

WELCOME TO THE SEPTEMBER / OCTOBER EDITION OF CARERS NEWS



Who Cares? Show us YOU do!

Carers Leeds
will not rest until
everyone in Leeds
recognises the value
in supporting our
city's network of
family carers.

Friday 24th November 10am until 3pm
This year on Carers Rights Day, Carers Leeds
invites you to this unmissable event!



Pledge your commitment to supporting carers in Leeds. Listen to what carers have to say. Explore the work that Carers Leeds provides. Together we can make Leeds the best city for carers!

Calling all Professionals!

The Leeds Commitment to Carers asks organisations, businesses and services in Leeds to commit to identifying carers connecting them to the help and support available, and to truly support and value all that carers contribute to life in our city.

You are invited to 'Who Cares? Show us YOU do!' to find out more and start your journey on the Leeds Commitment to Carers.

Are you an Employer in Leeds?

Did you know 1 in 9 members of your workforce are likely to be caring for a loved one with ill-health or disability? There is evidence that working carers who are not supported have higher levels of stress, higher levels of sickness and lower productivity and output.

At the Carer UK Conference, Carers Leeds was singled out to be 'leading the way in supporting working carers'. Join us at 'Who Cares? Show us YOU do!' to learn more, view the Working Carers Toolkit and find out more about the Working Carers Employers Community.

Carers – want to get involved?

You are invited to come along, not only to find out about the support available to you from Carers Leeds, but also to meet and talk to local organisations, share your story, and tell us how services and organisations in Leeds can support you.

Booking information

This event is free to attend and a light lunch will be provided.

Booking is essential for all attendees. To register your interest please contact the Carers Leeds Event Booking Line on 0113 246 8338.

Carers Week 2017

The dedicated network of carers in Leeds were recognised more than ever this year during Carers Week.

Caring can be a rewarding experience but without the right support many carers find themselves facing financial hardship, ill-health, emotional stress, relationship breakdown and isolation.

Val Hewison, CEO at Carers Leeds said "We recognise that Carers Week is just one week of the year for the 72,000 unpaid family carers in Leeds, but it is a key time to raise awareness of the crucial role they play in keeping their loved ones well, and an opportunity to highlight the support we offer carers at Carers Leeds."

The week sprang into action with an event organised by Leeds City Council for working carers. Carers Leeds ran numerous events every day in locations

around the city including; One-Stop Centres, Sainsbury's, Leeds Market, and community health centres.

Carers Leeds organised a number of opportunities for carers to take a break from caring; the Men's Carers Group enjoyed a day in Hebden Bridge, almost 80 carers enjoyed a trip to Scarborough, and 63 carers joined a health and wellbeing event at the Hamara Centre, not to mention the afternoons of table tennis, bowling and information workshops.

The week of celebration came to a fantastic conclusion at the Carers Leeds Great Get-Together event on Briggate on Saturday 17th June, as part of the national Jo Cox Campaign to End Loneliness events.



Join us next year when Carers Week will be bigger and better than ever!

Leeds Leads: Encouraging Happy Young Minds

Recently our Carers Befriending Co-ordinator and a Carers Leeds Volunteer Befriender had the honour of meeting His Royal Highness Prince Harry at the Leeds Leads: Encouraging Happy Young Minds event.

This inspiring event was organised by Leeds Community Foundation. For those that are not aware, their Leeds Fund has enabled Carers Leeds to provide a Carers Befriending Project. The event gave Carers Leeds the opportunity to showcase, not only our work with young adult carers, or the importance of offering support to carers in the workplace, but all of the other services offered by our dedicated team of staff and also by our passionate volunteers.

Both His Royal Highness and local business leaders were very interested in hearing how many carers have issues with their own mental health as a result of their caring role and how

Carers Leeds support those carers, and works with employers to better support carers within the workforce.

