



GUIDEPOSTS

The charity that cares for people with Alzheimer's, learning disabilities and mental health issues

CARER SUPPORT SERVICE NEWS

The Newsletter for People who Care in North and East Warwickshire

Telephone: 02476 385888

Vol 1 Issue 4 April/May 2007

NOW BI-MONTHLY!

NEW DEAL FOR CARERS

A multi-million pound package of support for carers was unveiled recently by Ivan Lewis, minister for Care Services.

Formally launching details of the Government's New Deal for Carers, Ivan Lewis announced a range of measures designed to recognise the essential work that carers carry out across the country, including:

- £25 million to be spent on providing short-term home based respite care for carers in crisis or emergency situations in every council;
- £3 million towards the establishment of a national helpline for carers;
- a wide ranging review of the 1999 national carers strategy;
- £5 million to support the development of an experts carers programme.

Ivan Lewis, minister for Care Services said:

"Millions of people in this country are hidden heroes who keep families together through their support and devotion. Our carers often provide care 24 hours a day, 7 days a week, taking on that precious role that enables a friend or family member to stay at home and live with the dignity, independence and security the rest of us take for granted.

"This army of carers do not want to give away their family responsibilities. Equally, they want Government and local services on their side ensuring the necessary care and support is available to maintain their family's quality of life."



Ivan Lewis

Chancellor of the Exchequer, Gordon Brown said:

"I know we must and will do more in the years to come to help. That is why we are announcing the most far-reaching national consultation ever on the future of carers, to encourage the fullest engagement of the very people who would benefit most."

Mr Lewis continued: "I am delighted by Gordon Brown's announcement that he will be launching a country-wide consultation with carers and voluntary organisations to update the 1999 Carers' Strategy. This update to the Carers' Strategy will build on the strong foundations we've established over the past ten years, including the introduction of the carers' grant, the right to request flexible working and our intention to shortly introduce the carers' pension credit.

"The New Deal for Carers' is a package of support and services which has the potential to radically improve the quality of life for carers, empowering them with information and skills, and most importantly, putting them back in control."

Chief Executive of Carers UK, Imelda Redmond, said:

"The New Deal for Carers is a golden opportunity to tackle the issues which really matter to carers. The government has recognised that, despite progress in recent years, carers are still missing out on opportunities because of their caring role, and yet they contribute a huge amount to society."



Imelda Redmond

GUIDEPOSTS CARER SUPPORT SERVICE—NEW WEBSITE LAUNCH

The Guideposts Carer Support Service has a brand new website packed with information for Carers and professionals working with Carers. The website has an easy to use interface and includes accessibility buttons which will help those who are visually impaired to access information easily. Pages include information on the Guideposts

team, fact sheets for Carers and links to other organisations both national and local. You can also sign up to receive the new e-newsletter available shortly. To access the website go to:

www.guidepoststrust.org.uk

Click on the Warwickshire map and then on the Carer Support Service button. Let us know what you think!



The home page of the new website

Have you visited our New Community Café in Church Street, Nuneaton yet?

CAFÉ OPENING HOURS

Monday-Friday 9.00—3.00 p.m.

Saturday 10.30 a.m. - 3.30 p.m.



Our café staff, Sandra Lippolis, Mark Lippolis and Vicky Rowe are looking forward to welcoming you soon.

Visit Us today!

ASK CHRIS!

Carer Support Worker, Christine Grimley answers your questions....

Q. *I am quite concerned about my elderly father who lives alone and who smokes. His eye sight and mobility are poor and only the other day I found him going to sleep in the chair leaving a frying pan on the cooker!*

A. With a little planning, almost all house fires can be prevented. Contact your local fire and rescue service, you will find their number in the phone book (please don't ring 999) and someone will arrange to call and do a fire safety check. This includes the fitting of smoke detectors were appropriate.

Q. *I heard there is a new service called "PHILLIS" can you tell me more about it?*

A. PHILLIS is a new service introduced by Warwickshire Social Services for older people to help them access services that can help them to continue living independently at home. If your finding it difficult to maintain your home or carry out basic daily living tasks or would like help finding out about benefits, or perhaps you would like to get out more to socialise or learn new skills. Just contact the PHILLIS team on 01926 731144 (office hours Monday to Friday 8.30am – 5pm)

Q. *My mother is quite elderly and going into hospital for quite major surgery in the next few months. This will be the first time she has ever been in hospital I am very concerned that she is spending a lot of time worrying what will happen. My own concerns are around how she will cope when she comes home.*

A. Going into hospital can be a traumatic time. The social care institute for excellence has a very useful publication "From Hospital to Home a Guide for Older People" to get a copy ring 020 7089 6840 or contact Guideposts Carer Support Service on 02476 385888



CARER ASSESSMENTS— WHAT ARE THEY?

