



# carers news

September & October 2018

Carers Advice Line  
**0113 380 4300**

Carers Leeds  
**0113 246 8338**

**WELCOME TO THE SEPTEMBER / OCTOBER EDITION OF CARERS NEWS**



As many as one-in-nine people are balancing work with providing care to a family member or friend. However, the number of working carers may be an under representation as employees are often reluctant to talk to managers about their caring responsibilities. Carers Leeds are at the forefront nationally of developing partnerships with employers, to become carer-aware, to share good practice and generating innovative approaches to supporting working carers in Leeds. Find out more on page 2.



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# Supporting Working Carers in Leeds

Carers Leeds is now forging ahead with its Working Carers Service for Employers in the City. Our goal is to support the estimated 35,000 workers in Leeds who also have unpaid caring responsibilities for friends or family.

As one working carer recently commented: "If I had not had the support of my boss and the organisation when I really struggled to balance work and caring, I would have almost certainly had to leave work".

We are delighted to offer our new Working Carers Package for employers, which provides practical information and support for both employers and their working carers.

The Working Carers Package comprises of:

- A self assessment questionnaire for employers to identify how effective they are at supporting working carers
- One to one advice sessions with individual working carers in the workplace
- Training and information to managers on supporting working carers
- An extensive toolkit for employers with information, good practice and tips, case studies and contact details to help support working carers

At the core of our service is a partnership with fifteen forward thinking employers in the City. This forms our Working Carers Forum, who meet quarterly to exchange good practice and ideas on how to support working carers in the City.

If you want to join us as an employer, or would like details to pass on to your employer, please contact Madlen Sayar on 0113 246 8338, email [madlen.sayar@carersleeds.org.uk](mailto:madlen.sayar@carersleeds.org.uk) or visit [www.carersleeds.org.uk/workingcarers](http://www.carersleeds.org.uk/workingcarers).



## Support for Carers at GP Practices

Carers Leeds offer regular Carers Clinics at GP Practices across the City.

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.

- New Croft Surgery
- Ireland Wood
- Lingwell Croft Surgery
- The Fountain Medical Centre
- Crossley Street Surgery
- Hillfoot Surgery
- West Lodge Surgery

In the Armley area five GP Practices are working together to offer carer support:

- Armley Moor Medical Centre
- Priory View Medical Centre
- Thornton Medical practice
- Whitehall Surgery
- Hawthorn Surgery



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

These Carers Clinics will take place at **Armley Moor Medical Centre**. Ask at the reception in your own GP practice to arrange an appointment for carer support at Armley Medical Centre Carers Clinic.



# Life, Loss, Legacy and Learning

During the summer, Sue Sutton, Carers Leeds Bereaved Carer Support Service, was approached by Dave Tomalin at Lippy People (Leeds film making charity) to make a series of films. These focused on bereaved carers, and what it's like to be a carer and how their life changed following the death of the person they cared for.

Vince shared his story and on Friday 13th July his film 'My Maureen, My Rock' was shown to an invited audience of friends and family at the Corpus Christi Catholic Working Mens Club.

The film told the story of Maureen and Vince and their life in the pub trade. Just after they retired and moved to Spain, Maureen developed Progressive Supranuclear Palsy (PSP) and Vince became her primary carer. In the film Vince talks about what it was like to care for Maureen until her death.

To view the series of films created by Lippy People in

partnership with Carer Leeds visit [www.carersleeds.org.uk](http://www.carersleeds.org.uk)

As part of the evening Vince arranged a raffle and a staggering £585 was raised to continue the running of the Carers Leeds Support After Loss Group for bereaved carers.

Raffle prizes were generously donated; a special thank you to Phil Bennett (Bennetts Butchers, Kirkgate Market), Terry O'Neill, Gary and Lynne Barass. Thank you to Mick Harrison, Secretary of the Corpus Christi Catholic Working Mens Club for supporting Carers Leeds and Vince by hosting this great event.



## Attendance Allowance Form Workshops

**Friday 28th September**  
**10am at Carers Leeds,**  
**The Headrow, City Centre**

**Are you applying for Attendance Allowance for the person you care for? Come along to our free workshop to find out how to complete the form and what information to include.**

### In this group session you will...

- Be given information and advice to enable you to complete the Attendance Allowance form
- Receive a step-by-step guide to take away with you
- Have the opportunity to ask our Carers Support Workers questions about the form

If you would like to attend this workshop please book a place by calling Carers Leeds on 0113 246 8338 or email [april.lee@carersleeds.org.uk](mailto:april.lee@carersleeds.org.uk).

