

West Lancashire Carers' Centre

Autumn 2010

Certacs House
10/12 Westgate Skelmersdale
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Tel: 01695 711243
Email: enquiries@prtwlcarers.org.uk
Registered Charity no: 1123375

5TH CARERS' UK INTERNATIONAL CONFERENCE

Carer Dave Woods recently attended this conference in Leeds. He kindly agreed to write a little about it.

Who could refuse this intriguing invitation which came from an article in the May edition of the Carers Newsletter? After a chat with staff at our great centre in West Lancs, I was delighted to have a place and join other carers from across Lancashire. Despite reading beforehand the comprehensive brochure and calendar of events for the conference, I realise now that nothing could have prepared me for the magnificent experience of those quality packed three days." I should have suspected that "something special" was about to happen.

Reading through the list of guests, presenters and delegates from all around the world, I wondered what would encourage a real Royal Princess, TV scientist, Minister of Health, a baroness, research scientists and practitioners, sociologists, technologists, a Lord Mayor, national public service directors, designers, psychotherapists, economists and a host of carers as well as Sir Jimmy Saville to come together in Leeds?

Looking back now a few weeks later now that I have caught my breath from the whirlwind of presentations and workshops and gatherings that filled every minute of each day, I feel they all came to share their particular findings about their personal "Feel Good" factors about being a carer. Everyone you met had some unique positive experience in their caring work which could only encourage others to carry on and inspire in some way the way in which they care.

Each topic was outlined in a plenary session and then later, you could choose to join in specific inter-active workshops, demonstrations and presentations illustrating a particular programme being put into practical use within families or communities. I was amazed and encouraged by projects from Spain, Los Angeles, Ireland, Denmark, Japan and Australia in which technology old and new was being used to improve communication links between families who are separated by distance from providing daily care to their loved ones. The question and answer sessions allowed you to create other links to develop in the future.

My main impressions from this unique weekend highlighted the need to concentrate on what works well, to build and enjoy wider circles of carer friends, to realise and release our personal strengths to others, to open up to new ideas and examples from many sources, to have personal and family goals which will bring growth and happiness at all levels to those we care for.

Let's remember also to celebrate our successes always.

**Andrew Lansley MP
Secretary of state for
Health**



HRH Princess Royal



Morning Conference



Central Lancashire **NHS**
Primary Care Trust


The Princess Royal Trust
for Carers
Network Member

Lancashire
County Council 

Who's Who at the Carers' Centre

Staff members:

Principal Officer	Marian Radford
Older Carer	
Worker/Emergency Planning Co-ordinator	Lorraine Beel
Access to Health Co-ordinator	Lee Formby
Parent/Carer Worker	Sue Gaskell
Administrator	Sue Haywood
Finance Officer	Phil Carder

Board of Trustees:

Chairman	Jim Barton
Vice Chair	Renee Harding
Secretary	George Weeks
Former Carer	Francis Williams
Carer	Wen Williams
Carer	Irene Horne
PCT rep	Jeremy Scholey

Office Volunteers:

Martin Ritson, Phil Yates, Jean Griffiths
Paul Case

CATH Volunteers:

Sandra Moores, Trish Whitehead,
Janet Sargent, Irene Jones, Martin Brown

Holiday Information

We have details of a variety of holidays for people with disabilities who need accommodation and care. The list has been provided by Disabled Holiday Information. If you would like a copy, then just give us a call.

Alternatively, email:

info@disabledholidayinfo.org.uk

Local Involvement Network

The Government's recently published white paper "Equity and Excellence": Liberating the NHS outlines the changes planned for the health service. One of the changes concerns LINK (Local Involvement Networks) – locally, they will become Healthwatch organisations and will ensure that the views of patients and carers are taken into account when health and social care services are commissioned. As well as local Healthwatches, there will also be a Healthwatch England.

To read the white paper in full go to: <http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH4122399> or contact LINK on 01772 431195 for a hard copy.

