



# carers news

November & December 2018

Carers Advice Line  
**0113 380 4300**

Carers Leeds  
**0113 246 8338**

**WELCOME TO THE NOVEMBER / DECEMBER EDITION OF CARERS NEWS**



## Information And Support When You Need It Most

Carers Leeds recognises that having the right information at the right time can make all the difference when you're looking after someone - that's why we have just One Number One Service.

The Carers Advice Line, an Advice Quality Standards awarded service, gives carers the right information, guidance and support in one place, when you need it most.

Call 0113 380 4300 from Monday to Friday between 9am and 4.30pm, and Wednesday 8am until 6.30pm to talk to a Carer Support Worker today.



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## Festive Message from Val (CEO)



This year has been a bit different for Carers Leeds; making a conscious decision to host fewer major events, as need for the service grew over the year, our total focus would be responding to the ever increasing demand.

Together with your help we have focused on developing new ways of reaching carers. A lot of this has been about raising carer awareness across the city, particularly with employers and GP Practices, and making sure carers' voices are heard.

I know that for many carers, like me, this time of year isn't all bells and whistles. There have been times in my caring role this year when time has just about stood still...facing many challenges, making hard decisions and hoping for better days. There have also been some brilliant moments, especially during summer eating ice creams with the sun on our faces, but in this busy life, they seem to pass all too quickly.

Sometimes it's about getting through it but I want you to know, as carers we are all doing a fantastic job. It's probably not a job we knew we were getting but we're doing it and I know we're doing it the best we can.

This Christmas I am celebrating all carers across the City, the fantastic team at Carers Leeds, and hoping to spend time with my loved ones, without emergencies or challenges... and hopefully a mince pie or two!

I wish you all a peaceful year and stress free festive period.



## Introducing Carers Connections – Our New Time To Shine Funded Project

Carers Connections is our new project supporting older carers (aged 50+) who are socially isolated or lonely. This project is part of the Time To Shine programme, funded by the Big Lottery Fund.

We are delighted to be part of this programme focussed on helping older people feel less socially isolated and lonely. We will join a group of 20 projects offering many different ways of supporting older people. For more information see <https://timetoshineleeds.org>. The project started on 1 October 2018.

Over the next two and a half years our Carers Connections Worker will offer one-to-one support, will link up with groups and other projects to encourage carers to build more social engagement into their lives. Supported by our team of Carer Support Workers, they will ensure that the right care is in place to enable carers

to look after their own social needs. Carers Connections will offer support delivered by trained volunteers who will provide social contact in the carer's home, will meet up with carers and accompany carers to groups or events, when the carer does not feel confident to do this alone.

There are so many ideas of how we can best support the diverse community of carers in Leeds, and we want to hear your ideas too!

To discuss Carers Connections or for more information, please contact Helena Bladon on 0113 380 8916 or email [helena.bladon@carersleeds.org.uk](mailto:helena.bladon@carersleeds.org.uk)



**NATIONAL  
LOTTERY FUNDED**



# Caring Well Training: Four Week Training Course for Carers

The focus of the Caring Well Training course 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.

## To Find Out More and to Book Your Place

Caring Well Training takes place at Carers Leeds (The Headrow, City Centre) 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 November.

## Session 1 (Thursday 7th February):

Talking About Caring - What does it mean to be a carer, what do we do, why are carers so important.

## Session 2 (Thursday 14th February):

Looking after our health and wellbeing - creating balance, stress management, and includes mindfulness session.

## Session 3 (Thursday 21st February):

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

## Session 4: (Thursday 28th February):

Money - Welfare benefits, help with costs, appointees and power of attorney, care home costs.

# Mental Wellbeing Workshops for Carers

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).

## Looking After Myself

Choose between:

**Wednesday 9th January (10.30am)**  
**or Thursday 17th January (6pm)**

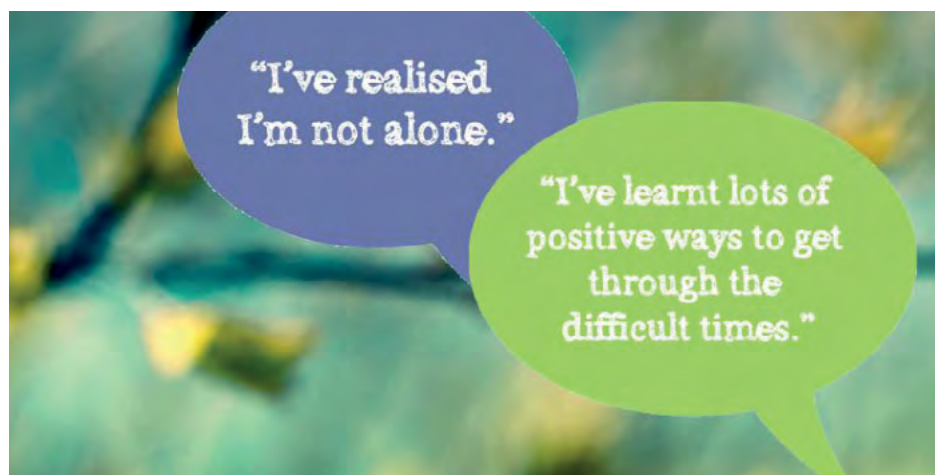
Learn what you can do to look after yourself and have your needs met while exploring mindfulness.

