



carers news

January & February 2020

Carers Leeds
Advice Line
0113 380 4300

WELCOME TO THE JANUARY / FEBRUARY EDITION OF CARERS NEWS



Happy New Year from all at Carers Leeds

Together we send to you our very best wishes for a happy and healthy 2020, we hope it will bring you everything you wish for yourself and the people you care for.

A heartfelt thank you to Markel in Leeds, for their generous donation of Christmas gifts for isolated carers in Leeds. These were donated by

Markel staff and lovingly wrapped by Receptionist Heather White.

Angie Thompson, Carer Support Group Coordinator, and members of Carer Support Groups across the City would like to personally say a big thank you to all the local businesses that have donated gifts and prizes to carers across Leeds.

A special thank you to the many carers who have overwhelmed the team with cards and gifts, you are so generous!

Finally, a huge thank you to our incredible volunteers for helping to make Carers Leeds a wonderful place for all.

Thank you!



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As we see 2019 draw to a close and we reflect on a year of progress, challenges and everything in between, it strikes me just how similar my 'day job' is to my caring role. Full of hope, pride and enthusiasm but also feel every bump in the road so deeply. And my, I've had some bumps this year!

Switching off at the end of your day isn't possible for working carers but it's the good days that get you through. It's the hope that the person you care for will be ok until you see them next. It's the joy when you see them smile. And on the days we struggle, it lightens my heart to know the team here at Carers Leeds will get you through it.

Throughout the year carers have shared their views of our service with me and hearing our team referred to as 'a lifeline', making people feel that are 'not alone' and that 'there's always someone to talk to' makes me feel privileged to lead this team. My hope, pride and enthusiasm for every carer in Leeds remains strong, and together, Carers Leeds will continue to fight your corner, give you a voice, and make Leeds the best city for carers.

Val Hewison - CEO

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.

Introduction to Information Technology

A series of information sessions starting 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.

Starting Monday 13th January

The sessions will run for five consecutive weeks starting Monday 13th January at Carers Leeds from 11am until 2pm.

Book now - available to carers only, to book your place please contact Carers Leeds on 0113 246 8338.

Digital Café

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 Digital Café drop-in will be held every 1st and 3rd Thursday of the month. Drop-in anytime between 11am and 1pm.



Information Sessions

Leeds Cancer Awareness Project

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.

In Leeds rates of cancer and heart disease in the population are higher than the rest of England. As a city we have a very poor uptake of health

screening tests. Evidence is clear that the earlier that cancer is diagnosed the easier it is to treat and the better the outcomes for the patient and their family.

**Tuesday 4th February at 2.30pm
or Thursday 5th March at 11am**

Join Darren and Megan from Leeds Cancer Screening Program at Carers Leeds for an informal session to learn more about early cancer detection through recognising signs/symptoms and making use of the screening services that are available.

"I am so glad that I was here today. I had always self-checked, but wasn't sure I was doing it properly. Today I have learned that I wasn't! And now have the proper techniques. I feel much more confident."

These interactive sessions are an interesting and light hearted way of tackling a serious issue that can affect us all. This event is for carers only. Booking is essential, please contact the Carers Leeds booking line on 0113 246 8338 available after 10am on Tuesday 21st January.

One Change for the Better - Nutrition

Due to the popularity of previous sessions 'One Change for the Better - Nutrition' is back, and what better timing as we head into the New Year.

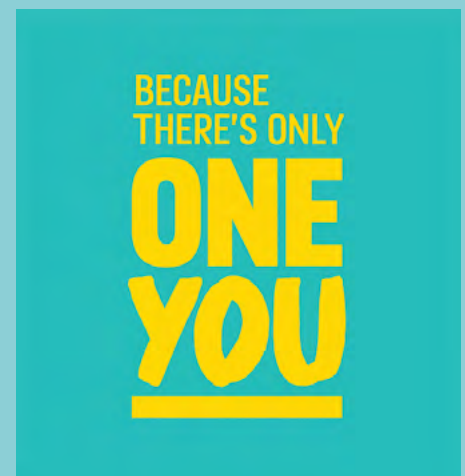
Join us to get support around making a small change to your health.