The next meeting of the LINK Central Locality Meeting is on **15th September at 6.30 p.m at Moss-side Community Centre, Dunkirk Lane, Leyland.** There will be a guest speaker and you have the opportunity to raise any issues on all the proposed changes to the NHS.

NATIONAL HERITAGE WEEKEND

Heritage Open Days will run from 9th September—12th September helping England celebrate the architecture and culture of Heritage properties that are usually closed to the public or normally charged for admission. For 4 days in September, buildings of every age, style and function throw open their doors. It is a once-a-year chance to discover hidden architectural treasures and activities bringing to life local history and culture.

Free of charge.

Open Days at:

Beconsall Old Church, Beconsall Lane,
Hesketh Bank

On:

Saturday 11th and Sunday 12th September
12 noon—4.30 p.m

Hesketh Bank Heritage Harvest, produce
donated by local growers, also plants, homemade bread &
cakes, Lancashire cheeses etc.

Please bring your own bag.

To find out about other events go to
www.heritageopendays.org.uk

Counselling service

We have recently welcomed our new student counsellor, Janine and both she and Lynn can offer counselling sessions on **Monday & Thursday** mornings. Both counsellors do two sessions each and initially we offer it for a period of 6 weeks.

If you think you would benefit from talking to someone in confidence, then give us a call on 01695 711243



ANNUAL GENERAL MEETING

This year both the Carers' Centre and West Lancs Young Carers will be sharing a joint AGM. This is in preparation for a merger bringing both young carers and adults under the one organisation. We would love you to come and join us on:

Friday 10th September at Skelmersdale Cricket Club 1.00 p.m.
Followed by light refreshments



RSVP by 8th September to assist with catering.

Guest Speaker Rosie Cooper MP



The Carers' Centre Management Board are looking to recruit new Trustees.

If you are interested in supporting the Carers' Centre in this way, then please contact Marian for further details.

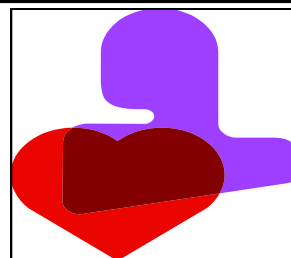
Annual Report

If you would like a copy of our Annual Report please contact the Carers' Centre

Peace of Mind For Carers Awareness Week 1st— 8th November 2010 – 10.00am – 2.00pm

This event is to be held in Libraries across the county where there will be an opportunity for carers to attend their local library and listen to a presentation given by a local solicitor specialising in Community Law.

They will explain all about Wills & Trusts so that you can make a more informed decision about the future of your children, young or old. There will be the opportunity to speak with the solicitor on a one to one basis and to make an appointment to see them at a later date. If you need to bring along the person you care for there will be care workers in attendance to support them should you wish to have a short one to one chat with the solicitor.



There will be food and drink available. Anne Fine (author of 'Cloud Nine') will be in attendance at Preston's Main Library to say a few words about caring and will be giving an interview to Radio Lancashire later in the week.

**Our Local event will be held at Ormskirk Library
Monday 1st November 10am - 2pm**

This type of event has proved popular in the past therefore we will require carers to book a place in advance.

For bookings or further information please contact Lorraine at the Carers' Centre on 01695 711243

Parent Carers



Hello everyone, just a few lines to introduce myself as the new Parent Carer Worker.

My name is Susan Gaskell better known as Sue; I live in West Lancashire. I have been married for 21 years and have 2 children, aged 14 and 7.

I am a Parent Carer and I also volunteer at a local help-line. I am an undergraduate student at Liverpool Hope University studying "Disabilities". I have a diverse employment history and a wealth of personal experiences as a Parent/Carer.

I am looking forward to meeting you all soon.

Sue

West Lancs Parent Carers Forum

For parents of children who deal with a disability/additional needs

Thursday 9th September 2010

10.00am – 12.00

Location: Holland Moor School, Cornbrook, Skelmersdale WN8 9AG

The Forum is open to all parent carers and is an opportunity to come along and have your voice heard. You can bring up any issues you feel need to be listened to and ACTED upon and discuss those areas where you feel you're not getting any answers.

