



carers news

March & April 2018

Carers Advice Line
0113 380 4300

Carers Leeds
0113 246 8338

WELCOME TO THE MARCH / APRIL EDITION OF CARERS NEWS



On Young Carers Awareness Day, we asked Kirsty, one of the young adult carers who we work with, to tell us if she feels that people recognise and support her in her caring role. Read Kirsty's response online at www.carersleeds.org.uk along with Blogs from other carers Sharan and Chloe giving advice to young adult carers and highlighting some of the pressures that 700,000 young carers in the UK are facing.



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Time for Carers to Take a Break

Carers Leeds is delighted to announce that funds have been secured to continue providing Time for Carers grants in 2018.

The Time for Carers scheme provides grants of up to £250 towards something that clearly gives you as a carer a break from your caring role.

For example:

- A holiday (with or without the person you care for), weekend break or day trip
- Therapies/relaxation, wellbeing sessions or gym membership
- College course fees, books or equipment including laptop or tablet
- Social events e.g. to attend a concert, the theatre, or cinema
- Driving lessons

To request an application form or to find out more please contact the Carers Advice Line on 0113 380 4300.

Who can apply for a Time for Carers Grant?

As a carer you must be providing regular care for a family member, close friend or neighbour who could not manage without the support you give them. Any carer is potentially eligible for a grant, it is not means tested. The person being cared for must live in the Leeds area.

All applications must be supported and verified by a professional such as a GP or other doctor, a social worker, a nurse, an occupational therapist, a physiotherapist or Day Centre worker but not a family member.

Please note if you have previously received a grant from this fund, new applications can be made every 3 years. If you have received a grant from this fund in the past and you have not returned receipts then you are unable to apply again.

The Carers Points of View Group

We have started a new group which gives carers a chance to be involved in the Carers Leeds service.

The aim of the Carers Points of View group is to keep carers up to date with how Carers Leeds plans to support carers in the future and to listen to opinions on these plans.

The group will be meeting four times throughout the year over lunch at Carers Leeds. New members are always welcome, and we are always interested in topics for discussion. Dates for future groups are: Wednesday 18th April, Thursday 19th July, Wednesday 17th October. If you would like more information, please contact Helena Bladon on 0113 380 8916 or helena.bladon@carersleeds.org.uk.

What do you think of Carers Leeds?



Working with GP practices



Carers Leeds offer regular Carers Clinics at some GP practices. If you are a carer and registered as a patient at one of the following GP practices you can book an appointment with a Carer Support Worker by asking at the GP reception desk.

- Lingwell Croft Surgery
- The Fountain Medical Centre
- Crossley Street Surgery

In the Pudsey area seven GP practices are working together to offer carers support:

- Hillfoot Surgery
- West Lodge Surgery
- Glenlea Surgery
- Calverley Surgery
- The Gables Surgery
- Sunfield Medical Centre
- Pudsey Health Centre

If you are a carer and a patient at any of the listed Pudsey area GP practices, you can make an appointment to see a Carer Support Worker during monthly Carer Clinics.

These Carer Clinics will take place at Hillfoot Surgery and West Lodge Surgery. Ask at the reception in your own GP practice to arrange an appointment for carer support.

If you would like contact with a Carer Support Worker, we may be able to book a room in other GP practices across the city. Appointments are also available at the Carers Leeds centre, at your place of work, in your local community or we can visit you at home.

West Lodge Family Practice Coffee & Relaxation Morning

Tuesday 6th March from 10am until 12pm at West Lodge Surgery, New Street, Farsley, LS28 5DL

Please come and join us if you are a patient registered at one of the following GP practices: West Lodge Surgery (Farsley), Glenlea Surgery (Stanningley) or Calverley Surgery.

West Lodge Family Practice and Carers Leeds are hosting free relaxation treatments, as well as the opportunity to talk with other carers and Carers Leeds Carer Support Workers in a relaxed and friendly environment. Tea, coffee and nibbles will be provided. No need to book!

