



The Caring Times

Summer 2011

22 Years of Excellence

CARERS' SUPPORT CENTRE

11 Redcombe Lane, Brigg, North Lincolnshire, DN20 8AU

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Charity Number: 1070028

Company Number: 3540988

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On page 17 is an invitation to join our ever-popular 100 Club. Recent winning numbers have been 87, 126, 31, 84, 76, 30, 1, 58, 68, 101, 125, 52, 107 and 136.

Dear Friend

As Martin Luther King said, “Everyone can be great...because everybody can serve.”

Carers look after one (or sometimes more) people but even though it may seem a modest contribution it's very important and all adds up. New figures from Carers UK say that Carers save the NHS £119 billion every year. This figure is larger than the total cost of the NHS (£98.8 billion). Carers can calculate how much they individually save the UK by using Carers UK's Care Calculator at www.carersuk.org.

In the newspaper there's lists. The 100 richest people, the 100 sexiest. We wished they had a list of list of people who do special things to make the world a better place. People who go over and above what they're expected to do. People who give rather than take, people who help others or do something worthwhile without thinking of making themselves richer.

The country's got lots of people like this, volunteers, lifeboat men, and fund-raisers, people who roll up their sleeves and get involved. Top of the list we'd put Carers who selflessly look after someone else.

If this is the first time you've seen the Caring Times we hope you will want to read the next one. It comes out four times a year and we will be pleased to post it to you. If you prefer to get it by email then ring us on 01652 650585 or email us on the email address on the front cover and that can be arranged. All we ask for is for you to join us and a membership form is on page 15. The minimum annual subscription is £5.00 but you can donate more if you wish.

We're here to help

We've been here for 22 years and in this time we've got to know a lot about Carers and the challenges they face.

We know that Carers are much more likely to suffer from health problems themselves, as a result of caring full-time. Health checks are important and we do encourage Carers to see their doctors sooner rather than later.

It's understandable that doctors and nurses focus on the patient and we worry that the needs of Carers can be overlooked. That's why Bev and Marion (see page 9) are working to encourage people working in the NHS to become more aware of Carers and to offer, or signpost, the support available.

If Carers are identified alongside the patient and offered support earlier, this will enable Carers to maintain their own health and emotional well-being, which in turn will benefit the person they are caring for.

We would like every doctor and nurse to ask patients if someone is caring for them and give Carers the information they need to know about the support which is available to them.

We would also like all Carers to have an assessment of their needs. This can lead to things like life long learning and breaks. If you, or anyone you know, would like one then please ring us on 01652 650585 and we'll tell you all about them.

We know that Carers are not aware of their benefit entitlements and have a Benefits Advisor who can help. Again please ring us on 01652 650585 and ask for Graham Clark who will be pleased to help.

We know that Carers sometime need someone to help them at certain times, perhaps filling in a form or to act as an advocate at a meeting and we're here to help.

We also know that many people give up work to care and that they will find it harder to get back to work afterwards. It's very difficult to deal with the stresses and strains of two jobs – one paid and one unpaid. We encourage employers to support Carers. It's not difficult, disruptive or expensive; it's plain business sense. In exchange for access to flexible working, leave arrangements, time off for emergencies and access to information, employers can attract and keep staff with essential skills.

We know that Carers become isolated and feel they are alone. That's why we run groups and activities which Carers can join and meet other Carers. We make it as easy as possible. We arrange transport and can provide a well-trained person to stay with the "cared for" person whilst Carers have a break.



On pages 26 and 27 there's a list of the groups. We hope you will consider giving one a try. It doesn't have to be just one either – you can join; say a support group near where you live and the Walking and Family History Group. There's a world waiting for you. Come and join us!

“Caring and Personalisation”

information and skills sessions for Carers.

These sessions will focus on how the Personalisation process works, where to access support and how to make the new system work best for the person you care for.



When?

Wed 7th Sept - Session 1

Wed 14th Sept - Session 2

10.00-1.00

Where?

