



carers news

July & August 2019

Carers Leeds
Advice Line
0113 380 4300

WELCOME TO THE JULY / AUGUST EDITION OF CARERS NEWS

Family Fun-Day

Families of children with additional needs and their siblings are invited to join Carers Leeds as we celebrate Summer!

Entertainment will be provided by Made with Music, a local Leeds charity offering live music experiences to families. We will be joined again by the wonderful duo Shabang! welcoming families into the world of theatre, song, music, arts and drama.

What's a party without cake! There will be wonderfully scrumptious refreshments provided.

Alongside the entertainment, there will be a host of activities to choose from, including; face painting, crafts, biscuit/bun decorating, a sensory room, soft play, outside area, and quiet room.

Booking Information

Join us on Thursday
8th August 11.30am until 2.30pm
at The Vinery Centre, Vinery
Terrace, LS9 9LU.

Booking is essential before
1st August.

To book your place please
contact Carers Leeds on
0113 246 8338, bookings will
be taken from 10am on
Tuesday 16th July.



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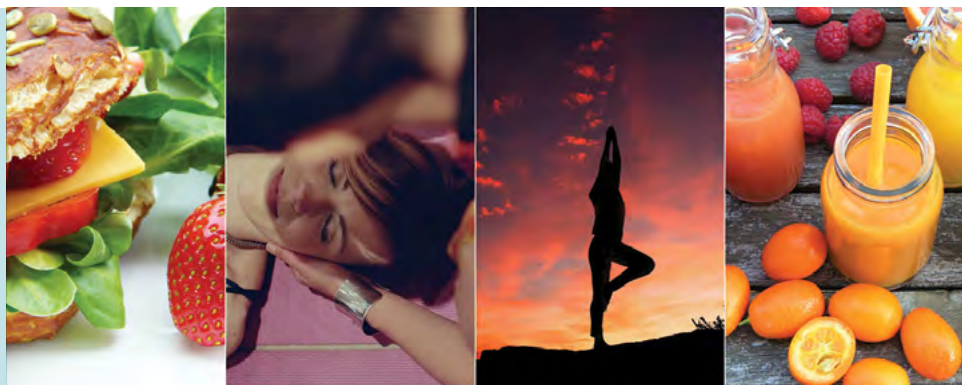


Carers Good Health

In April, Carers Leeds started an exciting new project called Carers Good Health.



Carers UK research has found that 72% of carers in the UK had suffered mental ill health and 61% had suffered physical ill health as a result of caring.



Focussing on carers' health and wellbeing, Carers Good Health will have an emphasis on healthy eating, physical activity and mental wellbeing, including self care and social isolation.

Jo Foster will be leading on Carers Good Health, and will provide various events and activities for carers including information sessions, fitness classes and a four-week course called 'What About Me'. Find out more here...

NEW: What About Me? Carers Good Health Course

This brand new four-week information packed course will provide carers with lots of health related hints and tips.

You will be able to; meet with other carers for support, assess how you feel about your health and wellbeing, identify small changes that you want to make, set goals and receive support to help you to achieve them.

Booking for this event is essential and the sessions will run for four consecutive weeks starting Monday 2nd September at Carers Leeds. It is preferable that you attend all four sessions of the course.

To book your place please contact Carers Leeds on 0113 246 8338, bookings will be taken from 10am on Tuesday 16th July.

Art and Heritage Project with Skippko Arts Team

During 2019 Skippko artists will be working in communities to research and gather the stories of lesser known women who were involved in the fight for suffrage at the turn of the 20th Century.



Participants will learn about Leeds women, before exploring their own heritage stories with the support of two artists and librarians from the Local and Family History library.

The project will involve learning heritage techniques and sharing the stories unearthed through visual arts, writing and audio recordings. All the work created will form an exhibition and book that will be on show at Leeds City Museum in May 2020.

There will be two drop in workshops at Carers Leeds in October (see next newsletter for details) or you can get involved in the longer programme at Moor Allerton Elderly Care, Friday mornings starting 13th September.