For more information about the Carers Befriending Project or for information for your employer, contact Carers Leeds on 0113 3804300 or e-mail info@carersleeds.org.uk



'I have just met some of the organisations you (Leeds Fund) have supported; they are working across such a broad range of groups from young people coping with the stresses of life and school, women facing domestic abuse, the LGBT community and those caring for loved ones; each group requiring a unique kind of support.

It is this kind of dedicated support which not only helps people to tackle their personal challenges but enables them to go on and flourish. If we invest in supporting our young people now, they will be better placed to succeed in all areas of their lives from work to family and in their communities.

I want to congratulate you all on what you have achieved so far and encourage you to redouble your efforts – in the years to come it will be well worth the investment.'

HRH Prince Harry

Britain's Best Breakfast

Monday 9th October
10am until 1pm
Community Hub, 4th Floor
of John Lewis, Victoria
Shopping Centre

October is the month carers centres across the country celebrate Britain's Best Breakfast, the national fundraising campaign for Carers Trust, raising money to help support more unpaid carers and to give carers a break from their caring role.

We chose to celebrate on Monday 9th October because it is also the week World Mental Health Day takes place. World Mental Health Day is a day for global



mental health education, awareness and advocacy against social stigma.

Carers Leeds recognises it is important that you take care of your own health, even if you are busy looking after someone else's health. You may look after someone with mental health problems. Or you may find that your own mental health is being affected by your caring role.

Why not come along for an hour? Bring a friend or the person you care for and join us for a leisurely breakfast, take a break and look after your own mental wellbeing. No need to book, we look forward to seeing you!

Celebrating Black History Month with a trip to Hull: City of Culture 2017



Wednesday 18th October
Leaving Edward Street
(off Vicar Lane) at 10am prompt;
Departing Hull at 3.30pm

Following the fun and community spirit of Leeds Carnival this summer, it's time to celebrate Black History Month! Black History Month takes place across the UK every October and celebrates black culture and the positive contribution made by African and Caribbean communities throughout the country.

A visit to Wilberforce House feels like a real way of celebrating Black History Month. William Wilberforce was born in Hull in 1759, he was a politician and a leader of the movement to ban the slave trade. Wilberforce House in Hull is his birthplace, it is now a museum that tells his story. *'It is truly the duty of every man to promote the happiness of his fellow creatures to the utmost of his power'* William Wilberforce.

There are other museums within a short walk of Wilberforce House and many other attractions celebrating Hull as the European City of Culture 2017. A fantastic opportunity to have a great day out in Hull!

Open to all carers plus one guest. We ask for a £5 deposit to secure your place on the coach. Contact the Carers Leeds Event Booking Line on 0113 246 8338, bookings will be taken from 10am on Tuesday 11th September.

Carers Leeds calls out for votes to bag a share of the Tesco 'Bags of Help'

Carers Leeds has been chosen as one of the charities you can vote for in the Tesco Bags of Help initiative during September and October.

Tesco teamed up with Groundwork to launch its community funding scheme, which sees grants of £4,000, £2,000 and £1,000 – raised from carrier bag sales in Tesco stores - being awarded to local community projects.

Carers Leeds has been shortlisted to receive the cash award and shoppers are being invited to head along to Tesco stores to vote for who they think should take away the top grant. Customers will cast their vote using a token given to them at the check-out in store each time they shop.

At the time of printing, we don't know which Tesco stores will be including Carers Leeds in the vote. So if you are a Tesco shopper, check to see if Carers Leeds is one of the charities you can vote for and if so....Please **VOTE FOR US!**

Any money we receive from this initiative will help with our Carer Support Groups.

Thank you!

TESCO

Bags of Help

Take a Break from Your Caring Role

To book your place on a Carers Leeds event or activity, please contact the Carers Leeds event booking line on 0113 246 8338. Bookings will be taken from 10am on Tuesday 11th September.

Wellbeing Sessions

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 (between April 2017 to March 2018).

Appointments will be available from October onwards. Due to popular demand bookings will only be taken from the booking date, see above for more information.



