

The Princess Royal Trust Knowsley Carers Centre



Spring 2011

Registered Charity No. 1082311



Carers' Strategy

See page 2 for more information

Hello to all carers in Knowsley and welcome to the Spring 2011 edition of the Carers Centre newsletter. I was pleased to see so many carers joining in recent activities especially at the celebration held at the Suites Hotel that was originally cancelled because of the bad weather. The food and drink was exceptionally good and everybody had a really enjoyable afternoon complemented by the staff at the Suites Hotel who looked after us all and made sure all carers had a good time. This newsletter is one way of keeping you all informed about carer's issues, developments and changes and we are pleased that no

cuts have been made to our services and thank Knowsley's Health and Well Being services for valuing carers and the work we do in Knowsley supporting them. 2011 sees our work gaining more and more recognition as the number of carers grows from month to month and year to year. Carers are slowly but surely being recognised and we are pleased that so many carers are coming forward for help and support. We broke all records last year reaching 1000 new carers bringing our total to 5100 with 4200 remaining active on our database. My thoughts go to those of you who lost the person you have cared for as

FREE HOLISTIC THERAPIES AT KNOWSLEY CARERS CENTRE

Massage is a wonderful, relaxing experience which can be an effective treatment for a range of physical problems. Treatments currently available are:-

- Indian Head Massage
- Holistic Facial
- Aromatherapy Massage
- Hot Stone Massage
- Crystal Facial
- Reiki

Massage has many physiological effects such as:-

- It helps to reduce stress and anxiety by relaxing both mind and body
- Creates feelings of well being
- Helps to ease emotional trauma through relaxation
- Provides renewed vitality

Still unsure? Why not speak to Mary our highly qualified therapist. Mary will be available on the times stated below and will be happy to answer any questions regarding the treatments.

Sessions are held:

**Kirkby – 10.00am start,
1.30pm last client**

Weekly on a Thursday at the new Centre on Bewley Drive

**Huyton – 9.30am start,
11.30am last client**

Commencing 27th April 2011
Second Wednesday of each month at The Old Schoolhouse, St John's Road, Huyton

**Halewood – 10.30am start,
12.00noon last client**

Second Wednesday of the month in the One Stop Shop

Please inform us if you cannot make your massage appointment. This service is very much in demand. Some carers are simply not turning up and depriving other carers on the waiting list.

...continued from front page

once again it has been particularly sad for the Centre as we have lost many familiar faces of some of our regular visitors, but please remember to contact us if you do not wish to remain on our database for a further year as we do not wish to cause you any further distress by sending newsletters and other literature.

The staff team here are working well together and we are pleased that with the help of students and volunteers, we are able to continue to provide our services and also make improvements. We were especially delighted to receive the funding to employ a new Training Officer / Minibus Outreach Worker. We are also thankful to our volunteer minibus drivers who give up their time to transport carers on days out and also transporting carers to the Centre. We have been fortunate to be successful with many funding bids, which gives us the opportunity to provide more services you have requested, which are advertised in this newsletter.

We have also had the opportunity to work with carers and partners to develop the new Knowsley Carers Strategy, which is now in its final stages.

We have now settled into our new office in the Halewood Centre, which has helped to improve our support to carers in South Knowsley.



Once again 'Carers Week' looms on the horizon, 13th-19th June and this year the focus is 'The True Face of Carers'. We have a week packed with something for everyone so I hope many of you will come forward and join us.

I hope you enjoy this edition of the newsletter and remember we are always pleased to receive interesting stories, as your input is very important to us here at Knowsley Carers Centre.

Helen Rigby

KNOWSLEY CARERS CENTRE CLOSURES

Knowsley Carers Centre will close on Thursday 21st April at 5pm and reopen on Tuesday 26th April at 9am during the Easter Break.

The Centre will also be closed on Friday 29th April as it is now a Bank Holiday for the Royal Wedding.

The Knowsley Carers Strategy 2011 - 14

Do you help or support a family member, friend or neighbour who is ill, frail, disabled, has mental health or substance misuse problems?

Do you support them so that they can stay in their own home and be part of the community?

If so then the Knowsley Carers' Strategy is about you and how you can find help when you need it. Since August 2010 five events have taken place attended by over 200 carers, their representatives and relevant staff from health and social care agencies.

Because of the hard work of the people who came to these events a number of very important aims were agreed as being the most important things for people in supporting their caring role and having a life outside of caring.