Carers' Support Centre

Redcombe Lane

Brigg

DN20 8AU

What?

Session 1

- Why personalisation?
- The Personal Budget Questionnaire
 - ✓ How is it completed?
 - ✓ Who can help?
 - ✓ How is the budget calculated?
- The personal Budget
 - ✓ Types of personal budget
 - ✓ How to manage the personal budget
 - ✓ Who can help?
 - ✓ The complaints process

Session 2

- The Support Plan
 - ✓ How to write it, what needs to be included
 - ✓ Who can help?
- Finding the solution
 - ✓ Alternatives to traditional services
 - ✓ Employing a PA
 - ✓ Who can help?

This will be a great opportunity to meet other Carers and share your experience.

If you are unable to leave the person you care for, funding and support is available to help you organise alternative care, travel costs can also be met.

If you would like to attend please call Helen on 01652 650585.

Putting off claiming state pension

When you reach state pension age you have the option of putting off taking your pension. This is known as deferring your pension. Carers need to carefully consider the advantages and disadvantages of taking the state retirement pension or deferring it.

If you put off taking your pension by at least 12 months you may, in some cases, gain a larger weekly amount of state pension or a one-off lump-sum payment when you start to receive the pension.

The rules about deferring the state pension were changed in April 2005 to encourage more people to continue working after retirement age, with the incentive of a higher pension or lump sum at a later date.

How this affects Carers

Carers are normally unable to receive state pension and Carer's Allowance at the same time because they are regarded as "overlapping benefits". So, if you delay receiving your pension, you can continue receiving Carer's Allowance, but during the time you receive Carer's Allowance you will not build up any extra pension or a lump sum payment.

In other words, you will not gain any advantage from deferring your state pension if you continue to receive Carer's Allowance after retirement age. You will not be able to qualify for a larger pension or a lump sum payment in that situation and the state pension is usually more than Carer's Allowance.

Carers' Qi Gong group New location

The Qi Gong group will be moving this September to the Carers' Support Centre's new meeting room here at 11 Redcombe Lane, Brigg. The first session will be on the 6th September following the break for the summer holidays. Sessions are held each Tuesday from 10 am to 12 noon.

The first session is on 6th September will be free of charge and refreshments will be available. The sessions are normally £2.00 including tea and coffee.

Qui Gong exercise is very gentle and is suitable for all ages and abilities. It can be done sitting down.



Qi Gong works on the various acupuncture points of the body, helping to reduce stress and improve general well being.

The members of the group stay for a cup of tea and chat after each exercise session.

Sitters are available free of charge to Carers who wish to join the group. Please contact Sue White on 01652 650585 for more information.

Health Liaison Workers

Some good news! Following our work as Carers' GP Champions, the Carers' Support Centre has secured further funding to continue with this work and also extend our support to other health services. To reflect these changes our new title is 'Carers' Health Liaison Workers'.

Bev Herron and Marion Hirst are 'flying the flag' for Carers. They are promoting Carer awareness, helping health service staff to understand the particular challenges faced by Carers. They are giving staff working in health services information about what support is available for Carers and the best ways to help them. Bev and Marion will ensure that Carers are referred for help and support quickly.

The Health Liaison Workers are based at the Carers' Support Centre and can be contacted on 01652 650585 or by email at carersgpchampions@carerssupportcentre.com.

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Carers are welcome to join our Badminton group which meets on Thursdays (during term time) at Bottesford Sports Hall.



All abilities are welcome and a fully qualified badminton coach and all the equipment is provided free of charge. Ring Karen for more details on 01652 650585 or just turn up.

Flaming Passion?

For 22-year-old Cristian Garcia the split with his girlfriend was devastating. Her love letters to him were proof of a passion that had since died, so he took them to a skip near her home in Valencia, set them on fire and drove off. Three years later Garcia has lost a lot more than his girlfriend.

A court in eastern Spain handed Garcia a suspended prison sentence and charged 1.2 million Euros damages for the forest fire that he inadvertently started when he burnt the love letters.

