



# carers news

May & June 2018

Carers Advice Line  
**0113 380 4300**

Carers Leeds  
**0113 246 8338**

**WELCOME TO THE MAY / JUNE EDITION OF CARERS NEWS**



## **Carers Week: 11 – 17 June 2018**

This year Carers Week is calling on communities, health and social care professionals, employers, and the wider public to support carers to stay 'Healthy and Connected' to wellbeing services and support.

In addition to this, join us for a week-long celebration of the enormous contribution that unpaid carers make to our communities. Find out more on pages 4 and 5.



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# Protecting Your Personal Information: A New Law

In May this year, new laws come into force about how people's personal information is collected, stored and used. The new law is called the General Data Protection Regulations (GDPR). All organisations that hold personal information on individuals have to abide by these regulations.

One of the main things that should change is that personal information can only be used for a specifically

stated purpose. Hopefully, this will mean the end of organisations selling mailing lists which then lead to private individuals being pestered with unwanted phone calls and mail.

Carers Leeds has always been very strict about enforcing data protection rules. We don't pass private information onto other organisations without a carer's consent. We always ask carers for consent before we

keep any personal information about them. If you would like to see a copy of our Data Protection policy, please contact us – a new policy document will be implemented from May this year.

And remember! If you don't wish to receive our newsletter, please let us know by contacting 0113 246 8338, and we'll take your name off the mailing list.

## Power of Attorney Registration Fee Refunds.

**If you applied to register a Power of Attorney between 1 April 2013 to 31 March 2017, you could get part of your application fee back. This applies to Lasting Powers of Attorney (LPA) and Enduring Powers of Attorney (EPA).**

### Who can claim a refund

You can make a claim if you're:

- the 'donor' - the person who made the Power of Attorney
- an 'attorney' - appointed by the donor in an LPA or EPA

The refund must be paid to the donor. You only need to make one claim per donor, even if you made more than one Power of Attorney.

### How to claim

Contact the Refunds Helpline telephone: 0300 456 0300 (choose option 6)  
Textphone: 0115 934 2778  
Monday, Tuesday, Thursday, Friday 9am to 5pm  
Wednesday 10am to 5pm

### After you've claimed

It takes up to 12 weeks for your claim to be processed. If your claim is approved, the refund will be paid to the donor's bank account. You can appeal a decision if your claim is rejected - contact the Refunds Helpline.

## Me + My Medicines



For those of you who get regular medicines from your pharmacy you may sometimes notice that the tablets you get are a different size, shape or colour. If this is a concern for you remember It's OK to ask!

Your local Community Pharmacy works hard to source the medicines you need, but sometimes this will mean that you get a different brand of the same medication. This is due to the way the NHS requires pharmacy to source the best value medicine. This is nothing to worry about - it does not affect the quality or how your medicine works.

If you have any questions about your medicines please do ask a member of your pharmacy team. Pharmacists are the experts in medicines and want to help you get the most out of your medicines.



# Would You Benefit From a Befriender?

**Our Carers Befriending Service supports carers aged 16 and over who are caring for someone at home or who has moved into a care home within the previous 3 months.**

Our trained volunteer befrienders can give you the opportunity to:-

- Talk about your caring role
- Talk about your health
- Improve your wellbeing
- Discover social activities in your local area
- Share your worries and concerns

To find out more about becoming a volunteer befriender or if you are a carer who would like support from the service, please contact Nikki Pattinson, Carers Befriending Co-ordinator via E-mail: [nikki.pattinson@carersleeds.org.uk](mailto:nikki.pattinson@carersleeds.org.uk) or by phone or text: 07508 885 898 / 0113 246 8338.

Here is some feedback from a carer who has used the service:

***'My befriender helped me a lot. I feel like my confidence is better. She has also made me feel that there are good people out there that do really care.'***

## Learning Disability Week: 18 – 24 June 2018

**Carers Leeds is looking forward to taking part in Learning Disability Week again this year. Do come and say hello as we host a number of events across the city, including information stalls at the following locations:**

**Reginald Joint Service Centre**  
263 Chapeltown Road, LS7 3EX  
Monday 18th June (10am until 1pm)

**Aire Court Community Unit**  
Lingwell Grove, LS10 4BS  
Monday 18th June (11.30am until 3pm)

**The Compton Centre**  
Harehills Lane, LS9 7BG  
Monday 18th June (2pm until 4pm)

**Asket Croft**  
2 Asket Place, LS14 1PP  
Wednesday 20th June  
(10am until 12pm)

**Seacroft Community Hub**  
Deacon House, Seacroft  
Avenue, LS14 6JD  
Thursday 21st June (10am until 12pm)



**Moor Allerton Community Hub**  
King Lane, LS17 5NY  
Friday 22nd June (2pm until 4pm)

**Picnic in the Park at Temple Newsam**  
Friday 22nd June  
(11am until 2:30pm)

Aspire (Community Benefit Society) brings to you a FREE day of fun, live music and games with old friends and new! Carers Leeds will be there so pop over to meet our Carer Support Workers. Don't forget to bring something to sit on and a picnic. We look forward to seeing you.

