



The Caring Times

Winter 2011 - 12

22 Years of Excellence

CARERS' SUPPORT CENTRE

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Dear Friend

This may be the first time you've seen a copy of our newsletter. If you would like to get a copy every three months please do join us and we will send you one. A membership form is near the middle.

If you are a Carer then we hope we can help you. You will see about some of our services within these pages.

We are real people, working in North Lincolnshire, working for Carers. You can write to us, send us an email or give us a ring. Our address and email address is on the front page and our opening hours are on the back page. When you ring you don't have to press different buttons and if you ring after 8.00 pm you can leave a message and we'll ring you back at the time that's most convenient to you.

A bonus of joining the Centre is that you can try out our brand new **Lavender Suite** and indulge yourself in the therapies and massages. The suite has just opened and the Carers who have used it say it's wonderful.

What people say about us:-

"I was worried about joining a group on my own but the other Carers were so friendly and welcoming. I look forward to the afternoon out once a week."

"I have met so many interesting people and made new friends. I would never have done these things without getting involved with Carers' Support."

The Carers' Support Centre means what it says - it supports Carers.

It's run by a Board of Trustees. The members of the Board give their time free of charge and many of them are, or have been, Carers. So it's run by Carers - *for* Carers.

The Carers' Support Centre has been supporting Carers locally since 1989 and its approach is simple. The members of the Board of Trustees and the staff of the centre respect Carers and value what they do.

The census showed that there are about 16,000 Carers in North Lincolnshire. People, who, unpaid, look after relatives, friends or neighbours.

If you are a mother looking after her son with a disability or a man looking after your sick wife or anyone looking after someone who couldn't manage without you, please know that there are other people in similar boats and there's no need to feel on your own.

There is help and support for you. The help can be financial, emotional and practical. There are lots of interesting courses and groups featured in this newsletter. Please call us on 01652 650585 and we will be pleased to help.

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Thanks to everyone who supported the fashion show, which raised over £1,000 for the Centre's funds and thanks to those of you who sent vouchers to the Scunthorpe Telegraph. We came 16th out of over 180 organisations and raised nearly £250.

Free back care and moving and handling course for Carers

**Friday 10th February 2012 and
Friday 16th March 2012**

At the Ironstone Centre, West Street, Scunthorpe

10.00 am – 3.00 pm with lunch provided



The course will cover:-

- ✓ The 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 please call
David on 01652 650585**

Top tips from a Carer

Motoring

“I’ve measured how much fuel I use in my car and have worked out that by making some changes I’ve reduced the miles per gallon by doing the following things.

I recommend these tips to others.

Save money when filling up:-

I keep my eyes open for which garage sells the cheapest fuel and fill up before the tank is empty so I’m not panicking and filling up at more expensive places.

Drive smoothly but not more slowly:-

I don’t rev up much and try not to go over 3,000 revs.

I stay well back from the car in front and then I don’t have to brake suddenly.

I move into a higher gear earlier.

I always brake gradually.

Keeping my car well-maintained:-

I make sure my tyres are pumped up to the right pressure.

I make sure I don’t carry round heavy stuff I don’t need.

I never use the air conditioning.

Art Therapy Carers' Group



Sessions will be running from
25th January to 29th February
at the
Carers' Support Centre

Wednesdays between 1.00pm to 2.30pm

Please ring Sue White on 01652 650585 for more
details

You write.....

Many thanks to the Carer who told us about her experience.

“I look after my husband and now have to do everything. One of the many things I miss him doing is turning everything off at night. I go to bed and have to come downstairs to check that I’ve locked up, turned things off and then go down again because I can’t remember whether I locked or unlocked the door.

Now a friend has solved this problem for me. She was in the same position and suggested I make out a list of the things I worry about locking up or turning off. So, I’ve got a list of these things. They are written down on the left hand side of the page of a notebook and on the top of the page I’ve put the date.



Then, every night I go round the house with the notebook in hand and put my initials against each thing. They are things like, is the cooker off? Is the back door locked? Is the front door locked? And so on. I put my initials against each thing and take the notebook to bed with me. Since I’ve been doing this I have never had to go downstairs and sleep easily.

I hope this suggestion is helpful to others.”

The Lavender Room



Indian Head Massage
Reiki
Reflexology
Massage
Aromatherapy

The Carers' Support Centre is pleased to invite its members to de-stress, relax and unwind in its new therapy room.



Treatments are charged at £5.00 for Carers and £17.00 for non-Carers.

To become a member and book your treatment, please call 01652 650585.

You ask

My mother died last month and I have taken over caring for my father who has dementia. I work full-time. I asked my line manager if I could work part-time for six months as it's difficult to do two jobs at the same time. I was refused because he said there is no one to cover half of my job but I know there are other employees who could cover my work.

Have you any suggestions as to what I can do? I don't want to give up my job but I can't go on like this"

We understand how difficult it is to concentrate at work when you are worried about caring responsibilities at home and your employer doesn't sound very understanding. You asked if you could work part-time and that sounds a reasonable request. We suggest that you go back to your boss and tell him or her that you have a problem and you have a way of solving it and:-

- Look into how your job can be done by you working part-time and cost it out (we don't know your company but perhaps it could take on someone else for a short-term contract who would be paid less than you to do half of the work, or a present part-timer could work full-time for six months). You can make it clear which jobs you can do part-time and which will be covered by others.
- Talk about how you working part-time will benefit the company; an opportunity for you to concentrate fully, keep your skills and knowledge as well as training others.
- Tell him/her about the pressure of caring for your father and how that affects your performance at work and you could ask your doctor to write a letter for you.