With winds gusting at 65 kph, the flames jumped from the skip into local woodland. Within hours thousands of hectares were burning.

Villagers and townsfolk from Gandia, Benifairo, Xeraco, Xeresa, Simat de la Valldigna and Barx fled their homes and spent the night fighting the flames.

Traffic had to be stopped on several roads and the port at Gandia was shut because of the smoke. In the end, the army and fire fighting aircraft had to be called in to battle the flames, which continued to rage for three more days.

Local authorities told the court that the fire had cost 195,000 Euros to fight. Reforestation of the 1,900 hectares that were eventually burned is costing a further one million Euros.

Judges gave Garcia an 18-month suspended prison sentence and ordered him to pay the 1.2 million Euros costs generated by the fire.

It was not clear how he was going to do that. Nor was there mention of whether the fire had also rekindled the love of his former girlfriend.

Meet Your Parish Nurse

Drop in session at the Carers' Support Centre

How can the Parish Nurse help you?

The Parish Nurse can:

- *Take your blood pressure*
- *Provide information on health care topics*
- *Help you understand your disease or condition*
- *Refer you on to your GP and other healthcare professionals as appropriate*
- *Connect you with community resources*
- *Offer support and a listening ear*



When: 9th September and every
2nd Friday of the month
10am – 2pm

Where: Carers' Support centre,
11 Redcombe Lane,
Brigg, DN20 8AU
01652 650585

Quiz Time

Can you name the products or companies that have been advertised using these slogans?

The entry with the most questions right, drawn from our hat, wins a nice bottle of wine. Tear out the pages and send them to Carers' Support Centre, 11 Redcombe Lane, Brigg, DN20 8AU by 15th September.

1. It's not for girls.....
2. Tell them about the honey, Mummy.....
3. Reassuringly expensive.....
4. We go further so you don't have to.....
5. There are some things money can't buy. For everything else, there's.....
6. The lion goes from strength to strength.....
7. Probably the best lager in the world.....
8. I liked it so much I bought the company.....
9. I'm only here for the beer.....
10. Made to make your mouth water.....
11. We won't make a drama out of a crisis.....
12. Made in Scotland from girders.....

- 13. You should have gone to.....
- 14. Don't just shop for it.....
- 15. Bread wi' nowt taken owt.....
- 16. The cream of Manchester.....
- 17. Good things come to those who wait.....
- 18. Central heating for kids.....
- 19. Every little helps.....
- 20. Finger lickin' good.....
- 21. It's the real thing.....

Chose from:- Stella Artois, Carlsberg, Double Diamond, Peugeot, Opal Fruits, Argos, Irn Bru, Guinness, Ready Brek, Yorkie, Boddingtons, Co-op, Tesco, KFC, Coca Cola, Commercial Union, Allinsons, Remington, Specsavers, Sugar Puffs, Mastercard.

Name.....Telephone No.....

Address.....

.....

You write.....

Is it me?

Do you find the new supermarket self-service checkout machines unfriendly? The only thing they're good for is to get rid of your loose change. I've paid with pennies I'd saved up in a jar.



Other than that good thing, I hate the way it tells me, loudly and insistently that there is an, “Unexpected item in the bagging area”.

It's the same in the library, you use a machine to take your books back and take them out. I used to like talking to the librarian about the books and like to talk to the checkout operators.

Please, Carers' Support, don't get an automated telephone system will you?

We reply - No we won't!

CARERS' SUPPORT CENTRE

11 Redcombe Lane, Brigg, North Lincolnshire, DN20 8AU
Registered Charity No. 1070028 Company No. 3540988



Membership Application Form (New Member)

Becoming a member of the Carers' Support Centre couldn't be easier. We ask for an annual subscription of £5.00, £7.50, £10.00 or £15.00 per year, whichever you feel able to give. Please make cheques payable to the Carers' Support Centre. To save administration costs we will not send a receipt.

