

WELCOME TO THE SEPTEMBER / OCTOBER EDITION OF CARERS NEWS



NEW Discussion Group: Are you ready to take action?

The Leeds Carers Partnership champions the needs of carers and aims to influence the way that services are planned and delivered in response to the needs of carers.

The Leeds Carers Partnership are looking for carers to join a new

discussion group that will feed in and contribute to Leeds Carers Partnership quarterly meetings.

By taking action to demonstrate your own commitment to influence change you are taking a positive step in making Leeds the best city for carers.

For more information

Val Hewison, Chief Executive,
Carers Leeds: val.hewison@carersleeds.org.uk

Ian Brooke-Mawson,
Commissioning Manager (Carers),
LCC Adults & Health:
ian.brookemawson@leeds.gov.uk

[www.carersleeds.org.uk/
the-leeds-carers-partnership/](http://www.carersleeds.org.uk/the-leeds-carers-partnership/)

Dementia Friendly Performance: La bohème at Opera North

A special relaxed performance of Puccini's ever-popular La bohème on Thursday 24 October at 2.30pm.

Opera North will welcome those living with dementia and their families, friends and carers to experience this vibrant and joyous production at Leeds Grand Theatre.

Set in early-60s Paris, this tale of tragic romance is underpinned by Puccini's beautiful music, here performed by an international cast of singers and a full symphony orchestra.

During the production, bright lighting and loud noises will be reduced.

Quiet spaces outside the auditorium will be available and there will be a relaxed attitude to people leaving and returning if people need a break.

Opera North is thrilled that its first ever dementia friendly performance compliments 'Music for Dementia 2020', a national campaign that highlights the positive social impact music has on those living with dementia.

Find out more online or email access@operanorth.co.uk for details.



When: Thursday 24 October, 2.30pm

Where: Leeds Grand Theatre
Price: £15 per person. Group bookings welcome with a free ticket for bookings of ten or more.

Duration: 2 hours 30 minutes (includes a 30-minute interval)

Box Office: 0113 223 3600

Art and Local History Project with Skippko Arts Team



Skipko artists are working in communities to research and gather the stories of lesser known women who were involved in the fight for the vote at the turn of the 20th century.

Carers Leeds and Skipko would like to invite carers to learn about Leeds women, before exploring their own heritage stories with the support of two Skipko artists.

Drop in sessions for the project will be held at Carers Leeds The Headrow (City Centre) on:

- Wednesday 2nd October, 10.30am until 12.30pm
- Tuesday 22nd October, 1.30pm until 3.30pm.

The sessions will involve learning a little about women who lived in Leeds 100 years ago, discussions about how life has changed or not changed for women during the last 100 years, plus creative arts activities. All the work made will be included in an exhibition that will be on show at Leeds City Museum in May 2020.

Book a place through Carers Leeds on 0113 246 8338 or for more information please contact Cath Brooke, Arts Project Manager, Skipko 0113 234 5355 email: cath.skipko@gmail.com.

Carers Leeds Local History Club

**Starting Tuesday 1st October
10.45am until 12.45pm at Carers
Leeds, The Headrow (City Centre)**

Join us at Local History Club, led by Dave Weldrake who has years of experience in local history and archaeology, with a particular interest in bringing history alive to

non-specialists. Sessions earlier in the year were popular as we unveiled the history of Leeds shops, railways, textiles and houses, yet there is so much more to explore!

Meeting monthly on Tuesday's starting 1st October, 5th November, 3rd December.

It's an informal group with plenty of opportunities to contribute your own knowledge of the history of Leeds.

Light refreshments will be available and booking is essential. Carers are welcome to bring the person you care for.

Time for Carers to Take a Break

The Time for Carers fund provides grants of up to £250 towards something that clearly gives you as a carer a break from your caring role.

Carers Leeds is delighted to announce that funds have been secured to continue providing Time for Carers grants in 2019.

For example:

- A holiday (with or without the person you care for), weekend break or day trip
- Complementary Therapies, Relaxation/Wellbeing Sessions or Gym Membership
- College Course fees, books or equipment including laptop or tablet
- Social outings e.g. to attend a concert, the theatre, or cinema
- Driving lessons

To request an application form or

to find out more please contact the Carers Advice Line on 0113 380 4300.

Who can apply for a Time for Carers Grant?

As a carer you must be providing regular care for a family member, close friend or neighbour who could not manage without the support you give them. Any carer is potentially eligible for a grant, it is not means tested. The person being cared for must live in the Leeds area.

All applications must be supported and verified by a professional such as a social worker, Day Centre support worker, a nurse, an occupational therapist, a physiotherapist, GP or other doctor but not a family member.

Please note if you have previously received a grant from this fund, new applications can be made every 3 years. If you have received a grant from this fund in the past and you have not returned receipts then you are unable to apply again.