## Coping with Setbacks

Choose between:

**Wednesday 23rd January (10.30am)**  
**or Thursday 31st January (6pm)**

Learn the difference between setbacks and relapse, and your attitude towards them. Explore what 'setbacks' mean to you, and what you can do to monitor your wellbeing.



## Introduction to Mindfulness

Choose between:

**Wednesday 6th February (10.30am)**  
**or Thursday 14th February (6pm)**

Learn how to engage with mindfulness. Explore autopilot mode vs mindfulness mode. Realise what daily activities you can do mindfully, and experience a Mindfulness meditation.

## To Find Out More and to Book Your Place

Available to carers only, there is a maximum of 15 people per workshop. Carers can attend any of the three workshops. To book your place please contact Carers Leeds on 0113 246 8338, bookings will be taken from 10am on Tuesday 13th November.



# December & January

## Supper Club Social: Curry and a Cracker

**Monday 10th December,  
5pm until 7pm  
Carers Leeds, The Headrow,  
City Centre**

An opportunity to meet other carers whilst sharing Asian food (from a local restaurant) with new friends. Chat about what you love or hate about the festive season.

The Supper Club Social is a chance to relax, enjoy a meal in the company of others, sharing laughter, stories and chat.

We can cater for all dietary needs; just let us know when you book. We ask for a £5 donation towards the cost of the evening. Booking is essential.



## Male Carers Group: German Market

**Tuesday 11th December,  
12pm until 2pm  
Meeting at Carers Leeds,  
The Headrow, City Centre**

It's not December without the German Market in Leeds offering warming mulled wine or a Bratwurst sausage. If you are a male carer join us from 12pm until 2pm to meet with other men who are caring for a loved one. Enjoy the food, enjoy the company and enjoy a short break. This is a free event and booking is essential.

## Time for Us Café: Seasonal De-Stress Drop-in

**Thursday 13th December,  
11am until 2pm  
Carers Leeds, The Headrow,  
City Centre**

Open to all carers who wish to take a moment away from this hectic time of the year. Carers can relax with a newspaper, magazine or book, talk to other carers or chat to our friendly staff and volunteer.

To help reduce any seasonal stress our Dementia Carer Support Worker, Fiona, will be there to offer hand massage. Our Support Workers Zaira and Tom will also be popping into the café to offer information and advice.

We will be serving some delicious cakes, scones, pastries and mince pies. Coffee, hot chocolate and a range of teas will be served. Gluten free, vegetarian and vegan options will be available.

There is no need to book for this event; carers are welcome to drop-in anytime between 11am and 2pm.



## Festive Fun Drop-In

**Monday 17th December, 10.30am until 2pm  
John Lewis (4th Floor) Community Room,  
Victoria Shopping Centre**

Come along and drop-in to a festive get-together at John Lewis. Join Carers Leeds staff, volunteers and other family carers from across Leeds for festive sandwiches, cakes, crackers and fun! We look forward to seeing you and you will be very welcome. No need to book.

## Crafty Carers

There will not be a Crafty Carers Group in December. Angie and Karen would like to thank everyone for coming along to the group this year and wish you all a very Merry Christmas and a Happy New Year.

We have an exciting programme planned for 2019 with full details in future newsletters. We hope you look forward to Felting with Joy, Easter Gift Bags & Cards, Diamond Art and Glass Stone Art.



## Drama Workshops – Start the New Year with a Lot of Laughs!

Come and join our new six-week drama workshop being run by a Yorkshire based drama company called 'Fall into Place'.

Drama is a great way to form new friendships, increase confidence, improve wellbeing and have a lot of laughs.

Over the six sessions you will share stories, learn new drama skills, explore the mindful benefits of drama and create and perform some short sketches.



#Dramaforall

You don't need any previous experience of doing drama and we will welcome carers of all ages and abilities. This is a great opportunity to try something new in a friendly setting.

