



carers news

January & February 2018

Carers Advice Line
0113 380 4300

Carers Leeds
0113 246 8338

WELCOME TO THE JANUARY / FEBRUARY EDITION OF CARERS NEWS



Carers Leeds wrapped up 2017 on a high, celebrating Carers Rights Day with local businesses all embracing the Carers Leeds message: 'Working together across the City to support carers.' Carers Leeds are excited about what the future holds in 2018! Happy New Year to All!



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Carers Leeds asked... “Who cares? Show us YOU do!” and they did!

Local businesses from across Leeds joined together on Cares Rights Day, to show us they cared about carers.



Carers Leeds invited local businesses, organisations and services to attend a conference with a difference. Not only did guests experience the diverse range of services provided by Carers Leeds, attendees celebrated the official launch of the Leeds Commitment to Carers, whilst obtaining expert advice on how to best support working carers in Leeds.

James Woodhead, Head of Commissioning Adult Social Care at Leeds City Council, delivered the official launch of the Leeds Commitment to Carers, and prompted organisations to consider what they do well for carers, what they could do better and commit to making a difference. Attendees had the opportunity to sign up there and then

with the actions their business will take to supporting carers.

The day also heard how Carers Leeds coordinates a city-wide approach highlighting to employers the importance of supporting working carers.

Our Working Carers Support Service is operated through the Working Carers Employers Community, a partnership with 14 major employers in the city, including Yorkshire Bank, Irwin Mitchell Solicitors and NHS England (Leeds) who spoke of initiatives they have already put in place to support working carers.

As a result of the success of Carers Rights Day #LeedsCares about carers!

“Creative, thought provoking and powerful, thank you to Carers Leeds for putting on this fantastic event.”

Rebecca Smith
(NHS ENGLAND)

“I am delighted to pledge our support to not only the carers of the people we support, but also our working carers. The Leeds Commitment to Carers is a fantastic opportunity for us as employers to do our bit to make Leeds the best city for carers.

Together we can make a real difference!”

Andrew Rawnsley
(Aspire Community Benefit Society)

“You can do much on your own. You can do much more together. This was very much the case in our collaboration with Carers Leeds on this celebration of Carers Rights Day. It was uplifting to see so many employers, organisations and workers there on the day. Our afternoon group work showed just how successful we can be when we collaborate and work together. And the work starts now – how can we put all our ideas of caring for carers into action?”

Gerry Andrews
(PATH Yorkshire)



Doing Our Bit to Improve Life for Carers

Article by; Leeds Teaching Hospitals NHS Trust

The Leeds Teaching Hospitals NHS Trust

Carers are very important to Leeds Teaching Hospitals NHS Trust and we value the huge contribution they can make to patient care. We recognise that when someone is in hospital, their carer can play a vital role in their wellbeing and recovery so we have set up a group to work closely with carers to learn from their experiences and improve our support for them.

Last year, the Trust signed up to **John's Campaign**. This is a national initiative that gives carers of patients with dementia the opportunity to stay with the person they care for beyond the usual hospital visiting hours if they would like to. The idea was so well-received that it has now been extended to apply to all carers, not only those who support someone with dementia.

If you are a carer for someone in hospital and would like to stay with them, talk to the ward staff about

how they can support you. The Trust's 'Carers Charter' leaflet, which can be found on the ward, also has useful advice and guidance for carers staying on a ward.

The Trust has also signed up to the **Leeds Commitment to Carers**, and has committed to an action plan to support carers in our hospitals. First, we are improving the nursing assessment that is done when a patient is first admitted to hospital so that staff understand the importance of identifying whether the patient has a carer. Secondly, we are improving the information we have for carers, which includes developing online resources. Thirdly, we are reviewing our policies to make sure we offer the best support to carers working at the Trust who also have caring commitments.

In September, we heard that our action plan for carers had been endorsed by the **Leeds Carers Partnership**

- a group that brings together organisations from across Leeds to improve support for carers - and awarded a Carers Kitemark. This is extremely exciting news for the Trust because it recognises our commitment to carers and that we take their concerns seriously.

Krystina Kozlowska is Head of Patient Experience at the Trust and led the team that created the action plan. She said: "It's amazing how much we have achieved in such a short time once we got a group of people together who were interested in improving this area of care. All the people involved come from different backgrounds, both within and outside the Trust, including clinical services, human resources and Carers Leeds. We're enthusiastic about being able to make a real difference together, proud of what we've achieved so far and determined to keep going."