To register your interest or for more information please contact Cath Brooke, Arts Project Manager, Skippko 0113 2345355 email: cath.skippko@gmail.com

Carers Introduction to IT Sessions & Digital Café

Are computers, tablets and smart phones a mystery to you? Don't know your Bluetooth from your USB? Does searching the Internet feel like a daunting prospect?

If so, you may find our new 'Introduction to IT' sessions and new Digital Café helpful.

Information Sessions: Introduction to IT Monday 29th July

Carers Leeds is trialling a one-off series of IT information sessions, and looking for feedback from attendees in order to shape the future of IT and Digital support for carers in Leeds.

This three-part series of IT sessions will start with a guide to the basics such as terminology and types of IT devices before moving on to practical skills. We will then show you how to use email, develop good internet searching skills, social media,

sharing files and photos, internet security/safety and how to make the most of your tablet or mobile phone.

Booking for this event is essential and the sessions will run for three consecutive weeks starting Monday 29th July at Carers Leeds from 11am until 1:30pm.

To book your place please contact Carers Leeds on 0113 246 8338, bookings will be taken from 10am on Tuesday 16th July.

NEW: Digital Café starting Thurs 22nd August

The Carers Leeds Digital Café is an open session for carers to drop-in, socialise and have a coffee whilst discussing tech and IT. This will be an open forum to ask questions, troubleshoot your IT problems and pass on your knowledge to others in the process.

The first Digital Café drop-in will start on Thursday 22nd August and then be held every 1st and 3rd Thursday of the month from September. Drop-in anytime between 11am and 1pm.

Crafty Carers Gets a Makeover - Welcome to Creative Carers

The Crafty Carers group has been running now for a number of years and as part of a review to continue making improvements; from the 1st August the group will be known as **Creative Carers**.

Taking part in arts and craft sessions have proved very popular with carers, as it gives you the time to relax and do something completely different.

The new name Creative Carers, better represents the things we do. The sessions will still be craft-based and will run at the same time on the third Friday of every month at Carers Leeds.

This year's programme is already proving to be very popular.

Over the coming months we will be doing Glass Stone Art, Jewellery Making, Crocheting for Beginners, Mandala Stone Painting, Halloween Trick or Treat and Christmas Crafts. So come along and join us but book early.

Karen, Carole and Angie co-ordinate the group and are starting to think about a programme for next year. If you have any ideas or requests please let us know, call Carers Leeds and

leave your comments and feedback with the Reception Team. We look forward to hearing from you and hope to see you soon.



Celebrating National Dementia Carers Day in Morecambe

To celebrate National Dementia Carers Day, this year Carers Leeds have organised a trip for people living with dementia and their carers to come along together, to enjoy the seaside town of Morecambe!

We will be travelling on The Bentham Line, the dementia friendly railway. Crossing three rivers; Lune, Wenning and Ribble, whilst enjoying picturesque views of the Dales, Ingleborough and towards the Forest of Bowland.

On arrival we will enjoy an Afternoon Tea buffet, overlooking the bay from the 1930s Midland Hotel. In 1940, requisitioned to become the RAF Station hospital, stripped of its lavish interior. Today, Midland Hotel is a lovingly restored art deco masterpiece.

This will be followed by a stroll along the promenade to the Eric Morecambe statue (optional of course). There will then be some free time giving you all a chance to explore Morecambe at your leisure!



Booking Information

Taking place on Friday 6th September, meeting in Leeds Train Station at 9.30am and returning from Morecambe, arriving in Leeds at 7.40pm.

The trip is for people living with dementia and their carers to come along together and spaces are limited to 30.

Booking is essential. To book your place please contact Carers Leeds on 0113 246 8338, bookings will be taken from 10am on Tuesday 16th July.

The cost for this trip is £10 per person, to be paid within a month of booking to secure your place.

NEW Carers Leeds Choir: Like the Sound of Music?

There is plenty of evidence that singing creates feelings of belonging and wellbeing. It's also good for building confidence and connections. So why not come along and join our fun, informal and friendly new choir for carers, volunteers and staff at Carers Leeds.

We'll be doing some vocal exercises and warm-ups and learning a range of popular songs with a qualified singing teacher.

You'll have the opportunity to socialise and have a giggle with other carers and Carers Leeds staff.