The purpose of a carer's assessment is to discuss with social services the help you need with caring, plus help to maintain your own health and balance caring with your life, work and family commitments. Social services use the assessment to decide what help to provide.

The person carrying out the assessment shouldn't assume you want to take on a caring role or continue caring. They should ask if you are able and willing to carry out the tasks involved. For instance, you may find it hard to move someone in a wheelchair due to your own health problems or you may suffer from stress in coping with the challenging behaviour of the person you care for. You still care about the person you look after, but you may no longer be able to care for them.

As well as looking at the help you need, the assessment can be useful in:

- Exploring how you feel about caring with a professional
- Giving you information on benefits and support such as carers groups.
- Deciding if you want to stay or return to work and how to make this happen.
- Looking at how caring may affect you in the future and what help you might need.

For further information, call your Guideposts office and speak to a Carer Support Worker on 02476 385888

Or for a free booklet regarding support for Carers in Warwickshire contact 01926 410410

COPING WITH BEING A CARER.... A regular column on aspects of Caring.

TAKING A BREAK

When was the last time you went to see a film or tried a new hobby or went out for a meal? Everyone needs a change or some time off occasionally even if it's for only an hour and this is especially vital if you are a carer.

Breaks are essential to your well being and quality of life and without the occasional break you are likely to become completely exhausted or unwell. It may be that you can keep going if you just had the opportunity of a couple of hours, or half day to yourself where you can do things for *YOU*, whether it's going to the hairdressers' or catching up with some sleep!

Having a break also means that your loved one has the benefit of a break from you, a change of scenery and maybe some other people to talk to or other things to talk about.

There are a range of services available which will help you to have a break. Your Guideposts Carer Support Worker will help you to consider what is best for you and the person you care for. It's important that you trust the person who will be providing care and it is also important to consider the cost as some services have a charge.

As a Carer you are entitled to a Carers's Assessment (see below) and your right to take a break should be looked at within this



SEEING THE FUNNY SIDE

Seeing the funny side of things is one of the top caring strategies used by carers, according to new research in the Journal of Clinical Nursing. The study shows that carers get satisfaction from the quality of care they provide and use humour and practical solutions to resolve problems. But many feel angry about their situation and find it hard to cope with the actual and potential family tensions created by their caring role. How do you cope? Share your views with other Carers in the next issue of the newsletter. *Send your letters to Guideposts, 44-45 Church Street, Nuneaton CV11 4AD. Or email: carerssupport@guidepoststrust.org.uk*



PEACE OF MIND— THE CARERS EMERGENCY CARD

Carers in Warwickshire can have peace of mind when they are away from the person they care for by carrying the **Carers Emergency Card**. The card is a credit card size card available from the Guideposts office which has an emergency number linked to a call centre which has a record of the Carer and emergency contacts. If the Carer is taken ill or has an accident the emergency services will call the number on the card and the Carer's named emergency contact will be notified. The cared for person can also carry a similar card which means that if they get confused or wander off unexpectedly whoever finds them will be able to find out who the Carer is and get in contact.

The Emergency Card scheme has been running successfully in Warwickshire for two years and is funded by Warwickshire County Council and administered by Guideposts. The call centre is based at North Warwickshire Borough Council.

The scheme is completely confidential and no personal details are held on the card itself.

To get a card for yourself and cared for person please call the Guideposts office for an application form. Tel: 02476 385 888

What is this Act about?

It is specifically designed to cater for people who are unable to make a decision due to their mind or brain being affected. It deals with the assessment of a person's capacity and acts by carers of those who lack capacity.

What is Mental Capacity?

It is the capability to make your own decisions. The legal definition says that someone who lacks capacity cannot do one or more of the following four things:

- Understand information given to them
- Retain that information long enough to be able to make a decision.
- Consider the information available to make a decision. Communicate their decision.

Who may lack Mental Capacity?

Anyone who has:

- a stroke or brain injury
- a mental health problem
- dementia
- a learning disability
- confusion, drowsiness or unconsciousness because of an illness, substance misuse or the treatment of it.

Why do I need to know about this Act?

It will be relevant to anyone who has a relative or friend who may lack capacity. Also, it will clarify how decisions for your relative or friend are made; sets out when you should be consulted the decisions; and sets out how your relative or friend is protected when others make decisions on their behalf.

When does this Act come into force?