Carers Survey

If you are caring for someone who is or has been a patient at Leeds Teaching Hospitals, the Trust would like to hear your experiences. We are keen to understand what we are doing well and should continue, and where we can improve our support for carers. If you are interested in sharing your feedback, please email amanda.hynes@nhs.net and ask for a carers survey to be sent to you. Alternatively, you can complete the short feedback survey by telephone, please call 0113 20 67364 and a member of the Patient Experience team will be happy to help.

Carers Leeds News

Message from Val, CEO Carers Leeds



Hello and a very happy new year from me and all at Carers Leeds. I hope 2018 brings you and the person you care for good health, happiness and peace of mind. I want to take this opportunity to thank you for the continued support and encouragement so many of you show Carers Leeds.

The year ahead may well bring its usual excitement and challenges. Bring it on! We will be preparing for the re-tendering of the carers advice service. I want to reassure you that our wonderful organisation is fighting fit! We have continually evaluated and improved our service and feel in a very strong position

to take on this year armed with a strong team, strong services and strong track record in supporting Leeds' incredible unpaid carers.

The beginning of 2018 gives us some time to reflect on the achievements and progress of 2017. It was a fast paced year for us. Yes we won awards, yes we were picked out nationally as an example of good practise supporting carers, but more importantly we reached more people than ever, supported more carers in crisis and prevented caring roles from breaking down. We were here to offer that listening ear and to help carers find their way through often choppy waters. For us, that beats any trophy in a cabinet. *(However I do like a nice trophy it has to be said!)*

I have great admiration for the staff and volunteer team that I work with. They all add to the service that I am very proud to lead. And it is with that admiration that I offer my thanks and look forward to the coming year.

Support for Carers of Older People in Hospital Needing a Care Home or Home Care Package

Are you caring for an older person who is looking for a care home, or a home care package?

Clare McNeill, Carers Leeds Hospital Carer Support Worker, can offer you advice and information to support you to find a suitable care home or home care support for the person you care for. Carers Leeds are based within St James Hospital to help carers or family and friends who are caring for an older person being discharged from hospital, or who are requiring a higher level of care and support to manage in their own home.

Working together with you the carer,

the hospital team and the care home to focus on helping you plan for hospital discharge, and to ensure you feel informed about all the services available to you and the person you care for, particularly if you are paying for the care yourself.

Visit the St James Hospital Carer's Room, Gledhow Wing Floor 8 or contact Clare McNeill on 07495 263 821 or email Clare.mcneill@carersleeds.org.uk.

Please leave a voice message if Clare is unavailable or call the Carer Advice Line on 0113 380 4300 to speak directly to a Carer Support Worker.

How Does Mental Capacity Apply to You and the Person You Care For?

**Tuesday 6th February
from 10.30am until 1pm
Carers Leeds, The Headrow,
Leeds City Centre**

Carers Leeds are hosting an information session to carers about the Mental Capacity Act. We will be joined by Dr Alison Stansfield, Consultant Psychiatrist, from Leeds and York Partnership NHS Foundation Trust and Christian Walsh, Development and professional Lead, from Adult Social Care Leeds City Council, who will talk about the following key questions most carers have when it comes to understanding 'mental capacity':-

- What does 'mental capacity' mean?
- As a carer, how do I know if the person I care for has mental capacity to make decisions about themselves?
- Who decides if a person has mental capacity?
- What can I do if I disagree with a decision about the mental capacity of the person I care for?

There will be opportunity for questions and discussion. Refreshments and light lunch will be available. This event is for carers only.

Please contact the Carers Leeds event booking line on 0113 246 8338 to secure your place, and for more information. Bookings will be taken from 10am on Tuesday 23rd January.

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 23rd January.

Male Carer Group

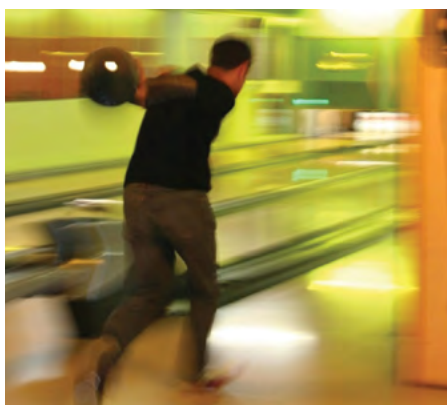
If you are a male carer why not meet with other men who are looking to take a break from caring responsibilities, who share a good understanding of your situation and similar experiences. The following three monthly events are for male carers only. Booking is essential.