Time for Us Café: Looking After Your Health

Thursday 12th October
11am until 2.30pm
Carers Leeds, 6-8 The Headrow,
City Centre

We all know how important it is to look after your health and to be aware of the various types of screening available.

We will be running a presentation on bowel cancer screening and respiratory disease at this month's Time for Us Café.

While perhaps not the most pleasant subjects to discuss they are both vital to our continued good health. Come along and find out more.

Time for Us Café: Assistance Dogs



Thursday 9th November
11am until 2.30pm
Carers Leeds, 6-8 The Headrow,
City Centre

We will have a presentation from the Hearing Dogs for Deaf People on how they train their dogs to alert deaf people to sounds they would otherwise miss – simple sounds many people take for granted like the doorbell, alarm clock and even the fire alarm. Come along and find out more and see what a hearing dog can do.

Crafty Carers: Introduction to the Art of Felting



Friday 20th October
1pm until 3pm
Carers Leeds, 6-8 The Headrow,
City Centre

The art of felting is to make a usable fabric from un-spun wool or fibre. Using sharp needles and coloured wool we'll be making felted pictures and shapes. This easy to do craft is lots of fun and a great way to explore shapes and colours.

Crafty Carers: Festive Card Making

Friday 17th November
1pm until 3pm
Carers Leeds, 6-8 The Headrow,
City Centre

Yes folks Christmas is nearly upon us again. What better way to share the love than with a handmade card. Let your true artist come out while enjoying some early festive cheer.



LGBTQ Carers Support Group

Monday 18th Sept,
16th Oct, 20th Nov, 18th Dec
1pm until 3pm
Carers Leeds, 6-8 The Headrow,
City Centre

This support group welcomes carers who are lesbian, gay, bisexual, transgender or questioning their sexuality. It is an opportunity to share your experiences and seek information and advice in a comfortable and friendly atmosphere.

The group is led by its members – you! and we hope to be running one or two special events, including massage sessions over the coming months. So please check the website for details or call the Carers Leeds Advice Line on 0113 380 4300.

Carer Training and Information

Hands
reaching
out - helping,
supporting,
care -
giving

Do you care for or support someone with a Personality Disorder?

Tuesday afternoons from 3rd October until 7th November
Sessions are 2 hours starting at 1pm until 3pm
Stocks Hill Centre, Armley, LS12 2DJ

Leeds and York Partnership NHS Foundation Trust is offering a free 6 week information course to help carers supporting someone with a Personality Disorder.

The course lasts for six weeks and

each week the group will focus and build on a variety of topics, including:

- What is personality disorder?
- What helps someone recover
- Ways of offering support to someone who experiences personality disorder

It is recommended that you attend all six sessions to get the most out of the course. For further information or to book your place, please contact Ruth Sutherland or Clare Conlon on 0113 8557951.

Are you caring for someone with Parkinson's

Friday mornings from 15th September until 20th October
Sessions are 2 ½ hours starting at 10.30am until 1pm
Headingley Enterprise & Arts Centre (HEART), Bennett Road, Leeds, LS6 3HN

A Path Through Parkinson's is a programme of six sessions for discussion, activity and self-reflection. Groups are led by trained volunteer facilitators who are either people with Parkinson's and/or current carers of people with the condition.

Previous attendees have said they feel; armed with knowledge, more confident, positive, in control and able to move forward.

Participants also say they gain; greater self-awareness, a plan for doing more exercise, and therapeutic activities, and improved speech as a result of talking in the group.

It's free to attend but places must be booked in advance. You can register online at: www.parkinsons.org.uk/selfmanagement or contact Parkinson's UK on 020 7963 3924.

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

Tuesday mornings from 26th September until 17th October
Sessions are 2 hours starting at 11am until 1pm
Carers Leeds, 6-8 The Headrow, City Centre

Carers Leeds is offering 4 free workshops to help carers understand the following topics:

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

It would be beneficial to attend all 4 sessions. Please contact the Carers Leeds event booking line on 0113 246 8338, places on this event can be booked from 10am on Tuesday 11th September.