Parts of the Act will be available from April 2007, however most of the Act will come into force in October 2007.

Where can I get further information?

If you want to know more detail about the Mental Capacity Act, you can visit online the DCA (Department for Constitutional Affairs) website at: www.dca.gov.uk/legal-policy/mental-capacity. Or call the Guideposts office for information on new training available on the Act available shortly.

CARERS WEEK—11– 17 JUNE 2007

Plans are already underway for the celebration of Carers Week in North and East Warwickshire with a lively programme of events to inform the public and highlight carer issues. The theme of this years Carers Week is "My life as a Carer" emphasising the financial, health and work aspects of caring. Events being planned include:

- A health and well being day in Nuneaton and Atherstone with health information, health checks and alternative therapies
- A garden party in Rugby with relaxation and pampering
- A Education and Work Day with information from local colleges and training opportunities
- A Dementia Care Day with information for carers on all aspects of dementia care
- Church services for Carers in collaboration with the Pasoral Care Project
- A float at the Nuneaton Carnival

A full programme will be available in the June/July issue of the newsletter. If you would like to be involved in planning or taking part in the above events, we would love to hear from you. Telephone the Guideposts office—02476 385888



Fun events on the Friendship Schemes

The Friendship Schemes ended 2006 in high spirits with Halloween and Christmas parties being enjoyed by all. Parties were held in Nuneaton and Rugby. The Rugby Christmas party was a joint venture with Take a Break, clients joined in the celebrations.

To end and celebrate the second year of the friendship schemes a group from Nuneaton were taken on a 'Winter Wonderland Experience' spending a day at the Tamworth Snow Dome.

The day consisted of a delightful sleigh ride across the snow gliding through the snowy landscapes and discovering the enchanted forest taking in real life reindeers, donkeys, lambs and other small animals then onwards for a pantomime performance.

After a carvery lunch enjoyed and consumed by all, the group spent time in the snow play area where real fun was had by all in taking part in a game of snowballs, sliding down slopes with the aid of rubber rings and even building a snowman! Parting comments from group: "Can we come back in 2007 and do it again!"

So far 2007 has held a host of activities from Urban and Country Walks, Lunch and Cinema trips, Bowling days and evenings to a FA Football Coaching Session plus mini 5 a-side tournament in association with Millfield Day Centre, Hinckley held at The Marstons Stadium, Leicester Road, Hinckley.

In attendance and joining in the fun was Dean Thomas, Hinckley United Manager and John Ball, County FA. A Signed football by Ex England Goalie Peter Shilton, was raffled at the event.

More photos of the friendship scheme events will be available on the Friendship Scheme website shortly.

If you would like to be a volunteer on our friendship schemes or would like to see the new events programme please contact Wendy Johnston or Jo Hancox on 02476 385888.

?????DID YOU KNOW????

The last census in 2001 recorded that

- there were 53,000 carers in Warwickshire.
- 20,000 of these provide at least 20 hours of care
- 15,000 provide over 50 hours of care

Also

- There are 6 million carers in the country and each year 2 million more become carers.
- Replacing unpaid care with formal care would cost the country £57 billion each year
- 3 out of 5 carers have to leave work to care
- 79% of carers reported that their health was affected as a result of their caring responsibilities.

TOP TIPS TO HELP YOU GET FIT AND ACTIVE

- ☺ Build up exercise gradually
- ☺ Exercise with a friend
- ☺ Use stairs instead of using the lift
- ☺ Don't always use the car for short journeys, take a walk instead
- ☺ Put some music on and dance
- ☺ Remember why you started





Eleanor Southall demonstrates assisted by café manager Sandra Lippolis

A Fabulous Pampered Chef Cookery Demonstration fund-raising evening was held on the 6 March 2007 attended by over 35 Carers and friends of Guideposts. Eleanor Southall, Consultant with Pamper Chef demonstrated a range of innovative kitchen appliances and cooked up amazingly simple but mouth-watering food whilst regaling the audience with jokes and stories of her hilarious experiences as a cookery demonstrator. The audience sampled all the food at the end of the demonstration and a total of nearly £200 was raised during the evening. Guideposts Regional Fundraiser, Neenu Puri

said "Cooking never seemed easier, even for me! A big thank you to all who attended. The next cookery evening is scheduled for later this year, and I hope to see you all there." If you would like to hold a cookery demonstration at home with your friends for Guideposts, please contact Neenu Puri on 02476 385888 for more information.

CARERS GROUPS DIARY

**There's a Group near you!
You will be very welcome!**

*Bedworth Carers Group.

