

The Princess Royal Trust Knowsley Carers Centre

Spring 2012

Registered Charity No. 1082311



KNOWSLEY CARERS CENTRE GAINS PRESTIGIOUS QUALITY MARK OF INVESTORS IN PEOPLE

Hello and Welcome to the Spring 2012 edition of the Carers Centre newsletter which is our way of ensuring that carers in Knowsley receive up to date information of services and help that is available and to keep you informed about carers issues, developments, changes and hopefully you will find something of interest to you.

We celebrated Christmas 2011 in style this year when 100 Carers enjoyed a fabulous meal with entertainment at the Suites Hotel in Kirkby and a special night out was organised for both carer and cared for to see the popular comedy 'Little Scouse on the Prairie'. Last but not

least was a visit to Sefton Park Palm House to enjoy a night of pleasant music in a beautiful and relaxing environment

We are pleased that we now have moved into a bigger and more spacious office in the Old School House in Huyton which is now open 4 days a week, recognising with the increase in carers assessing our services the growing need we have to have a more central location. With bigger premises we can offer more services and support for those carers who live in and around Huyton. The Carers Centre now has offices in three parts of the borough with an outreach in Prescot one day a week.

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 Centre on Bewley Drive

**Huyton – 9.30am start,
11.00am last client**

First and third Wednesday of the 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.

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My thoughts go to all of you who have lost the person you have cared for during 2011. We have lost many familiar faces of some of the regular carers but please remember it is helpful to keep us informed so we can remove your name from the database. This way, we will hopefully avoid causing anyone further distress by sending newsletter and other literature.

Reflecting back on 2011 it was a good and exciting year for the Carers Centre with so many carers in Knowsley being referred to us from various partner agencies and the centre seeing improvements as awareness grows on the stresses and strains of caring. More and more carers are coming forward for help and support and last year we broke all records identifying and supporting 1107 new carers which doubles our figures for previous years.

I hope this coming financial year we



will be able to continue providing this service to the existing 5000 carers we now have on our database. I know many of you have offered your support and good wishes as carer services in Knowsley go out to tender. The next few months will be quite challenging for the staff here in the Carers Centre but we are all keeping positive, as we have been delivering this established service for so many years and are committed to carers needs across the borough.

Helen Rigby



Caring matters for Parliamentarians

NHS defies Government regarding carers

The Princess Royal Trusts report that many PCTs have defied Government by not publishing plans and budgets as was requested – only 26% have published updated plans, and 13% have published budgets for 2011/12. Furthermore, spending on services for carers has not increased despite an additional £400m being made available for this purpose from 2011 to 2015.

Government has responded by making carers a top priority for the NHS in 2012/13. PCT clusters need to agree plans and budgets with local authorities and voluntary groups and publish these on their website by 30th September 2012 at the latest. PCTs also have to identify how many breaks they aim to provide in 2012/13.

High Court rules on eligibility criteria for adult social care services

The High Court of Justice has ruled against Isle of Wight County Council's decision to restrict eligibility criteria for adult social care services. This ruling will set a precedent for all councils. The court ruling states the provision of care should not just be about keeping people safe, it must enable individuals to live dignified and fulfilled lives and councils must always consider the effects of any change to eligibility criteria change.

Councils supporting fewer people through social care

Provisional adult social care activity results for 2010/11 show:

- Council spending on adult social care fell by 2% in real terms from 2009-10
- 1.57m adults received services following a community care assessment in England - a 7% of fall from 2009/10 & 12% from 2008/09
- 1,340,625 adults accessing a community-based service at some point during the year – down 8% from 09/10 and 13% from 08/09.

Mobility payment within Disability Living Allowance to remain

Maria Miller, the Minister for Disabled People, has issued a statement announcing that the mobility component of Disability Living Allowance will not be removed from people living in residential care homes.

Basic Home Care Breaching Human Rights

The home care review by the Equality and Human Rights Commission found basic care for the elderly in their own homes in England is so bad it breaches human rights at times.

The report highlighted on many occasions support for tasks such as

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WELCOME TO OUR NEW STAFF MEMBERS

The Old School House,
St. John's Road, Huyton, L36 0UX
Tel: 0151 482 6279



Iain Thomas is a new Carer's Support Officer for Knowsley Carer's Centre. He will be based at:

Prior to this, I have worked in a registered children's home, enabling teenagers with autism see their families and be part of the community as well as enjoy and achieve. I also acted as a Support Worker for a man with learning disabilities, helping him express his wishes and have informed choice in his life. After that, I supported students with disabilities undertake an Access to Higher Education course at a Further Education college.



Hi all, my name is Andrea and I am the new Transitional Support Worker at Knowsley Carers Centre. I

will be working with young adults from the age of 18-25! I have come from a caring background myself so I know how difficult it can be to find the support and guidance you need whether it's going from education to work or just to chew someone's ear off, I will be there to listen and to help you all as much as I can. Knowsley Carers Centre can help out with equipment if you're on a training course.