I wish to become a member of the Carers' Support Centre for a period of 12 months. (Membership includes a quarterly newsletter, invitations to special events, and the opportunity to join the 100 Club and entitles you to vote at the Annual General Meeting.)

Name: Mr / Mrs / Miss / Ms	
Address:	
Postcode:	Telephone No.

Are you a: -
(Please tick the relevant box)

Carer	Ex-Carer	Interested in Carers' Issues
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I enclose £5.00, £7.50, £10.00 or £15.00 for the membership of the Carers' Support Centre. Please circle amount.	
Signature: _____	Date: _____

If you are a UK taxpayer you can help us even more for no extra cost. You can give us an extra 25 pence for every pound of your membership simply by ticking the box at the bottom right.

I would like to Gift Aid my membership. I confirm I am a UK taxpayer, resident in the UK for tax purposes and that I will notify the Carers' Support Centre if the situation changes.

You couldn't make it up.....

A few editions ago we printed some of the funny answers given to Ann Robinson in the Weakest Link. Here's a few more, to make us feel we're not the only ones who get things wrong.

Have you seen the new show hosted by Davina McCall, The Million Pound Drop? A couple were doing well until they had a question about Roger Bannister. He's done a lot in his life, top athlete, a knighthood, first Sports Council Chairman and a distinguished career as a neurologist. Despite this, two contestants decided he was most famous for his relationship with toilets. They were asked if, in 1954, did he go into space, run a sub-four minute mile or become the first man ever to put the toilet seat down? They thought about it and one of them said, "I think I've seen "Bannister" written on a toilet!"

They're not the only ones. There was a contestant on Beg Borrow or Steal who said that Cambridge University was in Leicester and one on Wogan's Perfect Recall was asked, "Which Duke lives at Woburn Abbey?" and answered, "Hazard". A lottery quiz contestant finished Eamonn Holmes's question of, "There are three states of matter, solid, liquid and....." with the word, "jelly".

Another one from the Weakest Link. Asked, "What is the name of the insect which makes honey?" The answer was "honey fly" and, "What "Z" is used to describe a human who has returned from the dead?" got the answer, "Unicorn".

Family Fortunes gives us some beauties:- Families were asked to name a Paris landmark and one member answered, "Hawaii". "Name an animal with horns" – "a bee?" "Name something that flies without an engine." - "A bicycle with wings."

CARERS' SUPPORT CENTRE

Jessie Wilcox House, 11 Redcombe Lane, Brigg, North Lincolnshire, DN20 8AU

Telephone: 01652 650585 Fax: 01652 653637

E-Mail: info@carerssupportcentre.com

Website: www.carerssupportcentre.com

100 CLUB

**You can now join the 100 Club at any time of the year
Your membership will be valid for a period of 12 months**

**For £12 a year you could win one of three monthly prizes
Half of all monies received are given in cash prizes.**

Your Details		
Title: Mr / Mrs / Miss / Ms / Dr	Name:	Surname:
Address:		
Town:		
County	Postcode:	
Telephone Number:		

Payment Method	
£12 Cash	£12 Cheque

Please make cheques payable to the Carers' Support Centre

For Office Use Only:

Date Received:	
Start Date:	Finish Date:
Allocated No.	Staff Signature:

Last edition's quiz

Congratulations to Mrs Elsome whose entry (one of very many) was the first correct one drawn from our hat. A box of chocolates is on its way. Here are the answers.

Winter, spring, summer and autumn ***The Four Seasons***

Large loch, but not a light one ***Darkness***

Flintstone uttered direction ***Right said Fred***

Two quarters ***50 Cent***

Large feline can't hear anything ***Def Leppard***

Unswept home town of Homer Simpson ***Dusty Springfield***

Warm galaxy ***Hot Chocolate***

Enthusiastic ***Keane***

Huge strikers ***Massive Attack***

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Caring is difficult enough but caring for someone who may not be able to make a decision for him or herself is challenging. We have a booklet we will be pleased to send you called, "*What every Carer needs to know: a guide to mental capacity*".

It's written in plain English and prepared by Carers UK. Please ring Karen on 01652 650585 and she will send you a copy.

