



# carers news

July & August 2018

Carers Advice Line  
**0113 380 4300**

Carers Leeds  
**0113 246 8338**

**WELCOME TO THE JULY / AUGUST EDITION OF CARERS NEWS**



## **Parent Carer Family Fun Day!**

**Wednesday 1st August from 1pm until 3pm at The Vinery Centre, LS9 9LU**

Shabang! will entertain us with accessible theatre, song, music, arts and drama. There will be face painting, biscuit decorating, crafts, hook a duck amongst other games plus soft play, a sensory room, and outside area. Refreshments are provided by The Café 21 Project part of Sunshine and Smiles, a charity supporting young people who have Down Syndrome and their families.

**Booking is essential, please contact Carers Leeds from Tuesday 10th July on the event booking line: 0113 246 8338 to secure your place.**



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## Are You an Expert by Experience?

The Leeds Transforming Care Board is looking for family carers of children, young people or adults who have a learning disability or autism, and have accessed services in Leeds.

Transforming Care is a national plan about improving the care and support for those who have a learning disability or autism. In Leeds there are different organisations working together to make the plan happen.

Would you like to join the Leeds Transforming Care Board to give ideas on how to improve the way services care for people.

If you would like to receive the full application pack or discuss in more detail please contact Steve Taylor on 0113 3808913 or email [stephen.taylor@carersleeds.org.uk](mailto:stephen.taylor@carersleeds.org.uk)

## Tenfold Learning Disability Award Nomination!

**Andy Chambers, an employee at Carers Leeds part of the Learning Disability Carer Support Team, was shortlisted for Employee of the Year at the Tenfold Learning Disability Awards.**

The Tenfold Awards provide an exciting opportunity to commend some inspirational people and celebrate the work they do to support people with learning disabilities in Leeds. The Award Ceremony marked the end of Learning Disability Week 2018, where a wide range of events and activities were held to raise awareness of learning disability.

Carers Leeds is proud of the success and recognition the Tenfold Learning Disability Awards have brought to Andy and his commitment to supporting friends and family carers of people with learning disability. Well done from everyone at Carers Leeds.



## Safeguarding: What does it mean?

**The dictionary definition of safeguarding is 'protect from harm or damage with an appropriate measure'.**

For children, safeguarding has replaced the words 'child protection'. We also use the word for keeping people with care needs safe from harm.

Harm could mean; physical or sexual abuse, psychological abuse such as threats, controlling behaviour, verbal abuse, or abuse within the family, taking advantage of someone financially, discrimination or neglect.

Many carers are concerned about what might happen to the person they care for when they're looked after by someone else; in hospital, in a care home, or by paid care workers coming to the home. The people we look after can be very vulnerable and

we need to know they're safe.

Carers may know or guess when the person they care for is at risk, but when you're caring for someone who can't express themselves, it can be difficult to feel sure that they're safe.

Safeguarding can also affect carers when they may be at risk from the person they care for, or the carer themselves can cause harm to the person with care needs, when the stress and strain of caring can get too much.

Carers Leeds would like to invite carers to a **Safeguarding Coffee Morning** to talk about Safeguarding and answer any questions or concerns you may have.

## Safeguarding Coffee Morning

**Wednesday 1st August  
10.30am until 12.30pm  
at Carers Leeds.**

Let's talk about safeguarding – what does safeguarding mean to you as a carer; what should you do if you're concerned about the safety of the person you care for. A member of staff from Leeds Safeguarding Board will be available to talk about safeguarding and answer any questions. Refreshments will be available.

There is no need to book for this event. If you would like more information, please phone Helena Bladon on 0113 380 8916 or contact on [helena.bladon@carersleeds.org.uk](mailto:helena.bladon@carersleeds.org.uk).



## Spotlight on Carer Steven Clemmens



Steven Clemmens a carer from North Leeds is a qualified coach at the Bowmen of Adel Archery Club where he runs courses for beginners. He says "I enjoy archery as it gives me a chance to have some time on my own, develop my skills and gives me goals to work towards. It is very flexible as I can go when I want and I don't depend on anyone else to be able to take part".

Steven, whose wife has Multiple Sclerosis started attending the

Moortown Carers Group last year and enjoys the support it provides. He also regularly attends the monthly Mens Carers Group meetings and has arranged a have a go day for their August activity.

"It will be great to have a group of carers up for a couple of hours sending a few arrows down the range" he adds. "We can provide tea and coffee and a few biscuits as well to make it a fun relaxing afternoon".