Carer Group Fund

From April 2018, Leeds City Council and the NHS Leeds Clinical Commissioning Groups will be funding Time for Carers Grants for Carers Groups. This will be administered by Carers Leeds.

The purpose of this grant is to help establish or maintain peer support groups that provide opportunities for mutual support for carers. With a maximum of £300 available per group, up to 20 groups could be successfully awarded the grant, subject to approval and application process.

Who Can Apply?

The group must meet either face to face, via social networking or other electronic media and should be comprised of at least 6 carers. Groups must be for unpaid carers who live in or care for someone living in Leeds. The group could provide carers with information and advice, trips and leisure activities, training/learning, and peer support.

To request an application form please contact Carers Leeds on 0113 246 8338.



Take a Break from

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 13th March.

LGBTQ Carers Support Group

A support group for carers identifying as Lesbian, Gay, Bi-Sexual, Tran-sexual, or those questioning their sexuality (LGBTQ). The carers in this group have recently reviewed its activity, and decided to replace the monthly group, with a number of events throughout the year for any LGBTQ carers who wish to come along. The first of these will be a trip to Hebden Bridge.



LGBTQ Carers Trip to Hebden Bridge on Thursday 26th April 2018

We will leave Carers Leeds at 10am to travel to Hebden Bridge by minibus, returning to Leeds for 4pm. If you wish to make your own way there instead of going by bus, you can meet with the group in the town centre for 11am – please inform us of your plans when booking your place. Lunch will be provided and numbers are limited therefore booking is essential.

Crafty Carers: Make Framed Pictures with Buttons

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

Have you ever wondered what to do with all those spare buttons you have lying around the house? Well here is one solution, come and join us at Crafty Carers and make lovely framed pictures from buttons. Materials will be supplied but you are welcome to bring along any frames or buttons you would like to use. This group is for carers only and booking is essential.

Crafty Carers: Making Jewellery with Gill

Friday 18th May
1pm until 3pm at Carers Leeds,
6-8 The Headrow, City Centre

Gill will be joining us for this session to take us through how to make jewellery in the comfort of your own home. This is a great way to learn how to make that special gift for someone you know, be it earrings, a bracelet or a necklace. All materials will be supplied. This group is for carers only and booking is essential.



Male Carers Group: Lunch at the Hedley Verity

Thursday 26th April
12pm until 2pm meeting at
Hedley Verity

If you are a male carer, join us and meet with other men who share an understanding of your situation and who are looking to take a break, chat and meet new people. This event is for male carers only, £5 per head will be provided towards lunch, and booking is essential.

Male Carers Group: Trip to Saltaire



Friday 25th May
10.30am until 3pm meeting at
Leeds Train Station

Join other male carers on a trip to The Salts Mill in Saltaire, a place for art, shopping and dining, all in one glorious historic building, followed by a walk along the canal (weather permitting). There will be opportunity to stop for lunch, or feel free to bring your own. This event is for male carers only, train travel expenses from Leeds will be provided, and booking is essential.

Your Caring Role

Time for Us Café: Everything You Need to Know About Volunteering

Thursday 12th April
11am until 2pm at Carers Leeds,
6-8 The Headrow, City Centre

For some carers, volunteering is a 'break' or a way in which they can feel valued and connected to the wider world. For others, volunteering takes the place of work in their lives, providing meaningful activity and social contact outside of the home. If you have ever wanted to volunteer but don't know where to start, come and find out everything you need to know about volunteering from the Leeds Volunteer Centre. This event is for carers only and booking is essential.



Time for Us Café: Introduction to Growing Better Edibles

Thursday 10th May
11am until 2pm at Carers Leeds,
6-8 The Headrow, City Centre

If you'd like to try growing your own food but don't have an outdoor growing space, join us for an introduction to growing edible produce indoors, using a technique called hydroponics (growing without soil). You will learn about different ways of growing edible plants such as salad leaves and herbs. After lunch you can plant seeds on a special hydroponic grow mat to take home. No previous experience of growing is required! This event is for carers only and booking is essential.