### What is Attendance Allowance?

Attendance Allowance is a benefit paid to people who are aged 65 and over, who have had a long-term illness or disability for at least 6 months. The benefit is paid regardless of income, savings or National Insurance contributions is a tax free benefit.

For further advice and guidance, please contact the Carers Advice Line on 0113 380 4300.



**Carers Advice Line and Drop-In Centre Services will be CLOSED on Wednesday 26th September.**



# Mental Wellbeing for Carers

**You may remember Grace Purnell (marathon runner and top cyclist behind Step into My Shoes), fundraised throughout 2017 for Carers Leeds.**

Grace identified that caring can have a huge impact on someone's mental wellbeing, and felt passionate about using the funding raised towards workshops to help improve carers mental wellbeing.

Carers Leeds and Leeds Mind are working together to bring carers the opportunity to benefit from the following two hour workshops, all taking place at Carers Leeds (The Headrow, City Centre).

## Building Self-Esteem

**Choose between:**

**Wednesday 3rd October (10.30am)  
or Thursday 11th October (6pm)**

Explore how you think and feel about yourself and how this affects your life and relationships. Learn to recognise your strengths and skills, and use them to build your self-esteem.

## Managing Anxiety

**Choose between:**

**Wednesday 17th October (10.30am)  
or Thursday 25th October (6pm)**

Learn what anxiety is, how to recognise it, and ways to manage and reduce it.

## Building Resilience

**Choose between:**

**Wednesday 31st October (10.30am)  
or Thursday 8th November (6pm)**

Explore what resilience is and learn how to recognise, maintain and build your ability to cope with difficulties and challenges.

## Coping with Crisis

**Choose between:**

**Wednesday 21st November (10.30am) or Thursday 29th November (6pm)**

Explore what crisis is, how it affects you and learn ways to manage it.

## Coping with Christmas

**Choose between: Wednesday**

**5th December (10.30am)**

**or Thursday 13th December (6pm)**

Christmas can be a very difficult time of year for many reasons. Explore ways to reduce the stress and anxiety that this time of year can bring.

## Booking Information

There is a maximum of 15 places per workshop. Carers can attend any of the five workshops. Please contact Carers Leeds on 0113 246 8338. Bookings will be taken from 10am on Tuesday 11th September.

# Time for Us Café

**The Time for Us Café is a place just for carers, to take a break from caring, learn something new and find out useful information from various organisations.**

Over the next few months we have sessions on Saving Money & Keeping Warm, Lifelong Learning, Dementia Awareness and Surviving Christmas as a Carer.

## What would you like to see at the next Time for Us Café?

We are always open to suggestions of things we could do at future cafés, so please share your ideas with Valerie Banks, Time for Us Café Coordinator, on 0113 246 8338 or via email [valerie.banks@carersleeds.org.uk](mailto:valerie.banks@carersleeds.org.uk).



## Important - Time for Carers Grant

The Time for Carers Grant Scheme has received the maximum number of applications from carers, and the scheme has closed.

If your application has been submitted, monthly decision panels are taking place and you will be contacted directly.

If you have any queries please contact Carers Leeds on 0113 246 8338.

# 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 11th September. Please call anytime from this date.



## Male Carers Group: Meanwood Valley Trail Walk

**Wednesday 24th October**  
**11am until 2pm.**

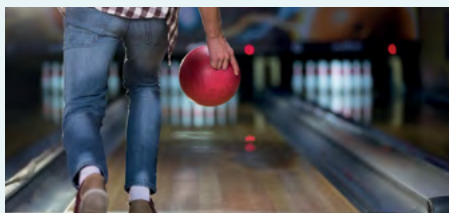
**Meeting at Carers Leeds**

Enjoy an autumn walk along the first part of the Meanwood Valley Trail towards Meanwood Park. Followed by coffee and cake, there's the option to get the bus back into Leeds. This is a free event and booking is required.

## Male Carers Group: Tenpin Bowling

**Tuesday 20th November**  
**11am until 1pm.**  
**Tenpin Leeds, Merrion Centre**

Tenpin bowling is something that everyone can enjoy whatever age or ability. It's great fun and a fantastic way to relieve stress and have quality time with friends. This is a free event and booking is required.



## Crafty Carers: Mixed Christmas Crafts

**Friday 19th October and**  
**Friday 16th November**  
**1pm until 3pm at Carers Leeds,**  
**The Headrow, City Centre**



During October and November Crafty Carers will be showcasing Mixed Christmas Crafts which will include Card Making, Tree Decorations using Scrabble Tiles, Button Wreaths and Wall Decorations. Come along for these two sessions and enjoy making new decorations for all the family. We will be serving up some festive cheer in the November group as well. This is a free event, and there is no need to book. Join us - we look forward to seeing you!

