



# carers news

January & February 2019

Carers Advice Line  
**0113 380 4300**

Carers Leeds  
**0113 246 8338**

**WELCOME TO THE JANUARY / FEBRUARY EDITION OF CARERS NEWS**



## Happy New Year from All at Carers Leeds

Together we send to you our very best wishes for a happy and healthy 2019, we hope it will bring you everything you wish for yourself and the people you care for.

A heartfelt thank you to Markel in Leeds, for their generous donation of Christmas gifts for isolated carers in Leeds. These were donated by

Markel staff and lovingly wrapped by Receptionist Heather White.

Angie Thompson, Carer Support Group Coordinator, and members of Carer Support Groups across the City would like to personally say a big thank you to all the local businesses that have donated gifts and prizes to carers across Leeds.

A special thank you to the many carers who have overwhelmed the team with cards and gifts, you are so generous!

Finally, a huge thank you to our incredible volunteers for helping to make Carers Leeds a wonderful place for all.

**Thank you!**



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## Questionnaire Results: Thank You!

Thank you to everyone who returned the Carers Leeds Service Questionnaire, 270 carers returned the form and we've received some very useful feedback on our service.

Carers aged from 16 to 92 returned their form and it's really good to know that we work with carers from such a wide age range. It also tells us that we need to deliver a flexible and creative service to support people who have such different life and caring circumstances. 54% of the carers who responded are of working age and we are very aware of the importance of supporting carers who are in employment or who wish to seek employment.

Carers Leeds continue to develop our 'Working Carers Service' together with employers in Leeds to increase the quality of life for working carers in the City; raising awareness and influencing policy on carers issues to help those carers who wish to remain in employment whilst providing care for a loved one.

Many carers wrote compliments about our service and the individual members of staff who had supported them. We will be looking in detail at the suggestions made for development of the service and will input this into our planning processes.

We are proud to represent the interests of carers and the issues affecting you, and use your feedback, comments and involvement to influence decisions across the City to ensure they reflect carers' needs and concerns, and that your carers voices are heard.



## Tell Us How: Are You a Carer Experiencing Poor Mental Health

**Join us for lunch on Tuesday 26th February 12pm until 2pm at Carers Leeds, The Headrow, City Centre**

Many carers experience mild to moderate mental health difficulties. Caring for another person can be demanding and stressful and carers frequently report that they experience low mood, depression, stress and anxiety.

In April, Carers Leeds will start a new project that is part of a city-wide service delivering community-based mental

health support. We would like to meet with carers who have experienced themselves mental health issues, to talk about how we can best offer this new support service to carers in Leeds.

Booking is essential for catering purposes, so please call Carers Leeds on 0113 246 8338, bookings will be taken from Tuesday 29th January.

## Carers Assessments...Share Your Views

**Join us for group discussion on Tuesday 19th February at 10.30am or Tuesday 5th March at 6pm at Carers Leeds**

We are interested in hearing from carers who have had a Carers Assessment.

We would like to find out what the experience was like for you; what worked well and what didn't work so well, and what might have changed for you as a result of having a Carers Assessment.

This is an opportunity to voice your feedback and opinions. Discussions like

this will influence change on how Carers Assessments take place in Leeds.

If you are unable to attend a group, contact Helen Sutcliffe, Carers Assessments Worker on 0113 380 4300 or email [helen.sutcliffe@carersleeds.org.uk](mailto:helen.sutcliffe@carersleeds.org.uk). Alternatively complete our online survey [www.carersleeds.org.uk/carersassessment](http://www.carersleeds.org.uk/carersassessment)

## Can you help Carers Leeds with recruitment of our staff?

As part of our commitment to having carers at the heart of our service, Carers Leeds is keen to involve carers in our process for recruiting staff.

This would involve input from a person who is caring or has recent experience of caring, willing to volunteer up to

two days during working hours per recruitment process, and we will provide training and support for the role.

If you are interested, please contact Helena Bladon, Development Manager on 0113 380 8916 or [Helena.bladon@carersleeds.org.uk](mailto:Helena.bladon@carersleeds.org.uk)



# Carers Leeds

## Information Sessions

All information sessions are for carers only. Taking place at Carers Leeds, The Headrow, City Centre with light refreshments provided.

