



# carers news

March & April 2019

Carers Advice Line  
**0113 380 4300**

Carers Leeds  
**0113 246 8338**

**WELCOME TO THE MARCH / APRIL EDITION OF CARERS NEWS**



Pictured: Val Hewison, CEO Carers Leeds and Ian Brooke-Mawson, Commissioning Programme Lead, Leeds City Council.

We are thrilled to announce that Carers Leeds has been selected by Leeds City Council and NHS Leeds Clinical Commissioning Group (CCG) to continue delivering high quality information, advice and support to unpaid adult carers across Leeds - for the next 5 years! Find out more on page two...



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## In Safe Hands: Carers Leeds Awarded Five Year Contract

Over 72,000 people in Leeds look after a relative or friend living with disability, illness or dementia. Leeds City Council and NHS Leeds Clinical Commissioning Group have pledged to support 'unpaid carers' for the next 5 years.

After an extensive consultation and procurement process, Carers Leeds is thrilled to announce we have been awarded the Carer Support Service Contract, continuing our 20 year track record in providing high quality support for carers. The contract to provide information, advice and support to unpaid adult carers will commence on 1st April 2019.

**Ian Brooke-Mawson,  
Commissioning  
Programme Lead:**

"We recognise the vital role that carers play in society and we are committed to giving them the best support they can to help them to remain healthy and to balance their caring role with a life of their own.

**Val Hewison, Chief Executive  
of Carers Leeds:**

"We are thrilled and beyond proud that Leeds City Council recognise our commitment to be the voice of carers across Leeds.

I believe carers are one of the greatest strengths of this city and we owe them acknowledgment and respect for the work they do, day in and day out to keep the person they care for safe and well.

We will continue to work hard, in collaboration with our partners, to keep carers voices at the very heart of our service."

# Research Studies: Have Your Voice Heard!

**Taking part in research is an important way to share your 'voice' as a carer and to make a difference to future services.**



## Healthwatch Leeds: Mental Health Survey

**If you or anyone you know has experienced a mental health crisis in the last 12 months Healthwatch Leeds want to know about that experience and the support that you may have received.**

Fill in a short online survey, taking no more than 10 minutes, and help shape mental health crisis services in Leeds. All the information gathered from this survey will be used anonymously in a report that will be shared with people who provide and commission services.

Complete the survey here: <https://www.surveymonkey.co.uk/r/GZNVVKW>.

For more information contact Healthwatch Leeds on 0113 898 0035. All responses need to be received by the end of March 2019.

## Staffordshire University: Dementia Care Survey

**Gillian Smith, Professional  
Doctorate Health Psychology  
trainee at Staffordshire  
University, is looking to recruit  
family members of people  
with dementia to participate  
in a research project.**



It will involve completion of a 10 minute online survey (paper copies are available) which aims to find out more about the positive and negative impact of care-giving.

The research has ethical approval from Staffordshire University and is being supported by 'Join Dementia Research', a National Institute of Health Research service associated with Alzheimer's Society.

Complete the survey here: [http://staffordshire.eu.qualtrics.com/jfe/form/SV\\_9EQ3oc9n1KkgXgF](http://staffordshire.eu.qualtrics.com/jfe/form/SV_9EQ3oc9n1KkgXgF).

Please contact Gillian Smith to request a paper copy of the survey, or for more information on 0787 901 7966 or email [gillian.smith@student.staffs.ac.uk](mailto:gillian.smith@student.staffs.ac.uk).

All responses need to be received by the end of March 2019.



# Dementia Action Week

Monday 20 May — Sunday 26 May 2019



The Alzheimer's Society's national campaign aims to take action and help support people affected by Dementia to live well.

Join Carers Leeds as we support family carers during Dementia Action Week.

## Dementia Carer Training: Horsforth

**Saturday 4th, 11th, 18th and 25th May**  
**1pm until 3pm in Horsforth**

A series of four information sessions to help carers of someone with Dementia to learn and discuss: understanding Dementia, coping with unusual behaviours, legal and money matters and accessing support and services.

It would be beneficial to attend all four sessions of the training. Booking is essential, please contact the Carers Leeds event booking line on 0113 246 8338 open from 10am on Tuesday 19th March.

## Evening Dementia Friends Session

**Tuesday 21st May**  
**5.30pm until 7pm at Carers Leeds, The Headrow, City Centre**

Run by a volunteer Dementia Friends Champion, the session will teach you more about dementia and the small ways you can help. Booking is essential, please contact the Carers Leeds event booking line on 0113 246 8338 open from 10am on Tuesday 19th March.