The Royal Armouries

Tuesday 30th January
11am until 2pm

Explore The Royal Armouries with special handling sessions that let you get up close to weapons and armour from the collection. Also opportunity for lunch and refreshments.

Ten Pin Bowling



Thursday 22nd February
1pm until 3pm

Join us for a game of Ten Pin Bowling at MFF Bowl (Merrion Centre) with an opportunity for lunch and refreshments.

Golden Acre Park

Friday 23rd March
11am until 1pm

Early spring walk around the wonderful gardens and circular lakeside walk at Golden Acre Park in North Leeds, followed by refreshments in the Café. Suitable clothing and footwear required.

Time for Us Café: Keep Moving and Have Fun!

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

We all know that regular exercise helps to keep us healthy. We are offering carers the opportunity to try out two different activities to help with health and wellbeing. Whenever we've run these classes at Carers Leeds, they've been guaranteed to raise the spirits as well as the heart beat!

Zumba Gold: an exercise to music with easy to follow moves that encourage fitness, conditioning and co-ordination.

Boccia: a sport that tests muscle control and accuracy. It is usually a competition between teams, where the players throw or kick a ball to land close to a target ball.

A light lunch and refreshments will be provided. This event is for carers only and booking is essential.



Time for Us Café: Local Leisure Centres

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

A member of staff from Leeds City Council will visit the Time For Us Café to talk about Leisure Centre facilities for people with disabilities, and opportunities for carers to look after their own health.

Everyone who comes along to this event will receive a 7 day complementary pass for a local leisure centre.

A light lunch and refreshments will be provided. This event is for carers only and booking is essential.

Crafty Carers: Adult Colouring

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

Join us for a relaxing adult colouring session, complimented with refreshments and good company. All materials will be provided to create your masterpiece, but feel free to bring along anything you want to use. This group is for carers only and booking is essential.

Gift Box Making

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

Come along and make that special someone in your life a gift box. We will be making boxes of all shapes and colours so let your creative side come out and have some fun along the way. This group is for carers only and booking is essential.

What's on in Leeds

New Hairdressing Service for Children and Adults with Additional Needs



Sensory Leeds have come to understand from parents and carers how difficult and daunting - or near on impossible - haircuts can prove!

And so decided to launch their own hairdressing service within their safe, understanding and calming sensory

environment. The hairdresser has been qualified many years, and she is also currently working with adults living with learning difficulties.

Based in Kirkstall, Sensory Leeds offer a vibrant and welcoming space for people with learning disabilities, sensory impairments and mental health difficulties, as well as their support staff, families and carers.

Hairdressing appointments are available on the last Saturday of the month, for more information please contact Sensory Leeds 0113 278 6848 or email info@sensoryleeds.com

Back to Front 2018



Back to Front is a community organisation set up for Harehills residents, to promote food growing in front gardens so that they 'look good and taste better'.

Growing food at home gives people a chance to exercise, eat fresher food, spend less money on groceries, feel better and help the environment.

A programme of workshops takes place throughout the year. For more information contact Katie Greaves via backtofrontleeds@gmail.com or leave a message for Katie with Hyde Park Source on 0113 2458863.

Monthly Back to Front workshops take place on Wednesday evenings 6pm – 8pm at Shine, Harehills Road, LS8 5HS.

10th January: Garden Design
14th February: Container Gardening
14th March: Irrigation Tips
11th April: Exploring Herbs (Thackray Medical Museum)
9th May: Flowers for pollinators
13th June: Vertical Gardening
11th July: Companion planting
8th August: Salads
12th September: Fertilizers
10th October: Composting
14th November: Seasonal - what to do in Spring, Summer, Autumn and Winter
12th Dec: Social Permaculture

Leeds Mind

NEW programme of peer support courses and workshops, starting in January. Before attending a course or workshop provided by Leeds Mind, all attendees must complete an 'Introduction to Group Work' session. To book your place or for more information, please call 0113 305 5803 or email peersupport@leedsmind.org.uk

2018 Courses

Building Self-Esteem

Explore how you think and feel about yourself and how this affects your life and relationships.

Horizons: From Chaos to Calm

Explore what chaos and crisis mean to you, develop your ability to express your needs and manage change, learn practical budgeting tips, and build your skills to help prevent future crisis.

Managing my Mental Health

Look at how your relationship with yourself and others can impact on your mental health, and how you can develop strategies to look after yourself.