Booking is essential. To book your place please contact Carers Leeds on 0113 246 8338, bookings will be taken from 10am on Tuesday 29th January.

### 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:

#### Setting Boundaries

**Wednesday 27th February (10.30am) or Thurs 7th March (6pm)**

Gain a shared understanding of what we mean by boundaries and why we need them and how to set and maintain boundaries that serve our best interests.

#### Building Confidence

**Wednesday 13th March (10.30am) or Thursday 21st March (6pm)**

Learn what confidence means to you, what gets in the way of your confidence and explore what helps to build and maintain it.

#### Managing Change

**Wednesday 27th March (10.30am) or Thursday 28th March (6pm)**

Learn how you feel about changes in your life, what helps you cope with change and explore a change you want to make and how you can go about it.

**Carer quote: "I really enjoy coming to these workshops, I feel less isolated knowing that there are other carers experiencing similar difficulties"**

### NEW Carer Information Sessions

The Mental Health and Learning Disability Carer Support Team are offering three new information sessions:

#### Supporting Someone with Mental Health Problems

**Thursday 7th February from 11am until 2pm**

This introductory session will cover: what do we mean by mental health problems, what support is available in Leeds and how can you support someone with mental health problems.

#### Supporting Someone with Depression

**A series of sessions starting on Monday 18th February for three consecutive weeks, each session will take place from 11am until 2pm**

Over three sessions we will cover: what is depression, what is it like to have depression, how do I support someone with depression and how you can look after yourself as a carer.

#### Supporting an Adult with a Learning Disability

**Friday 8th March from 11am until 12pm**

This introductory session will cover: What do we mean by learning disabilities, understand the term 'transition', find out about support and services in Leeds, and how you can look after yourself as a carer.

### Benefit Workshops: Information for Carers

Carers Leeds is running a number of workshops to give you the best possible chance of success when applying for a benefit.

You will be given a blank copy of the claim form and a step by step explanation of each question. We will also give you some resources to take away, including the same paperwork that DWP decision makers will be using to assess your claim. You will gather all the skills to fill in your own form, which will be useful for years to come.

#### Personal Independence Payment (PIP)

**Wednesday 20th February Thursday 21st March, and Friday 19th April**

#### Attendance Allowance

**Monday 11th February, Monday 11th March and Monday 8th April**

These workshops are for carers only and will take place from 10am until 12pm at Carers Leeds. Booking is essential so we can ensure the session is tailored to your needs.

For further information, advice and guidance on welfare benefits, including Personal Independence Payments or Attendance Allowance, call the Carers Advice Line on 0113 380 4300.

# Take a Break from

## LGBT History Month February 2019

**Saturday 9th February at  
Broderick Hall, Leeds City  
Museum from 11am until 3pm**

West Yorkshire Queer Stories project will be holding an event to celebrate LGBT History month. Carers Leeds will have a stall at the museum on the day promoting the work we do with carers in all communities. Come along and join celebrations there will be giveaways and Kai's famous mini cupcakes.

**Thursday 21st February at  
Carers Leeds from 11.30am  
until 3.30pm**

We would like to invite you and a guest along to celebrate LGBT History month. We will be showing a few short fun LGBT films as well as having a go at Rock and Roll Bingo. So put on your Winkle Pickers and join us for some fun. Booking is essential as places are limited for this fun lunchtime treat.

**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 29th January. Please call anytime from this date.**

## A Journey through Historical Leeds

With the support of the Workers Educational Association (WEA) Carers Leeds are delighted to offer 4 weekly local history mornings. Our speaker, Dave Weldrake, has years of experience in local history and archaeology with a particular interest in bringing history alive to non-specialists.

**Shops:** Tuesday 5th March  
**Railways:** Tuesday 12th March  
**Textiles:** Tuesday 19th March  
**Houses:** Tuesday 26th March

Each history morning will begin 10.30am until 12.30pm, meeting at Carers Leeds. Light refreshments will be available and booking is essential. Carers are welcome to bring the person you care for to enjoy one session or all four days.

