



carers news

May & June 2017

Carers Advice Line
0113 380 4300

Carers Leeds
0113 246 8338

WELCOME TO THE MAY / JUNE EDITION OF CARERS NEWS



**Roll Up!
Roll Up!**

Show your support for Carers Leeds, invite friends and family, and sing-along with the stars. Tickets available from Carers Leeds on **0113 246 8338** and City Varieties Music Hall on **0113 243 0808** or order online www.cityvarieties.co.uk

Come and join in the fun! Don't miss what promises to be a great afternoon of entertainment. The variety show will take place at City Varieties Music Hall, Swan Street, Leeds City Centre on Saturday 1st July from 4pm. Tickets are just £12 each or £10 for carers.

Opera-lele - George Bartle and Amanda Harkett offer a crossover act specialising in singing music from opera and musical theatre accompanied by the emotionally powerful yet understated twang of the ukulele.

Andy Eastwood - specialist in the ukulele, ukulele-banjo, violin and guitar, in a high-energy, upbeat stage act, he combines his showmanship and personality with remarkable vocal and instrumental artistry.

The Mersey Belles - cousins Nancy and Pearl will take you on a trip down memory lane infusing the ukulele with fabulous renditions of all the old classics from the 20's right up to the 50's.

Alan Yates - offers music including George Formby, Melody and old time 'Sing-alongs' for those trips down memory lane! 50's, 60's, 70's, Rock & Roll, Beatles, Shadows and Eagles.

Ray and Jonny - Whether it is war-time songs, or cheeky ballads, these boys have something for everyone.

Master of Ceremonies Matthew Ward - returns to the City Varieties to host our splendid afternoon of music and merriment and will ensure that the afternoon runs smoothly and splendidly.

The Acts appearing are all giving their time and talents to show their support for the 72,000 carers living in Leeds. With your help, together we can support carers to take care of themselves, whilst caring for their loved ones.



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Leeds City Council's Learning Disability Service and Carers Leeds: Working Together to Support Carers Using a Strengths-Based Approach

Written by Fiona Martin, Service Delivery Manager, Joint Care Management (Learning Disabilities)

"Leeds City Council Adult Social Care is changing the way we work to develop a 'strengths-based approach'. This means working together with people to find out what they want to achieve and the best way to do this, supporting people to use their strengths and those of their family,

friends and community. The aim is to enable people to achieve their goals, reach their full potential and reduce reliance upon traditional services.

This change in the way we work is essential to help us get better at supporting people to achieve all

these things:

- **Choice**
- **Independence**
- **Being in control of their lives**
- **Having ordinary lives - family, friends, work, leisure**
- **Promoting their strengths, to be the best they can be."**

"A strengths-based approach to care, support and inclusion says let's look first at what people can do with their skills and their resources and what can the people around them do in their relationships and their communities. People need to be seen as more than just their care needs – they need to be experts and in charge of their own lives."

Alex Fox, chief executive of the charity Shared Lives

"Here in the Learning Disability Service, we have started a project to make these changes. The project has been named 'Being Me' after the Leeds Learning Disability Partnership Board Strategy 2015 – 2018 which tells us, the three main priorities identified by people with learning disabilities as important to them are:

- **Being Safe**
- **Being Well**
- **Being Connected**

The aim of the 'Being Me' Project is; to understand what people's goals are and what they need in order to achieve them, to build better links with the local community, and to increase local knowledge amongst social care staff of existing informal networks and groups.

A 'Being Me' Project Team will oversee this work, and several key organisations have been invited to join this group and share their expertise, including Tenfold and Carers Leeds. A vital part of this work will be developing

a more effective way of identifying family and informal carers and ensuring they receive the support they need."

How will this work affect me as a family / informal carer?

"At the heart of this approach is the involvement and recognition of the fundamental role of informal and family carers, who provide direct care, support, advocacy and in many cases are the "voice" of the person being cared for.