Attendees will 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.

**Thursday 30th January at 12pm
or Thursday 27th February at 2pm**

This one hour information session held at Carers Leeds is provided by One You Leeds, focussing on your nutrition as a carer, but you may learn information that is useful for the person you look after.

This event is for carers only. Booking is essential, please contact the Carers Leeds booking line on 0113 246 8338 available after 10am on Tuesday 21st January.



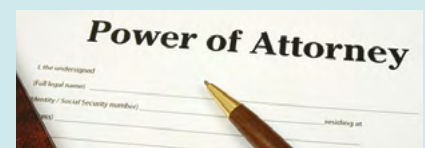
Would you be interested in attending a workshop to provide you with information and advice relating to caring for somebody with hoarding behaviours?

To express your interest, please contact Kayleigh on 07985 754 570 or email: kayleigh.waters@carersleeds.org.uk

Clarion

Planning for the Future

**Wednesday 26th February
1.30pm until 3.30pm
at Carers Leeds**



Clarion Solicitors will be talking to carers about Wills, Power of Attorney, and the Court of Protection. Helping families plan for the future.

This event is for carers only. Booking is essential, please contact the Carers Leeds booking line on 0113 246 8338 available after 10am on Tuesday 21st January.

Events

Carers Leeds

All activities, educational workshops and courses are for carers only.

Booking is essential. To book your place please contact the Carers Leeds Event Booking Line on 0113 246 8338, bookings will only be taken from 10am on Tuesday 21st January.

Time for Us: Trip to the Art Gallery

Thursday 13th February
Meeting 10.45am at
Dortmund Square

It's time for some culture! Enjoy a trip around the Art Gallery and Henry Moore Institute, followed by lunch in the Tiled Hall Café. This will be a lovely opportunity to escape the drudgery of winter! Spend some time together looking at beautiful things, and then enjoy a relaxed lunch and catch up. This is a free event.

Time for Us: SKIPPKO Art Event

Thursday 12th March
11am until 2pm at
Carers Leeds

Join us at Carers Leeds for an art event with SKIPPKO. They will lead an activity for us (theme to be announced) and we can get involved and enjoy the chance to be creative. Lunch and refreshments will be provided.

SKIPPKO
change through creativity

Mens Carers Group: Tenpin Bowling

Tuesday 18th February
11am until 1pm at Tenpin,
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.



Mens Carers Group: Bat 'n' Lunch

Monday 16th March
12pm until 2pm at
Carer Leeds

Anyone for a game of Table Tennis? Come and have a game of ping pong, a chat with friends and a bite to eat. This event is for male carers only and booking is essential. This is a free event.



Creative Carers: Paper Fan Making

Friday 21st February
1pm until 3pm at
Carers Leeds

This month we will be trying our hand at paper fan making using coloured papers as well as decorating them in our own way. Come along and learn a new craft which will keep you cool through the hot spring and summer months.

Creative Carers: Dreamcatchers

Friday 20th March
1pm until 3pm at Carers Leeds

It is believed that if you hang a Dreamcatcher over your bed it will protect you from bad dream's, but the design still allows good dreams to pass through. Come along to this month's session and try your hand at making your own Dreamcatcher.

Healthy Mind Workshop: Worrying

**Thursday 6th February
10:30am until 12:30pm at
Carers Leeds**

This workshop is for people who are experiencing negative issues related to worrying and would like to develop healthy coping strategies to manage symptoms and promote ongoing wellbeing.

You will get tips and knowledge to improve your mental health, learn ways to cope and find out what support is available to you.

Previous participants of healthy mind workshops said: *'Really nice to be with others in a similar situation. Very relaxed session.'*

6-Week Mindfulness Course

**Commencing Friday 28th
February, 10am until 11:30am
at Carers Leeds**

Mindfulness course for people aged 50+ by LifeSPA. Evidence suggests mindfulness can improve sleep, pain management, anxiety and depression.

The course will provide practical tools to: manage stress and anxiety, promote positive mental and physical health, increase motivation and self-care.