## Hamara Women's Carers Group

Are you a female carer? Come and join our monthly carers group at Hamara Centre. Share ideas and experiences with other carers in a similar situation. To find out when the group are next meeting, or for further details please contact Zaira on 0113 380 4300.



## ACTIVAGE Project

**Wednesday 6th February  
2pm until 3.30pm at Carers  
Leeds, The Headrow, City Centre**

Leeds City Council is offering a trial project, ACTIVAGE, in partnership with Samsung to provide technology to people aged 65 and over living in Leeds. The ACTIVAGE project aims for more people to be healthy and active as they get older.

The technology offered is a smart watch, smart phone and some home sensors which all upload to the participant's account on the ACTIVAGE website. There you will get access to useful self-assessments and a calendar of social and exercise events across Leeds. There is also an emergency trigger element on the watch for participants to contact their carers or chosen contacts.

Participants of the project must be resident in Leeds, be 65 or over (Carer age is unimportant), and have broadband at home.

Join us at this information session to sign up to the ACTIVAGE project, meet the team, see the equipment or just find out more! If you can't attend but interested in finding out more please email [activage@leeds.gov.uk](mailto:activage@leeds.gov.uk)

# Your Caring Role

## Time for Us Café

Thinking Ahead -  
Finding Care

**Monday 4th February**  
**11am until 2pm at Carers Leeds,**  
**The Headrow, City Centre**

It might be that the person you are looking after may need full time care now or in the future. We know this can be daunting, so at this Time for Us Café we will be joined by Clare our Hospital Liaison Carer Support Worker to answer some of your questions and gather advice about having conversations with family or friends about care options.

International Women's  
Day (Women Only Café)

**Thursday 7th March**  
**11am until 2pm at Carers Leeds,**  
**The Headrow, City Centre**

Join us on the eve of International Women's Day to celebrate the important work women do in the world of caring. Joined by a guest speaker, this is a chance for women carers to come together, share experiences and make connections. There will also be an opportunity to have a relaxing shoulder massage.



## Come Sign with Me: An Introduction to British Sign Language

**Three weekly sessions**  
**starting Monday 4th February**  
**10am until 12pm at Carers**  
**Leeds, The Headrow,**  
**City Centre**

Have fun and learn a new skill in a relaxed, informal environment. No experience necessary. You will learn basic sign language, understand the importance of hand shapes, and gain an insight into the way the language is structured.

## Male Carers Groups

Cinema and Coffee

**Monday 18th February**  
**12pm until 3pm meeting at**  
**The Light Cinema**

Come and escape the mid-winter blues with a film (TBC) followed by a chance to catch up over coffee afterwards. This event is for male carers only, £5 per head will be provided towards ticket cost, and booking is essential.

Lunch at Hedley Verity

**Thursday 21st March**  
**12pm until 2pm meeting at the**  
**entrance of Hedley Verity**

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

## Crafty Carers



Felting with Joy

**Friday 15th February**  
**1pm until 3pm at Carers Leeds,**  
**The Headrow, City Centre**

Come along and join our Felting Workshop with Joy. She will be taking us through the basic techniques and showing us how to make felted animals using polystyrene shapes. This session is suitable for beginners or the more experienced crafter. Booking is essential for this workshop as places are limited.

Mixed Easter Crafts

**Friday 15th March**  
**1pm until 3pm at Carers Leeds,**  
**The Headrow, City Centre**

Together we will be making a selection of craft items for Easter, these will include Easter Boxes and Gift Bags, Easter Cards and decorated Easter Eggs. Please feel free to bring any items along you wish to decorate yourself.

## Spotlight On: Care Options

Considering care options for the person you are looking after might feel difficult to do. You may have really conflicting feelings about this. Carers have told us that they experience a mixture of sadness and guilt, whilst also feeling relief that the person they are looking after will be given a level of practical care and assistance that otherwise would be difficult to maintain without help.

Carers Leeds is able to support you through considering different care options, and give information and advice about the different types of care, how to fund care, and who needs to be involved to make the best decisions.