## Mens Group

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.

### Adel Archery Club

**Thursday 30th August**

**2pm until 4pm at the Adel War Memorial Club on Church Lane, Adel, Leeds LS16 8DE**

This event is for male carers only, and there are limited places so booking is essential, contact Carers Leeds on 0113 246 8338.

### Lunch at the Hedley Verity

**Monday 24th September**

**12pm until 2pm meeting at Hedley Verity**

This event is for male carers only, Carers Leeds provide £5 per head towards lunch, and booking essential, contact Carers Leeds on 0113 246 8338.

## Could Technology Help You or Someone You Care For Live More Independently For Longer?

**Leeds City Council is offering a trial project called ACTIVAGE, in partnership with Samsung, to provide technology to people aged 65 and over living in Leeds.**

The ACTIVAGE project aims to help more people to be healthy and active as they get older. The project will reduce social isolation and improve health through daily activity monitoring, as well as support for carers through an emergency trigger element if anything is wrong.

Participants will be provided with a smart watch and a phone or tablet, plus there is a home hub element (which connects through broadband) linked to sensors around the home. All installations of equipment will be done by Leeds City Council's professional and friendly Telecare Installer Team.

Participants of the project must:

- Be resident in Leeds
- Be 65yrs or over (named carer's age is unimportant)
- Have broadband at home

If you or someone you care for fits the criteria, please ring Suzanne Morton on 07891 272 418, email [activage@leeds.gov.uk](mailto:activage@leeds.gov.uk) or [helena.bladon@carersleeds.org.uk](mailto:helena.bladon@carersleeds.org.uk).

**ACTIVAGE**  
PROJECT

## Activage Information Coffee Morning



**Tuesday 24th July**  
**10:30am until 12pm at Carers Leeds**

You can sign up, meet the ACTIVAGE Team and see the equipment or just find out more!

Refreshments will be provided. Please book your place by contacting Carers Leeds on 0113 246 8338.

**National Dementia Carers Day 2018**

# Afternoon Tea Dance



**Friday 14<sup>th</sup> September**  
**1pm until 4pm**



**Leeds Civic Hall Banqueting Suite, Calverley Street, Leeds City Centre**



**The Dementia Carer Support Team at Carers Leeds and Alzheimer's Society Memory Support Workers proudly invite you on National Dementia Carers Day to celebrate the positive impact you have on the lives of those you care for.**

Dust off those dancing shoes or simply sing along with the ever popular Terry Williams bringing hits from the 60s and beyond, and Vicky Fee adding upbeat, toe tapping hits from the 50s, 60s, 70s for the young at heart.



Cream tea will be available.

Booking is essential.

The Carers Leeds event booking line 0113 246 8338 will open from 10am on Tuesday 10th July.

Please call anytime from this date to book your place.



This free event is for informal and family carers who are supporting a person living with dementia. You are very welcome to bring the person that you are caring for, we look forward to meeting you!

**Supported by Clarion Solicitors and Leeds Rhinos!**

**There will be a raffle to enjoy and a signed Leeds Rhinos Shirt up for grabs!!**

Here is a comment from last year:

**"I went to the event not feeling particularly good, but I had a lovely time, really enjoyed myself and I came away feeling much brighter".**

We host these events to celebrate you and your families, to see smiling faces, and hearing comments like this make it all worthwhile!



# Take a Break from Your Caring Role

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

The Carers Leeds Event Booking Line - 0113 246 8338 - will open from 10am on Tuesday 10th July. Please call anytime from this date.

## Yorkshire Sculpture Park

**Thursday 9th August**

**Meeting at Edward Street (city centre) departing at 10.30am and returning at approx. 3pm**

Spend your time looking at the amazing sculptures dotted around the park or spend time in the gardens and underground gallery. You could even treat yourself to a bite to eat in the café and take in the magnificent views! This event is for carers only and priority will be given to carers who did not go on the trip to Bridlington in June. Booking is essential and there is a £5 cost per person. Mobility scooters may be available.



## Carer Wellbeing Massage 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 access up to 2 sessions per year (between April 2018 to March 2019). Appointments are available from July onwards. Due to popular demand bookings will only be taken from the booking date, see above for more information.

## Crafty Carers: Folk Art Painting with Betty Virago



**Friday 17th August**

**1pm until 3pm at Carers Leeds, The Headrow, City Centre**

Folk Art Painting is also known as dotting where you create beautiful wooden hanging hearts, greeting cards and decorated envelopes. No previous drawing or painting skills are needed to create this form of painting as it is based on using sponges and brushes to make designs on traced images. All materials will be supplied.