Parent Carer Coffee Mornings

Thursday 22nd March, 19th April,
17th May, 21st June, 19th July
10am until 11.30am at Carers Leeds,
6-8 The Headrow, City Centre

Do you care for a child or young person with additional needs, health condition or disability? Join our Parent Carer Coffee Morning to not only relax and take a break, but to meet with other parents and speak with our Carer Support Workers. No need to book, we understand life is hectic, try and join us for half an hour if you can. We look forward to meeting you.



Support Group Booklets

Carers Leeds run a large number of monthly Support Groups for carers, details of which are published in the Support Group Booklet. Carers Leeds have recently updated this information with the latest groups, times, dates and locations of the various groups. The latest booklet is available on our website, to collect from Carers Leeds, or call 0113 246 8338 to request a copy by post.



Carer Training

Caring Well Training: Four Week Training Course for Carers

The focus of Caring Well Training is on sharing information and ideas between trainers and course participants with a view to feeling well informed, positive and confident in the caring role. Each of the sessions are themed and cover different aspects of being a carer.

Session 1 (Friday 4th May):

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 (Friday 11th May):

Looking after my physical and mental wellbeing.

Session 3 (Friday 18th May):

Practical aspects of caring - Managing medication, services that can help, assessments for carers and the person you care for, personal budgets.

Session 4 (Friday 25th May):

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 include a coffee break and lunch break with refreshments provided. To book your place please contact Carers Leeds on 0113 246 8338, bookings will be taken from 10am on Tuesday 13th March.

Online Training for Carers

You might find that studying online is easier to fit in around caring than a classroom based course. Have a look at these free online courses for carers.

OpenLearn Works is part of free learning available at The Open University. 'Caring for Adults' is an introductory online course for anyone in a caring role, either paid or unpaid. It builds on what you already know to give you a better understanding of your role as a carer. It also supports your own wellbeing by giving you some ideas and information about looking after yourself and dealing with stress.

The course is free and you can study without enrolling. Find out more about the Caring for Adults course on the OpenLearn Works website: <http://www.open.edu/openlearn/health-sports-psychology/caring-adults>



Future Learn offers a number of free online courses where you can explore dementia information, research and best practice. Courses include; 'The Many Faces of Dementia', 'Understanding and Managing Challenging Behaviour', and 'Staying Connected and Living Well'. Designed for carers to help you keep in touch with others, manage stress at home and diffuse difficult situations. Find out more about the Future Learn online courses here: <https://www.futurelearn.com/courses/collections/dementia>

The Social Care Institute for Excellence has developed seven e-learning modules aimed at anyone supporting or living with people with dementia. The module topics include 'Living with Dementia', 'Common Difficulties and How to Help' and 'Positive Communication'.

Please note that this course has not been updated recently but it still contains a lot of information that you might find useful. Find out more on the SCIE website: <https://www.scie.org.uk/e-learning/dementia>

Supporting Carers of People with Dementia



Dementia Awareness Week Monday 21 May – Sunday 27 May 2018

The Alzheimer's Society's national campaign aims to help everyone understand dementia and the many ways that we can all support those whose lives are affected by it. Join Carers Leeds as we support family carers during Dementia Awareness Week.

First Aid Session for Dementia Carers

Monday 21st May
11am until 1pm at Carers Leeds,
6-8 The Headrow, City Centre

Provided by British Red Cross this First Aid Session will equip you with the knowledge and confidence to deal with serious conditions, incidents and what to do when initially faced with an emergency. Booking is essential, please contact the Carers Leeds event booking line on 0113 246 8338 open from 10am on Tuesday 13th March.