Held in the C A B (upstairs room) Congreve Walk, Bedworth. 1.30pm-3.30pm. 1st Wednesday every month.

April 4th: Fire Safety by W Midland Fire

May 2nd: First Aid by Danny

* Rugby Carers Group-Brownsover

New Group!—Held at Christchurch Hall, Helvellyn Road, Brownsover (#4 Bus Route)

2.00pm-3.30pm. 4th Wednesday every month

April 25th: The Samaritans Service presentation by H White

May 23rd: The Role of the Community Matron

*Rugby Focus On Your Health Group

Held at 9 Lawford Rd, Rugby

10.30am-12.30pm. 3rd Tuesday every month

April 17th: Diabetes Awareness by Daniel McKenzie

May 15th: Coping Strategies for Carers by Jane Muers

*Relaxation & Leisure Group, Rugby

Held at 9 Lawford Rd, Rugby

12.15pm. 1st Wednesday every month. BOOKING Required.

April 4th: Warwickshire PCT PPI with Nic Pullman

May 2nd: TBC

*Nuneaton Carers Group.

Held at Hatter Space Community Centre, Upper Abbey Street, Nuneaton. CV11 5DN

12noon-2.30pm. 1st Tuesday every month

April 3rd: Rowan Organisation speaker on Direct Payments

May 8th: Trip to Dobbies Garden Centre. Please contact us for transportation requests. 02476 385888

* Nuneaton Health Focus Group

Held at Hatters Space Community Centre, Upper Abbey Street, Nuneaton . CV11 5DN

10.30am-12.30 pm. 2nd Thursday every month

April 12th: Group Lunch at Guideposts Community Café

May 10th: Janet Thompson: 'Worried about your weight?'

*Polesworth Carers Group.

Held at The Tithe Barn, Polesworth

1.30pm-3.30 pm. 2nd Wednesday every month

April 11th: Lunch at Planters

May 9th: Home Safety

*Kingsbury Carers Group.

Held at Jubilee Court Community Room, Kingsbury

10.00am-12.00 noon. 1st Tuesday every month

April 3rd: Fire Safety Talk by Warwickshire Fire Service

May 1st: Relaxation & Stress Management

* Stockingford Carers Group

Held at St Pauls Parish Centre, Church Road, Stockingford.

1.30pm-3.30pm. 1st Thursday every month

Contact : Muriel Bromage: 02476 392708

April 8th: General meeting with coffee and chat

May 3rd: Meal and Boat trip at Stratford-on-Avon

Gas & Electric Suppliers Priority Services Register

You may be eligible for **free** services if you are a pensioner, disabled, chronically sick or blind or visually impaired. Services include:

- Free Safety Check of your gas appliances
- Meter readings
- Special Controls and adaptors
- Advance notice if your electricity supply is interrupted or help if your gas supply is disrupted
- Bills sent to a nominated person e.g. relative or carer
- Services for visually impaired or hearing impaired

For more information please phone: **0845 906 0708**



GROUP NEWS— Carer Support Groups

RUGBY: *Rugby Carers' Self-Help Drop-in's* are continuing to be held at 9 Lawford Road on 2nd & 4th Wednesdays each month, from 10.30 am to 12.00 pm. They are now being facilitated by Carers, Ann Aird, Jenny Hicks and Helen Adams. All members new and old are welcome to drop-in for a chat and a cup of coffee.

NORTH WARWICKSHIRE: The *Polesworth Group* had a very interesting talk on fire safety and fire prevention for Carers from Mark Rose from the Fire Service at their March meeting. He also invited Carers to take up a free home fire assessment and smoke alarm. Mark will be visiting the Kingsbury group in April.

NUNEATON: The *Stockingford Group* went on a trip to "Bridges" in Worcester on 1 March for a lovely carvery meal followed by a Cabaret Show. The afternoon was rounded off with a visit to a garden centre—a wonderful day out enjoyed by all.

Nuneaton Carer Group had a very successful quiz in March with attendees learning a lot of things about their home town they didn't know!

Guideposts Nuneaton

44-45 Church Street

Nuneaton

Warwickshire

CV11 4AD

Tel: 024 76385 888

carerssupport@guidepoststrust.org.uk

Guideposts Rugby Office

9 Lawford Road


Rugby

Warwickshire

CV21 2DZ

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Have You Moved Recently?

Remember to write, email or telephone us so we keep your information up to date. See contact information on the left.

If you have moved, tell us today!

**Want to know more about Guideposts?
Contact us today by phone or email as above or visit our Website:
www.guidepoststrust.org.uk**