Previous participant said: *'Gave me opportunity to recharge batteries and manage pain and mental pressures'. 'It's been just what I needed. I've had the best sleep in years'.*

Live Well in Later Life course

**Wednesday 11th March for six consecutive
weeks at Carers Leeds, 10.30am until 12pm**

The Live Well in Later Life course covers discussions around common myths about our wellbeing and later life, how to improve sleep, relaxation techniques, reconnecting with people around us or with what we feel is important and how we can tackle worries and negative thoughts.

You may benefit from the course if you have:

- Recently retired or semi-retired, or are experiencing work related problems
- Increased caring responsibilities for family or friends
- A physical health condition that may be impacting on your wellbeing
- Stopped doing things you used to enjoy, or become more isolated
- Worry a lot or are having trouble sleeping

There is no lower age limit to the course, although it is aimed at adults in later life which is usually described as aged 50+ years. However, if you feel you would benefit from an older adults approach then please feel free to book a place.

If you would like to attend, please book directly with Jo Foster on 07508 426 656 or email jo.foster@carersleeds.org.uk

Successful Mindset: Compassion Fatigue Workshop

**Saturday 7th March or Thursday 19th March,
10.30am until 2pm at Carers Leeds**

Carers Leeds invites Linda Sage of Successful Mindset Ltd and author of *Caring for the Caregiver*, to host workshops for people who care about others to learn to care for themselves too.

- ✓ You will have a greater understanding of how being in a caring role impacts on you physically, psychologically and emotionally.
- ✓ You will develop your self-awareness and identify your own stressors and contributing factors, and how they affect you.
- ✓ You will have time to develop self-care strategies and incorporate simple changes to your daily life.

Expect to be sharing ideas and tips with other carers, taking part in discussions and exercises, whilst spending time thinking about the changes that you can make.

In the News

Changes to TV Licences for Over 75s

The BBC has announced that from June 2020, it will fund a free licence for people aged 75 and over, who are in receipt of Pension Credit.

All customers with a free over 75s TV licence will remain covered until 31 May 2020. Please be assured that there is no immediate need to do anything.

TV licensing will be writing to all affected customers, well ahead of the change this summer, to explain the steps to take to get correctly licensed. It will also provide details of a new payment scheme for customers aged over 75 who will no longer be eligible for a free TV licence. This scheme will let customers spread the cost of their licence in smaller, regular amounts to make it easier to pay.



If you deal with the TV licence on behalf of someone who is over 75 and would like correspondence to be sent to a different address, you can let us know at: www.tvlicensing.co.uk/update

If you think you, or someone you look after, may be eligible for Pension Credit, you can find out more by visiting www.gov.uk/pension-credit/eligibility or calling the Department for Work and Pensions on 0800 99 1234.

Further information is available on freephone 0800 232 1328 (recorded information) or at www.tvl.co.uk/age

The Sunflower Lanyard Scheme

The Sunflower Lanyard Scheme was created to act as a discreet sign that the wearer has a hidden disability, such as Autism or Dementia, and requires additional assistance.

First launched at Gatwick Airport in May 2016 the Sunflower Lanyard Scheme has now been adopted in the UK by most of the major airports, supermarkets, railway companies, and in the NHS. Each day, many more organisations are joining the scheme including our very own Trinity Leeds.

The Customer Service Team at Trinity Leeds, positioned on the first floor, provide free Hidden Disability Sunflower Lanyards to



guests requiring additional assistance whilst visiting the centre, stores and restaurants.

Sunflower Lanyards are available free of charge to customers from many businesses and organisations who have joined the scheme or for a small charge can be ordered directly online from www.hiddendisabilitiesstore.com

Find a Toilet

Find a Changing Places toilet quickly and easily! Search by location or by planning a route: www.uktoiletmap.org



Changing Places toilets are different to standard disabled toilets with extra features and more space. Each Changing Places toilet provides:

The right equipment:

- ✓ A height adjustable adult-sized changing bench.
- ✓ A tracking hoist system, or mobile hoist if this is not possible.

Enough space:

- ✓ Adequate space in the changing area for the disabled person and up to two carers.
- ✓ A centrally placed toilet with room either side for the carers.
- ✓ A screen or curtain to allow the disabled person and carer some privacy.