Workshops will be held at Carers Leeds (The Headrow, City Centre). Taking place 10.30am until 12.30pm every Tuesday from 8th January for six weeks. Booking is essential.



## Crafty Carers: Heart to Heart

**Friday 18th January,  
1pm and 3pm  
Carers Leeds, The Headrow,  
City Centre**

To kick off the New Year at Crafty Carers we will be making various heart-shaped items. There is nothing like a handmade gift to show someone you care so please join us as we enjoy making heart shaped objects in preparation for Valentine's Day in February.

## Male Carers Group: Abbey House

**Thursday 17th January,  
10.30am until 12.30pm  
Meeting at Abbey House  
Museum, Kirkstall, LS5 3EH**

Wander the beautifully created authentic Victorian streets for a glimpse of life in 19th century Leeds, followed by coffee in the Gate House café. This is a free event and booking essential.



## Time for us Café: Savings, Loans and Budgeting with Leeds Credit Union

**Thursday 10th January,  
11am until 2pm  
Carers Leeds, The Headrow,  
City Centre**

Join us for lunch and a talk by Leeds City Credit Union, a local source of financial information.

The Leeds City Credit Union offers loans, saving accounts, current accounts and payments cards, even a Christmas Club and budgeting advice.

Leeds City Credit Union can help with setting up a dedicated account for Universal Credit payments.

As a not-for-profit financial cooperative there are no shareholders so it is owned by its members.

## Bat & Chat

Every Friday 11am until 1pm throughout the year. Escape the hustle and bustle to enjoy a game of table tennis here at Carers Leeds. Guaranteed to bring out that competitive spirit and burn the calories. No skill required – in fact it's preferable so we can all laugh, have fun and let our hair down! Drop-in for a game, we look forward to seeing you.

**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 November.**

# Caring for a Younger Person with Dementia?

Carers Leeds and Community Links are working in partnership to provide a service for younger people (under 65) with dementia across the City. Community Links provide a day service located in Cottingley and Jo Foster, Carer Support Worker at Carers Leeds provides support to carers and families.



## Emergency First Aid Course

**Saturday 24th November,  
9am until 4pm  
Young Dementia Hub, Cottingley  
Drive, LS11 0JP**

The course will be specifically aimed towards carers and family members of a younger person with dementia. Along with standard first aid techniques, the course will also cover issues such as choking and falls. Places are limited, to reserve your place please contact Jo Foster on 07495 263791.

## NEW! Carer Support Groups

We are going to trial two new carer support groups. The only thing that we have agreed upon is for it to be monthly and to involve tea and cake. The rest is negotiable and can take whatever shape you want, and that includes the name and also the content of the group.

No need to book, come along to meet Jo Foster, Carer Support Worker and other family carers. We hope to see lots of you there!

## Carers Group One

Meeting every third Thursday of the month (15th November, 20th December, and 17th January), from 4pm until 6pm, taking place at the Young Dementia Hub, Cottingley Drive, LS11 0JP.

## Carers Group Two

Meeting on Tuesday 27th November (future dates to be confirmed) from 10am until 12pm, taking place at Carers Leeds, The Headrow, City Centre.



# Research Study Do you Care for Someone with a Learning Disability who Struggles with Memory Problems?

**Cognitive Stimulation Therapy (CST) is a treatment for Dementia that involves an individual taking part in activities which are designed to be mentally stimulating. Such as a life story, discussion of current affairs, puzzles and being creative.**

Cognitive Stimulation Therapy has been shown to be effective for the general population but there has been little research done on how well this works for individuals with Learning Disability.

University College London are currently recruiting carers of people with Learning Disabilities and Dementia to trial a 20 week Cognitive Stimulation Therapy intervention (three 30 minute sessions a week) to see how it impacts the person being cared for day to day functioning and their quality of life.

If you decide to take part, you would be offered full training and support to run the sessions with the cared-for person and receive £40 for your time.

If you would like to know more or are interested in being involved please contact Alicia Rodgers via email [aliciarodgers@nhs.net](mailto:aliciarodgers@nhs.net) or telephone 0113 855 2320, or Sam Bennett via email [Samuel.bennett1@nhs.net](mailto:Samuel.bennett1@nhs.net) or telephone 0113 855 2741.





## Learning Disability Carer Support Group

We would like to invite parents, carers, friends and family of adults with Learning Disabilities to join this new friendly and informative support group at Mencap Leeds. A light lunch will be provided and refreshments.

**Wednesday 28th November**  
**12pm until 1.30pm**  
**Leeds Mencap (Hawthorne Entrance),**  
**20 Vinery Terrace, LS9 9LU.**

People have found carer support groups to be a useful way to have a break, space for yourself and to feel less isolated.

