

WELCOME TO THE NOVEMBER / DECEMBER EDITION OF CARERS NEWS



Carers Rights Day

This year Carers Rights Day will be held on Thursday 21 November.

Every day 6,000 people become carers but often it's not something you've planned for.

You may have to start dealing with health or social care providers, interacting with the benefits system, speaking with

employers, all alongside your new caring responsibilities.

But whether you are new to caring or have been caring for someone for a while it's important to access the support available to you.

Carers Leeds will be braving the elements with an information stall at Dortmund Square (Leeds City Centre, near Sainsbury's). Come and say hello between 9am - 4pm and meet a Carer Support Worker for information or advice about being carer.

Help Us Make a Drama Out of Caring!

Starting in January, Carers Leeds will be hosting a drama workshop for 8 weeks with the lovely people from Fall into Place Theatre - www.fallintoplace.co.uk



Drama is a great way to form new friendships, try something new and have a great deal of fun. It also has many other great benefits, including increased confidence and improving overall health and wellbeing. The last time we ran Drama Workshops one participant said:

'...we laughed a lot, made lots of silly noises and faces, we meditated, we talked, we drank tea and coffee, we learned new things about ourselves, others and life. We stepped out of our safety zone and did something unexpected and it built our confidence...'

You don't need any experience of doing drama and we warmly welcome people of all ages and mobility to join us.



Taster Session:

**Wednesday 11th December,
10:30 until 12:30 at
Carers Leeds**

To get you in the mood we will be having a drama taster session. It will be a chance to meet the tutors and get more information about what the sessions will involve.

To book your place on the taster session, or the full 8-week drama workshops starting Wednesday 8th January (10.30am until 12.30pm), please contact Carers Leeds on 0113 246 8338.

Click and Connect: Get Involved

Our vision is to create a comprehensive digital tool to meet the information, advice and support needs of carers - at the click of a button, on the go, when and wherever it's needed!



Carers Leeds is applying for funding to develop this new technology-based project, and we need your help to get involved. This exciting new venture has the potential to be hugely beneficial to all carers.

Please join us for lively, creative thinking sessions, with lunch and refreshments. We are running 2 different sessions and you could attend one or both.

Session 1: Wednesday 4th December, 10am until 3pm at Carers Leeds

How could new information technology help carers in their caring role – what are the problems carers experience?

Session 2: Tuesday 14th January, 10am until 3pm at Carers Leeds

Thinking about ways information technology can help – ideas for solutions to problems.

We particularly welcome carers who have never been involved in projects like this before. We don't expect any carers attending to have any knowledge of digital or on-line services or support.

A £20 voucher will be offered to carers attending these events. Booking is essential, please contact Carers Leeds on 0113 246 8338.

Life Skills at Carers Leeds

Carers Leeds is pleased to be supported by Barclays Bank, who are offering Life Skills information sessions for carers on Money Skills and Employability Skills.

Each Life Skills topic will be covered over two information sessions. Ideally you would need to attend both 2 hour sessions, which are for carers only.

Booking is essential, please contact Carers Leeds on 0113 246 8338.

Money Skills

Friday 29th November and 6th December,
10.30am until 12.30pm at Carers Leeds

- Taking control of your income
- Planning your personal budget
- Understanding bank accounts and your statements
- Understanding banks and money management
- How to save more money
- Managing your debt



Employability Skills

Monday 9th December and 16th December,
12.30pm until 2.30pm at Carers Leeds

- Interview skills 1 - get the best start
- Interview skills 2 - practical answering
- Interview skills 3 - preparing for different types of assessment
- CV skills 1 - showing your best you
- CV skills 2 - tailoring applications to roles
- What to include in a cover letter
- Overcoming setbacks
- Filling out applications forms confidently



Are You Interested in Paid Care Work?

Paid care workers work directly with people who have different care and support needs and help with their day to day wellbeing.

If you have considered using your skills and experience to become a Care Worker, or wondered if care work would suit you - Leeds City Council is offering the opportunity to attend a free one week training programme followed by a one week placement with a local care provider.

To apply for this training opportunity you will attend an initial interview,

and if you then successfully complete the 2 week programme, you are guaranteed an interview for a Care Worker position.

For more information or to register your place contact Admin Support on 0113 378 3880 or e-mail: wecareacademy@leeds.gov.uk or Kiri Shaw on 0113 535 1051 or e-mail: Kiri.shaw@leeds.gov.uk



Staff Training Day: Carers Leeds office and Advice Service will be closed on Tuesday 26th November.