I look forward to meeting and hearing from you all.

Andrea

Thanks to all those who have provided Knowsley Carers Centre with donations in the past year. Your support is very welcomed and appreciated.

In the current climate and with government cuts, any donation we receive helps us greatly to continue with the service we provide. If you would like to make a donation, please make cheques payable to Knowsley Carers Centre.

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washing and dressing are "dehumanising" and left people "stripped of self-worth". Councils, which are in charge of providing these services, said without urgent reform services would get worse. The lack of quality replacement care can lead to carers being unwilling to take breaks, increasing the strain on them and their health.

Carers UK welcomes Government action on carers breaks funding

Carers UK today welcomed Government's new moves to ensure that the funding for carers breaks is spent by Primary Care Trusts. The document, published today, sets out the targets and goals for Primary Care Trusts for the coming financial year (2012/13). Over the past three years, carers have been frustrated by the fact that funding of around £250 million[1] passed to Primary Care Trusts from Government to spend on carers' vital breaks has not always been spent.

At Carers UK's recent Carers Summit, over 250 carers called upon the Minister for Care Services, Paul Burstow MP, to take decisive action at a recent meeting.

The NHS Operating Framework represents a strong response to this and work by the Princess Royal Trust for Carers and Crossroads Care that:

- Spending plans on carers breaks will have to be explicitly agreed and signed off by both local authorities and PCT clusters;
- The financial contribution made to support carers by both local authorities and PCT clusters will have to be identified;
- How much of the total is being spent on carers' breaks will have to be identified with an indicative number of breaks that would be available and, importantly for transparency this will have to be published on the PCT or PCT cluster's website by 30 September 2012 at the latest.

ARE YOU A 18-25 YEAR OLD CARER?

If you need any information, help or support with your caring role, please contact

Andrea McMahon, Young Adult Carers Support Officer on

0151 549 1412

If you have any suggestions on what help you would like including training and social activities contact Andrea on the above number.

A life of my own

Knowsley Carers' Strategy Feedback Event

Thurs 15th March 2012 - 6pm-9pm
(Hot buffet and transport included)
Old School House, St John's Road,
Huyton, L36 0UX.

Is this event for you?

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

Did you miss the last feedback event in December or have not been to one of these carer events?

If so, and you want to find out more about the Carers' Strategy and how it affects you and your family, please contact Wendy on 443 4766 or wendy.green@knowsley.gov.uk to book a place.

We would like to welcome to our Care Provider list:



This new care provider is an employee local owned company. CASA accept the carers' vouchers and covers **ALL** Knowsley. If you would like to contact them to arrange care, then please call **0151 329 2334**

NEW LAPTOP FOR LIAM



Liam Johnson (carer) receives a laptop from Knowsley Carers Centre to help him with his college course.



Local Solutions offers a free Fuel Debt Advice Service which provides information and support to people who may be suffering from fuel debt and hardship, or simply struggling to pay their gas and electricity bills. The fully qualified team can help people access grants to clear their arrears, offer help with understanding gas and electricity bills, provide advice on energy efficiency measures to reduce fuel consumption, and also help with switching suppliers. The team can be contacted on 0800 988 2655 or fueldebt@localsolutions.org.uk

“Little Scouse on the Prairie”



On 12th December 2011, carers and cared for's enjoyed a trip to the Royal Court to see “Little Scouse on the Prairie”. A comic fantasy set in the wilds of a fictional Halewood and Speke.

We had a prime position at the front of the theatre which was wheelchair accessible. A fantastic time was had by all, with comments such as “Great night out, well organised”, and “Haven't laughed so much in ages, well organised, met people I haven't seen in ages, which is a bonus, superb for wheelchair access” and “Best laugh I've had in years, exceptional cast, so talented all of them”.

Creative Carers in Knowsley

Carers enjoyed creative courses throughout 2011, the most being popular flower arranging and card making. Over the Christmas period carers created spectacular flower arrangements to adorn their Christmas table and Christmas cards to treat their friends.

Card making and flower arranging will continue in 2012, if you are interested in either course contact Knowsley Carers Centre to register your interest.



When Cathy Met Alfie



Cathy agreed to start a ‘Caring with Confidence’ course and it changed her life as little did she know then she would meet Alfie who was caring for his father. Over time they built up a friendship and little did the Carers Centre realise even though they kept appearing together on various trips and training that this had extended to Cathy cooking Alfie the best meals he had ever tasted washed down with a nice bottle of bubbly. The rest is history so watch this space ...

Young Carers enjoy a 'Beauty Techniques' Training Day - Jan 2012

A group of young adult carers enjoyed a beauty techniques training day at Knowsley Carers Centre in Jan 2012.