These are;

- To have a life outside of caring.
- To keep and improve their physical and emotional health & wellbeing.
- To be able to find good information when its needed.
- For those people who use and need services to be involvement in developing them.
- To be treated as partners and

respected by health and social care workers.

- That young carers are allowed to enjoy a good childhood.

These are some comments from people who attended these events are;

“Carers need to be involved if they want things to change”

“Make carers aware the strategy is being drafted”

“Strong need for greater links and to ask questions/support carers”

The Carers' Strategy will be formally launched in June 2011 to coincide with Carers week when more information about the strategy and the Action plan will be available.

**Knowsley Carers Centre
invites you to attend a
Health Awareness Day**

All About Me

**on Wednesday 15th June
at Knowsley Carers Centre
Tel : 0151 549 1412**

**for more information and
to reserve your place.**

**Take time out
to think about you.**

THE CARER'S EMERGENCY CARD

Peace of mind for Carers in Knowsley

What is the carer's emergency card?

If you look after your partner, disabled child, relative or friend who relies on your support, you could receive a carer's emergency card. If you were involved in an incident, accident or emergency, then you, another person or the emergency services would use this card to contact the 24 hour telephone response service to make sure the person you care for is safe and well. By carrying one, ideally in your purse or wallet, you can be



confident that the person won't be left without the support they need.

How to register with the Carer's Emergency Card scheme: For a registration form, contact: Knowsley Carer's Centre, 143 Bewley Drive, Kirkby L32 9PE or call 0151 549 1412



Carers joined staff, students and volunteers for a celebration.

MONEY BOX



UNIVERSAL CREDIT AND CARERS ALLOWANCE

The Government's Welfare Bill has been published. Carer's Allowance will remain separate from the proposed Universal Credit that other benefits such as Jobseeker's Allowance and Income Support will be merged into. Universal credit will be Means Tested, and carers advised in a recent survey that receiving a carer's specific benefit gives greater recognition of their contribution and time spent caring. The Princess Royal Trust continues to campaign for greater financial support for carers from all over the country.

- It will bring together different forms of income-related support and provide a simple, integrated, benefit for people in or out of work.
- It will consist of a basic personal amount (similar to the current Jobseeker's Allowance) with addi-

tional amounts for disability, caring responsibilities, housing costs and children.

- As earnings rise, we expect Universal Credit will be withdrawn at a constant rate of around 65 pence for each pound of net earnings. Higher earnings disregards will also reinforce work incentives for selected groups.

When introduced, Universal Credit will initially apply to new claims. It will be phased in for existing benefits and Tax Credit recipients. There will be no cash losers at the point of change, ensuring that no one will see their benefits reduced when Universal Credit is introduced.

Key features of Universal Credit

Universal Credit will be an integrated benefit in place of Income Support, income-based Jobseeker's Allowance, income-related Employment and Support Allowance, Housing Benefit, Child Tax Credit and Working Tax Credit.

The amount of Universal Credit will depend on the level of income and other family circumstances. It will be payable in and out of work so the complicated rules that apply currently when people start and leave a job, including hours rules, will disappear, improving the incentive to work.

The Universal Credit will have a simple structure designed to:

- Provide a basic income for people out of work, covering a range of needs;
- Make work pay as people move into and progress in work; and
- Help lift people out of poverty

Within Universal Credit, the key mechanisms for making work pay will be a single taper to withdraw support as earnings disregard.

PLANS TO REPLACE DLA

The Government has published a Green Paper on replacing Disability Living Allowance (DLA) with a new benefit called: Personal Independence Payment (PIP)

This will still be a “Non-Means Tested” extra cost benefit, but clearly, great change is in the offing, including cutting entitlement.

The “Green Paper” says of DLA that the “rising caseload and expenditure is unsustainable, the benefit is not well understood and there is no process to check that awards remain correct. The new benefit is scheduled for introduction in 2013/14, although the position of children and those aged over 65 is still being considered.

Making Perfect Census

The next census of the United Kingdom, the first in ten years, is due to take place on 27th March. The 2011 census will include all 26 million households and allow government advisors to recognise and analyse trends in our society. If you care for someone who is elderly, frail or disabled, it’s important you complete the census and let your vital role as a carer be known. Why? Because the information gathered will help identify your requirements and improve the chances of proper provision being made for carers. Local councils rely on census population statistics to define the needs of their community and help make sure they get enough government funding to serve it. So when your census arrives, it’s your opportunity to contribute to the wider recognition of all carers and the support they deserve.