To find out more information please contact **Sue Gaskell, Parent Carer Worker 01695 711243**
susang@prtwlcarers.org.uk



The National Autistic Society is asking for people to become involved with their campaign, to change the future of children with autism and mental health problems.
To get involved, or for any other information go to:
www.autism.org.uk
our-campaigns/you-need-to-know/what-you-can-do.aspx



What You Can Do

[Thousands of children with autism suffer from mental health problems. Needlessly.](#)
[We can change our children's future.](#)
[Join our campaign to make good mental health for children with autism a reality.](#)

Princess Royal Trust Website

Did you know that if you log on to the website at www.carers.org you can:

- join a discussion group
- chat with other carers around the country
- Follow carers tweets
- Find up to date information on a range of topics relevant to your caring role
- Keep up to date with legislation and government policy

Carers' Direct

Call free on 0808 802 02 02 or go to
www.nhs.uk/carersdirect

Food Glorious Food



Skelmersdale Community Food Initiative are offering a one day “Eating Well on a Budget” session on 8th Sept 12.30—2.30 at the Ecumenical Centre, Skelmersdale. If there is enough interest, they will then offer a 4 week course. As Carers you will know only too well the importance of eating well for both yourself and the person you look after, so why not come along and get some new ideas and meet with others in a friendly setting.

To book a place call Sue at the Carers’ Centre on 01695 711243

And, talking of food.....

Did you know that Central Lancashire NHS recently launched “In the Bag”. This scheme offers bags of vegetables, fruit or salad for £3 or half bags of both for the same price. Here in West Lancs the scheme is co-ordinated by Skelmersdale Community Food Initiative and operates on a weekly basis in Tanhouse and Skelmersdale. Currently the scheme operates on Thursdays and further information can be obtained from:

Oak House, Tel: 07968086489

Age concern at the Ecumenical Centre 11.30-1 p.m. 01695 720406

Fold Centre, Abbeystead, Little Dignumoor 1-3p.m. 01605 556446

Should the Carers’ Centre become an outlet where you can pick up a bag? – let us know your thoughts – just give us a ring.

And finally a healthy and really lovely recipe:

Mixed Mushroom Frittata

hands-on-time 15 mins, cooking time about 20 mins. Serves 4.

Ingredients:

1tbsp olive oil, 300g (11oz) mixed mushroom, sliced, 2 tbsp freshly chopped thyme zest & juice of half a lemon, 6 medium eggs, 500g (20oz) watercress chopped.



1. Heat the oil in a large deep frying pan over a medium heat. Add the mushrooms & thyme & stir-fry for 4-5 mins. until starting to brown. Stir in the lemon zest & juice, then bubble for 1 min. Lower the heat.
2. Preheat the grill, break the eggs into a bowl and beat together. Add the watercress, season & pour into the pan. Cook for 7-8 mins. until sides & base are firm, but the centre is still a little soft. Transfer to the grill & cook for 4-5 mins. until just set. Cut into quarters to serve.

Per serving 180 cals, 14gfat (3g saturates) 0g carbs



Serve with: chopped chunks of stone ground wholegrain bread & a crisp green salad.

BON APETIT!

HAVE YOUR SAY

Carers Support Consultation Events



The Carers grant was first introduced as part of the government's strategy for carers 'Caring for Carers' published in February 1999. The grant was introduced to:

- Enhance services to enable carers to have a break from caring.
- Strengthen relationships between the Local Authority, Health and voluntary organisations.
- To enable the development of new and innovative services for carers.

In March 2011, the current 3 year Carers' Grant funding cycle comes to an end. At this point, Carers Grant allocations beyond March 2011 are uncertain, however, it is vitally important that we start to plan the future of Carers services in Lancashire. The date is as follows:

13th September—10.00am-1.00pm at East Cliff Preston

Carers and professionals are welcome to attend

If you would like to attend the above event or require further information, please email Jessica Corsbie, Lancashire County Council Carers Team on Jessica.corsbie@lancashire.gov.uk or call 01772 538180

University of Sussex
Education & Social Work

Your Chance to influence the Social Work Of The Future

The University of Sussex and the Princess Royal Trust for Carers are working together, so that you can help to develop the new National College of Social Work and have your say on how future social workers will work with carers. The College will play a major role in how social workers are trained and governed.