### **NEW Learning Disability Carers Group**

Wednesday 27th June  
Mencap: The Vinery Centre,  
20 Vinery Terrace, LS9 9LU  
(12pm until 1.30pm)

This new monthly group is for friends and family members who support to an adult with a Learning Disability. A light lunch will be included. Come and enjoy a chat and share experiences. For further information contact Hayley Burke on 0113 380 4300.

## Age UK: The Arch Café

The friendly folk at The Arch Café are offering a special 10% discount to all carers. To claim this generous offer, simply collect a discount card from Carers Leeds.

The Arch Café is situated in the heart of the city centre – just to the side of St John's Shopping Centre entrance, or through St John's churchyard on New Briggate.

They offer a great range of coffees, loose leaf tea, sandwiches and cakes – all available to eat in or take away with homemade food freshly made to order. The Arch Café is owned by Age UK Leeds, meaning all profits go back to the charity to help support older people in Leeds.

With the warm weather hopefully arriving soon, take advantage of the outside seating area – enjoy sitting in a tranquil green space to escape the bustle of the city. You are guaranteed a warm welcome.





# Carers Week

## 11 – 17 June 2018

**Booking is essential on all our events in order to cater for your needs.**

**To ensure fairness, the Carers Leeds Event Booking Line - 0113 246 8338 - will open from 10am on Tuesday 15th May once all newsletters have been delivered. Please call anytime from this date.**

### Trip to Bridlington

**Tuesday 12th June or  
Tuesday 19th June**

Meeting at 10am on Edward Street, Leeds City Centre, travelling by coach and departing Bridlington at 4pm.

Spend the day on the beach, or indulge in a spot of retail therapy. There are plenty of cafés and restaurants if you choose not to take a packed lunch. Open to all carers plus one guest. This event costs £5 per person and booking is essential.

### An Evening of Healing with Sally Chaffer @ Glasshouse Gallery

**Tuesday 12th June  
7pm - 9pm  
Harrogate Road, LS7 4NZ**

Learn tips on how you can help others without ever feeling your own energy to be drained. Find ways to stay grounded, balanced and calm in daily life.

### SAFER @ Carers Leeds - Talk on Doorstep Crime

**Tuesday 12th June  
10.30am - 12pm**

The SAFER Project works to educate and empower older and vulnerable people to spot scams and deal confidently with doorstep callers to protect themselves from becoming victims.

### Afternoon Tea @ BAME Health & Wellbeing Hub

**Tuesday 12th June 1pm - 3pm  
BAME Health & Wellbeing Hub,  
Reginald Terrace, LS7 3EZ**

Join the BAME (Black, Asian, and Minority Ethnic) Carer Support Team at this free event open to all carers offering teas, coffees and a variety of homemade cakes.

### LGBTQ drop in @ MESMAC

**Monday 11th June  
Drop-in to MESMAC Blayds  
Yard, LS1 4AD between  
12pm - 2pm and 4pm - 6pm**

Carers from Lesbian, Gay, Bisexual, Transgender and those Questioning their sexuality are invited to connect with Carer Support Workers and other carers for support and information.

### Wagamama Lunch

**Wednesday 13th June**

Meeting 12pm at Carer Leeds, The Headrow, lunch until approx 2pm.

Join a social lunch with other carers and Carer Support Workers, for Japanese inspired cuisine at Wagamama, Leeds Trinity Shopping Centre. Cost of £5 per head, booking is essential.





## A Great Carers Get Together

**Saturday 16th June**

10am until 4pm on Briggate, City Centre (near Debenhams)

Find the Carers Leeds Staff and Volunteer Team offering information, advice and support to anyone with caring responsibilities. There will be fun, games, and prizes to be won!

### Leeds Civic Trust Blue Plaque Walk @ City Centre

**Thursday 14th June**

Meeting at Carers Leeds at 10.30am and returning 12.00pm.

Join us for an interesting and informative stroll through Leeds City Centre finding the many Blue Plaques that honour some of the people and buildings that have made a mark on history.

