sharing lots of information, pictures and events; most importantly we love to hear from carers. Perhaps you know someone who would be interested in our posts, share it!

Live Chat on our Website

We are always looking for new ways to reach out to carers. In addition to the Carers Advice Line and Drop-in Service, our website now has a brand new 'Live Chat' section. You can chat directly with a Carer Support Worker securely by typing your enquiry, and we will be there to respond with information, advice and support. To find out more about Live Chat visit www.carersleeds.org.uk/livechat

Ever thought about becoming a volunteer? Carers Leeds needs YOU for a new Carer Befriending Service



Carers Leeds are delighted to have received funding for a new service, for carers aged 18 to 65 years of age, which aims to improve their mental health and wellbeing.

As part of this service, we want to recruit volunteers who have been, or currently are, carers themselves. People who are interested in supporting others, and have experienced some of the difficulties and stresses caring for someone can bring.

As a volunteer you will be supporting carers to explore their caring role and how this may have impacted on their mental wellbeing. You will try to help carers improve their confidence, provide companionship and encouragement. We aim to help carers become more independent, to develop confidence and to overcome social isolation and loneliness.

You would need to feel able to talk to carers on a one to one basis, either by meeting in person, talking on the

telephone or maybe even by Skype (online video chat). Full training that covers mental health awareness, confidentiality issues, understanding boundaries, listening and befriending skills will be provided for this fulfilling role.

If you would like to find out about how to volunteer or learn more about the service, please contact Nikki Pattinson, Carers Befriending Coordinator on 07508 885 898 or e-mail nikki.pattinson@carersleeds.org.uk

Dying Matters Week: 8th - 14th May 2017

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 talking about death and dying can be a difficult conversation to have.

We hope by being part of Dying Matters Week and hosting our own cafe event at Carers Leeds we can support you in starting to have those big conversations.

Further information about Dying Matters can be found at <http://dyingmattersleeds.org> or telephone 0113 378 3831.



Dying Matters Café at Carers Leeds

Wednesday 10th May
10.30am until 12.30pm
Carers Leeds, 6-8 The Headrow,
Leeds City Centre

We hope you, your friends and family will be able to come along, and in a friendly and comfortable environment start the conversation

about what you want and the choices you can make about your end of life. 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 can accommodate everyone please call Carers Leeds

on 0113 246 8338 to let us know you would like to attend.

If you want more information about the event, please contact Sue Sutton, Bereaved Carer Support and Development Worker on 07539 101 014 or susan.sutton@carersleeds.org.uk

Tickets for Opera North and concerts at the Howard Assembly Rooms

Carers Leeds are very fortunate to be an organisation to which Opera North offers very low price tickets for carers.

To take part, all you need to do is register your name with us, we will let you know when tickets are available and provide a description of the event, then simply enjoy the performance!

This Opera North scheme has been created to encourage people who may never have been to the opera or other live music events to come along and give it a try.

Carers have told us they wouldn't usually have the chance to visit the opera but have thoroughly enjoyed the experience.

Opera North also offer a scheme for people who may not have the confidence or finances to visit the opera, but are interested in lots of different types of music. This scheme is called the Bravo Club. It's free and members can attend workshops, special events and receive discounted tickets for performances.



If you are interested in taking advantage of this wonderful opportunity for discounted tickets, or to become a member of the Opera North Bravo Club, please contact Carers Leeds on 0113 246 8338 to register your name and contact number.

Moving and Handling Training

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

In order for Carers Leeds to provide a successful Moving and Handling training course we need

a minimum of 10 carers to attend. If you would like to take part, please contact Carers Leeds on 0113 246 8338 to register your interest in this training course. Names will be taken from 10am on Tuesday 14th March.

Once registered we will be able to share further information on the course including date and time. A light lunch will be provided and you will need to wear loose clothing and flat shoes for this practical session.

Leeds Jewish Community Carers Group



**On the last Monday of every month
Marjorie and Arnold Ziff Centre,
Stonegate Road, Moortown,
LS17 6AZ**

This friendly group offers carers the opportunity to meet like-minded people, make new friends and share their experiences in a safe, supportive and confidential environment.

Occasional guest speakers share information about activities at the Marjorie and Arnold Ziff Centre and the wider communities, forthcoming events include well-being sessions and Safer Communities awareness raising.

Meetings are held from 11.00am until 1pm. and 5.30pm until 7pm on alternative months to enable carers with work commitments to join. Although based in Moortown carers are welcome from across the city.

For further information please contact Natasha Niyati on 0113 2684211 or 0774 7777 014 alternatively email natasha.niyati@ljwb.co.uk

Carers: Research teams want to hear from you!