In December 2016, a Carers Leeds blog stated '*we need to encourage carers to identify as a carer and access the information, advice and support available to them in their caring role*'.

A critical part of the 'Being Me' Project is to develop a more effective way of identifying family and informal carers and ensuring they receive the support they need. We have already started working closely with Carers Leeds to consider how we can do this and already agreed,

staff within the Learning Disability Service will take a more consistent and proactive approach in both identifying family and informal carers, offer support and introduce them to Carers Leeds for more information and support."

What are the timescales?

"The 3 pieces of work we have identified will be tested for 3 months, with the aim of rolling out the strengths-based approach more widely in Winter 2017."

Your feedback

"We want carers to contribute to the development of this approach so that we get it right. We are delighted that Carers Leeds has agreed to get involved. The Learning Disability Service and Carers Leeds will keep you up to date on how the work is progressing."

Should you have any comments, suggestions or wish to provide any feedback, please contact Carers Leeds on 0113 246 8338.

Blue Badge: Important Changes

The process to apply or renew a Blue Badge has changed. All applications are now submitted online here: www.gov.uk/apply-blue-badge

You will be asked to answer questions about your disability, check your eligibility and fill in an online application form to apply for or renew a Blue Badge. Your application will then be sent to Leeds City Council for a decision. The cost of a Blue Badge remains £10.

The form can take up to 45 minutes to complete. Before you start you'll need the following information to hand:

- the details of your current Blue Badge (if you have one)
- a digital or signed photo
- your National Insurance number
- proof of identification

- proof of residency
- eligibility criteria (benefit entitlement letters)

Support to complete your application

Leeds libraries, One Stop Centres and Community Hubs have free computers available for you to use and staff will provide help with your online application if you require it.

Photographs and documents

If you cannot upload these with your application, submit the application without them. You can take your documents to a library, One Stop Centre or Community Hub. Staff will scan your documents and send them by email direct to the Blue Badge Team. Alternatively, you can post copies of your documents to: Blue Badge Team, PO Box 657, Leeds, LS1 9BS.



Contact Blue Badge initial enquiry support service on 0343 100 1000 or contact Leeds City Council on 0113 222 4444.

Carers Leeds will support carers as much as possible through this new process. Contact the Carers Advice Line on 0113 380 4300.

Carer's Allowance Digital Service

The Carer's Allowance Digital Service is a simple, clear and faster way to make a claim or report a change of circumstances.

Report a Change of Circumstances

Did you know you can report a change of circumstances with your Carers Allowance claim online. For example if:

- You start or leave your job
- You stop being a carer
- You take a holiday or go into hospital
- The person you care for goes into hospital or takes a holiday

You can also apply for Carers Allowance online and there are many advantages of doing this, such as; The Carers Allowance Digital service is available 24 hours a day 7 days per week. The application will arrive immediately at the Carers Allowance

Unit once submitted. You can apply online using a mobile phone or tablet and there are 50% less questions than the paper claim.

The Carer's Allowance Unit can start processing the claim as soon as you submit it, and will write to the person being cared for to let them know a claim by someone caring for them has been made.

Carers Leeds are available to offer advice about Carers Allowance and support you with your claim, contact the Carers Advice Line on 0113 380 4300.



Go online to make a claim:
www.gov.uk/apply-carers-allowance

Go online to report a change:
www.gov.uk/carers-allowance-report-change

What's on at Carers Leeds

New! LGBTQ Carer Support Group

Monday 19th June
1pm until 3pm
Carers Leeds, 6-8 The Headrow,
Leeds City Centre

This support group welcomes carers who identify as Lesbian, Gay, Bisexual, Transgender and Questioning.

As a carer there may be pressure to disclose the nature of your relationship with the various professionals involved in the care for your loved one, or if you are caring for a parent or another family member, your own identity may feel as if it is pushed to one side.