## Crafty Carers: Cross Stitch

**Friday 21st September**

**1pm until 3pm at Carers Leeds, The Headrow, City Centre**

Come along and join us for this cross stitch session where we will be creating simple images while having a cuppa and a chat. All materials will be provided but feel free to bring along a project if you have done cross stitch before.

## Time for Us Café: Save Money & Keep Warm

**Thursday 13th September**

**11am until 2pm at Carers Leeds, The Headrow, City Centre**

Come and meet a Green Doctor who can help you save money and keep warm. Green Doctors, from Groundwork Leeds, provide support, information and advice on; switching suppliers, applying for the Warm Homes Discount, grants for insulation and central heating, energy bills and fuel debt, behavioural changes to reduce costs, managing heating control. 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.

## NEW! Carers Supper Club

**Wednesday 29th August  
5pm until 7pm at Carers Leeds, The Headrow, City Centre**

Are you interested in joining a new Supper Club at Carers Leeds? This is a fun, social event for carers to enjoy sharing a meal with conversation and company. This is the first Supper Club and the meal will be Pizza and Salad. The cost is £5 per person which will be collected on the night. Booking is essential.

# Women and Girls of Leeds

**Minnow Bachas, Community Development Worker at Leeds Women's Aid is connecting with all women and girls in Leeds, and wants you to know about Women's Lives Leeds.**

Women's Lives Leeds is a partnership of 11 organisations supporting and working with women and girls in Leeds.

Services are here to help you increase confidence, independence, self-esteem, empowerment, safety and participation in services and your community.

The vision is that many more women and girls will have their needs met and be empowered to lead safer and healthier lives. Women's Lives Leeds mission is to ensure that the most vulnerable woman and girls can access services and support they want, when they choose.

Women's Lives Leeds offers women and girls a holistic service that looks at all of your needs, and empowers you to support your peers and influence services across Leeds.

There are free and confidential weekly 'drop-in' opportunities for any woman or girl to come and have a chat about any issue affecting you; we will listen to you and help you get the support you need. You might just want to talk to someone about something that is on your mind? No issue is too small or big for us to help you with.

You can find information about 'drop-in' sessions online at [www.womenslivesleeds.org.uk](http://www.womenslivesleeds.org.uk). There is also an online directory for anyone to use to find out what support is available in Leeds.

If you would like a chat about any issue affecting you or need any more information please get in touch with Minnow at [minnow@leedswomensaid.org.uk](mailto:minnow@leedswomensaid.org.uk).



## Have Your Say about the Future of Services for Women in Leeds

**It is an exciting time in Leeds for women to influence the future of services and support available for them in our city. If you have something to say about your health and wellbeing as a female carer in Leeds then this is your opportunity!**

The Leeds Women and Girls Hub identified the need to develop 'State of Women's Health in Leeds' a report highlighting the health challenges that women in our city face. The aim of the report is to influence services to ensure that women in our city are receiving better opportunities for their health needs.

The Leeds Women and Girls Hub invites any women or girls in Leeds to join; you can get involved by joining the mailing list and coming to meetings or events – starting with a discussion at Carer Leeds.



## Womens Health Discussion

**Thursday 26th July  
1pm until 3pm at Carers Leeds**

The discussion will focus on how being a female carer in Leeds and the issues you may face, impact on your health and wellbeing. Refreshments will be provided. This is a fully accessible, child-friendly event. Booking is essential, please contact Carers Leeds on 0113 246 8338.

Leeds Womens Aid can reimburse bus and parking tickets for you to attend this event, however if you need a taxi booking in order to attend please contact Camille Thomas on 0113 2884593.

# Universal Credit

**Universal Credit is part of the government's Welfare Reform. It is a single monthly payment for people out of work or on a low income and will replace six existing benefits.**

## **What is different about Universal Credit?**

Universal Credit is claimed online. Payments are made monthly in arrears directly into your account.

## **Is Universal Credit just for people who are unemployed?**

No. It is a benefit for anyone aged over 18yrs and below Pension Credit age, on a low to moderate income. It does not matter whether you are in work, out of work or how many hours you work. It can also apply if you are a carer,

have child care costs or if you are too ill to work.

## **When is it coming to Leeds?**

From October 2018 almost everyone in Leeds making a new benefit claim for one of the six benefits mentioned above will be asked to claim Universal Credit.