Ways to get involved:

1. Fill in a questionnaire online at www.sussex.ac.uk/socialwork/carers or contact Andy Cheng on 01273 876689 email: a.cheng@sussex.ac.uk and he will post a hard copy out to you (**all returned questionnaires will be entered into a prize draw for £50 in gift vouchers**).
2. You can register to attend a live consultation event in September/October in Lincoln, Bury St. Edmunds, London or Farnborough in Surrey. All expenses including replacement care will be offered and also a fee in recognition of your contribution (provided it does not affect your benefits). The events will run from 10.45 to 3.30pm with lunch provided. If interested in attending contact Andy by 12th September, 2010.
3. You can register to take part in a live internet consultation in October. You will need to have Skype and internet access. This will take place on Mon 11th Oct, Tues 12th and Wed 13th. To register your interest, contact Andy.

All comments will be kept anonymous and you will have access to a copy of the report detailing the findings of the consultation. You will be able to track how the college develops on their website www.collegeofsocialwork.org

MAKE KNOWN YOUR VIEWS



Paul Burstow MP, Minister for Care Services, has announced a consultation on what the Government should prioritise to support carers from 2011-2015. This will focus on how best to deliver the five goals for carers in the existing Carers' Strategy, launched in 2008.

The overarching vision is that by 2018:

“carers will be universally recognised and valued as being fundamental to strong families and stable communities. Support will be tailored to meet individuals’ needs, enabling carers to maintain a balance between their caring responsibilities and a life outside caring, while enabling the person they support to be a full and equal citizen.”

The areas that are being focussed on to achieve this are:

- ◆ carers will be respected as expert care partners and will have access to the integrated and personalised services they need to support them in their caring role
- ◆ carers will be able to have a life of their own alongside their caring role
- ◆ carers will be supported so that they are not forced into financial hardship by their caring role
- ◆ carers will be supported to stay mentally and physically well and treated with dignity
- ◆ Children and young people will be protected from inappropriate caring and have the support they need to learn, develop and thrive, to enjoy positive childhoods and to achieve against all the Every Child Matters outcomes.

The Princess Royal Trust for Carers and other organisations will be responding to this consultation, if you would like further information on the ministers call for evidence please go to:

www.dh.gov.uk/en/Publicationsandstatistics

CARERS AND FINANCE SURVEY

The Princess Royal Trust for Carers are carrying out a survey across the country on how the current economic climate is affecting carers' financial situation. The findings of the survey will be used to raise national and regional awareness of this issue and will be fed into the National Carers strategy consultation. It is really important that government and others get to know and understand how you as a carer are being affected. To complete the survey go to:

<http://www.surveymonkey.com/s/9KX976C>

NB: All personal information provided will be strictly private and confidential – names and contact details are only asked for so that you can be entered into a prize draw.

Older Person's Champion

Councillor May Blake who is also the Older Person's Champion will be visiting the Carers' Centre on Thursday 14th October at 10.30 a.m. The visit is informal and it is to give you an opportunity to raise any issues that affect you as an older Carer. If you would like to come along, then just give us a call. If you are unable to make it, but have something to say, then just let us know and we will make sure your comments are passed on to Cllr Blake.

Audit 2010

From Time to time we need to check that the details we have about you are still correct.

Inside this Newsletter is a flyer, which we would really appreciate you returning to us.

We know how much you hate filling in forms, so as a little incentive we will put all returned forms into a prize draw for a £50.00 voucher.

So pick up your pen and fill it in now before you forget.

We need your forms back by 8th October.



Race online 2012

Is a campaign to get as many people as possible online by the end of the Olympic year. There are 10 million people in the UK who have never used the internet. Since the campaign Launch in June over 600 partners have already committed to help 1,730,268 people get online. One of those partners is Lancashire County Council and it aims to get 3,000 people online.