They learned how to give facials, apply makeup and false eye-lashes. Some of them even went home with a 'ScouseBrow'!

If you are 18 -25 and interested in joining in future beauty courses contact Andrea at the Knowsley Carers Centre. We are also looking at setting up cookery classes for young adult carers at



the Old Schoolhouse, Huyton. So if cupcakes are your thing watch this space.

Dream Walk Day Trip - October 2011



Twelve carers took part in a trip to Sutton Manor Colliery 'Dream Walk'. The trip was arranged by Alan Roby who is a member of Sutton Manor Heritage Group.

The day consisted of a historical tour of the old Sutton Manor Colliery site, ending at the Dream Statue which is a

symbol dedicated to the future of the area. Carers comment 'I thoroughly enjoyed the day and as a bonus I was educated and took part in a healthy walk. What more could you ask for!' Alan Roby is keen to work with Knowsley Carers in the future so watch this space.

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 much does it cost?

Nothing – the card and any emergency care that may be needed in the first 48 hours of an emergency is free to all carers resident in Knowsley.

For a registration form, contact:
Knowsley Carer's Centre, 143 Bewley Drive, Kirkby L32 9PE or
call 0151 549 1412

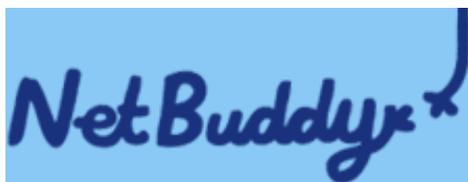


Are you looking for sound professional advice which is free and completely confidential.

If so then you can now find us on Facebook. Search '**Knowsley Carers Centre**' and add us as a friend. You'll find lots of important news and information with regards to workshops, health issues, entitlements, mobility, grants, equipment and support.

And if you're unsure about something, or just want some expert advice, then send us a message and we'll get back to you as quickly as possible.

Also, why not have your say. Tell us your views, opinions or just share your experiences with us. We're here to listen and we're here to help.



www.netbuddy.org.uk is an award-winning website for parents, carers and learning disability professionals. It is a space to hunt for ideas, swap tips and access information on everything from brushing teeth to challenging behaviour.

For more information go to
<http://www.netbuddy.org.uk>

Knowsley Carers Strategy Progress Event

The event was held on Friday 2nd December in the Octagon Room at the Huyton Suite. About 40 carers and former carers attended the event as well as staff from Carer Engagement Group Organisations.

The reason for the feedback event was because carers had told us that's what they wanted. They wanted to know that the Carers Strategy was not just a paper exercise but was actually achieving something that would benefit carers.

Since September 2011 groups of carers, former carers and staff from CEG organisations have been meeting to look at the following areas:

- Having a life outside of caring.
- Improving carers' health and physical and emotional wellbeing.
- Having access to the right information and
- Carers wanting to be involved and treated as partners by health and social care organisations.
- As well as the areas above, the event gave people the chance to find out the work that had been achieved so far in supporting young carers.

The event was the opportunity for

those groups to share the work and progress they had been making.

These include:

- A new Carers Assessment with information and help for carers and those who do the assessments.
- A new Good Practice Guide for GP Practice staff in supporting carers.
- A definition of Carers Break to help make it clearer what a break is.
- A new Carers Directory and link to other sources of information for carers and those organisations and staff that work with them.

How did people feel about the event? A very large majority of people found that the information given at the event was of interest and that they had learnt something new. Many people said they would take away information they had learnt and share with other carers.

What Next:

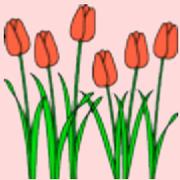
The themed work groups will carry on working on the priority areas identified by carers and action plans to put words into practice. An evening event is being planned for March 2012 for those carers who cannot attend day time events.



Helping to spread the word

Pictured above is Emma from Wingate Medical Centre with one of the boards Jan Box our GP Link Worker and Ian McBriars our volunteer designed. Many surgeries across the borough help us to promote the Carers Centre and the work we do.

**Join us at Knowsley Carers Centre in Kirkby
for our Health and Wellbeing Day**



Spring into Spring



Wednesday 21st March 2012

Two sessions available a.m. and p.m.

Get ready for Spring with health checks, holistic therapies, advice and information, exercise and of course delicious things to eat. Transport available.

Contact Knowsley Carers Centre to reserve your place on

0151 549 1412.

A VOLUNTEER'S STORY



(Pictured above is carer and volunteer Ian McBrias)

My son is 22 and has autism. It was through my son that I was guided to Knowsley Carers Centre who helped me at a time that I most needed support. I was asked if I'd like to attend a 'Caring with Confidence' course and it was through this course that I realised that there are thousands of people out there who need help and I knew then that I wanted to do something to help the others who are in similar situations and through no fault of their own unable to get the help for themselves.