Power of Attorney Information Session

Saturday 30th September at 11am until 12.30pm
Carers Leeds, 6-8 The Headrow, City Centre

Clarions Solicitors will give a presentation on Power of Attorney, and answer any questions you may

have relating to making a will, mental capacity and financially preparing for the future.

Please contact the Carers Leeds event booking line on 0113 246 8338, places on this event can be booked from 10am on Tuesday 11th September.



Carers Support Group Updates

No need to book, drop-in and say hello, we look forward to meeting you!

IT'S BACK! Aspergers Carers Support Group

Held on the last Thursday of the month at 10.30am until 12pm
Carers Leeds, The Headrow,
Leeds City Centre

This group is for carers of young

people and adults with Aspergers. Take time away from your caring role and spend time with others, share your experience, gather information or simply take the time to relax and unwind.

NEW! Carers Group Starting in South Leeds

Starting on Wednesday
11th October and held every
second Wednesday of
the month thereafter at
2pm until 3.30pm
Lingwell Croft Surgery,
16 Shell Drake Drive, LS10 3NB

If you are a carer living in South Leeds join us for coffee and conversation, and meet other carers in similar situations. There will be a Carer Support Worker from Carers Leeds to welcome you and offer information and advice if needed.

NEW VENUE! From October North West Mental Health Carers Support Group

Held on the second Monday of the month at 7pm until 8.30pm
The Mount Hospital, The Wet Room, Hyde Terrace, LS2 9LN

Support for those caring for someone with mental health conditions and living in the North West of Leeds. This group is led by its members and every third session there is a guest speaker or an activity.

A carer, part of this group, said: "before attending the group, the image I had was carers sitting around a table and talking about their problems. Yes some of this does happen, it's only natural. However since attending I've learnt a lot, I've made new friends and I feel that I can cope much better".

Thank you from all at Carers Leeds!

The Morley Carers support group would like to thank the team at **The Picture House** for hosting a lovely meal, and for their continued support and hospitality. Everybody had a delightful time and we're looking forward to visiting again soon.

Thank you to Grace who has tirelessly fundraised for Carers Leeds throughout the year, and thank you to all who have donated and supported so far. Here is the latest update from Step into My Shoes:



"Before this journey began, I had a pretty big vision. I set out to raise

£5k by completing 10 challenges for two very worthy charities that mean a lot to me, and do incredible work with the people they support. I also wanted to create better awareness of both organisations in their local communities, inspire others to get active and for people to reach their own personal goals in life.

This fundraiser couldn't have been possible without those who have supported me along the way. I've been truly overwhelmed with the support I've received and together this has been a team success with my family, colleagues, friends, carers and participants of SwIAS - I'm truly thankful! The achievements and memories I've made along the way will last a lifetime and this is only the beginning...

Follow your dreams, believe in yourself and never give up – Anything is possible". Grace

Thank you to **Sainsburys** supermarkets who made Carers Week a success, particularly the Headingley, City Centre (Headrow), Moortown and Colton stores who hosted our information stalls. A special mention to the Moortown Sainsburys store who hosted a Carers Leeds bag packing event.



Are you, or someone you care for, aged 65 or over?

If the answer is yes then read on to hear about an opportunity to be involved in an exciting technology project starting in September!

The project is called Activage and it will trial technology to help older people remain more active, manage any health conditions and stay socially involved. Leeds is the only site in the UK to be involved, and the technology partner is Samsung.

The project will give away smart watches, smart phones or tablets, and home hubs and sensors to over 300 households across Leeds who fit the criteria. There is no cost to take part and all equipment can be kept at the end.

This equipment could be invaluable for older people to maintain their health by receiving reminders and alerts straight to their wrist through the watch and using the

online portal to track their activity. It could also provide a real benefit to carers, as the home hub element will use energy monitoring sensors to build up a picture of a person's daily activity and alert to any significant changes.