Join us every Tuesday starting on

10th September from 12.30pm until 2pm at Carers Leeds.

No previous experience or singing ability necessary!

Booking is essential. To book your place please contact Carers Leeds on 0113 246 8338, bookings will be taken from 10am on Tuesday 16th July.



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 16th July**. Please call anytime from this date to secure your place.

Creative Carers: Crochet for Beginners

Friday 16th August
1pm until 3pm at Carers Leeds,
The Headrow, City Centre

In August we will be turning our hand to learning how to Crochet. You will learn how to start a pattern and the basic types of stitches as well as how to follow a basic design. So if you have ever wanted to have a go at this craft come along and join us. All materials will be supplied.



Male Carers Group: Tenpin Bowling

Tuesday 24th September
11am until 1pm at 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 event is for male carers only and booking is essential. This is a free event.

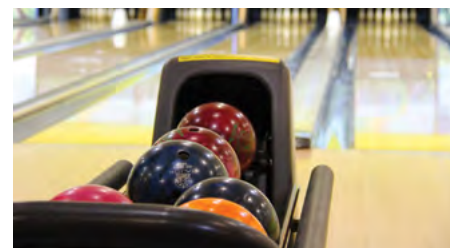
Male Carers Group: Archery

Thursday 29th August
2pm until 4pm at Adel War
Memorial Club, Church Lane,
LS16 8DE

Here are four reasons to come along and have a go at Archery;

- build physical strength
- meet like-minded people
- improve coordination and balance
- clear your mind to develop focus and concentration

This event is for male carers only and booking is essential. Cost of £5 per person. Lesson is with a qualified coach.



Supper Club for Carers

Tuesday 24th September
5.30pm until 7.30pm at Carer Leeds,
The Headrow, City Centre

An opportunity to meet other carers whilst sharing Asian Cuisine from a local restaurant; The Corner Café on Burley Road. The Supper Club Social is a chance to relax, enjoy a meal in the company of new friends, 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.

Creative Carers: Rock Stone Art (Mandala Stone Art)

Friday 20th September
1pm until 3pm at Carers Leeds,
The Headrow, City Centre

Fancy having a go at something completely different? Stone Art involves painting pictures or Mandala designs on to small stones to create original items which make great gifts. All materials will be provided but if you have a stone you want to decorate then please bring it with you.



Live Well in Later Life by Leeds IAPT

Six weekly sessions starting Wednesday 17th July, 10am until 12pm in the LS6 area of Leeds.

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 by

looking at ways to help you deal with stress and worries, connect with others and reconnect with the things you enjoy.

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 Each session will last 2 hours. Members are expected to attend all sessions.

A series of 6 sessions exploring how to:

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

Exciting New Community Micro-Enterprise Project in Leeds



Community Catalysts is working with Leeds City Council and other local partners on the Leeds Community Micro-enterprise Project which runs from March 2019 for 2 years.

Community Catalysts is a social enterprise working across the UK that designs and manages projects relating to health, care and wellbeing. Finding ways for communities to get the help they need, for people to live the lives they want.

The project aims to work with local people in our community who want to develop small businesses and ventures that provide a wide range of help and support services for older people.

As well as helping people to set up new community micro-enterprises, Community Catalysts will also be able to advise small groups and

organisations already established in Leeds and looking to diversify or extend what they offer.

Helping local people to help other local people.

To help realise this vision, work will start in North Leeds, Otley, Wetherby and the City Centre where increasing the number and range of homecare options available to local people is seen as real priority. Community micro-enterprises in other parts of Leeds that fit well with local priorities can also be supported.

Community Catalysts and Leeds

City Council will try hard to build on things that already work well and to value and nurture people, groups and organisations with strong local knowledge and expertise. The project aims to capture learning and actively use this to affect local system and culture change – working in partnership to improve the way that health and care works for people in Leeds.

Elaine Davin-Jones has been employed as the local Catalyst to lead the project in Leeds. Contact her for more information at elaine.davin-jones@communitycatalysts.co.uk or call 07423 667 694.

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 around work-life balance as well as information and guidance that can help carers remain in employment.