If you already claim one of these six benefits and your circumstances don't change then you won't be asked to move over to Universal Credit until at least 2019.

Universal Credit is replacing:

- **Income-based Jobseeker's Allowance**
- **Income-related Employment and Support Allowance**
- **Income Support**
- **Working Tax Credit**
- **Child Tax Credit**
- **Housing Benefit**

## **Digital Literacy: Preparation for Universal Credit**

Leeds City College in The Community are hosting Digital Literacy courses in preparation for Universal Credit.

Specifically helping with IT skills and accessing the Universal Credit online form.

Courses are taking place throughout July and August at Deacon House, Seacroft Avenue (LS14). For dates and locations across Leeds, and to book your place, please contact Leeds City College directly on 0113 386 1880.

**For more information about Universal Credit contact:**

**Universal Credit Helpline: 0800 328 9344**

**Leeds Welfare Rights: 0113 376 0452**

**Carers Leeds Advice Line: 0113 380 4300**

The SAFER Project works to educate and empower older and vulnerable people to spot scams and protect themselves from doorstep crime.

## **Saying no to Doorstep Traders - Top Tips!**

- Do not make snap decisions. Take time to talk to someone you trust before you make a decision
- Shop around for the best price - Try and get at least 3 different quotes
- Always ask for an identity card and look up the organisation to check the ID is genuine.

For more top tips or to sign up to the SAFER newsletter, contact SAFER on 0113 535 0242.

## **Have you ever needed work doing on your property but were unsure where to find a safe and reliable firm or do you or somebody you know, need a bit of help with household jobs, personal care?**

You can find useful organisations and events in your local area, to help you get out and about more in the community, while finding out about the experiences of other users, to help you choose the right service provider.

For checked and vetted organisations that provide services and support in and around the home and for your daily life, why not contact Leeds Directory on their helpline 0113 391 8333 or by searching on their website [leedsdirectory.org](http://leedsdirectory.org).

**Leeds DiRECTORY**.org  
the easy way to find reliable, flexible services in your area



## Bus Ride: A Theatre Project for Older People



**Are you interested in joining a theatre project with a focus on helping older people (65+) who live on their own or live with the person they care for and who may feel lonely?**

Participants, artists, volunteers and support workers will work together on telling and listening to life stories during different events involving bus journeys, which are then published online with photographs of each journey. A final performance, at the Queens Hotel in September, will be created from the

material gathered on the bus journeys and will involve around 100 people.

If you or someone you know or care for would like to get involved, contact The Performance Ensemble on 07846 575 377 or [info@theperformanceensemble.com](mailto:info@theperformanceensemble.com).

## Join Us at Leeds Pride Celebrations

**Sunday 5th August**

**Meeting 1pm at Carers Leeds (The Headrow) and making our way to Millennium Square for the Pride Parade to start at 2pm**

Staff and volunteers had such a great time at Leeds Pride last year it would be great if carers could join us.

Carers Leeds will also have an information stall in the main Pride area on Lower Briggate from 12pm. So please come and say hello, take part in the celebrations and walk with Carers Leeds in the parade for a fun, memorable, exciting day!

If you'd like more information, please contact Helena on 0113 380 8916 or email [helena.bladon@carersleeds.org.uk](mailto:helena.bladon@carersleeds.org.uk)

**In our last newsletter we explained about General Data Protection Regulations. We need to inform all our readers receiving this newsletter that we have a Privacy Statement explaining how Carers Leeds collects, uses and stores your personal information. The Privacy Statement is on our website, if you would like a copy please get in touch.**

**If you are able to receive the newsletter via email, if you are no longer caring for someone, or if you would like to unsubscribe from our mailing list, please contact 0113 246 8338.**

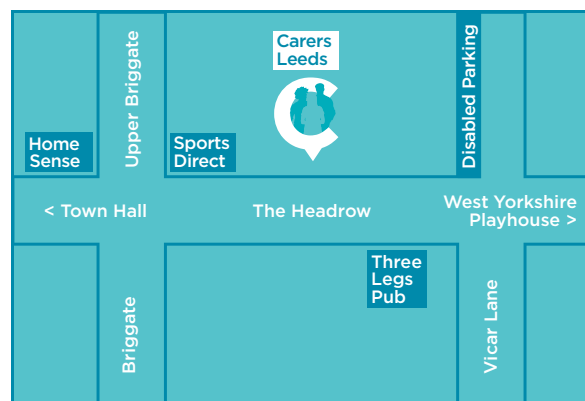
## Contact Details

- **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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