



carers news

May & June 2019

Carers Advice Line
0113 380 4300

Carers Leeds
0113 246 8338

WELCOME TO THE MAY / JUNE EDITION OF CARERS NEWS



Carers Week: 10 — 16 June 2019

Carers Week is an annual campaign highlighting the challenges carers face and it recognises the contribution they make to families and communities throughout the UK.

Caring can be a hugely rewarding experience but carers often find it challenging to take care of their own wellbeing. Without the right information and support it can be tough.

That's why Carers Leeds will continue to host a variety of information sessions, wellbeing activities and opportunities to access support, see inside for more details...



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Learning Disability Week: 17 – 23 June 2019

Carers Leeds is looking forward to taking part in Learning Disability Week, this year with a focus on Sport and Inclusion.

Picnic in the Park at Temple Newsam

**Friday 21st June
11am until 2:30pm**

Aspire (Community Benefit Society) brings to you a FREE day of fun, live music and games with old friends and new! A fantastic day for all the family. Don't forget to bring something to sit on and a picnic. We look forward to seeing you.



Through The Maze: Ask Us!

Through the Maze host a number of information contact points, across the City, for adults with learning disabilities and family carers. Over the next few months you will find Through the Maze at the following locations:

**Kippax Library
Tuesday 28th May
Between 11am and 1pm**

**Otley Library
Tuesday 25th June
Between 11am and 1pm**

No need to book an appointment, for more information call 0113 270 3233 or visit www.through-the-maze.org.uk.

Carers' Experiences Wanted! Bradford University: Dementia and Delirium Survey

The University of Bradford is running a survey to find out how much carers of people living with dementia know about delirium and if they have experienced it in the person they care for.

Delirium is a sudden change in mental state caused by infection, pain, dehydration or other issues. It can come on suddenly and can last for days, weeks or months. People with delirium may become confused, agitated or unusually sleepy and less responsive.

If you are a carer of a person living with dementia, please consider completing this survey whether you have experience of delirium or not. Findings from this research will help identify how to best support people living with dementia and their carers in coping with delirium.

Complete the survey online here: <https://bradford.onlinesurveys.ac.uk/delirium-a-dementia-carers-survey> or if you would prefer a paper copy please contact Dr Janet McNally on 01274 238069 or email J.McNally@bradford.ac.uk.

Guide for Parents and Carers of Disabled Children



Working Families' free transition booklet has sections for parents and carers and disabled young people, a step-by-step guide to better-off calculations and a list of useful publications, organisations and websites.

Download now: <https://www.workingfamilies.org.uk/publications/from-child-to-adult/>.

Working Families provide information and resources for people who work or wish to work and have caring responsibilities for children and young adults with a disability.

Contact the Working Families Helpline on 0300 012 0312 or email advice@workingfamilies.org.uk.

Carers Advice Line and Drop-In Centre Services will be CLOSED from 1pm on Wednesday 16th May.



Balancing Employment and Caring for a Family Member or Friend

For many carers, the workplace provides a sense of identity, independence and a break from their caring role, in addition to financial security, however, having caring responsibilities can make working difficult.

Carers Leeds offer support to retain life-balance as well as information and guidance that can help carers remain in employment.

Over the next three issues of Carers News we will explore; Rights as a Working Carer, Flexible Working, Taking Time off in an Emergency, and talking to your Employer.

Do I Have Rights as a Working Carer?

There are statutory rights that most carers have in work, such as the right to request flexible working, the right to not be discriminated against, the right to take time off work to deal with an emergency or an unforeseen matter involving a dependant and the right to parental leave.

As well as statutory rights, there might be additional contractual rights that you have in your work, and so it is always worth checking your contract of employment, staff handbook, HR policies or letter of appointment to see if you have any contractual rights on top of your statutory rights.

Requesting Flexible Working

Working flexibly means working a different work pattern to the way you work now, for example, flexible starting and finishing hours, job share, working from home, etc.

You have the right to request flexible working if you are an employee with 26 weeks continuous employment at the time you make an application. The law gives you the right to make one flexible working application a year.