## Time for Us Café: Find Out More About Dementia

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

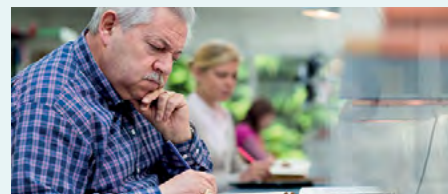
Take the opportunity to learn more about what it's like to live with Dementia and the small things you can do to support people living with Dementia in their everyday lives.

The session will focus on giving carers an understanding of Dementia, how to access support as a carer, financial and legal affairs and planning for the future. This is a free event and booking is required.

## Time for Us Café: Keeping Your Brain Active with Lifelong Learning

**Thursday 8th November**  
**11am until 2pm at Carers Leeds,**  
**The Headrow, City Centre**

The Lifelong Learning Centre will explore the love of learning and what benefits this brings to us all with a particular look at further and higher education as a mature student. A mature student will join us to share their own experiences and encourage questions from carers. This is a free event and booking is required.



## Behind the Scenes: Asda Pudsey

**Tuesday 25th September**  
**10am until 12.30pm**

A day out with a difference! Ever wondered what it takes to run a Supercentre feeding the nation - take a look behind the scenes of Asda in Pudsey with a guided tour and refreshments.

Meeting 10am at Leeds Train Station, alternatively carers can meet 10:45am in the entrance foyer to Asda Pudsey Superstore. This event is for carers only and booking is essential.



## Want Leeds to be Age Friendly?



**Are you interested in making Leeds a more age friendly place? Why not come along to the Age Friendly Steering Group?**

**Meeting once per month in the city centre, their latest project is the 'Come In and Rest' scheme, which asks businesses to invite older people to come in and sit down for a few minutes when they need to.**

The Age Friendly Steering Group is especially looking for residents of South and East Leeds. You are very welcome to come along to one meeting and see what it's like before making a commitment. No experience is necessary, just an interest in making Leeds a great city!

The group are also talking about how to make buses more age friendly and how to get more people online.

The next meetings are scheduled for 14 September, 11 October and 9 November at 1:30pm. Time to Shine can help with transport. Get in touch to find out more via email [comeinandrest@opforum.org.uk](mailto:comeinandrest@opforum.org.uk) or telephone 0113 244 1697.

## Get Involved in Research and Forums

### Are you Interested in research into Musculoskeletal Conditions?



Musculoskeletal conditions are the most common cause of chronic pain and disability and affect as many as 1 in 6 people in the UK. They include all forms of arthritis as well as connective tissue diseases such as scleroderma and lupus. Leeds Biomedical Research Centre brings together world leading researchers with the shared goal; the prevention and treatment of musculoskeletal conditions. A partnership between The University of Leeds and Leeds Teaching Hospitals NHS Trust, and based at Chapel Allerton Hospital, the Leeds Biomedical Research Centre has a wide variety of opportunities for people with musculoskeletal conditions and their carers to get involved and find out more about research.

'Ask the Researcher' events are held, where researchers present their projects and members of the

public have the chance to speak to the research teams and find out more about the most up to date research in this area. Recent topics have included Exercise and Arthritis, Scleroderma, and Biologic Drugs.

If you wish to make a difference to the future of healthcare for those with musculoskeletal conditions, Leeds Biomedical Research Centre have a range of volunteering opportunities. Opportunities include attending focus groups to inform individual areas of research, reviewing patient literature or acting as a representative on strategic advisory boards.

You can find out more by visiting online [www.leedsbrc.nihr.ac.uk](http://www.leedsbrc.nihr.ac.uk) / or contact Gwyn Cracknell PPIE Manager on 0113 392 4485 or via email: [G.T.Cracknell@leeds.ac.uk](mailto:G.T.Cracknell@leeds.ac.uk). Take a look at Twitter account @msdresearch.

## Understanding the Cancer Care and Treatment Needs of People with Cancer and Memory Problems

**Researchers from Leeds Beckett University, Rachael and Alys, are doing a research study to try and understand the cancer care and treatment experiences of people with memory problems.**

Rachael and Alys are looking for people to interview who have experience of cancer and memory problems, either from having both of these conditions themselves, or from supporting a relative/friend with both of these conditions.

Anyone who is interested in taking part can contact Rachael and Alys directly either via email: [dementia@leedsbeckett.ac.uk](mailto:dementia@leedsbeckett.ac.uk) or telephone: 0113 812 9238 or 0113 812 5909.