### For Information, Advice and Guidance

Visit the Time for Us Café in February where we will be talking about 'Thinking Ahead - Finding Care'. See page 5.

Contact the Carers Advice Line on 0113 380 4300 available Monday to Friday 9am - 4.30pm, and Wednesday 8am - 6.30pm

Alternatively email [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk) or drop-in to Carers Leeds and speak with a Carer Support Worker.

### There When You Need Us Most

Clare McNeill and Lorraine Lumb, Hospital Liaison Carer Support Workers, are based at St James Hospital (8th Floor Gledhow Wing).

- **Discuss your thoughts or concerns**
- **Explore information about self-funded care**
- **Understand how the system works**
- **Find out how to get more help at home with your caring role**

We can meet you on wards if you are caring for someone in hospital and/or thinking about care.



**In 2015 Anna and John decided to move home to a Retirement Apartment in Leeds to be closer to their daughter, and access the care they needed to live safely and independently. John has not looked backed: "I can honestly say I haven't missed our old house at all. I feel like we've left all our worries behind. All of the stresses and strains have gone away."**

### Home Care

Care in the home is usually provided by care agencies and skilled personal care providers.

The level of home care provided can be tailored to meet the needs of the person you care for, from a visit once a day to a much greater amount of support, and can include:

- personal care, such as help with getting washed and dressed
- housekeeping or domestic work, such as vacuuming, cleaning and doing laundry
- help with cooking or preparing meals or delivered meals
- nursing and healthcare
- companionship

Care Choices has a website [www.carechoices.co.uk](http://www.carechoices.co.uk) providing comprehensive details of care providers in Leeds.

### Sheltered Housing

Sheltered (or retirement) housing is provided by local authority departments and housing associations for older people who would like to remain independent but prefer the added security and reassurance of a scheme manager and an alarm call service. A scheme manager is either based at the site or visits regularly. Many sheltered housing schemes also have communal lounges, laundry facilities and specially-adapted facilities available as part of the tenancy.

### Extra Care Housing

Self-contained rented accommodation together with some communal facilities, but with support provided on site offering a higher level of care by a designated team of care workers who can be available 24-hours a day. Extra Care Housing allows people to retain their own tenancy and have care services delivered.

### Retirement Apartments

Retirement Apartments enable people to retain their assets to live completely independently in their own apartment. Paying only for the care and support services they use provided by a designated team of care workers, but with the reassurance that help is on-site should they need it available 24-hours a day.

## Carer Story



**My husband was 70 years old and living with vascular dementia. He lived with me and found myself to be his primary carer. My husband's dementia meant that he was highly anxious, easily agitated and dependent on me. He would become paranoid and aggressive if I left his sight.**

My husband had enjoyed a successful career and had a very full and happy life with his family. Now, the frustration he felt was showing itself as aggressive outbursts. He was showing increased confusion and hallucinations, causing extreme distress.

Eventually the impact of caring became overwhelming, and despite the deep distress caused by the decision, outside support had to be explored. Whilst alleviating some of my stress, a long term solution could not be found to ensure a safe home environment with the appropriate levels of support.

Whilst I may have had a sense of relief, I was no longer managing alone, there were also feelings of grief and anxiety about having made the right decision, and guilt at not being able to manage.

The full impact of what the future held was extremely distressing, and I began to feel very low and my grief felt insurmountable. Whilst there were many people around me, I was lonely, and I was grieving for all I should have had and all I felt I had lost. The people around me were very loving and caring but unless they had walked in my shoes I felt they couldn't understand.

Visiting Residential Care Homes at this time was difficult. With a great deal of one-to-one support from Clare (Carers Leeds) and meeting someone with time to listen, together we identified a home that at last seemed to feel right. Then came the assessment process and the wait to see if my husband would be accepted.

With great relief the appropriate home had been found. The first days turned to weeks and there were "teething troubles" and feelings of worry and anxiety of having made the right decision. But with perseverance and building a relationship with the Care Home Staff, the days began to feel happier, and the time spent together there became a time to enjoy our relationship and start to smile again.