### Breakfast @ John Lewis Café

**Thursday 14th June 10am - 2pm**  
John Lewis 4th Floor, Victoria Gate Shopping Centre

Breakfast provided by Carers Leeds, this is a free event and open to all carers to pop in, chat with others, gather information or connect with Carer Support Workers.

### Pizza Party @ Carers Leeds

**Thursday 14th June**  
6pm onwards

Are you aged 17- 25 years and caring for someone? Take some time out, relax and have fun. Come join us!

### Time For Us Café Aromatherapy @ Carers Leeds

**Thursday 14th June**  
11am - 2pm

Join a qualified aromatherapist to learn about the basics of aromatherapy. Discover the relaxing effects of essential oils for health and wellbeing. Learn how to do a relaxing hand massage for yourself and for the person you care for. At the cafe, carers can also enjoy a light lunch, pick up information on caring, or call into our drop-in service for some advice.

### Open House @ Touchstone

**Thursday 14th June**

Touchstone are opening their doors to carers from all ethnic and migrant communities. Drop-in and gather information, meet other carers and connect with Carer Support Workers.

### Crafty Carers - Glass Painting @ Carers Leeds

**Friday 15th June**  
1pm - 3pm

Come along and join the Crafty Carers as we create amazing glass painting effects on everyday items. All materials will be supplied but please bring an item to paint if you wish.

### Leeds City Council Working Carers @ Civic Hall

**Friday 15th June 10am - 4pm**

If you are a carer and employed by Leeds City Council, you are invited to an information day with opportunity to meet with Carer Support Workers.

# Ramadan

## MUBARAK

**Ramadhan Mubarak! Carers Leeds would like to wish you a blessed and productive Ramadhan.**

**Ramadhan is the ninth month of the Islamic Lunar calendar, and this year will begin on Wednesday 16th May and end on Thursday 14th June 2018. For 29/30 days depending on the moon, Muslims spend the daylight hours in complete fast, abstaining from all food and drink.**

**Ramadhan is a time to purify the soul, focus ones attention to Allah (God) practice self-discipline and sacrifice a time for reflection.**



*Article by Shuria Alam, Carer Support Worker*

Ramadhan (Sawm) is one of the five Pillars of Islam, activities that shape a Muslim's life, in addition to:

- Shahada (Professing one's faith)
- Namaz (Prayer 5 times a day)
- Hajj (Pilgrimage to Mecca)
- Zakat (Charity)

The physical effects of the fast are felt by Muslims as a reminder of those who suffer throughout the year, and those who cannot meet their basic needs. It reminds Muslims not to be wasteful and to feel empathy for those who face hunger on a daily basis.

Muslims feel gratitude for the bounties of Allah: clean water, sufficient healthy food, comfort of a home, health of our family members. There are so many people in the world who must survive without these basic needs and Ramadhan is a time for Muslim's to give thanks (Charity - Zakat) to those less fortunate.

The end of Ramadhan is celebrated with Eid al-Fitr. Muslims greet each other by saying Eid Mubarak! (Happy Eid!)

### Support for Carers

The physical demands of balancing work, school and caring for someone while fasting all day, can take its toll, and it is important carers look after their health and well-being during fasting.

It is likely the person they are looking after may be exempt due to medical reasons; you can speak with your GP/local Imam (scholar) for further guidance.

Carers Leeds is working in partnership with Touchstone and Leeds & York Partnership Foundation Trust NHS (LYPFT) to support carers from Black, Asian, and Minority Ethnic (BAME) communities in Leeds.

Carer Support Workers can offer emotional support to talk about how caring affects you in a cultural sensitive way, in addition to breaking down language barriers.

Contact the Carers Advice Line on 0113 380 4300 to access support with:

- Welfare Benefits (such as Carers Allowance, Attendance Allowance, Disability Living Allowance, Personal Independence Payment)
- A break from caring
- Carers Assessments by Adult Social Care
- Social activities
- Health and wellbeing services
- Carer training and information workshops

### Why not join the BAME Support Group!

Offering support to carers who are Black, Asian or from a Minority Ethnic community in Leeds. The group meet every two weeks on a Thursday between 11am and 1pm at Touchstone Support Centre, 53-55 Harehills Avenue, Leeds, LS8 4EX. Contact Touchstone to confirm the next meeting date, telephone 0113 219 2727.



# 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 15th May, please call any time after this date.

## Carer Support at Hamara Centre

**Thursday 21st June**  
**1pm until 3pm**  
**Hamara Healthy Living Centre,**  
**Tempest Road, Leeds LS11 6RD**

Carers are invited to the launch of a NEW carer support group which will continue from July on the first Thursday of the month. Take the opportunity to gather information, advice and support, or simply relax and enjoy taking a well-earned break. Language support will be available.