Your employer has a duty to deal with your request within a reasonable time, in a reasonable manner, and must give careful consideration to your request. Your employer can only refuse your request if they have good business reasons for it and this should be explained in writing.

If you want to ask for flexible working check your employment contract and talk to your HR team/officer about what options are available where you work.

Information and Guidance

ACAS Helpline: 0300 123 1100
Offers help and advice for both employers and employees about the right to request flexible working.

Citizens Advice Online:
www.citizensadvice.org.uk/work/rights-at-work/flexible-working.
Provides guidance on eligibility and preparing a Flexible Working request.

Application Form: www.gov.uk/government/publications/the-right-to-request-flexible-working-form.

Carers Advice Line: 0113 380 4300
Offers information, advice and support to carers. Monday to Friday: 9am to 4:30pm and Wednesday: 8am to 6:30pm.

Carers Leeds work closely with employers to improve access to support for working carers, provide training, influence policy and exchange good practice.

If your employer would like to find out more about how their business can best support working carers, employers can contact Madlen Sayar, Working Carers Service Co-ordinator on 0113 246 8338.

Carers Week

10 – 16 June 2019

Booking is essential on all our events. The Carers Leeds Event Booking Line 0113 246 8338 will open from 10am on Tuesday 7th May. Please call anytime from this date to secure your place.

Social: Cinema Trip

Monday 10th June
11am at Vue Cinema,
The Light, City Centre

Join Owen and Jo for a trip to the movies. Film to be decided once cinema listings have been announced - so for now, book your place and we will work out what to watch in June! This event is free and is open to carers and the person that you care for, however you are more than welcome to attend alone.

Social: Supper Club

Tuesday 11th June
5.30pm until 7.30pm at Carers
Leeds, The Headrow, City Centre

The Carers Leeds Supper Social is a chance to relax, enjoy some food in the company of others, sharing stories and ideas. Steve and Kesi will be hosting the club this month.

There is a cost of £5 per person, please let us know of any dietary requirements.

Information **Session: Attendance** **Allowance**

Monday 10th June
10am until 12pm at
Carers Leeds, The Headrow,
City Centre

Carers will be given information and advice to enable you to complete the Attendance Allowance claim form on behalf of the person you care for. You will receive a step-by-step guide to take away with you and the opportunity to ask our Carers Support Workers questions about the form.

This workshop is for carers only. To find out more about Attendance Allowance and eligibility for the benefit, contact the Carers Advice Line on 0113 380 4300.

Information **Session: First Aid**

Monday 10th June
2pm until 4pm 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.

Coach Trip: **Scarborough**

Tuesday 11th June

Meeting at 10am on Edward Street (City Centre), travelling by coach and departing Scarborough at 4pm. Spend the day on the beach, or indulge in a spot of retail therapy. There are plenty of cafés and restaurants if you choose not to take a packed lunch. Open to all carers plus one guest. This event costs £5 per person.



Social: Afternoon Tea

Friday 14th June
1pm until 3pm at Carers
Leeds, The Headrow,
City Centre

Join Lorraine and Dawn for Afternoon Tea. Carers and the friend or family member you care for are all welcome. Please let us know if you have any dietary or access requirements.

Social: Saturday Brunch

Saturday 15th June
10.30am until 12.30pm
Community Room (4th Floor)
John Lewis, Victoria Gate
Shopping Centre

Start the weekend with friends, join Aiden for a relaxing coffee and croissant, meet other carers, and gather information and advice. The Community Room is located next to the Haberdashery Department and Café.

Time for Us Café: Self-Care for Carers

Thursday 13th June
11am until 2pm at
Carer Leeds, The Headrow,
City Centre

As a carer it's often hard to find time to look after yourself. But your needs are important too.

At this café, we will explore what self-care means and some of the barriers and benefits carers experience. There will also be an opportunity to look at different ways to care for yourself so that you can refuel and recharge your batteries.

At the café, carers can also enjoy a light lunch, pick up information on caring, or call into our drop-in service for advice. This event is for carers only.