Carers Leeds would like to create a LGBTQ community for carers. Find advice and support or simply make new friends who understand your caring role.

We hope social events will evolve as new people join, there's no need to book - we look forward to meeting you!



Time for Us Café: Thackray Museum

Thursday 8th June
11am until 3pm
Thackray Medical Museum,
141 Beckett Street, Leeds, LS9 7LN

Join the Time for Us Café on a visit to the Thackray Medical Museum, exploring nine interactive galleries on a journey of discovery through the incredible world of medicine.

Optional pick-up and drop-off from Carers Leeds will be available. Please specify when booking. Lunch will not be provided on this occasion, however a café is located at the Museum.

Places are limited, please book your place by contacting Carers Leeds on 0113 246 8338 from 10am on Tuesday 16th May.

Time for Us Café: Quilt Making

Thursday 13th July
11am until 2pm
Carers Leeds, 6/8 The Headrow,
City Centre

Come along and learn the art of quilt making and revive an old tradition. Bring along any spare material you have and make something beautiful and useful. Light refreshments will be provided.

Please book your place by contacting Carers Leeds on 0113 246 8338 from 10am on Tuesday 16th May.



Crafty Carers: Adult Colouring

Friday 16th June
1pm until 3pm
Carers Leeds, 6-8 The Headrow,
City Centre

Colouring is a stress free activity which enables you to relax, giving your mind the rest it deserves. Make new friends and enjoy a bit of YOU time. All materials will be provided but feel free to bring along anything you want to use. Refreshments available and there's no need to book – we look forward to seeing you!

Crafty Carers: Mix It Up Crafting Session



Friday 21st July
1pm until 3pm
Carers Leeds, 6/8 The Headrow,
City Centre

We will have a selection of crafting materials available offering a wide variety of crafts for you to create wonderful things with. Take time away from your caring role and explore your hidden creative talents. Refreshments available and there's no need to book – we look forward to seeing you!

Carers Week: 12 – 18 June 2017

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

Carers Leeds recognise the valuable and remarkable work that carers provide to their loved ones. We want to take this opportunity to thank you, and help you to take a break, relax and care for yourself. Carers Leeds is thrilled to announce our programme of events including;

- Coach trip to Scarborough – it wouldn't be Carers Week without a trip to the seaside!
- Information for new carers - find us on Briggate and Leeds Market where we will be offering fun and games and everything you need to know about Carers Leeds.
- Pamper sessions to unwind and relax - an essential for all carers.

Please find enclosed with this newsletter all the details – we look forward to celebrating Carers Week with you!

Carers do all this and more for family and friends who are older, ill or have a disability...

...all while trying to maintain a life of their own.

Help Build Carer Friendly Communities carersweek.org

Caring Well Training: Four Week Training Course for Carers - Back by Popular Demand!

Carers have informed us that learning comes from other carers sharing their ideas and experiences, and there is plenty of opportunity to do this throughout each session.

Each of the sessions are themed and cover different aspects of being a carer.

Session 1 (Tuesday 20th June): Talking About Caring - What does it mean to be a carer, what do we do, why are carers so important, how do I get time for myself as a carer.

Session 2 (Tuesday 27th June): Looking after my physical and mental wellbeing.

Session 3 (Tuesday 4th July): Practical aspects of caring - Managing medication, services that can help, assessments for carers and the person you care for, personal budgets.

Session 4: (Tuesday 11th July): Money - Welfare benefits, help with costs, appointees and power of attorney, care home costs.

To Find Out More and to Book Your Place

Caring Well Training takes place at Carers Leeds (6-8 The Headrow), from 11.00am until 2.30pm. Each session will last 3½ hours with a coffee break and lunch break.

To book your place please contact Carers Leeds on 0113 246 8338 from 10am on Tuesday 16th May.

Come Sign with Me: An Introduction to British Sign Language

Have fun and learn a new skill in a relaxed, informal environment. No experience necessary. You will learn to use sign language effectively, understand the importance of hand shapes, and gain an insight into the way the language is structured.