The equipment can be configured so alerts are sent to you as the carer, and as long as the person being cared for is over 65 and lives in Leeds, it doesn't matter where the carer is based. The system could provide peace of mind as to whether the person you care for is up and about and how active they've been, plus reminders and alerts can be configured to make the service personal to the individual and help with remembering appointments or to take medication.

ACTIVAGE
PROJECT

Get Involved!

The involvement criteria will be published soon, but if you would like further information or to express your interest, whether for yourself or on behalf of someone else, then please visit www.activageleeds.co.uk or contact Activage via email Activage@leeds.gov.uk.

You can follow the official project Facebook page by searching 'Activage Leeds' on Facebook so you can keep up to date with developments.

Focus on Autism at carersleeds.org.uk

A new guide to support carers of young people and adults with autism has been launched via the Carers Leeds website.

This is a collaboration between Carers Leeds, Leeds and York Partnership NHS Foundation Trust (Learning Disability Carer Support Workers), and Autism AIM.

This new resource will guide you to advice on diagnosis issues, coping strategies, finance and benefit information, housing, employment and legal issues, and where to find one to one support.

'One You Leeds' will support Leeds residents to lead healthier and happier lives.

A new healthy living service free to the people of Leeds is being launched in October 2017.

One You Leeds will provide local people with free access to a range of health and wellbeing services designed to help you improve your health and happiness, including:

- Smoking cessation
- Adult weight management
- Physical activity
- Healthy eating
- Intensive personal support
- Cooking skills.



The healthy living service will be delivered across the city by health and wellbeing experts Reed Momenta. From October 2017, Leeds residents will be able to access the new healthy living service by either contacting One You Leeds directly or via a GP or other organisation.

For more information about One You Leeds please contact Rob Lees on: rob.lees@reedmomenta.co.uk or 07989 431 139.

Meetup.com offers a way for people who have something in common to get together. It's free to set up an account and join existing groups. Search for interests either by keyword or browse different categories (for example book clubs, walking groups, theatre-going) and join as many as you want. Once you do, you'll get notified by email about scheduled meets, and can exchange messages with other members of the group.



Jointly: the care coordination app from Carers UK



Developed by Carers UK, Jointly is a mobile and online app that can make life better for the millions of people looking after a loved one. Jointly helps make caring easier, less stressful and more organised.

Designed in consultation with carers, Jointly brings together key features in a single app.

- One central place to store and share the important information about the person you are looking after.
- Simple, intuitive group communication to keep everyone

informed and better connected.

- Shared calendar, task lists and medication manager to help co-ordinate responsibilities and organise what needs to be done.
- Works across different devices: smartphone, tablet or home computer / laptop.

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

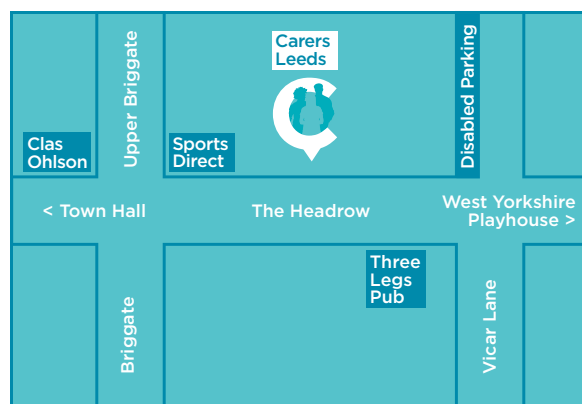
- **Carers Advice Line 0113 380 4300**
(9 am – 4.30 pm, Monday - Friday)
- **Drop-In to Carers Leeds City Centre office**
(10 am – 3.30 pm, Monday - Friday)
- **Email: advice@carersleeds.org.uk**
- Message via the website, Facebook or Twitter

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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