In the Community

A variety of Coffee Mornings and Information Events in your local area. Connect with family carers, and Carers Leeds. No need to book, simply drop-in to find out more.

Bexley Wing Atrium at St James Hospital

Monday 10th June – Thursday 13th June
Information will be available all day.

Richmond Hill Elderly Action (RHEA)

Monday 10th June. 11am until 1pm at Long Close Lane, LS9 8NP
RHEA is a local neighbourhood network offering support and activities for local people aged 55 years and over.

Older Peoples Action in the Locality (OPAL)

Thursday 13th June. 10am until 12pm at Welcome-In Community Centre, 55 Bedford Drive, LS16 6DJ
OPAL is a local neighbourhood network offering support and activities for local people aged 55 years and over.

Lincoln Green Medical Practice

Thursday 13th June. 10am until 12.30pm at Lincoln Green Medical Practice, Cromwell Mount, LS9 7TA

Organise, don't agonise

Sudden unexpected events relating to health, power-cuts, or incidents that require immediate action are scary, stressful situations, and the majority of us simply hope they never happen.

Taking the time to prepare will drastically reduce panic and additional pressure that could make a situation worse.

Here is list of advice our very own Carer Support Workers recommend in preparation for all kinds of emergency situations.

Remember to share your plans and preparations with family and friends.

- **Overnight Bag:** change of clothes, underwear, incontinence pads and sanitary wear, spare keys, food & snacks, cash, portable Mobile Phone Charger, one bag per person (not just the person you care for) packed ready within easy reach.
- **Provisions:** have a stock of food that has a long shelf life and does not need to be prepared, cans and dried food that can be eaten cold, spare blankets and jumpers kept to one side, a cool bag for food and medication (i.e. insulin).
- **List of Medication:** not just prescriptions but eye drops, vitamins, herbal remedies, over the counter meds, ointments, inhalers, lotions, dressings and any injections the person has (insulin, B12, etc.)
- **Health Information:** list health conditions, NHS number, blood type and allergies, referencing any advance decisions e.g. Do Not Attempt Resuscitation (DNAR).
- **Key Contacts:** emergency contacts (including family and professionals), stating who is next of kin and who might have power of attorney.
- **Paperwork:** store key documents (bank accounts, utility providers, insurance, etc) in one place and ensure someone else is aware of where that is.

Carers Emergency Scheme

What to do if family bereavement, illness or sudden hospital admission mean you are unable to provide the care you normally would?

In Leeds, the Carers Emergency Scheme is a free service provided by Comfort Call, and carers of an adult with an illness or disability can register.

The Carers Emergency Scheme will enable carers to complete a Carers Emergency Plan, and co-ordinate a response in the event of an emergency where the carer is unable to provide the care they normally provide.

By registering with the Carers Emergency Scheme and creating a Carers Emergency Plan; you and the person you care for can be reassured someone is stepping into your caring role.

In the event of an emergency, contact Comfort Call quoting your unique reference number. This will activate your Carers Emergency Plan and arrange for emergency care to be put in place.

For more information; contact Comfort Call on 0113 205 2990 or Carers Advice Line on 0113 380 4300.



Help Shape The Future

Leeds City Council is hosting a series of Focus Groups to design the future of the Carers Emergency Scheme.

Focus Groups are an opportunity for you, as carers, to talk about the

things that are important to you, and what you need from a Carers Emergency Scheme.

The Focus Groups will be held towards the end of May/early June 2019.

If you are interested in attending a Focus Group please contact Ian Brooke-Mawson, Commissioning Programme Lead (Carers) on 0113 378 4183 or by email at ian.brookemawson@leeds.gov.uk.

Take a Break from Your Caring Role

Booking is essential on all our events. The Carers Leeds Event Booking Line 0113 246 8338 will open from 10am on Tuesday 7th May. Please call anytime from this date to secure your place.

Crafty Carers: Painting Glass Stones and Ceramic Pots

Friday 21st June
1pm until 3pm at Carers Leeds,
The Headrow, City Centre

Together we will be painting glass stones and ceramic pots to make decorative ornaments, great for the home or gifting to friends. No experience required and materials will be provided.