Scunthorpe Telegraph

“Cash for your Community”



The Scunthorpe Telegraph is giving away £20,000 to share among local groups and the Carers' Support Centre has registered to be one of 200 organisations which can benefit.

But – we need your help. Coupons will be printed in the Scunthorpe Telegraph from Thursday 18th August which anyone can collect.

Each registered group will receive a share of the £20,000 prize fund, based on the proportion of total coupons collected. So, the more coupons we collect, the more money the Carers' Support Centre will get.

We are asking you if you will collect the coupons and send them to us at the Carers' Support Centre, 11 Redcombe Lane, Brigg, DN20 8AU.

Thank you very much.

Famous Lincolnshire People

Geoff Capes



Geoff Capes was born in Holbeach on 23rd August 1949 and was the sixth child of Eileen Capes and the first by her third husband.

From an early age Geoff was good at sport but little else and at the age of six he won 7s 6d in the under nines race whilst wearing Wellingtons!

He played soccer for the Lincolnshire Schools XI and basketball for Holbeach and was also particularly keen on cross-country running.

He took up weightlifting when a club was formed locally and at the age of 17 demonstrated his strength when a wheel came off his van and he held it up with his left hand while he put the wheel back on with the right hand!

As a youngster he was full of aggression and always in trouble. He joined Holbeach Athletic Club which taught him the rudiments of throwing.

When he was fifteen, Stuart Storey, who was a teacher at Dr Challoner's Grammar School, Amersham, arranged for Geoff to join the school's athletic teams summer tour of Germany. He was then 6' 3" tall and was rather out of place, causing some consternation when he threw the 14 lb shot over the heads of the German judges.

After leaving school he joined his father on the agricultural gangs and once loaded twenty tons of potatoes in twenty minutes.

In 1969 he joined the police force as an instructor in physical education and the police allowed him time to pursue his sporting career.

He left the force just before the Moscow Olympics in 1976. In 1974 he set new Commonwealth and British shot putting records.

Following his retirement from amateur athletics in 1980 he competed professionally in the Highland Games and in television strongmen competitions and was three times Britain's Strongest Man, three times European Strongest Man and twice World Strongest Man.

Caring with Confidence

Caring with confidence is a programme which aims to support Carers by:-

- Building on their strengths as a Carer
- Giving them the opportunity to share experiences and learn from others in similar situations
- Providing useful information, ideas and tips about looking after someone
- Helping them decide what they might like to change about their caring role.

Caring with Confidence consists to several modules, each dealing with a particular subject area. Carers can choose to come to some, or all, of the sessions:-

Finding your Way – Caring with Confidence’s introductory session.

Caring and Coping – Gives you time and space to look at the emotions involved in looking after someone. What strategies you use and what you could do to cope with stress more effectively.

Caring and Me – How to be fit for life and caring. Discussion and planning around your own health and well-being.

Caring Day-to-Day – Looks at the essentials of looking after someone day-to-day, from medication to emergencies at home.

Caring and Resources – How you can maximise your income and access other resources which save you money as a Carer.

Caring and Life – Invites you to take time out and think about how you juggle competing demands and how your caring role fits with other aspects of your life.

Caring and Communicating – Uses real-life caring situations to help you get the best from communicating with other people.

Details of the next sessions:–

	Park Library Avenue Vivian Scunthorpe DN15 8LG 10.00-1.00
Finding your way	Tuesday 6 th September
Caring and Coping	Tuesday 13 th September
Caring Day-to-Day	Tuesday 20 th September
Caring and Me	Tuesday 27 th September
Caring and Resources	Tuesday 4 th October
Caring and Life	Tuesday 11 th October
Caring and Communicating	Tuesday 18 th October

Over 100 Carers in North Lincolnshire have enjoyed the sessions and we hope more and more will come.

For more information and to register for a place please contact Helen Wilson at the Carers' Support Centre on 01652 650585 or email helen.wilson@carerssupportcentre.com.