Become a Volunteer at Carers Leeds. We need YOU!

Support Group Assistant Volunteers

Are you great at making others feel welcome? Carer support groups can be a good way for carers to get emotional support from other carers who understand the things they are going through.

The role will involve helping to set up the event space, offering a friendly welcome, serving refreshments and chatting to carers, helping to clean and tidy up after the group. (Locations: Crossgates, Middleton.)

Creative Carers Group Volunteer

Do you enjoy arts and crafts? We're looking for a volunteer with a passion for art and craft projects. Someone who would enjoy working with staff and volunteers to run a monthly art and craft group.

The role will involve engaging carers and encouraging them to participate in the activities. Jointly taking the lead of the sessions and assisting with planning of the group. You will also have the opportunity to develop craft activities and to bring your own interests and skills. (Location: City Centre)

We are looking for volunteers who are...

1. Warm and welcoming
2. Accepting of others regardless of age, disability, ethnicity, gender, religion or sexuality
3. Friendly, open-minded and sensitive to the needs of others
4. Caring, compassionate and confident
5. Good listeners who have a genuine interest in others

The time commitment for the above roles is 3-4 hours per month and travel expenses will be reimbursed. Training will be provided.

To find out more contact Valerie Banks, Volunteer Coordinator on 0113 246 8338 or email valerie.banks@carersleeds.org.uk.



City Listening: Focus Group for Women

Wednesday 25th September
10.30am until 12.30pm at
Carers Leeds, The Headrow,
City Centre

This *women only* session with Leeds City Listening Project is an opportunity for women to speak about their life experiences.

City Listening want to know what barriers women face to achieving their full potential and what solutions would help tackle these barriers. Involvement will be used to shape services for women and girls in Leeds and will be fed back to the Government Equalities Office to help influence national policies.

Participants will receive a £10 shopping voucher.

Time for Us Café: Leeds Owl Trail

Thursday 10th October
11am until 2pm meeting at
Carers Leeds, The Headrow,
City Centre

Visiting the twenty five locations across Leeds City Centre marked on the Leeds Owl Trail – together we will set out on a voyage across history as each unique owl informs you of why it is there and a brief snapshot of what it has seen in its lifetime.

Join us on this opportunity to enjoy some of the architecture of Leeds – probably something we would usually miss walking busily with our heads down! You will need to wear comfy shoes and a refreshment stop will be incorporated into the day.

Write Yourself Well

Wednesday 16th October
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.

Creative Carers: Halloween Trick or Treat

Friday 18th October
1pm until 3.00pm at
Carers Leeds, The Headrow,
City Centre

Its that time of year again when we celebrate All Hallows Eve. Come along and join us as we make something for Trick or Treating with your family and friends. We will be serving a selection of Halloween based refreshments to get us in the mood.

Mens Group: Social Lunch

Monday 21st October
12pm until 2pm meeting at
The Hedley Verity

Calling all *male carers* to take a break. Our social lunch is an opportunity to relax, unwind for a couple of hours in good company of others also caring for family or friends. This event is for male carers only and £5 per head will be provided towards your lunch.

Information Session: Leeds Cancer Awareness Project

Wednesday 6th November
10.30am until 12pm at
Carers Leeds, The Headrow,
City Centre

Carers UK survey 'In Sickness and in Health' highlights the risks of missing medical check-ups and screenings as having a damaging effect on us all. Carers are a high risk group as the survey found that two out of five carers put off medical treatment because of caring responsibilities.

Looking after yourself when caring for somebody is no easy task. Come along and join Darren from Leeds Cancer Screening Program for an informal session and learn more about early cancer detection through recognising signs/symptoms and making use of the screening services that are available. This event is for carers only.

Time For Us Café: Sleep Well

Thursday 14th November
11am until 2pm at Carers
Leeds, The Headrow,
City Centre

Sleep is essential for our physical, mental and emotional wellbeing – so what is it getting in the way of your good nights sleep? Join us at this monthly Time for Us Café where we will be focussing on improving the quality of your sleep with easy to implement practical tips to sleep well. This event is for carers only.

Walking Group

11th and 25th October
8th and 22nd November
6th and 20th December
Meeting at 1.30pm outside
the Corn Exchange

Do you want to be a bit more active? This autumn sees the launch of the Carers Good Health Project Walking Group! Join Jo Foster, Carers Good Health Worker, for a City Centre health walk. Walks will be circular and approximately two miles in length. We will walk at a pace that is fast enough to get your heart rate up and will last for approximately 45 minutes. We will end the walk with refreshments.

All you need is some comfy footwear and to check the weather before you leave home! For more information, contact Jo Foster 07508 426 656.