Festive Season

**The Carers Leeds Event Booking
Line 0113 246 8338 will open
Tuesday 12th November**

Christmas Trip: Tong Garden Centre

**Thursday 5th December
Departing 11am from
Edward Street (City Centre),
returning at 2.30pm**

Inviting carers and the person you care for to join us for a special Christmas trip to Tong Garden Centre. A great place to get into the Christmas spirit, you will find a food hall, gift shop, decorations, indoor and outdoor plants, Christmas lights and a café/restaurant to sit down with a nice hot drink or meal.

Transport will be provided therefore booking is essential.

Christmas Supper Club

**Thursday 12th December
6pm until 8pm at
Carers Leeds**

Enjoy your first turkey sandwich of the season! Join Jo and Steve for the Christmas Supper Club festive themed buffet. There will be food, music and perhaps a party game or two!

There is a cost of £5 per person and booking is essential.

Social Lunch and Christmas Matinee

**Monday 9th December
Meeting 11.30am at Carers
Leeds, returning at 4:30pm**

Join Lai Kwan, Dementia Carer Support Worker for lunch at the Brudenell Social Club, followed by a relaxed viewing experience of White Christmas at Hyde Park Picture House.

This event is best suited for people living with dementia and their carers to come and enjoy an afternoon together.

Transport will be provided therefore booking is essential.

Mens Group: German Market

**Tuesday 10th December
Meeting 12.45pm at
Carers Leeds**

It's not December without the German Market in Leeds. If you are a male carer come meet with others who are caring for a friend or family member. Enjoy the food, enjoy the company and have fun.

This is a free event with one free drink per person, and booking is essential.

Wellbeing Sessions

**Throughout November,
December and January**

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.

Wellbeing sessions are for carers only, offering two sessions per year, booking is essential.

Festive Quiz

**Friday 13th December
1pm until 3pm at Carers Leeds**

Lorraine and Jo invite you and the person you care for, to come in your festive attire ready for fun and entertainment. A light buffet will be provided therefore booking is essential.

Coffee and Mince Pie

**Monday 16th December
10.30am until 12pm in the
Community Room (4th Floor),
John Lewis, Victoria Gate
Shopping Centre**

This invitation is for carers only to take a well deserved time out. Meet with Carers Leeds staff and other carers, over a mince pie and hot drink. There is no need to book, come put those shopping bags down and rest your feet.

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Information Sessions: One You Leeds

**Living with Low Mood:
Wednesday 11th December**

**Positive Thinking:
Thursday 23rd January**

These informal sessions are for carers only and will explore the impact of each topic, learn coping strategies and find out about further support. Each two hour session will take place at 10.30am until 12.30pm at Carers Leeds. Booking is essential.

Creative Carers: Box Picture Frames and Canvas Art

**Friday 17th January
1pm until 3pm at Carers Leeds**

Come and join other creative carers to make pictures using box frames or canvas, a wonderful opportunity to make personalised gifts for a loved one.

A voluntary contribution of £2 would be greatly appreciated to help towards the costs of materials.

Time For Us

Time For Us is a popular monthly carers group. Come take a break from your caring role, try something new, relax and meet new people.

Never attended an event at Carers Leeds before? Would you like to try a group, but feel nervous or apprehensive?

Then Time for Us might be the group for you! Here's what's coming up next...

**Tai Chi and Mindfulness:
Thursday 12th December
11am until 2pm at Carers Leeds**

Let's relax and escape all things festive by trying Tai Chi and Mindfulness. Lunch is included, although we can't promise there won't be a turkey sandwich or two...!

**Movie Time:
Thursday 9th January
Meeting at Dortmund
Square at 10.45am**

If you love film, beat the cold and gloom of January with a trip to the cinema. Film will be decided on the day. Popcorn will be provided!

Walking Group

**Friday 6th and 20th
December Meeting at 1.30pm
outside the Corn Exchange**

City Centre health 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 end the walk with refreshments. All you need is comfy footwear and suitable clothing. For more information, contact Jo Foster 07508 426 656.

Mens Group: Social Lunch

**Thursday 23rd January
12pm until 2pm meeting at
Hedley Verity, City Centre**

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.

Womens Group: Carers Together

**Thursday 16th January
Meeting outside Carers
Leeds at 10.45am**

Carers Together is a women's carers group that meets on the first Thursday of every month in Beeston.

In January, beat the winter blues with tenpin bowling, followed by a well deserved cuppa. This event is for women only, and booking is essential. For more details contact Zaira on 07854 480 972.

Saturday Coffee Morning

**Saturday 16th November,
14th December, 10am until 12pm
in the Community Room (4th
Floor), John Lewis, Victoria Gate**

An informal coffee morning for carers to connect with Carers Leeds 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.

In the News

Carers' Experiences Wanted

The University of Leeds would like a group of carers to help us develop the teaching and assessment content for Nursing Associate students, and to be involved in the recruitment and selection process.