## First Aid Session

**Wednesday 22nd May**  
**10am until 12pm at Carers Leeds, The Headrow, City Centre**

Open to all carers and provided by British Red Cross, this First Aid Session will equip you with the knowledge and confidence to deal with serious conditions, incidents and what to do when initially faced with an emergency.

Booking is essential, please contact the Carers Leeds event booking line on 0113 246 8338 open from 10am on Tuesday 19th March.

## Hyde Park Picture House: Memory Matinees

Special screenings have been designed to be inclusive to those living with Dementia, as well as family members and carers. These Memory Matinees screenings stem from the idea that a trip to the cinema is a powerful way for people to reconnect with memories.

**Easter Parade**  
**Monday 8th April, 2pm**  
**(doors 1.30pm)**

Starring: Judy Garland and Fred Astaire



Lights will be raised slightly and the sound level will be slightly lower than normal. Trained staff are on hand throughout, but please note care is not provided.

Memory Matinees take place monthly at Hyde Park Picture House and Headingley Enterprise and Arts (HEART) Centre. **Tickets are FREE.**

To find out what's showing next visit [www.hydeparkpicturehouse.co.uk](http://www.hydeparkpicturehouse.co.uk) or call 0113 275 2045.

**Find out More!**



**Follow the Dementia Hub at Carers Leeds on Twitter @hub\_leeds for further events taking place during Dementia Action Week throughout the City.**

# Take a Break from

**Booking is essential on all our events, our Event Line 0113 246 8338 will open**

## Write Yourself Well

**Wednesday 27th March**  
**1pm until 3pm at Carers**  
**Leeds, The Headrow,**  
**City Centre**

Writing your thoughts down on paper can be a great way to release unhelpful emotions and free your mind to focus on happier matters.

In this workshop you will learn how to clear away some of the feelings that get you down, reflect on them and if you choose, let them go.

So come along, have some fun and improve your wellbeing. No experience or writing skills necessary.

## Information Session: Supporting Someone with Mental Health problems

**Tuesday 9th April**  
**11am until 2pm at Carers**  
**Leeds, The Headrow,**  
**City Centre**

An information session providing the opportunity to discuss and develop an understanding of the following; What are mental health problems? What support is available in Leeds? How can you support someone with mental health problems?

This free information session is open to anyone caring and supporting someone with mental health problems.

## Wellbeing Massage for Carers

Wellbeing massages 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. Appointments will be available from April onwards.

## Carers Social Lunch



**Monday 15th April**  
**12pm at The Hedley Verity,**  
**Woodhouse Lane, City Centre**

Carers often tell us how they no longer have time to prepare a cooked meal for themselves, or enjoy a meal uninterrupted, or in the company of friends.

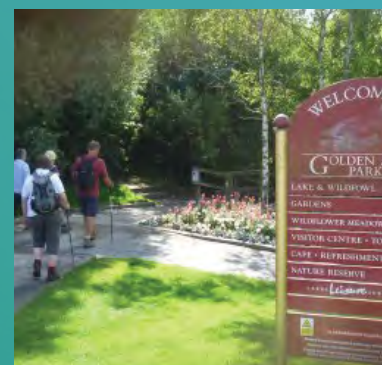
If this sounds familiar, and you're aged 50+ this is a great opportunity to make connections with other carers over lunch.

Booking is essential as places are limited and £5 per head will be provided towards the cost of the meal.

## Male Carers Group: Golden Acre Park

**Wednesday 24th April**  
**1pm until 3pm meeting at the**  
**park entrance**

A Spring walk around the wonderful gardens and circular lakeside walk at Golden Acre Park in North Leeds, followed by refreshments in the café. Suitable clothing and footwear required.



## Crafty Carers: Bracelet and Necklace Making

**Friday 26th April**  
**1.30pm until 3.30pm at Carers**  
**Leeds, The Headrow, City Centre**

Come along and join us as we learn how to make bracelets and necklaces using beads and believe it or not fishing wire! By the end of the session you will be able to make lovely pieces of jewellery not only for yourself but for your friends and family too.





# Your Caring Role

from 10am on Tuesday 19th March. Call anytime after this date to book you place.