A Change for the Better: Nutrition

Wednesday 18th September
and Thursday 3rd October
11am until 12pm at
Carers Leeds, The Headrow,
City Centre

This one hour workshop is provided by One You Leeds. An opportunity to learn key healthy eating messages and understand food labelling.

You can set a personal goal to make one nutritional change, and also find out more about One You Leeds and their services. This session is aimed at you as a carer and the importance of your health and nutrition, but you may also learn information that is useful for the person you look after.

Information Sessions: One You Leeds

Coping with Stress:
Thursday 24th October

Coping with Anxiety:
Thursday 28th November

10.30am until 12.30pm at
Carers Leeds, The Headrow,
City Centre

One You Leeds, together with Kayleigh Waters (Live Well Leeds) and Jo Foster (Carers Good Health) invite you to find out more about coping with stress and anxiety.

These informal sessions are for carers only and will explore the impact of stress and anxiety, whilst learning coping strategies and finding out about what support is available.

Saturday Coffee Morning

Saturday: 21st September,
19th October, 16th November
10am until 12pm in the
Community Room (4th Floor),
John Lewis, Victoria Gate
Shopping Centre

Carers Leeds is hosting an informal Carer Coffee Morning for carers to connect with Carers Leeds Support Workers, and other carers. Feel free to bring along the person you care for. Tea, coffee and biscuits will be available.

There is no need to book, come along and enjoy the company. For further information contact Elaine Wilkes or Aiden Finney on 0113 380 4300.

**Booking is essential
on all our events.**

**Please call anytime
from 10am on
Tuesday 10th
September to
secure your place.**

**The Carers Leeds
Event Booking Line
is 0113 246 8338.**

Creative Carers: Christmas Crafts

Friday 15th November
1pm until 3.00pm at
Carers Leeds, The Headrow,
City Centre

Christmas comes but once a year they say but to me it seems to come around quicker every year! We will be making cards and decorations. Come along and get into the festive spirit with us.

Mens Carers Group: Leeds Industrial Museum

Thursday 21st November
10am until 12pm, meeting at
Leeds Industrial Museum,
Canal Road, LS12 2QF

Explore Yorkshire's industrial heritage with collections of textile machinery, railway equipment and heavy engineering, followed by a relaxing coffee and chat. This free event is for *male carers only*.

In the News

The 'Red Bag' Scheme

When a care home resident goes to hospital it is important to make sure that hospital staff are given all the information they need to support and care for that person.

The Red Bag scheme is a simple way to help make sure this information is passed clearly and efficiently between care homes, hospitals and ambulance staff.

If you have a family member or friend in a care home it is a good idea to ask if they are using the red bag scheme in that home.

How does the Red Bag scheme work?

When a care home resident goes to hospital important documents relating to their care should be put in a red bag which is sent with the resident to the hospital. The bag and updated information should return with the resident once they are discharged from hospital back to the care home.



When patients arrive at the hospital with a red bag this will tell hospital staff that the person they are looking after is from a care home.

The red bag will contain all the information the hospital needs to support the person, so that the person's needs are dealt with in a timely manner.

Falls Prevention Week: 30 Sept - 6 Oct Leaves Fall, People Shouldn't

Most falls can be prevented and building strength and balance can help to reduce your risk. As part of supporting people to reduce their risk of a falls, Leeds is hosting a variety of activities during Falls Prevention Week.

Leeds City Council, in partnership with third sector organisations, Leeds Community Healthcare Trust, and

Leeds Teaching Hospital Trust are holding an event at Kirkgate Market on **Wednesday 1st October** to coincide with the International Day of Older People.

The event will run from 10am to 4pm and offer a range of activities including information and advice stalls, and a chance to take part in strength and balance demonstrations.



Come along to find out more about services and activities for older people in Leeds, a chance to enter a free prize draw and maybe a surprise or two!

For further information please contact Sharon Hughes, Leeds City Council at sharon.hughes@leeds.gov.uk

Leeds Palliative Care Network Launches New Website

Leeds Palliative Care Network is delighted to announce that its new website is now live!

www.leedspalliativecare.org.uk is a one stop online hub for information on palliative and end of life care services across the City.

This unique, easy to navigate website provides advice and information on the services available throughout Leeds for patients approaching the

end of their life and their families, friends and carers.

Dr Mike Stockton, Chair of Leeds Palliative Care Network said: "We are thrilled to launch our new website which is a unique source of support for both patients and professionals in Leeds. It's vital that people who need palliative or end of life care have access to a wide range of advice and support and our new website will enable us to share information with

patients, carers and professionals whenever and wherever they need it most."



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.

In previous editions of Carers News we have discovered our rights as employees with caring responsibilities, how to go about requesting flexible working arrangements and taking time off in an emergency. Here we explore the questions many carers ask us;

‘Should I tell my employer about my caring responsibilities’...