Everyone in the home loves my husband, they find his personality and sense of humour endearing, just as I do after all these years, and whilst he can challenge the environment he now lives in, his carers really do care about him and me.

Staff offer support to me too, and they notice if I am struggling and hold me up when I need it. I have gained new friends in the staff and made new relationships with other carers who have had very similar experiences.

There are still many days of sadness and grief, as this is a situation I had never anticipated, but there are also days of fun, laughter, smiles and family get-togethers where everyone gathers for special occasions. I have a peace of mind that my husband has the care I know he needs.

### Residential Care Home

Accommodation for people who may need some personal care and support 24-hours a day, and more care than what can be safely provided in their own home. Personal care includes bathing, feeding, dressing, help with moving, etc.

### Nursing Care Homes

Providing the same care and support as a Care Home offering personal care, but with 24-hour nursing staff on hand for those with a higher level of care need.

### Residential Dementia Care

There are Care Homes specifically for people who have been diagnosed with dementia, and Nursing Care Homes specifically for people with higher levels of care needs due to their dementia mental health and complex behaviour patterns.

### Care Homes for Adults aged 18 to 65

There are Residential Care and Nursing Homes that provide care and support for younger adults with complex needs, for example (but not exclusively); severe physical disabilities, learning disabilities, brain injury resulting from an accident and mental health problems.

Offering care for adults with more than one health problem these care homes can offer permanent residence or provide care for a temporary period.

**Care homes can be run by private companies, voluntary or charitable organisations, or sometimes by local councils. Care Choices has a website [www.carechoices.co.uk](http://www.carechoices.co.uk) providing comprehensive details of care providers in Leeds.**

## Mental Health Drop-In Sessions

Are you, or the person you care for, struggling with mental wellbeing, feeling isolated and alone? If so, come along to one of the drop-in sessions below where mental health staff will listen and offer advice and signposting, give practical support with forms and phone calls, and help support you to access other services.

### Dewsbury Road, Community Hub, Beeston

First Tuesday of every month

11am until 12.30pm

### Reginald Centre Community, Hub, Chapeltown

Third Tuesday of every month

1pm until 2.30pm

### Armley One Stop, Town Street, Armley

Second Tuesday of every month

1pm until 2.30pm

### Seacroft Community Hub, Deacon House, Seacroft

Fourth Tuesday of every month

11am until 12.30pm



Home Plus is a new service aimed at maintaining independent living through improving health at home, helping to prevent falls and cold related health conditions.

The service is for those who may be at risk of falling, who are struggling to heat their home or pay heating bills, who need help with repairs that are causing a hazard in their home or who need information and advice to maintain independence.

The Home Plus Service includes the installation of rails and equipment to reduce the risk of further falls. The service covers servicing and repairs to heating and hot water systems, as well as help in changing to the cheapest energy deal. Free energy saving equipment, draught proofing and insulation measures are part of the service, as well as assistance with hazard repairs for home owners.

If there is someone you know who may benefit from these services, please contact Home Plus on 0113 240 6009 or email [homeplus@care-repair-leeds.org.uk](mailto:homeplus@care-repair-leeds.org.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.

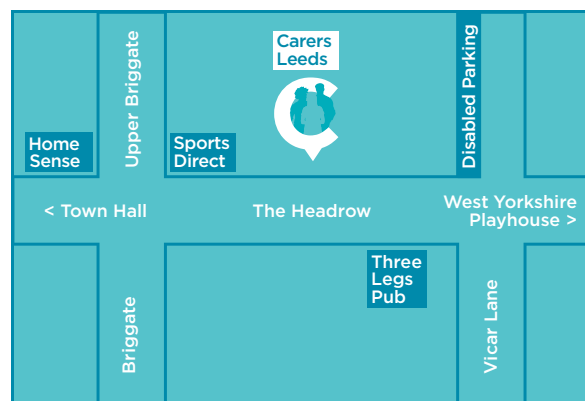
## Contact Details

- **Carers Advice Line 0113 380 4300**  
(Mon, Tues, Thurs & Fri: 9:00am to 4:30pm | Wed: 8:00am to 6:30pm)
- **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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