## Time for Us Café Inspirational Speaker

**Thursday 12th July**  
**11.00 until 2pm at Carers Leeds,**  
**The Headrow City Centre**

Join Paul Whittaker, a deaf musician, whose talk will include a bit of deaf awareness, lots of humour and some signed songs. Paul will also talk about his own experience of being a carer, looking after his mum. At the cafe, carers can enjoy a \*light lunch, pick up information on carer support, or call into our drop-in service for advice. \*We can cater for different dietary requirements, please advise when booking.

## Crafty Carers: Personalised Gifts

**Friday 20th July**  
**1.30pm until 3.30pm at Carers**  
**Leeds, The Headrow, City Centre**

Learn to make pictures using scrabble letters and canvas frames – a wonderful opportunity to make personalised gifts for loved ones. A voluntary contribution of £2 would be greatly appreciated to help towards the costs of materials. Light refreshments will be provided, please advise on dietary requirements when booking.

## Supporting LGBTQ Carers: Getting ready for Pride 2018

Leeds Pride weekend is Saturday 4th and Sunday 5th August. Carers Leeds has booked our place on the Sunday Parade, and we would like you to come and join us!

We will have information stalls in different locations that weekend, as well as marching/dancing and having fun along the Parade. Please come and join us if you're interested. Contact Helena Bladon on 0113 246 8338 or email [helena.bladon@carersleeds.org.uk](mailto:helena.bladon@carersleeds.org.uk)



## Mens Group: Canal Trip from Mirfield



**Tuesday 26th June**  
**10am until 3.30pm**

Come and enjoy a relaxing day on the historic canal system. A great opportunity to get away from the city, chat with other male carers or just simply enjoy the peace and tranquillity of the waterways. Please bring packed lunch.

Option to travel by train at a cost of £5, leaving Carers Leeds at 10am. Alternatively, join the group in Mirfield Train Station at 10.30am.

## Mens Group: Trip to Ilkley



**Wednesday 25th July**  
**10am until 4pm**

Enjoy a walk on Ilkley Moor the most popular moor in West Yorkshire, followed by fish and chips. Please wear suitable clothing and footwear.

Meeting in Leeds Train Station at 10am. Cost of £5 per person includes train travel and lunch, booking is essential.

# Carers at Opera North and Howard Assembly Rooms: The Bravo Club



The Bravo Club is for people who would like to go to performances at Opera North, or Howard Assembly Rooms, but don't feel confident enough, or because of their caring role, don't have anyone to go with.

If you join the Bravo Club, you would be able to take part in workshops, socialise with other people with an interest in music and get free or low cost tickets for performances. The Bravo Club is free to join and members receive the following benefits:

- 1) Workshops / discussions / special events for up to 3 Howard Assembly Room shows per year
- 2) Workshops / discussions / special events for up to 3 main stage Opera Productions per year
- 3) A selection of other opportunities to see performances at heavily discounted rates and to attend special events

To join the Bravo Club please get in touch with Madeleine Thorne at Opera North on 0113 223 3505.

## St Vincent's Support Centre

A variety of get-togethers to meet new people, have fun and learn new skills. Contact Jacquie on 0113 248 4126 for more details.

### Cooking and Conversation

Every Tuesday  
From 2.30pm until 5.30pm  
Learn new skills, meet new people and enjoy good food.

### Good Mood Group

Every Wednesday  
From 1pm until 3pm  
A group for discussion, fun, support and information about mood and wellbeing.

### Art & Conversation

Every Tuesday and Thursday  
From 12pm until 1.30pm  
Meet people, learn new skills and enjoy being creative in a friendly and supportive group.



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.

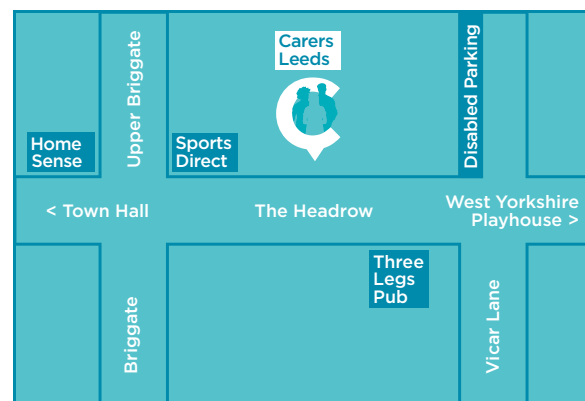
## Contact Details

- **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](mailto: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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