## Information Session: Cannabis

**Tuesday 7th May**  
11am until 1pm at Carers Leeds,  
The Headrow, City Centre

A chance for anyone to develop their knowledge and awareness around cannabis; what it looks like, the effects it has and information on the support available if cannabis has become a problem.

This session will be focused on cannabis use in general; if you would like support and advice specific to your situation, we can signpost you to 1-1 support that is available.

Open to anyone interested in learning more about cannabis, whether to support someone else with their use or related to your own cannabis use.

## Time for Us Café: Mindfulness & Gentle Chair Yoga

**Thursday 9th May**  
11am until 2pm at Carers Leeds,  
The Headrow, City Centre

At this café, learn tension relief techniques that can easily be completed at home.

**Mindfulness:** learning simple meditation practices to find calm, rest and relaxation, and connect more to the here-and-now.

**Gentle Chair Yoga:** learning gentle yoga stretches combined with breathing awareness.

If possible, you should wear loose clothing.

## Information Sessions: Supporting Someone with Anxiety

**Friday 10th / 17th / 24th May**  
11am until 2pm at Carers  
Leeds, The Headrow,  
City Centre

A series of three sessions to explore; What is anxiety? What is it like to have anxiety? How do I support someone with Anxiety whilst also looking after myself?

Taking place over three consecutive weeks starting Friday 10th May, this series of free information sessions are open to anyone caring and supporting someone experiencing anxiety. It is essential to attend all three sessions.

## Information Session: Supporting an Adult with a Learning Disability

**Wednesday 15th May**  
11am until 2pm at Carers  
Leeds, The Headrow,  
City Centre

An information session providing the opportunity to discuss and find out more about the following; 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.

This free information session is open to anyone caring and supporting an adult with a learning disability.

## Crafty Carers: Painting a Picture using Diamond Art

**Friday 17th May**  
1pm until 3pm at Carers Leeds,  
The Headrow, City Centre

Creating pictures using Diamond Art is similar to 'paint by numbers' but instead of paint we will be using plastic coloured diamonds, giving our artwork an extra special effect.



## Male Carers Group: Canal Trip from Mirfield

**Thursday 30th May**  
10am until 4pm meeting at  
Leeds Train Station

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 a packed lunch.



## Breathe Easy Support Groups

**Do you want to know more about your lung condition and how to manage it?**

Local support groups for anyone with a lung condition. Carers, friends and family are welcome to join in these meetings, refreshments and gentle exercise.

Monthly group meetings are free of charge and weekly exercise sessions cost £2 per session. For more information please contact The British Lung Foundation Helpline on 03000 030 555 or email [Breathe.Easy@blf.org.uk](mailto:Breathe.Easy@blf.org.uk).

**Bramley:** Trinity Methodist Church Hall  
**Middleton:** Middleton Elderly Aid Social Centre  
**Gipton:** Oakwood Lane Medical Practice  
**Seacroft:** St Richard's Church Hall  
**Yeadon:** Guiseley Theatre  
**Beeston:** St Andrews Methodist Church Hall  
**Harehills:** Bellbrooke GP Surgery  
**Richmond Hill:** Richmond Hill Community Centre  
**Osmondthorpe:** Osmondthorpe Resource and Adult Day Centre  
**Allerton Bywater:** Allerton Bywater Youth and Adult Centre



## Live Well in Later Life by Leeds IAPT

**Four weekly sessions starting Wednesday 22nd May, 10am until 12pm at City Centre location.**

Getting older can bring with it a range of difficulties which can often lead to feeling worried or anxious, stressed, disconnected or low in mood.

Perhaps you have noticed these changes in the person you care for?

The Leeds IAPT 'Live Well in Later

Life' course is for people aged 50+ and aims to help address these obstacles.

To find out full details please call Community Links IAPT on 0113 200 9188 or check online here: [www.leedscommunityhealthcare.nhs.uk/iapt/living-well-in-later-life](http://www.leedscommunityhealthcare.nhs.uk/iapt/living-well-in-later-life).

**A series of 4 sessions exploring how to:**

- Improve your wellbeing and your mood
- Deal with worries
- Get back to doing things you enjoy
- Connect with others

## 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.

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 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.

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).



# When the Person You Care For is in Hospital

Hospital wards can sometimes seem like busy, confusing or intimidating places and you may feel pressure from the hospital to get the person you care for home as soon as possible. It is important for you to consider how your caring role is likely to affect your life, especially if their care needs have changed or increased.