BETTY MAKES A BIRD-FEEDER



CARERS VOUCHER SCHEME

The Carers' Voucher scheme is a very popular service to all Carers' in Knowsley. As a carer you can use these vouchers for all sorts of breaks i.e. time to go out shopping or paying your bills, visiting family or friends, social and leisure activities, GP appointments, treating yourself to a new hairdo. They are there to give you a little bit of "me" time, and we all need that from time to time. To access the vouchers all you need to do is call Knowsley Carers Centre 0151 549 1412 and the staff will be glad to help.

All we ask from you is if you do not use your vouchers within a 6 week period, we would be very grateful if you could send them back to us. The vouchers are very popular and



we often run low or even run out of them, therefore many carers have to do without a well needed break from up to 4 weeks. If you do have any that you will not be needing we can send you a prepaid envelope on request for you to send them back.

Please remember that these vouchers are to be treated as cash and the success of this scheme is all down to you "the Carer" using them.



Well why not take a step into the past with a guided walk and talk to Sutton Manor Colliery? The tour should last no more than 1 ½ hours which will include a visit to *Dream* which is the

spectacular, internationally significant, landmark sculpture sited on the former Sutton Manor Colliery.

Please note that due to the gradient of the path, the summit of Sutton Manor has never been easily accessible to wheelchair users. Suitable footwear is advised. The walk will be at a pace to suit everyone attending. The tour will be followed by a stop off in St Helens for those who wish to go for lunch or shopping.

Date & time: 3rd June 2011 – 11.30am
To express an interest in this trip please call the Carers Centre.

Training For Carers

Confidence Building

August 9th – full day – lunch & transport included 25 places available only

Course Overview

This Course is designed to assist people of all ages, levels and genders, to build and improve relationships with others and the outside world at large.

The course addresses how to build respect with others, important verbal communication techniques, and also looks at personal body language and how to positively affect it. We also cover self-motivation, self-belief, and circumstantial triggers so that people can learn how to deal with the factors that have previously been daunting and insurmountable.

Course Content

- Recognise the link between assertiveness, confidence and self-esteem.
- Identify the best approach to use when voicing ideas and opinions.
- Handle difficult situations and people confidently and assertively.
- Deal with criticism, confrontation, anger, and negativity effectively and positively.
- Overcome feelings of apprehension and understand the importance of language and body

language to assertiveness.

- Develop techniques for better working relationships using assertiveness

Resources Accessible for Carers

19th July a full day with lunch and transport provided

Course Overview

This half day course will give delegates an introduction to the many and varied resources that may be accessed by Carers and to understand their purpose.

Delegates will also be shown how to enhance their assertiveness when communicating with professionals. Learning methods include small and large group work, debates, scenarios and handouts. It is a very interactive course providing up to date information to take home

Course Content

- Identifying resources in Education, Health, Housing and Social Services
- Identifying which resource to access for different situations
- Enhancing ability to be assertive, when required, when involved with professionals
- Ensuring the person being cared for is given highest levels of appropriate support

PARLIAMENTARY UPDATES

EDM on Carer's Allowance

Tony Baldry MP has put down an Early Day Motion welcoming the Government's decision not to include Carer's Allowance within the proposed Universal Credit regime, and urges the Government to take forwards its strategy to support carers. You may want to contact your local MP to ask if they would like to sign EDM 1472 laid by Tony Baldry MP on 17/02/11.

Parliamentary support for carers

During an adjournment debate in Parliament on 21st December, Barbara Keeley MP (Labour Shadow Minister for Communities and Local Government) spoke about the need to support carers and provide them with breaks. She highlighted the work of Salford Carers' Centre.

National Survey of Carers

The NHS Information Centre for health and social care has published findings from a survey of carers (09/10):

- Around half of carers in England experience problems with their health because of their caring duties.
- Nearly a third of the estimated five million carers in England also say they feel stressed and a quarter

have disturbed sleep.

- One third report they are left tired from caring and just over one in five say they are short-tempered or irritable due to their duties. Meanwhile three in five anticipate the amount of time they spend caring will increase in the next five years.
- Eleven per cent of carers receive Carer's Allowance, with the figure rising to just under a quarter for those caring for more than 35 hours a week

£800m for breaks for carers of disabled children

- Funding provided for short breaks for carers of disabled children will be delivered to local authorities through the Early Intervention Grant. The Government will be providing £198m/£202m/£206m/£210m for short breaks over the next four years. This figure includes the previously announced recycled Child Trust Fund money of at least £20m each year. This is not ring-fenced.
- The Government has also committed at least £27m to the Family Fund charity every year up to 2015. The UK-wide Family Fund supports low-income families with



disabled children and young people through grants for things such as washing machines, fridges, clothing and bedding, computers, much-needed family breaks together, driving lessons, hospital visiting costs and sensory equipment.