Carers Book Groups

The Carers Book Groups are small informal get-togethers meeting every six to eight weeks at Carers Leeds.

We read novels provided by Leeds Central Library. Members are able to make suggestions from a list of available titles. Alongside this we also read other books chosen by us, which we read throughout the year.

There's always time for a chat and a cup of tea. The groups are a space for carers with a love of reading to have time for themselves. We welcome new members. Please contact Valerie Banks if you are interested by phone 0113 246 8338 or email valerie.banks@carersleeds.org.uk.

Crafty Carers: Jewellery Making with Karen & Co

Friday 19th July
1pm until 3pm at Carers Leeds,
The Headrow, City Centre

Fancy having go at making your own jewellery? Join Karen and friends as we learn how to make bracelets and necklaces using decorative beads. Not only will you learn a new skill but you will go away with a couple of pieces of jewellery too. Limited places available.



Male Carers Group: Trip to Ilkley

Tuesday 25th June
10am until 4pm Meeting at Leeds
Train Station

Enjoy a walk on Ilkley Moor the most popular moor in West Yorkshire, followed by fish and chips. Please wear suitable clothing and footwear. Cost of £5 per person includes train travel and lunch, booking is essential.



Time for Us Café: A Little Bit of History

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

Carers and the person you care for are invited to step back in time and explore 17th Century Leeds.

An important time in the development of the country, a time when changes were taking place transforming Medieval living into Modern lifestyles. Changes in religion, housing and the effects of Civil War all made their mark on the City of Leeds. Special guest, Dave Weldrake, has years of experience in local history with a particular interest in bringing history alive.

Male Carers Group: Meanwood Valley Trail

Friday 26th July
10am until 1pm Meeting at Carers
Leeds, The Headrow, City Centre

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



MS Society MS Family & Friends

Family and friends play a vitally important role helping people with MS to live well.

The MS Society wants to provide the information and services that will help you most and to focus our campaigns on what matters to you.

That's why we want to hear about your experience supporting someone with MS.

- ▶ If you live in the UK and support a family member, partner, or friend with MS, please go online to complete our **MS family & friends survey** at tinyurl.com/ms-family-friends or simply scan the QR code using the camera on your phone.

- ▶ The survey will be open from 1 March to the 31 May 2019

Contact us: MS society supporter care, 0300 500 8084, supportercare@mssociety.org.uk

MS Helpline Freephone 0800 800 8000 (weekdays 9am-9pm)
helpline@mssociety.org.uk



Knitted Knockers

A registered charity making beautifully knitted prosthesis, free for women post mastectomy or lumpectomy surgery. The knockers are made from 100% cotton yarn using Knitted Knockers patterns and made by authorised volunteers. To find out more visit: www.knittedknockersuk.com.



Every Monday
1.30pm until 3.30pm
St John's Church Hall,
Yeadon, LS19 7XZ

A social group meeting weekly for adults with disabilities and carers are welcome too.

Each week DREAM pass on information of interest such as what's on at the theatre to disability related events and opportunities. Activities are different each week, offering a variety of sessions including; speakers, meals out, exercise, arts and crafts.

Contact DREAM on 07735 616 253 or email info@dreamleeds.org.uk for more information (sometimes they can help with transport).

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.

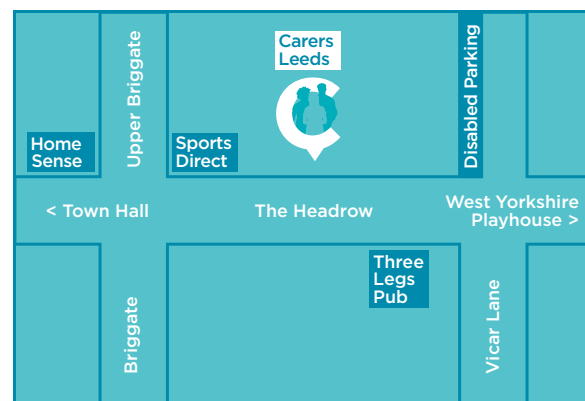
Contact Details

- **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**
- 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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