So, how have they been doing? – With the help of UK online centres, 16 Lancashire Libraries can now use Online Basics, free short, online courses. Libraries across Lancashire are now offering free “Get Connected, Get Online” sessions to help people learn more about using the net. Sessions provide training and explore how using the net can help & improve well-being.

One woman who had recently retired was encouraged by an elderly neighbour to sign up at Skelmersdale Library. After only a few weeks, she was able to pass skills on to her husband and has been checking out holiday reviews prior to booking one. She has also made new friends.

So, what are you waiting for – Get down to your local library – Get Connected, Get Online and open up a whole new world for yourself.

If you do decide to Get Connected, Get Online we would love to hear about your experiences.

Time for Me Fund



The last panel met in June. 15 applications were received and a total of 12 were awarded.

The next panel meets on 1st September and then there will be a further one in December, 2010.

In May 2010 new guidelines for application were introduced. Application forms were changed hoping to make applying easier. If you need any help filling in the application form please contact the carers centre where any member of staff will be happy to assist you.

Please remember to retain receipts otherwise this will prejudice future applications
If you would like an application form then contact Sue on 01695711243.

The panel is made up of carers and former carers – if you are interested in becoming a panel member then contact Sue.



WORLD POETRY DAY 7TH OCTOBER 2010

COULD YOU?

"I do" I said. And I did back then.
I go over those words again and again
Would I say them again, now I know what I know
Of course I would. But even so.....



It's hard when you care for the person you love
His mind shuts him off. I seek help from "above"
"There are three in this marriage" I heard once before
Just think what it's like when it's four, five or more!

On Monday he's happy, on Tuesday he's sad
But no matter the mood, a great "hands on" dad
On Wednesday he's needy, Thursday's a chore
I don't know what awaits when I walk through the door

No week is the same; he can change from day to day
"Bear with me" he tells me "Of course, love" I say
It will all get better, more good days await
I believe that our life's at the mercy of fate

"A Carer?" some say. "What on earth does that mean?"
You're a wife, not a Carer. You should cook, wash and clean!"
So the wife and the Carer – Just where do they part?
Am I meant to just manage and wear out my heart?

A wife – is she meant to love, honour, obey?
And cope with the mood swings day after day?
The vows, they don't mention just what to when
He's imagining soldiers are coming again

Or just how to help when the voices say
You're bad, you're not worthy, you should just go away
Or what to do when the fits come at night
Do you call for the doctor? What's wrong? What's right?

In sickness and health, but where draw the line?
Love, duty or caring? Or must they combine?
I'm a wife and a mother, a Carer all round
And sometimes a big soggy heap on the ground!

They don't give you lessons in class when you're young
Or tell you in stories of fights to be won
They tell you of dragons and wizards and gnomes
They don't talk of the battle that rages at home

The war that is waged between evil and good
Of the things in his head that affect his mood
Of the ongoing war between duty and love
Not stopping and shouting "enough is enough"



So we do what we can. We do what we must
It feels like we're fighting the war of the just
One day at a time – we just do what we do
One question to finish, I'm asking –

Could you?

(S D - CARER)

***If you have a poem that you would like to share and/or feel may help others,
then please send to Sue at susan@prtwlcarers.org.uk***

Meetings & Forums

Learning Disability Family Carer Network

Greetby Buildings Ormskirk
10:15 - 12:00
First Wednesday of every month except
August.
Next meetings 6th October 2010
and 3rd November 2010

Learning Disability Partnership Forum

Ormskirk College, Hants Lane,
Ormskirk
Tuesday 14th September
10am to 12pm
Future dates to be confirmed

Learning Disability Awareness Event

Ormskirk Market
Friday 10th September, 2010
9am to 4pm

***For details on any of the above please contact
Lorraine on 01695 711243***

Autism Support Group

Friday 24th September, 2010
Friday 22nd October, 2010
Friday 26th November, 2010
Certacs House, 10-12 Westgate, Skelmersdale
Starts at 1.00pm