A research team is interested in the opinions of people who have a mental health problem and have been to a hospital for a physical health problem. This online survey would like to gather your views about what is helpful and what could be improved.

How to take part

This survey takes around 20 minutes to complete. Please click on the following link to get involved <https://leeds.onlinesurveys.ac.uk/lpmaestro-service-user-survey>



**Are you helping
a friend or family
member due
to their illness,
disability, mental
health issue or
a substance
misuse problem?**

Yes – Then you
are one of 72,000
unpaid carers
in Leeds. And
we are here to
support you.

**Please display this poster in your
workplace or community notice board
and help support carers across Leeds.**





Carers Leeds
0113 380 4300

**You're through to the
Carers Advice Line
how can I help you?**



**My husband has dementia,
I feel overwhelmed, who
can I talk to?**

**My daughter has learning
difficulties, I don't
understand 'the system',
who can help me?**

**I care for my wife, what
financial support is
available to me as a carer?**

**I'm only 17 and care for
my Mum, my life revolves
around her, who is there
for me?**

**I've spent 20 years caring
for my sister, she has
passed away, what do I
do now?**

**I care for my Father and I
work fulltime, I'm tired and
need a break, can you tell
me about respite?**

What's on at Carers Leeds

Supporting adults with Autism



**Lovell Park Hub,
Wintoun Street, LS7 1DA
Second Tuesday of the month,
5:00pm until 6:30pm**

A Carer Support Group for anyone who supports an adult with Autism meets monthly to give carers a break from caring, chat to others in a similar situation and get direct advice and support from a Carers Leeds specialist Carer Support Worker.

**The Vale Circles, Tunstall Road,
Beeston, LS11 5JF
Second Thursday of the month
5:00pm until 6:30pm**

A friendly, informal drop-in for anyone living locally in South and East Leeds, who supports a friend or family member with Autism. A Carers Leeds specialist Carer Support Worker will be there to offer information, advice and emotional support.

Time for Us Café: Knit and Natter

**Thursday 13th April
11am until 2pm
Carers Leeds, 6-8 The Headrow,
Leeds City Centre**

Come along and join the Time for Us Café for a knit and natter session. You can bring your own knitting or come along to learn how to knit, materials will be provided. Knitting not your thing - any needlecraft is welcome.

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 March.



Time for Us Café: Wheel of Life – How to Balance Your Life

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

Struggling with getting the balance of your life right?

Life Coach Anne Bostock will help you understand how to balance your day to day life so you get the most out of it.

This Time for Us Café will focus on overcoming stress and anxiety, building self confidence and finding

Crafty Carers: Card Making and Mixed Crafts



**Friday 21st April and
Friday 19th May
1pm until 3pm
Carers Leeds, 6-8 The
Headrow, Leeds City Centre**

Regular participation in creative activities is known to be therapeutic. Here at Carers Leeds we recognise the importance of your wellbeing as a carer, which is why we would like to invite you to explore your creative talents at the Crafty Carers social group.

This spring Crafty Carers will be having a go at card making, beading, mosaics, and jewellery making. All materials will be supplied and light refreshments provided.

Crafty Carers meet on a monthly basis at Carers Leeds in Leeds City Centre, opening the doors to all carers across the city. No need to book, simply turn up, have fun and relax. We look forward to meeting you!

the motivation to achieve your personal goals in life.

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 March.

Money Matters

Yorkshire Water: Struggling To Pay Your Bill

Yorkshire Water try to make it as easy as possible for you to understand and pay your bill, but for those who are struggling to keep up with the payments, Yorkshire Water offer several services to help you.



YorkshireWater

WaterSupport

A new scheme called WaterSupport to help customers who are on lower incomes to pay their water bills. If you're on a low household income and your annual water bill is more than £420 then you may be eligible for help from WaterSupport to reduce the amount you pay.

Applying is easy. All you need to do is call Yorkshire Water on 03451 24 24 24 and ask to speak to the Customer Support team.

They'll advise you if WaterSupport is the best tariff for you and if not advise you on other ways to reduce your bill or spread your payments.