- The Family Fund will consider a grant application from any family caring for a disabled child aged 17 and under where they are eligible for one of the following: Child Tax Credit, Working Tax Credit, Income based Job Seekers Allowance, Income Support, Incapacity Benefit, Employment Support Allowance, Housing Benefit and Pension Credit.

Weekly web chats for young adult carers

Every Thursday night, from 7.00-8.00pm in the www.carers.org chatroom The Princess Royal Trust for Carers will be holding designated YAC chats.

Whilst the chatroom there is open all the time we wanted to create a specific time and space for young adult carers where they can meet with others their own ages. It's aimed at anyone who is 18-25 but we're not being restrictive on that – other ages are welcome too. We also hope to provide special events in the chatroom aimed at this age group too.



Admiral Nurses

Admiral Nurses are mental health nurses employed by Knowsley Primary Care Trust, who support adult carers of people with dementia, to help improve the health and wellbeing of both carers and people with dementia. Admiral Nurses are named after Joseph Levy who had vascular dementia and was known as 'Admiral Joe' due to his keen interest in sailing. The Levy family have promoted these posts in collaboration with the national charity Dementia UK.

Most people with dementia are cared for by their family and friends who may find it difficult to cope with the changes that dementia can bring. Admiral Nurses focus on the carer and may undertake individual work or group work with you, building upon your experience and expertise in caring. The specific work follows on from a specialist assessment of your situation, usually on a visit to meet with you at your home. We will normally offer support on a short term basis but you can access the service directly when further support is needed. You can refer yourself to the Admiral Nurse Service by telephoning **0151 244 4369** between the hours of 9am and 5pm Monday to Friday excluding public holidays. Alternatively, contact Knowsley Carers Centre for more information on **Tel: 0151 549 1412**

Early diagnosis of bowel cancer really can save lives

Throughout the months of February March & April, Knowsley Health & Wellbeing is aiming to raise awareness of the signs and symptoms of bowel cancer and encourage people to act on these symptoms. Bowel cancer is the third most common cancer in the UK affecting both men and women Every year over 38,610 people are diagnosed with the disease in the UK and over 8 out of 10 people who get cancer of the bowel are over the age of 60. For many people, it's a bit embarrassing to talk about our bowel habits, even when there's a problem. And many of us are uncertain about the early signs and symptoms of bowel cancer.

Most of us have problems with our bowels at some point in our lives, and most of them are not caused by cancer, however there are certain symptoms that you need to look out for and these include:-

- Change in normal bowel pattern, going to the loo more often or having looser stools or constipation
- Bleeding from your bottom without any other symptoms
- Unexplained, extreme tiredness
- Bloating, swelling or abdominal (tummy) discomfort/pain
- Lump in your abdomen (tummy)

Whatever your age, if you have any of

these signs and symptoms, go and see your doctor. Remember that most symptoms do not turn out to be bowel cancer but If caught early, you have a much better chance of having successful treatment.

Bowel cancer screening kits are automatically sent to Knowsley residents aged 60 to 69 who are registered with a GP (the programme will be extended to men and women aged 60 to 75 between 2010 and 2014). The advantage of these kits is that tests can be carried out in the privacy of your own home in just a few minutes and can find early changes that could lead to bowel cancer, before any symptoms are noticeable. If someone receives one these kits through their door, it is important they should use it and encourage others to do the same.

For more information on the NHS Bowel Screening Programme or to request a screening kit. Free phone on – 0800 707 60 60

So when you are out and about over the next few weeks keep a look out for the postcards, leaflets and posters in Health Centres, GP surgeries, libraries, and other community venues which highlights the signs and symptoms of Bowel Cancer and give information on the bowel cancer screening programme.