We would like your views on what students need to know about identifying and supporting carers for this new role in nursing. Travel and expenses will be paid.

What is a Nursing Associate?

Nursing Associate is a new role within hospital and community nursing teams. This role is designed to help bridge the

gap between health and care assistants and registered nurses to deliver care for patients and the public.

Nursing Associates work with people of all ages and in a variety of settings in health and social care. The role will contribute to the core work of nursing, freeing up registered nurses to focus on more complex clinical care.



UNIVERSITY OF LEEDS

If you are interested or would like more information please contact Mandy Driffield Programme Manager on 0113 343 6791 or email a.j.driffield@leeds.ac.uk



The Big Leeds Chat

What matters to you about your health and wellbeing?

Join Carers Leeds at The Big Leeds Chat on Thursday 7th November in Leeds Kirkgate Market Hall between 10am and 2pm.

The Big Leeds Chat is a 'conversation' about what matters to local people:

- What do you love about living in Leeds?
- What do you do to stay healthy?
- What would you like to see change to make Leeds an even better city to live in?

The Big Leeds Chat is a new way of listening to people in Leeds. It brings together the most senior decision makers in health and care, working together as one health and care team to talk to the people of Leeds about what matters to you.

Research Study Involving Carers of Someone with Psychosis

COPE-support are inviting carers supporting a family member or friend affected by psychosis to join a research study to find out if COPE-support works to improve carers' wellbeing and how well they cope with caring. Participants will require access to the internet, and will be paid £30 in total for their time (Amazon vouchers).

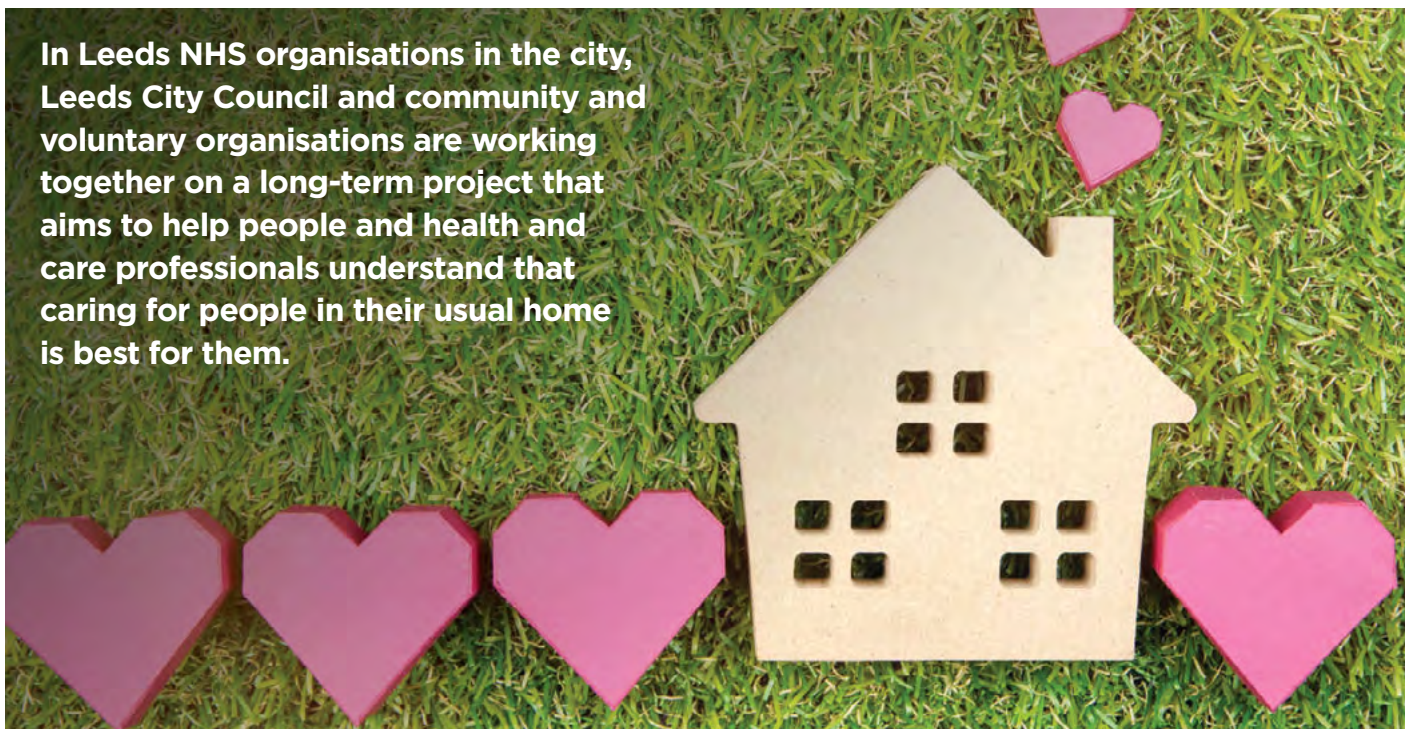
COPE-support provides online peer support, information on psychosis and ways for carers to look after themselves. Visit online for more information: cope-support.org