Evening Dementia Friends Session

Tuesday 22nd May
5.30pm until 7pm at Carers Leeds,
6-8 The Headrow, City Centre

Run by a volunteer Dementia Friends Champion, the session will teach you more about dementia and the small ways you can help. Booking is essential, please contact the Carers Leeds event booking line on 0113 246 8338 open from 10am on Tuesday 13th March.

Dementia Awareness Week Information Drop-In

Friday 25th May
10am until 4pm at the Community Hub, 4th Floor of John Lewis, Victoria Shopping Centre

Drop-in for a cup of tea, tasty bun, and find out more about dementia and what support is available to you.

If you are concerned about your memory problems or care for someone with dementia, come and chat with a number of professionals who can support you:

- Carers Leeds Dementia Carer Support Workers
- Touchstone Black and Minority Ethnic (BME) Dementia Worker
- Leeds Admiral Nurses
- The Alzheimer's Society
- NHS Memory Support Workers

**No need to book,
we look forward to
meeting you!**

Carers of Younger People with Dementia

The new Community Links service providing day-centre based support for people under the age of 65 with dementia is now up and running, located in Cottingley, and is called **Young Dementia Leeds**.

Over the last few months we have been working with Community Links to make sure that carers of younger people with dementia get the support they need, and that support to carers is an essential part of the service.

We are very pleased that Jo Foster, an experienced Carer Support Worker who has worked at Carers Leeds for over 2 years, will be part of the Young Dementia Leeds service.

Based at Cottingley day-centre and directly supporting family carers, Jo will also be working with NHS dementia services, GPs, and community based projects to get the word out about our new carer support service. Contact Jo Foster on 07495 263791 for more information.



Mental Health Drop-in*

Every Friday, 12.30pm - 2.30pm at Leeds Civic Hall, Room 5

Provided by a partnership between Leeds and York Partnership NHS Foundation Trust (LYPFT) Community Mental Health Team and Touchstone's Community Support Team.

Struggling with your mental wellbeing, feeling isolated and alone? Come along to the Civic Hall for a cuppa, chat and to meet others, and access:

- Mental health staff to listen and offer

advice and signposting

- Practical support with forms and phone calls

- Support to access other services
For more details, please contact Creative Practitioners, Community Mental Health Team at Aire Court on 0113 855 0600.

(*This is not for those in crisis or under the influence of drugs or alcohol, contact 0300 300 1485 if this type of support is needed.)



Autism Hub Drop-in

Every Tuesday, 3.30pm - 7pm at Lovell Park Hub on Wintoun Street, LS7 1DA.

The Lovell Park Autism Hub is a drop-in service, run every Tuesday afternoon by Leeds Autism AIM (Advocacy, Information and Mentoring)

The aim of the Hub is to provide information, signposting and peer support for adults on the autistic spectrum and carers who have little or no funded support in place.

At this Hub, workshops provide useful advice on a range of issues affecting autistic people in the Leeds area and act as a source of information on everything from employment to benefits.

For more information email the Hub at leedsautismaim@advonet.org.uk or contact by telephone 0113 244 0606.



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.

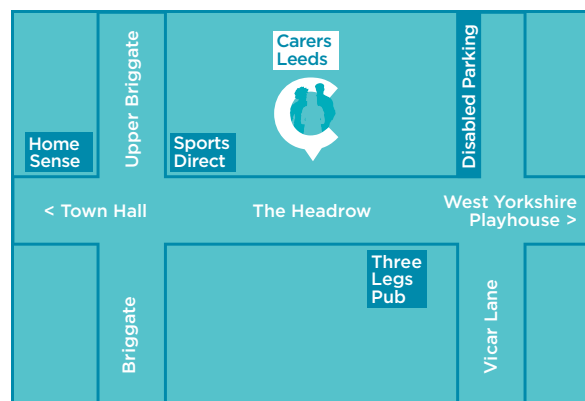
Contact Details

- **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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