Carers Leeds can help you feel supported in your caring role, understand the often confusing jargon, and to confidently be a part of planning discharge from hospital.

Some of the terms used in hospital can be confusing such as:

## Care Planning Meeting

Usually held on a Hospital Ward with all the professionals currently supporting an inpatient, together with the family and the patient themselves if appropriate. Everyone's views can be listened to and expressed freely with a view to making a decision regarding the best care and support needed to enable discharge from hospital.

## Care in the Community Beds (CIC) and Community Care Beds (CCB)

These are often used when patients have future potential for rehabilitation or need further assessment. These are beds within certain Residential Care Homes that are funded by the NHS for a specific period of time.

## Intermediate or Reablement Care

Intermediate care is a short term package of care arranged by Social Workers, which is provided at home following discharge from hospital free of charge for up to six weeks.

## Support for Carers

It can be a stressful and worrying time if the person you care for is in hospital. Contact Carers Leeds for support and guidance:

- Talk to a Carer Support Worker on 0113 380 4300
- There when you need us most, our Hospital Support Workers are based at St James Hospital (8th Floor Gledhow Wing)
- Attend the Time for Us Café to find out more

## Time for Us Café: In and Out of Hospital

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

At the Time for Us Café we will be joined by Lorraine our Hospital Support Worker, to give some tips and advice on aspects of the admission and discharge processes when the person you care for goes into hospital.

Booking is essential for this event. To book your place please contact Carers Leeds on 0113 246 8338, bookings will be taken from 10am on Tuesday 19th March.

## Hospital Discharge Co-ordinator

Located on each ward and responsible for making a discharge plan with you, the person you care for and all other professionals involved in supporting you and your family. They are able to talk to care companies and care homes and ensure everyone involved is aware of the plan for discharge from hospital.

## Occupational Therapist (OT)

Will look at what equipment the person you care for may need at home such as specialist beds, walking frames, commodes or hand and grab rails.

## Physiotherapist

Working closely with the OT to support movement and mobility, and to ensure the person you care for is given the chance to maintain or increase strength after a stay in hospital.

## Social Worker

When medically ready for discharge, a Social Worker based within the hospital can meet you to look at what extra support is needed for the person you care for and you as a carer.

## Speech and Language Team (SALT)

Available to give advice to patients and families about communication, eating and managing food consistencies and drinks.

## Independent Mental Capacity Advocate (IMCA)

Available to support people who are not able to make certain decisions for themselves, and do not have family or friends who are in a position to act on their behalf. They may sometimes be asked to attend meetings on behalf of the patient.

# Dance for Parkinson's

Join Northern Ballet for fun and creative dance classes on Wednesday afternoon (term time only) at Garforth Leisure Centre.



Living with Parkinson's and want to improve your balance, flexibility and strength? Northern Ballet's new dance classes provide an exciting opportunity to work with expert teachers, and dance to live music.

Each week will cover basic technique to improve posture, core strength and coordination.

No previous dance experience is required, but a partner, friend or carer is essential to join in the fun! Cost is £6.50 per pair, refreshments provided.

For information to register, please contact Nicola Phillips on 0113 220 8000 or email [learning@northernballet.com](mailto:learning@northernballet.com).

## My Adult - Still My Child

A guide for parents and carers of young adults (16+) who may not be able to make decisions themselves. My Adult - Still My Child is a website that provides support, information and a useful 'jargon-buster' guide!

**[myadultstillmychild.co.uk](http://myadultstillmychild.co.uk)**

is co-produced and inspired by parents who have experienced decision making within health and welfare settings and felt unprepared.

**My Adult still My Child**

**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.**

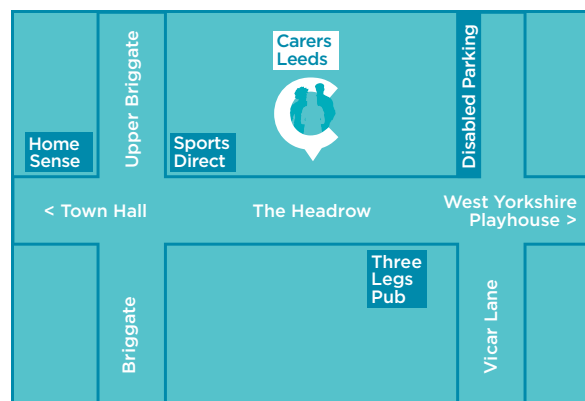
## Contact Details

- **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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