Free Backcare and Moving and Handling Course For Carers

Thursday 18th August

VENUE TO BE CONFIRMED

10am-3pm – Lunch provided

The Course will cover

Causes of back pain

**How to look after your
back**

**Practical techniques for
moving and handling**



Help with transport and sitter costs may be available.

For more information and to reserve your place,
call David on **01652 650585**



Free Cinema Tickets for Carers

Here's some good films coming out soon and what a decadent treat to go during the afternoon!

There's a card Carers can buy which shows that the holder is entitled to a free ticket if he or she goes with the person they care for. (The ticket can be used any time – it doesn't have to be in the afternoon.)



The “cared for” person has to meet one or more of the following criteria:

- Be receiving Disability Living Allowance
- Be receiving Attendance Allowance
- Be a holder of a disabled person's rail card

The card costs £5.50 for a year. The cinemas in Scunthorpe, Grimsby and Doncaster accept the cards.

You can get an application form from a cinema or you can ring us on 01652 650585 and will be pleased to send you one (ask for Karen or Tessa).

Carer Groups

Badminton Group - Thursdays 11.00 am – 12 noon. Term time only. Bottesford Sports Hall. All abilities welcome – fully qualified badminton coach and all equipment provided free of charge – contact Karen

Barton and District Carer Group – Tuesdays 1 pm – 3 pm St John's Ambulance Centre, Fleetgate, Barton – contact Tessa

Bottesford Carer Group – Mondays 2 pm – 4 pm Broadlands House, Mountbatten Drive, Cavendish Road, off Cambridge Avenue, Bottesford – contact Sue

Brumby Carer Group – Tuesdays 1 pm – 3 pm The Snug, Old Brumby United Church, Ashby Road, Scunthorpe – contact Karen

Crosby Carer Group – Wednesdays 1 pm – 3 pm, the Lounge, April Lodge, Ferry Road, Scunthorpe – contact Karen

Isle of Axholme Carer Group – Thursdays 1 pm – 3 pm, the Group Dwelling Lounge, School Close, Epworth – contact Tessa

Family History Carer Group - 3rd Tuesday of the month
10 am – 12 noon Carers' Support Centre, 11 Redcombe
Lane, Brigg. Contact David

Parkwood Carer Group – alternate Fridays 1 pm –
3 pm Westcliff Community Centre, Newbolt Avenue,
Scunthorpe – contact Karen

Qi Gong Carer Group – Tuesdays (term time) 10 am –
12 noon, starting 6th September at the Carers' Support
Centre in Brigg – contact Sue

Redcombe Carer Group (**Brigg**) - Thursdays 1 pm –
3 pm, Carers' Support Centre, 11 Redcombe Lane, Brigg
– contact Sue

Walking Group – 1st and 3rd Wednesday of each month
1 pm – 3 pm – locations vary - contact David

The **Way Forward** (for people no longer caring) –
alternate Wednesdays 1 pm – 3 pm – Carers' Support
Centre and other venues – contact Sue

Winterton Carer Group – alternate Wednesdays 1.30 pm
– 3.30 pm Nassau House, De Lacy Way, Winterton –
contact Tessa

Younger Adult Carers' group – every 3rd Thursday 12.30
pm – 2.30 pm NCH Kaleidoscope, Dunstall Street,
Scunthorpe – contact Karen

Goodbye for now from all of us at the Carers' Support Centre



Please send your quiz entries to the address on the front. We always like to hear from you and welcome your views, articles, letters, poems and jokes. Please let us know if you have changed your address or if you have a friend who would like a copy. If you no longer wish to receive communications from us do let us know.

Please note that whilst every care has been taken to provide accurate information, no responsibility can be accepted for errors or omissions in the newsletter, neither does the inclusion of any resource or service imply any kind of recommendation.

The views expressed in this newsletter are not necessarily those of the Board of Trustees of the Carers' Support Centre.

We will be pleased to send you a copy via the internet. Please will you contact us if you would like to receive copies in this way in future?