# Falls Prevention Programme by Active Leeds

Active Leeds offer a structured 20 week Falls Prevention Programme of exercise for people at the risk of falls.

These 'Strength and Balance' sessions are designed to improve strength, balance and co-ordination for people with low mobility. There is a focus on improving confidence and reducing the fear of falling. Building and maintaining strength and balance can help individuals carry on doing the things they enjoy and stay independent.

have experienced a fall or loss of confidence.

Sessions are delivered by qualified instructors in a range of community venues across Leeds. After finishing the class there is opportunity for refreshments, and social chat. The sessions cost £2.00 per person per class.

The sessions involve a mixture of chair based exercises and standing strength and balance exercises. The sessions offer participants the chance to practise specific exercises with other people who

Please get in touch if you would like more information about the Falls Prevention Programme and 'Strength and Balance' sessions by contacting 0113 3783680 or email [health.programmes@leeds.gov.uk](mailto:health.programmes@leeds.gov.uk).



## October is Free Wills Month

**Free Wills Month takes place in every October and March offering members of the public aged 55 and over the opportunity to have a simple Will written or updated free of charge by one of the solicitors participating in the campaign.**

An up-to-date Will written by a solicitor can help ensure your wishes will be respected. It allows you to provide for your family and friends and leave a gift to your chosen charities too.

It's worth noting that the numbers of appointments are limited, so we recommend you book your appointment with your chosen solicitor as soon as you can. Once all available appointments are booked the campaign will close – this may be before the end of the campaign month.

### How can I take part?

1. Go to <https://freewillsmoth.org.uk/> on 1st October (or register now for an instant update/reminder).
2. Type in your postcode to find out which solicitors are taking part in the campaign in your local area.
3. Make an appointment directly with the participating solicitor during October.



## Community Pharmacists Supporting Carers

**Wednesday 3rd October  
1.30pm until 3pm at Carers  
Leeds, The Headrow,  
City Centre**

Have you ever wondered what your pharmacist does all day apart from hand over the items on your prescription?

Pharmacists are highly trained experts on medicines and can provide you with lots of advice, information and services.

Come along and learn about what help and support you can get from your local pharmacy team for yourself and for the person you care for. You may also have ideas about how pharmacists could better support carers.

Meet Pharmacists Nira Dattani and Darren de Souza from Community Pharmacy West Yorkshire, here at Carers Leeds. To book your place please contact Carers Leeds on 0113 246 8338.

## Carers Leeds provides support for carers who have been bereaved



Carers Leeds support bereaved carers to reduce feelings of isolation. We give the time and space to talk about your thoughts and feelings whilst providing helpful information and advice.

We also provide the 'Support After Loss' group which offers bereaved carers the opportunity to socialise and build their confidence in getting out and about, and enjoying activities and events in the community.

**For more information about Support for Bereaved Carers please contact the Carers Advice Line 0113 380 4300.**

### Tell Us Once

Tell Us Once ([www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once](http://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once)) is a service that lets you report a death to most government organisations in one go.

### The Death Notification Service

The Death Notification Service ([www.deathnotificationservice.co.uk](http://www.deathnotificationservice.co.uk)) is a free online service that allows you to notify a number of financial service providers and banking groups about a loved one passing away.

## Calling Green-Fingered Carers

The Young Dementia Leeds Hub in Cottingley, South Leeds is looking for a volunteer to assist in the maintenance of the sensory garden. The garden is providing a real benefit to those that visit the Hub, so any assistance in maintaining its beauty a few hours a week, would be greatly appreciated by all. Please contact Liz Menacer on 07391 868 726 or email [liz.menacer@commlinks.co.uk](mailto:liz.menacer@commlinks.co.uk) for further details.



**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.**

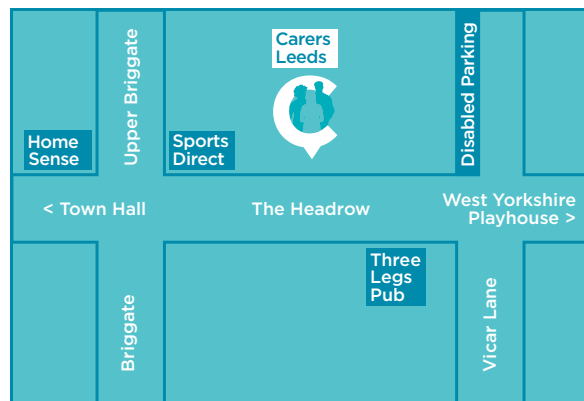
## Contact Details

- **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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