BLUE BADGE REFORM INFORMATION

Transport Minister Norman Baker has announced a number of reforms to the Blue Badge Scheme aimed at combating fraud within the scheme and also extending Blue Badge eligibility. The proposals, which Transport Minister Norman Baker has announced, will begin to come into effect from April 2011. These include:

- Extending eligibility to more disabled children between the ages of 2 and 3 with specific medical conditions.
- Wider use of independent mobility assessments to determine eligibility, including where previously that assessment was carried out by a GP; and support for this by giving local authorities control of National Health Service spend on Blue Badge assessments raising the maximum fee for a badge that local authorities can charge from £2 to £10.
- Closure of the Blue Badge Advice Line on 30 March 2011 - After this date, any general enquiries about the scheme should be directed to your local authority.
- Introduction of a new electronic badge design intended to be harder to copy, forge or alter.
- Providing local authorities with powers to cancel badges that have been lost, stolen, have expired or been withdrawn for misuse
- Providing local authorities with an on-the-spot power to recover badges that have been cancelled and misused.
- Shared administration between authorities – including an online application facility – resulting in faster renewals, reduced abuse and operational efficiency savings of up to £20 million a year.
- Continuous automatic entitlement to a badge to severely disabled service personnel and veterans who have a permanent and substantial disability which causes inability to walk or very considerable difficulty in walking - removing residency requirements for disabled service personnel and their families who are posted overseas on UK bases.
- Greater monitoring of cancelled, lost and stolen badges.
- Issue of new, case study based, good practice guidance to local authorities to help them make improvements in scheme administration and eligibility assessment.

Knowsley Carers Centre Contact Details

Knowsley Carers Centre,
143 Bewley Drive,
Kirkby
L32 9PE
Tel: 0151 549 1412

The Halewood Centre,
Roseheath Drive,
Halewood
L26 9UH
Tel: 0151 448 9771

Email: knowsley.carers@btconnect.com

FREE LEGAL SURGERY AT KNOWSLEY CARERS CENTRE

Canter Levin & Berg solicitors have a friendly and professional private client team who are able to assist you by providing a range of legal services.

- Lasting Powers of Attorney
- Court of Protection matters
- Older client matters including advice on nursing home fees and Health Care Funding claims
- Wills
- Grants of Probate and Estate Administration
- Disputed wills and estates
- Personal Injury Trusts

Dawn Joughlin from Canter Levin & Berg will be holding a surgery at Knowsley Carers Centre on Thursday 5th May, please call 0151 549 1412 if you would like to book in for a free 30 minute appointment

‘Carers Week Activities’

Tuesday 14th June
Llandudno

Thursday 16th June
Cains Brewery

Wednesday 15th June
Health Awareness Day
– All About Me

Friday 17th June
Creamed Tea / Carers
Drop In

Please call the Carers Centre on 0151 549 1412 to reserve your place

community cooks



Would you like to know more
about healthy eating?
Want to have confidence in the kitchen?
Want to learn how to prepare quick,
affordable, healthy recipes?



The **Community Cooks** will be running a **FREE 4** week course which offers the opportunity to try new recipes and foods in a relaxed and informal way.



The course will take place at
Knowsley Carers Centre over 4 Tuesday mornings
on 10th, 17th, 24th & 31st May



Tel: Knowsley Carers Centre on 0151 549 1412
To reserve your place



Come along to one of our Support/Coffee Groups Sessions

Kirkby – every Friday 10.30am - 12.00 noon at the new Carers Centre,
143 Bewley Drive, Kirkby (the old KHT building).

Huyton – Commencing Wednesday 30th March 2011, every fortnight
10.00am - 12noon at The Old Schoolhouse,
St John's Road, Huyton

Halewood – Every second Thursday commencing 7th April 2011
10.30am – 12.noon at The Halewood Centre,
Roseheath Drive, Halewood

If you would like to speak to one of our Carers Support
Workers or require more information about the Coffee Groups,
please contact the Centre on 0151 549 1412.

Dates For Your Diary

**Tuesday
10th May
Cheshire Oaks**

**Caring with Confidence
Every Wednesday
10.00am – 1.00pm
for seven weeks
from 20th April 2011**

**Computer Training
Dates to be confirmed**

**Thursday 5th May
at 1.00pm
Manual Handling**

**THURSDAY
9TH MAY
HAYDOCK RACES**

**Thursday 9th June 2011
Fire Safety Training
10am – 12.30pm**

**Tuesday 5th April
Trafford Centre**

**Lancashire College
Friday 10th June –
Sunday 12th June 2011**

**Line Dancing
Every Thursday
1.30pm – 2.30pm**

Please call the Carers Centre on 0151 549 1412 to reserve your place

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