Others find it helpful to discuss the emotional impact caring can have without being judged, by being able to talk with people who are in a similar situation.

Some carers take the opportunity to connect with a Carer Support Worker and look for different solutions or practical help.

For more information or to book your place, contact our Carer Support Worker and group leader Hayley on 0113 246 8338 or e-mail [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)

## Supporting Someone with Psychosis

**The Mental Health Carer Support Team at Carers Leeds is hosting a new three-week course on 'Understanding Psychosis'.**

**The course will cover;**

- **What is psychosis?**
- **What is it like to have psychosis?**
- **How do I support someone with psychosis?**
- **How can I look after myself?**

The three-week course will be held at Carers Leeds (The Headrow, City Centre). Taking place between

11am and 2pm every Thursday from 22nd November for three weeks.

There will be a light lunch at each session and a chance to talk to other people who support someone with psychosis.

This course is for carers only. To book your place on this three-week course, please contact Carers Leeds on 0113 246 8338, bookings will be taken from 10am on Tuesday 13th November.

## Through the Maze Ask Us – Drop In

Carers Leeds is working in partnership with Through the Maze, an information service for adults with learning disabilities, to offer carers support at the following locations across Leeds.

**Headingley Library**  
**Tuesday 27th November,**  
**11am until 1pm**

**Holt Park Library**  
**Tuesday 29th January,**  
**11am until 1pm**

No need to book an appointment, for more information call 0113 270 3233 or visit [www.through-the-maze.org.uk](http://www.through-the-maze.org.uk)

## Research Study Involving Carers of Someone with Psychosis

**COPE-Support are inviting carers supporting a family member or friend affected by psychosis to join a research study to find out if COPE-Support works to improve carers' wellbeing and how well they cope with caring.**

Participants will require access to the internet, and will be paid £30 in total for their time (Amazon vouchers).

COPE-Support provides online peer support, information on psychosis and ways for carers to look after themselves. Visit online for more information: <http://cope-support.org>

If you are interested in finding out more or becoming involved, please contact Alice Locker on 0113 8552441 or [alice.locker@nhs.net](mailto:alice.locker@nhs.net)

# Special Yoga Therapy for Children and Adults with Additional Needs

Special Yoga's methodology includes the classical yoga practices of movement, breathing, deep relaxation combined with sound, rhythm, massage and sensory integration techniques.

## Benefits of Special Yoga include:

- Developing physical strength, muscle tone and balance
- Increasing self-awareness
- Establishing calm, organised mental states
- Improving concentration
- Reducing hyperactivity
- Relieving respiratory ailments
- Developing the ability to relax
- Promoting flexibility and correcting postural misalignment
- Releasing tension
- Reducing fear, frustration and stress
- Enriching the quality and quantity of sleep

For more information visit online <https://specialyoga.org.uk/> or email [info@specialyoga.org.uk](mailto:info@specialyoga.org.uk)



## Sage

The Sage Women's Group is for Lesbian, Gay, Bisexual, Transgender, or those Questioning sexuality (LGBTQ) who are 50+.

Meeting on the second Monday of every month between 2pm until 4pm at MESMAC, 22/23 Blayds Yard, LS1 4AD.

Come along and join the conversation.

For more information please call 07736 151895 or email [r.rawlings@mesmac.co.uk](mailto:r.rawlings@mesmac.co.uk)

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

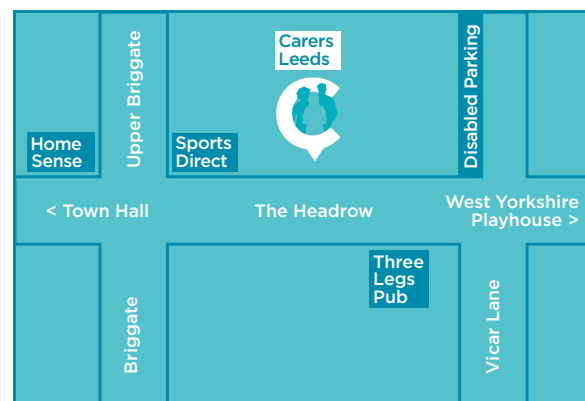
- **Carers Advice Line 0113 380 4300**  
(9 am – 4.30 pm Monday – Friday, 8 am - 6.30 pm Wednesday)
- **Drop-In to Carers Leeds City Centre office**  
(10 am – 3.30 pm Monday - Friday)
- **Email: [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)**
- Message via the website, Facebook or Twitter

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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