Generally it is beneficial to tell your employer that you are a carer as it gives them a chance to support you and to understand what you are dealing with outside of work. Your employer might have carer friendly policies that help you achieve a better work/life balance. This is worth checking out.

Many companies and organisations are starting to recognise home care in the same way as childcare, and becoming more supportive when issues present a challenge for employees.

It is in your employer's interest to support their employees. This increases productivity and saves on costs connected to people being off sick and leaving work.

‘How can I communicate well with my employer’...

It's not always easy to speak about your personal life at work and some managers are more understanding of caring issues than others.

It helps if you are as clear as possible



about what you would like from your manager. For example, would it help to be able to answer the phone during work time? Do you need flexibility around attending appointments? Should there be a back up plan, who could replace you on short notice at work? Some employers may use a Carers Passport to record the agreement.

If you find it difficult to talk to your manager wait until you are as composed as possible and use whatever helps you to communicate well. For example write things down or bring a friend to the meeting.

Caring might only be for a limited time. Don't make any rash decision about giving up work without looking at the long term perspective and consider what is best for you.

‘I feel guilty’...

Many working carers feel guilty about needing extra support at work or are worried about letting the team down or not pulling their weight. It's good to remember that most of us have caring responsibilities at some stage in our lives and it is OK to accept support during that time. It's also good to remember that through your caring role you gain and improve skills, for example; time management or staying focused under pressure. Those are transferrable skills and will benefit your employer and your team.

10 tips for Working Carers

- Find someone sympathetic to talk to at work
- Know your rights at work, look at your internal policies around time off and flexible working
- Consider flexible working if that is an option
- Make sure backup is in place in case you have to leave work in a hurry, build a trusted team around you
- Be really organised both at work and at home
- Be ruthless with time management, review priority each day
- Ask for help, both at home and at work
- Do whatever you can to get a proper break for yourself
- Look after your own health
- Try to focus on the positive

Carers Passport

Download a Carers Passport template and speak to your employer today:

www.carersleeds.org.uk/workingcarers

Information and Guidance

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.

Meet our Friends: Meanwood Valley Urban Farm

Meanwood Valley Urban Farm was one of the first city farms in the UK. Starting with two small fields and a few animals it has developed into a site of more than 27 acres, a mile and a half out of Leeds city centre.

The Farm is also a visitor attraction open 7 days a week 10am-4pm with an increasingly popular café. There is a small admission charge for non-members. You can get to the Farm by bus (nos. 51 and 52) or there is parking on site including disabled bays.

A variety of animals will greet you

including sheep, pigs, alpacas, cows, goats, chickens, rabbits and guinea pigs. If you listen and look you might also encounter some of our secretive wildlife including a range of birds, butterflies, deer and occasional even an otter or two!

You can also wander through our gardens and grounds where formal and informal planting merge to support wildlife. A variety of fruit and vegetables can be seen growing in our Market Garden. Whilst we try and make most of our paths accessible to all some routes may be uneven underfoot.

We look forward to seeing you here at the Farm!

Meanwood Valley Urban Farm,
Sugarwell Road, LS7 2QG
Tel: 0113 262 9759
Email: info@mvuf.org.uk
Visit: www.mvuf.org.uk



Meet our Friends: Seagulls

Seagulls is a social enterprise based at Aire Place Mills on Kirkstall Road (opposite ITV).

Seagulls collect leftover and unwanted household paint which is reprocessed and sold affordably from our paint store at Aire Place Mills. Seagulls sell a huge array of types of paint, and can mix bespoke colours and match them to colour charts and sell decorating equipment.

Seagulls also have a Refills shop, encouraging people to refill empty bottles of household cleaning products and body wash liquids.

And last but by no means least they run mosaic workshops for people of all ages.

You can find out more about the work Seagulls do and the products they sell by visiting the website or via social media. **www.seagullsreuse.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.

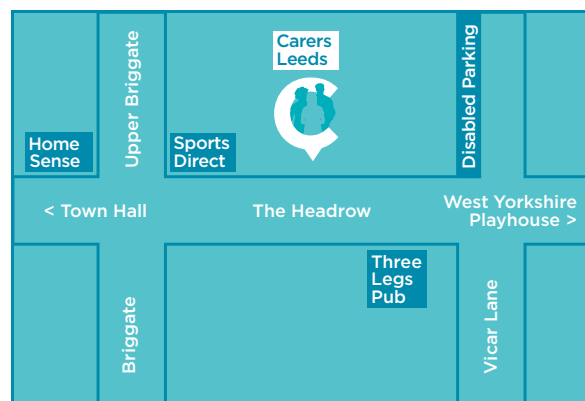
Contact Details

- **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**
- 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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