In the last edition of Carers News we explored our rights as a working carer and how to go about requesting flexible working arrangements. Here we find out more about taking time off in an emergency.

Taking Time Off in an Emergency

The right to take time off work to deal with an emergency or an unforeseen matter involving a dependant, and the right to not be discriminated against, are statutory employee rights that most carers have in work.

As a carer, needing time off is unavoidable, for example if the person you care for falls ill or is injured, or care arrangements suddenly break down.

There are no limits on how many times you can take time off for a dependent. You should tell your employer as soon as possible the reason for the absence and how long you expect to be absent. In most cases one or two days is sufficient but will depend on individual circumstances.

Your employer may want to discuss if time off is affecting your work.

Your employer may pay you for time off to look after dependents but they don't have to. Check your contract, company handbook or check with HR to see if there are rules about this.

The right to taking time off in an emergency does not include; taking the person you care for to appointments you knew about in advance, a domestic emergency, a situation you knew about beforehand, or a situation that doesn't involve a dependent.

Your employer must not:

- Treat you unfairly for taking time off
- Dismiss you or choose you for redundancy because you asked for time off for a dependent
- Refuse you reasonable time off

If you think you've been unfairly treated for taking time off for dependents, get advice from your HR department, trade union representatives, or ACAS.

In the next edition of Carers News we will consider *Talking to Your Employer about being a Carer* and tips on how to keep well in the workplace.

Information and Guidance



ACAS Helpline: 0300 123 1100

Offers help and advice for both employers and employees about the right to request time off in an emergency.

Citizens Advice Online:

www.citizensadvice.org.uk/work/rights-at-work/basic-rights-and-contracts/time-off-work-overview

Provides guidance on your rights at work and time off.

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.

Leeds Employers

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.

Definition

Dependent:

spouse, partner, child, grandchild, parent, or someone who depends on you for care.

New Blue Badge rules in England to come into force

The Blue Badge scheme, which helps disabled people park closer to their destinations, will be extended to people with “hidden disabilities”, including people with learning disabilities, autism and mental health conditions, from 30 August 2019.

The government has published regulations to expand the Blue Badge rules in England to make it easier for people with hidden disabilities to qualify, and confirmed that these new rules will start to apply from the 30 August 2019.

Entitlement to the Blue Badge will be extended to those who receive the mobility component of Personal Independence Payment and obtained a score of:

- at least 8 points in relation to the “moving around” activity; or
- 10 points in relation to the “planning and following journeys” activity on the grounds that they cannot

undertake any journey because it would cause them overwhelming psychological distress.

Entitlement will also be extended to those who are assessed as *having an enduring and substantial disability* which causes them, during the course of a journey, to suffer one of the effects listed below:

- be unable to walk;
- experience considerable difficulty whilst walking, which may include considerable psychological distress; or
- be at risk of serious harm when walking; or pose, when walking, a risk of serious harm to any other person.



The new rules also allow local authorities to use a broader range of professionals to assess the nature and effects of an applicant's particular disability on their ability to get around.

More Information

For more information visit Leeds City Council website: <https://www.leeds.gov.uk/parking-roads-and-travel/blue-badge-parking-and-applications/apply-for-a-blue-badge>

Contact the Carers Advice Line on 0113 380 4300 for information, advice and guidance from a Carer Support Worker.

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.

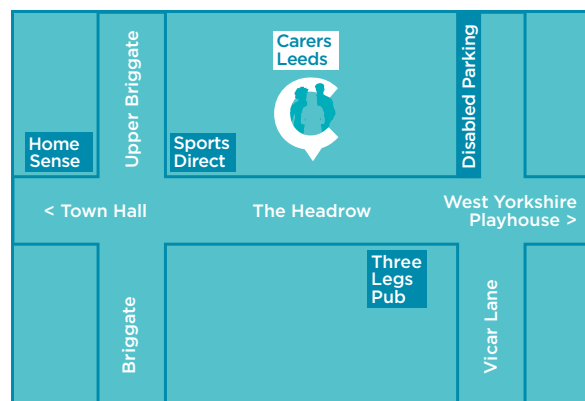
Contact Details

- **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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