Mindfulness and Meditation

Engage with mindfulness, overcome obstacles and explore mindful meditation for pain.

2018 Workshops

Building Resilience: Coping with Life's Challenges

Learn how to recognise, maintain and build your ability to cope with difficulties and challenges.

Managing My Mood

Explore what can impact on our moods, and how we can develop positive strategies to manage our moods.

Setting Boundaries

Explore why we need physical and emotional boundaries in our lives, and how to set and maintain healthy personal boundaries.

Information, Advice and Support Service for Carers: Public Consultation

6th November 2017 to 26th January 2018

Article by Adult and Health Service, Leeds City Council

Leeds City Council and the NHS fund a single point of access for information, advice and support for carers and professionals who work with carers. Carers Leeds is the organisation who currently provides this service under a contract with Leeds City Council.

The contract with Carers Leeds will end on 31st March 2019 and Leeds City Council have to make sure that the law is adhered to in terms of identifying a service provider to deliver the service after that date. This means that through 2018 there will be an opportunity for organisations, including Carers Leeds, to submit an application to run the service.

Leeds City Council have been reviewing the Carers Leeds service over the last few months. This means looking at everything that Carers

Leeds do, how much it costs, how many people they help, what people say about the service and what things impact on service delivery. Alongside this Leeds City Council have also been reviewing the local and national policy and law relating to carers and building up a profile of caring in Leeds to make sure that a new service will help Leeds City Council to meet all duties and responsibilities to carers as well as responding to local need and demand.

The review has concluded that Leeds City Council should continue to fund a

single point of access to information, advice and support for carers and for professionals who work with carers.

However, Leeds City Council want to give people an opportunity to talk about the things that they think are important, which might include things not covered in the review.



Leeds
CITY COUNCIL

Public Consultation closes Friday 26th January.
Here is how you can make your voice be heard:

Online Survey

Completing a survey online at www.leeds.gov.uk/carerssurvey2017
If you prefer you can print the survey, complete it in writing and send it to:

Service Transformation Team
3rd Floor, Enterprise House
12 St Paul's Street
Leeds LS1 2LE

Face to Face Consultation Event

Wednesday 17th
January 2018 - 4.30-6.30pm
Enterprise House, 12 St Paul's Street,
Leeds, LS1 2LE

Contact

Email Leeds City Council Adult
and Health at:
A&HConsultation2017@leeds.gov.uk
or telephone 0113 222 4444

Thank you from Carers Leeds



A huge and heartfelt thank you to Markel in Leeds, for their generous donation of 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.

And if that wasn't enough, Markel International have donated £750 to support the Carers Leeds Advice Line. 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 Support Group Coordinator, would like to personally thank the following people for their generosity in supporting carers in Leeds.

Craig Cooper at Infinity Bathrooms

for kindly providing diaries for carer's group parties. Bernard Hopkins at Coe's Fisheries in Crossgates for his continued support and donating a Fish and Chip family feast meal voucher. Elaine Fyfe at Holiday Inn Garforth for her very generous donation of 2 x carvery meals for a party of 4. Jane Addle at The Queens Toby Carvery for kindly donating a carvery meal for 2. Karen at the Eleventh Earl for the bottle of wine. Laura Adkin at The Mercure in Wetherby for afternoon tea. Lee, manager at Toby Carvery in Oulton for their kind donation of a meal voucher.



The National Trading Standards Scam Team have secured government funding to provide free call blocking technology to people living with dementia.

To find out if you (or someone you know) is eligible for a free Call Blocker unit, visit www.friendsagainstscams.org.uk Please note there are a limited number available.

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.

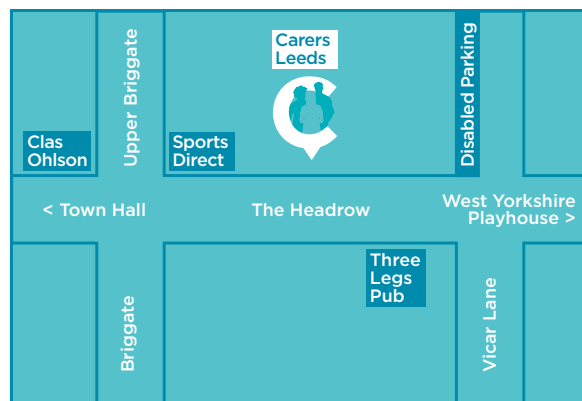
Contact Details

- **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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