Three weekly sessions starting Friday 12th May until Friday 26th May. Each session is 2 hours, 2pm until 4pm.

Booking is essential, please contact Carers Leeds on 0113 246 8338 today to secure your place.



SNAPS Parent Information Sessions

Whiispa Training

**Tuesday 6th June
9.30am until 2.30pm**

An insight into the Whiispa approach and how it supports a person throughout their life. Focusing on communicating with your child, their sensory processing needs, learning through play and effectively communicating with everyone involved. Giving you practical techniques to help your child feel safe and happy. Delivered by Fiona Barr and Bobbie Banfield, Whiispa Special Needs Teachers.

Disability Living Allowance

**Tuesday 13th June,
9.45am until 2.30pm**

Advice and top tips on how to complete the Disability Living Allowance form. A chance to ask questions and find out about any changes to Welfare Benefits. Also giving you information about grant funding available to Parent Carers and sources of free advice. Delivered by Steph Ward, Parent Carer Support worker, Carers Leeds.

Education, Health and Care Plans

Tuesday 20th June, 10am until 2pm

Get an overview of the Education, Health and Care assessment process – what an EHC Plan is, how to apply for one and the conversion process from a statement of SEN to an ECHP. Sarah Woosey, Solicitor at Irwin Mitchell will also discuss problems with EHCPs and advice about how they can be overcome including mediation, appeals and other legal remedies. Delivered by Justine Merton, Independent Support Coordinator, Scope and Sarah Woosey, Solicitor, Irwin Mitchell LLP.

For more information and to book your place please contact Lucy via email lucy@snapsyorkshire.org or call 07866 702 026.

Hosted by Leeds Mencap, The Vinery Centre, 20 Vinery Terrace, Leeds, LS9 9LU. There is free parking. We ask for a voluntary donation of £5.00 to support the work of SNAPS.

Lunch will be provided - please let us know if you have any specific dietary requirements.



Parent Carer Support Group

**Every 3rd Thursday of the month during term time
10am until 12pm
Carers Leeds, 6-8 The Headrow,
Leeds City Centre**

If you have a child under 19 with additional needs or a disability, come along to our Parent Carer support group. We hope that this group will provide a chance for you to meet with other parents in similar situations, have a cup of tea or coffee, and find out more about the support that Carers Leeds offers.

**Leeds Special Educational Needs and Disability Information
Thursday 18th May**

Advice Support Service (SENDIASS) will be coming along to talk about how they can support your child's education.

A light lunch of sandwiches will be provided.

Please note that children will not be able to attend this group with you. Booking is not compulsory, but if you can let us know that you plan to attend it would be helpful.



The Family Fund



Family Fund

Helping disabled children

Family Fund is the UK's largest charity providing grants for families raising disabled or seriously ill children and young people. Last year, we provided 89,423 grants or services worth over £36 million to families across

the UK. We aim to give all families raising disabled and seriously ill children and young people the same opportunities as others by providing grants for essential items such as washing machines, sensory toys,

family breaks, bedding, clothing and computers.

Find out more or join the conversation on Facebook, Twitter or on our website.

Hello from Step Into My Shoes.

Written by Grace Purnell

By the time you are reading this I will have completed TWO of my ten challenges: Lincoln 10K and Sheffield Half Marathon



Challenge Update

So, you may have been wondering what the mystery event is going to be. This has now been chosen...drum roll please...Canal Canter Summer Extravaganza (3 miles).

I am lucky enough to be joined by our very own Val Hewison who will be participating in this race, as well as a group of colleagues and carers. And best of all, we will be walking it together!

If you would like to get involved in this sponsored walk, please sign up at: <https://racebest.com/races/canal-canter-summer-extravaganza>. Entry fee is £10 per person. Sponsorship forms are available upon request should you wish to help raise money for Step Into My Shoes.