***For details please contact
Sue on 01695 711243***

West Lancs. Parent/Carer Forum

Thursday 9th September
Holland Moor Primary School
Cornbrook Skelmersdale
10.00am– 12.00pm

Lancashire Parent/Carer Forum

Thursday 23rd September @ 10.00 a.m
Eastcliffe County Offices
Preston
PR1 3EA room LG11
If you would like to attend and you need help with transport
please contact Sue on 01695 711243

West Lancs Carers Forum

The last forum saw a lively exchange of views amongst Carers and gave everyone an opportunity to raise issues. The meeting started with a presentation from Mick Duffy, Self directed Support Manager for Lancashire, and both he and Heather Cameron Learning Disabilities team manager West Lancs. were able to answer the many questions carers had. Self directed Support is about Choice, and being in control of your own social care. If you would like more information about this topic, then give us a call.

Other issues discussed at the meeting were:

- Domiciliary Care
- Insurance for domiciliary care staff
- Holiday accommodation

Identity card for carers

Why not come along to the next forum on **5th October @10.00 a. m** here at the Centre. The guest speaker will be **Richard Jones - Executive Director of Adult Community Services** talking about the future of Carers Services and how to ensure that you as carers are recognised as equal partners in the provision of social care. The final forum of the year will be Tuesday **7th December 2010 @ 10.00 am** at the Carers' Centre.

***All Welcome – just give Sue a call, so we
make sure we have enough chairs!***

Lancashire Carers Forum

Wednesday 13th October
The topic will be Dementia
In the Wyre Borough Council Civic Centre Breck Road
Poulton Le Fylde Lancashire

***If you would like to attend the Lancashire Carers
Forum and need transport to attend let us know.***

Carers World Radio

This is an online radio station offering monthly podcasts.

It is broadcast from the UK connecting carers with news information and support.

www.carersworldradio.com

Activities and Events



Carers Coffee Mornings At Skelmersdale Library

Monday 13th September 2010
Monday 11th October, 2010
Monday 8th November, 2010
10am at Skelmersdale Library
All Welcome, just drop in!

Afternoon Tea

Join us for afternoon tea at Dunscar Garden Centre Southport
New Road, Tarleton, PR4 6HY at 1.00 pm on 14th September
Contribution of £1.50 each



Bury Market

Fancy a trip to the famous Bury Market on Wednesday 1st December, then just give the Centre a call to book your place.



Coach departs Sandy Lane at 9.30am and leaves Bury at 3.30pm
Numbers are limited and are on a first come first served basis.
Fill in the booking for on the back page of the Newsletter and send it back to us.

This trip is free and will be booked up soon so don't delay

Liverpool One

Discover Liverpool One and sample this multi cultural City for a day with it's numerous shops, cinema, restaurants and bars. If you don't fancy shopping take a trip to the many museums including the Beatles museum, the Maritime Museum, Tate Museum to name but a few. Plenty to do not enough time.



Coach departs Sandy Lane, possible pick-ups en route if needed at 09.30 leaving Liverpool at 4.00pm on Wednesday 10th November

Cost £3.00

For all bookings either complete the attached booking form or
contact the Centre on 01695 711243 or email susan@prtwlcarers.org.uk

Booking form for forthcoming events

Name:

Address:

Telephone Number:

Any Mobility Problems:

Afternoon Tea Dunscar Garden Centre - 14th September 2010

I would like to book places on this trip @ a cost of £1.50 per person and
enclose a cheque for total of £

Bury Market - 1st December

I would like to book places on this trip

Liverpool One - 10th November

I would like to book places on this trip @ a cost of £3.00 per person and
enclose a cheque for total of £

Send us your suggestions/ideas of what you would like to see the Carers' Centre offering or services you feel should be provided.

If you would like to contribute an article for the next Newsletter

Give us a call on 01695 711243 or send it to Certacs House,
10-12 Westgate, Skelmersdale, WN8 8AZ

If you have an email address and prefer to receive this Newsletter via email
please give the office a call or email us on

enquiries@prtwlcarers.org.uk

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enquiries@prtwlcarers.org.uk or telephone 01695 711243