A safe and clean environment:

- ✓ Wide tear off paper roll to cover the bench.
- ✓ A large waste bin for disposable pads.
- ✓ A non-slip floor.

Who will speak for you when you can't speak for yourself?



For more information visit: powerofattorney.campaign.gov.uk or telephone the Office of the Public Guardian on 0300 456 0300.

Only a Lasting Power of Attorney (LPA) gives you the peace of mind and legal ability to give those you trust power to make decisions when you can't.

Emma Quarshie, pictured above, who is in her 60s and retired, thought she could automatically manage her parent's affairs. Emma's parents both died in their 60s and her father didn't leave a will. This caused a lot of problems for Emma's family with solicitors and the legal system, and as a result she didn't want her sons to bear the same burden if anything happened to her.

"You never know what's going to happen tomorrow, so it's important to seriously think about it," Emma said.

How does an LPA (Lasting Power of Attorney) work?

An LPA makes it easier for the people you trust to support you and, if needed, act for you when you may need it most. It could be temporary help to cover a short hospital stay, or longer-term support to manage decisions around your health and care or accessing bank accounts. An LPA lets people you trust quickly, easily and legally step in to help you.

An LPA not only gives you a voice - it protects your choices.

Emma chose two sons to be the ones to act on her behalf if she needs help in the future. *"You can decide who can have power of attorney, what you want them to do for you and it's all about empowering the people you trust to make the right decisions."*

An LPA costs £82 but gives peace of mind.

You might think that setting up an LPA is expensive, time consuming and requires a solicitor. You can choose to use a solicitor if you wish, but it's not a requirement, and it's easy to apply on GOV.UK with step-by-step support.

If you're having difficulty or don't have access to a computer, you can contact the Office of the Public Guardian for help and they can arrange to send the forms in the post for you to fill out by hand.

Emma chose to use paper forms and found that *"the process was smoother and easier than I thought. It was cheaper than I thought too."*

It costs £82 to register an LPA and there are two different types.

- 1. Finances** - covering running your bank account, paying your bills and collecting your pension.
- 2. Health and Care** - covering your medical treatment and living conditions.

Depending on your circumstances you might be able to get it for a reduced price or for free.

"When you're sick, you can't make these decisions and by then it's too late. Then you're backwards and forwards with lawyers," says Emma. "There's a taboo (in minority ethnic communities) that talking about (old age or illness) tempts fate but you never know what could happen down the line."

Meet our Friends at: Mencap FamilyHub

FamilyHub is an online community for parents and family carers of people with a learning disability.

It is managed by Mencap, but first and foremost it's a place for parents to connect. Like Carers Leeds, Mencap know that parents are experts by experience. FamilyHub is a safe and welcoming place where family members can talk freely and share. FamilyHub isn't meant for support workers or other professionals.

healthunlocked.com/mencap



Meet our Friends at: Fair Ride

Fair Ride is funded by Time to Shine, and managed by ABA Leeds.

Fair Ride is for anyone in Leeds over the age of 50 to request a journey. Utilising volunteer drivers who drive their own cars and can offer a more personalised, disability friendly and supportive service than a taxi, while keeping the costs well down.

Older people of Leeds can use the service for anything - whether it be getting to medical appointments, group activities, popping out to the shops or seeing family and friends.

**For more information contact
Andrew Jackson, Business
Development Officer at ABA Leeds
on 0113 210 3347.**



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.

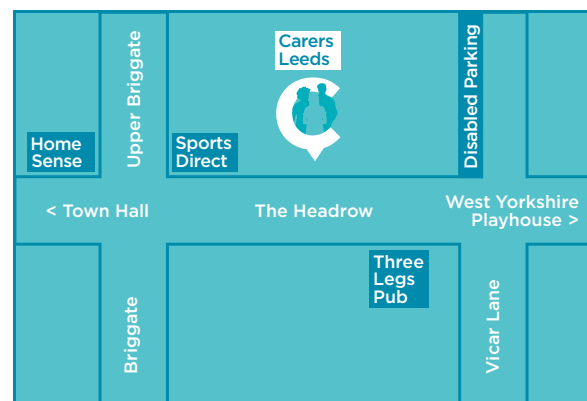
Contact Details

- **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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