Unfortunately, I didn't get a place in the 100 mile bike ride as planned, but do you really think that is going to stop me! I have decided to go one

pedal further, and will instead cycle from Yorkshire to ... PARIS! Which is a whopping 500+ miles.

Carers Week Sponsored Walk

Why should I have all the fun, come join me! A sponsored walk will take place during Carers Week, there is an option of a 1 mile, 2 mile, or 3 mile walk. Please see the enclosed Carers Week leaflet for more information.

Want to Get Involved, I Need Your Help

Part of the reason I started Step into My Shoes was to highlight the challenges that carers face, and recognise the great contribution they make. One way I will be doing this is by sharing carers' personal experiences through social media and online blog.

If you feel happy to tell your story, please contact me on 07716 162 667 or email: media@stepintomyshoes2017.co.uk



Visit My Website:

www.stepintomyshoes2017.co.uk

Follow Step into My Shoes on Social Media:

Facebook: /stepintomyshoes2017

Twitter: @sims_2017

Instagram: @sims_2017

How to Donate:

Online:

<http://localgiving.org/fundraising/stepintomyshoes2017>

Cheque by post:

made payable to Carers Leeds.
Addressed to Carers Leeds,
6/8 The Headrow, Leeds, LS1 6PT.

Me Time: Support for Adults with Learning Disabilities

The Me Time course is a free course aimed at individuals over the age of 18 with learning disabilities.



The purpose is to empower people and to enjoy a variety of meaningful activities, which will help them to develop new skills and to help them achieve their goals.

- Exploring Culture
- Keeping Fit
- Healthy Eating
- Independent Travel

The 8 weeks cover 6 different themes:

- Relaxation
- Outdoor Pursuits

The next course begins in June:

- Tuesdays: 6th June - 25th July
- Wednesdays: 7th June - 26th July
- Thursdays: 8th June - 27th July
- Fridays: 9th June - 28th July

All courses run between 10.30am until 2.30pm and we usually meet at Leeds City Bus Station.

Contact:

For more information please don't hesitate to contact Hannah at Mencap on office number: 0113 827 0058, or Mobile: 07580 997 347 or Email: Hannah.Dunmore@mencap.org.uk

Bipolar UK – Support Services for Carers

Bipolar UK offer mentoring if you are the loved one/family member of someone with a diagnosis of bipolar. This telephone-based peer mentoring service gives you the chance to talk one-to-one with someone else who has supported someone with bipolar. You'll be matched with a trained volunteer Mentor who will

listen to you, help you find ways to manage, and help you to better understand bipolar.

For more information about Bipolar UK services, please contact:

Telephone: 0333 323 4458

Email: mentoring@bipolaruk.org

Website: www.bipolaruk.org



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

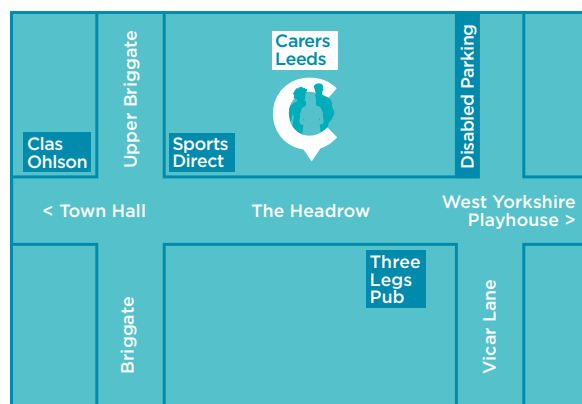
- **Carers Advice Line 0113 380 4300**
(9 am – 4.30 pm, Monday - Friday)
- **Drop-In to Carers Leeds City Centre office**
(10 am – 3.30 pm, Monday - Friday)
- **Email:** advice@carersleeds.org.uk
- Message via the website, Facebook or Twitter

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.



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