If you are interested in finding out more or becoming involved, please contact Alice Locker on 0113 855 2441 or alice.locker@nhs.net



Home is better for health

In Leeds NHS organisations in the city, Leeds City Council and community and voluntary organisations are working together on a long-term project that aims to help people and health and care professionals understand that caring for people in their usual home is best for them.



Carers Leeds are pleased to be involved in this work so that we can represent the voice of carers, working together to help keep people well at home.

There's lots of evidence that shows unnecessarily long stays in hospital are bad for patients. This is due to the risk of unnecessary waiting, sleep deprivation, increased risk of falls and fractures and catching healthcare associated infections. All can cause an avoidable loss of muscle strength leading to greater physical dependency.

As a city we want health and care professionals to understand how they can work together with patients and their carers, to help people get home safe sooner, once they are medically

fit to do so. It's really important to help carers, patients and the wider public understand the risks associated with staying in a hospital longer than needed, whilst also ensuring carers have the right support in place to help you.

It is important to actively support people in their usual home, especially those with a long-term condition to avoid unnecessary trips to hospital. Carers Leeds will be working with a range of health and care professionals who provide help and support in the community to see how best to treat people at home before their condition gets worse.

It is crucial for health and care professionals to involve carers as

much as possible when providing support and give you an opportunity to be part of any conversations.

This is all part of a city-wide project called **Home First**. We will provide you with more updates in future newsletters however we wanted you to know of this important work going on in the city.

Carers Leeds would welcome your thoughts on this and how it will affect carers in the city. We want everyone to understand the importance of our approach to get people home sooner from hospital and to keep well at home. Please contact Leedsccg.comms@nhs.net. We look forward to hearing from you.

Carer Representatives Wanted

The Leeds Dementia Partnership brings together local organisations and individuals concerned with improving Dementia Services and developing a better way of working.

The Leeds Dementia Partnership are looking for carers to share

your views and contribute to as a Carer Representative.

A welcoming and friendly group meeting four times a year at Merrion House in Leeds City Centre. Paying reasonable expenses, including support for the person you care for, to help you attend.

For more information please contact Timothy Sanders, Commissioning Manager (Dementia), Leeds City Council Adults & Health either via email timothy.sanders@leeds.gov.uk or telephone 0113 378 3853.

Meet our Friends at: Age UK

Help at Home Social and Domestic Support Services (North West Leeds)

Age UK Leeds Help at Home provides a reliable and tailored service, which will enable you or your family member to continue to enjoy living at home.

Offering a range of competitively priced support that can make a big difference to health and well-being, including: shopping for

you or with you, supporting carers to take a break, light gardening, general light cleaning, laundry and ironing, supporting to make/attend appointments and support to visit friends and family.

**For more information contact
0113 389 3000 or email
helpathome@ageukleeds.org.uk**



Meet our Friends at: Reflections Café

A friendly group aimed at people aged 55+ meeting weekly for cuppas, biscuits and a chat. Also optional activities to enjoy. Activities will include gardening (when the weather is nice!) singing, crafts, dance and trips out.

Transport is available for local residents for a donation (£1 per person is recommended).

Meeting at Kentmere Community Centre, LS14 on Tuesdays at 1:30pm.

Reflections Cafe is a partnership of Seacroft Friends and Neighbours and Fall Into Place Theatre. Funded by the Lottery Community Fund.

**For more information contact
Seacroft Good Neighbours on
0113 232 3662**



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.

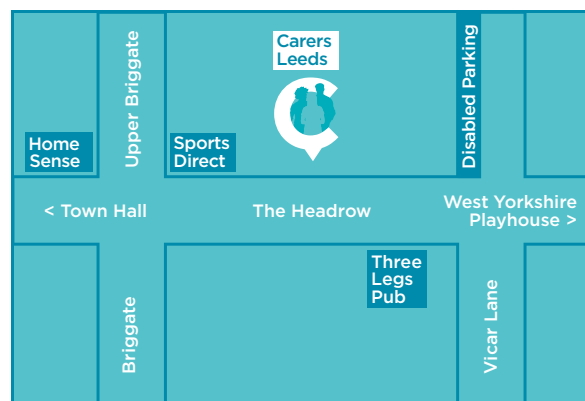
Contact Details

- **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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