You'll need to provide details of your household income to see if you're eligible, so make sure this information is close at hand before calling

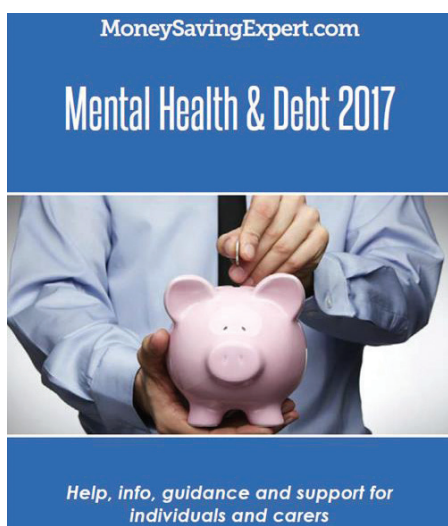
WaterSure Scheme

Many households benefit from having a water meter but some suffer because they need to use

large quantities of water for essential purposes, such as a medical condition. These households may be eligible to receive help with their bill through our WaterSure scheme having your bill capped at the average company rate, so you won't be charged for any water you use over and above this.

For more information please call Yorkshire Water on 03451 24 24 24 to confirm your eligibility for this scheme and get the application process started.

Free Mental Health and Debt Guide



A booklet supported by Mind, Rethink, Christians Against Poverty and others, for people with mental health problems and those caring for them. It covers how to handle debts when unwell, work with banks, free debt counselling, specific tips for bipolar disorder or depression sufferers, whether to declare a condition and more.

To download or order your copy visit: www.moneysavingexpert.com/mental-health-guide

What's inside?

Chapter 1: Analyse the problem

Chapter 2: Get free debt help

Chapter 3: Working with the banks

Chapter 4: Approaches to treat mental distress

Chapter 5: How friends, family & carers can help

If you are feeling very low or suicidal because of debt, talk to someone in confidence now. It could be your GP, case worker, consultant, psychiatrist, friend or family member. Alternatively, call the Samaritans on 116 123 or the NHS on 111.

Debt Counselling Services

Christians Against Poverty:

Debt counselling agency that specialises in helping those who are emotionally struggling too. The religious focus is why they do it, not how they do it.

Link: www.capuk.org

Tel: 0800 328 0006

Citizens Advice:

Free, confidential and impartial debt advice service.

Link: www.citizensadvice.org.uk

Tel: Citizens Advice Leeds on 0113 223 4400

StepChange:

As well as a full debt help service, StepChange provides extra support, for example, help with completing forms and benefit checks.

Link: www.stepchange.org

Tel: 0800 138 1111

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

Telecare

Telecare can offer you peace of mind 24 hours a day, by raising an alert if there are any problems for the person you care for, such as a fall.

Sensors are placed around the home on ceilings, doors and walls or may be worn by the service user in the form of a pendant, watch or belt.

If a Telecare sensor activates in someone's home, an alert is automatically raised to a 24-hour response centre.

Telecare costs from £2.70 per week. If you would like to be assessed for Telecare then please contact Telecare directly on 0113 378 3290.



Leeds Directory

Carers Leeds support you in your caring role to help you to cope better with difficult situations, and encourage you all to take time for yourselves. To help do this, often support from other people is needed. That's where the Leeds Directory steps in.



The Leeds Directory lists over 1900 organisations providing services around the home, personal care or trades, each one is checked and vetted for peace of mind. You can access the information on the website <http://leedsdirectory.org> or by contacting the helpline number 0113 391 8333.

The William Merrit Disability Living Centre and Mobility Centre

The William Merrit Centre has moved to Aire House, Town Street, Rodley, LS13 1HP

The William Merrit Centre provides impartial information and advice on the practical aspects of daily living, including assessments on equipment, for disabled people of all ages, their carers, professionals and older people.

Anyone can make an appointment with one of the Occupational Therapists based at The William Merrit Centre, for more information contact 0113 350 8989.



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

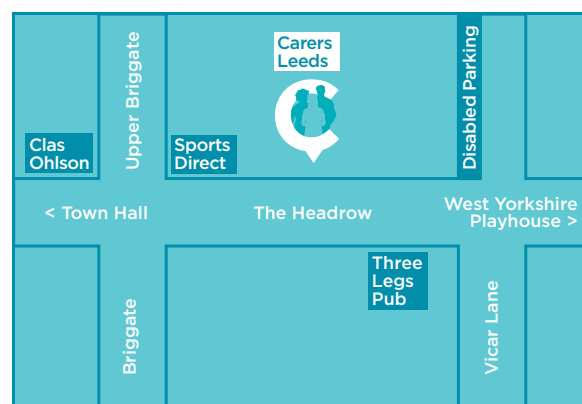
- **Carers Advice Line 0113 380 4300**
(9 am – 4.30 pm, Monday - Friday)
- **Drop-In to Carers Leeds City Centre office**
(10 am – 3.30 pm, Monday - Friday)
- **Email: info@carersleeds.org.uk**
- Message via the website, Facebook or Twitter

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.



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