I joined a Carers Strategy group at the Centre which deals with a wide range of subjects and issues for carers in Knowsley and I was able to give carers a voice in relation to decisions that affect us all in the

Knowsley area.

I then applied to be a volunteer at the Centre and in November 2011 I was lucky enough to be accepted into Knowsley Carers Centre based in Kirkby. My role at the moment is to assist in any capacity possible, from admin duties to events organising. I was tasked with carrying out a Carers Satisfaction Questionnaire which consisted of me ringing registered carers and asking their views and opinions on a wide range of topics, collating the acquired information and then sending onto senior management for their perusal. I really enjoyed speaking to the carers and the response from them gave me great insight into the help and support that they receive from the Carers Centre and how grateful people are in receiving such help.

I now help out Jan Box our GPLink Worker, which I really enjoy which entails dealing with GP referrals, going into GP surgeries and updating information boards. I am currently helping out in organising a Health Awareness Day at the Centre which I am looking forward to.

My intentions for the next few months will be to start a Diploma in Health & Social Care as I would hope for the future to gain employment.



I.T. Drop In

On Monday mornings an I.T. Drop In session has been running since December. There's no need to book and you can come and go when it suits you between 10.00 and 12.00. Judy Cope, who runs the I.T. classes some of you have been to, will be on hand to help you. Some people are complete beginners and some use the computer regularly and come to learn a bit more. There is tea and coffee and we usually have a good chat and tell a few jokes too. So there's no pressure, just fun.

In the near future we will be starting a similar Drop In, in Huyton so if you are interested let Iain know. It will be on the alternate Wednesdays to the coffee mornings.

CARED FOR AND CARER TRIP

After the success of our trip to Southport Flower Show and watching 'Little Scouse on the Prairie', we are holding another trip for you and the person you care for.

**Monday 26th March 2012
Oswald Twistle Mills
(Funday Fortunes)**

A fun filled day of live entertainment, shopping and much more.

Pick up times:

Halewood	8.30am
Huyton	8.45am
Kirkby	9.00am

A £3 donation will confirm your place. Please contact Ann on

0151 549 1412

ATTENTION ALL VOUCHER USERS

If you have any carers vouchers left, could you please use them as soon as possible. This financial year will be coming to an end on 31st March. It is very important that you use your vouchers before then.

If you have any vouchers left that you will not be using, could you call the office on 0151 549 1412 and we will be happy to send you a prepaid envelope to send them back to us.

Thank you, Joanne Simm

Come along to one of our Support/Coffee Groups Sessions

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

**Huyton – Wednesday every fortnight
10.00am - 12noon at
The Old Schoolhouse,
St John's Road, Huyton**

**Halewood – Every second Thursday
10.30am – 12.noon at
The Halewood Centre,
Roseheath Drive, Halewood**

provided and everyone is welcome. It's a chance to see what's happening for carers across the borough, find out about our services in Halewood and to say what you would like us to provide. Anyone can pop in for a drink and a chat, and you can stay for two minutes or two hours! Ask at reception for the Carers Centre

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:

The coffee group at Halewood meets every second Thursday of the month between 10am and midday. Biscuits and refreshments are

Halewood	0151 448 9771
Huyton	0151 482 6279
Kirkby	0151 549 1412

YOUR CONTACT DETAILS

Could you please let us know if the details we hold for you are current and up to date.

For those carers that have an email address, please contact the Centre and we will be happy to send you your newsletter by email. This will help the Centre to cut costs.

**Contact details of the Centre are 0151 549 1412 or
knowsleycarers@btconnect.com**

Dates for your diary

Wednesday 29th February 2012 - 10am - 12noon
The Old Schoolhouse, St Johns Road, Huyton
Soap Making



Tuesday 6th March 2012 - 10am-12noon
Carers Centre, 143 Bewley Drive, Kirkby
Card Making

Tuesday 13th March 2012 - 10am-1pm
Carers Centre, 143 Bewley Drive, Kirkby
Manual Handling



Alternate Wednesday's commencing
14th March 2012 - 10am-12noon
The Old Schoolhouse, St Johns Road, Huyton
Computer Club

Thursday 29th March 2012 - 10am-1pm
Carers Centre, 143 Bewley Drive, Kirkby
First Aid



Life Coaching

A new service is being offered to carers who are thinking about returning to work. Judy Cope who is a qualified Business Coach is available for one to one sessions to help you decide what you would like to be doing, assess your skills and prepare for the future. Going back to work isn't easy and Judy can help you gain the confidence you need to move on. The service is free and can be at a time and place to suit you. If you are interested give Judy a call on 07791779162 or if you have email drop her a line at judyxxi@blueyonder.co.uk