You write

I care for my husband. I am getting really worried. I worry about lots of things. I'm getting worried about winter coming and not being able to get out to buy food. I'm worried that I won't be able to afford to heat the house. I'm worried about the recession and people being unemployed and rioting and people breaking in. I try to keep calm but I can't. When I try to sleep I worry. I've got such a long list of worries I don't know which to worry about first. I think the doctor thinks I'm a nuisance because I'm in good health. I don't know where to turn.

Being a Carer is a tough job. You don't get paid and you don't get holidays. We know that it can get you down. When you can't decide which worry to worry about first, things are getting bad. Spending your days and nights worrying isn't going to help. We are lucky living in a time in which there are people around who can help.

Instead of thinking that your fears are being dismissed, we suggest you ask your doctor if s/he can refer you to a counsellor. Have you thought about seeing a counsellor? A calm, non-judgemental professional, used to listening to the complicated and sometimes irrational thoughts we have may be just what you need.

We have counsellors, free of charge, here (please ring Sue White on 01652 650585 for more details) or your doctor may be able to arrange sessions for you.

There isn't one of us who hasn't got things a bit out of proportion from time to time. Talk about all the things you're worried about and get them into perspective so they take up a smaller place in your mind.

Caring with Confidence

The programme 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 of several modules each dealing with a particular subject area. Carers can choose to come to some, or all, of the sessions (sitting and transport costs can be covered): -

- **Finding Your Way** - Caring with Confidence's introductory sessions
- **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 wellbeing.
- **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.

Dates and venues are as follows: -

 <p>The logo for 'caring with confidence' features a stylized human figure in green and yellow, with the text 'caring with confidence' below it.</p>	<p>Park Library Avenue Vivian Scunthorpe DN15 8LG 10.00 am -1.00 pm</p>
<p>Finding your Way</p>	<p>Thursday 12th January</p>
<p>Caring and Coping</p>	<p>Thursday 19th January</p>
<p>Caring and Me</p>	<p>Thursday 2nd February</p>
<p>Caring Day-to-Day</p>	<p>Thursday 9th February</p>
<p>Caring and Resources</p>	<p>Thursday 16th February</p>
<p>Caring and Life</p>	<p>Thursday 23rd February</p>
<p>Caring and Communicating</p>	<p>Thursday 1st March</p>

If you would like more information please contact Helen Wilson at the Carers' Support Centre on 01652 650585 or at helen.wilson@carerssupportcentre.com

Answers to last edition's quiz

Congratulations to Mrs. Clark of Barton who wins the prize. Here are the politicians' nicknames.

The Grey Man.....	John Major
Dubya.....	George W Bush
The Welsh Wizard.....	David Lloyd George
Bambi.....	Tony Blair
The Grocer.....	Edward Heath
The King of Camelot.....	John F Kennedy
The Bulldog.....	Winston Churchill
The Milk Snatcher.....	Margaret Thatcher
The Beast of Bolsover.....	Dennis Skinner
Honest Stan.....	Stanley Baldwin
Call me Dave.....	David Cameron
Sunny Jim.....	James Callaghan
Supermac.....	Harold Macmillan.
Clem.....	Clement Attlee
Dizzy.....	Benjamin Disraeli
Tarzan.....	Michael Heseltine
The Iron Duke.....	The Duke of Wellington
Who chose not to be known as Viscount Stansgate?.....	
Tony Benn	

.....

Thanks to everyone who has become a member of our fund-raising 100 Club. New members are always welcome to join. Recent winning numbers have been 7 11 2 29 106 103 3 24 76 122 136 and 31.

An application form is on page 16.

Quiz time

Capital city anagrams

Can you unscramble these anagrams to come up with the names of 15 world capitals?

Tear the pages out and send them to the address on the front cover by 15th February and the first one with the most right answers drawn from our hat wins a prize. Good luck.

Mark thou.....

Hence a pong.....

Noise abuser.....

Liop riot.....

Like shin.....

Upset bad.....

Naggy pony.....

Hasten.....

My toxic ice.....

Tube crash.....

Mad stream.....

Large bed.....

Gent ill now.....

Rail bias.....

Knot sign.....

To help, here's a list of the countries. Denmark, Hungary, North Korea, Mexico, Holland, New Zealand, Jamaica, Greece, Romania, Brazil, Sudan, Libya, Serbia, Finland, Argentina.

Name.....Tel no.....

Address.....

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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:

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:	
Telephone number:	Email address:

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.

What makes Britain great?

During the summer we had the unpleasantness of the riots in the cities and at some of the Carer groups members were talking about Britain - rather than what's going wrong, what's right about it.



Here's a few of their thoughts on what they like about Britain:

The radio. Comforting programmes like Test Match Special, Gardener's Question Time and The Archers.

The Police. That most of them aren't armed.

When we watch the television and read the news you would think that the health service, the education system, the trains and so on were all going to the dogs but if you look out of your window you're more likely to see someone walking a dog. It's not too bad after all.

We don't take patriotism too seriously but we have a feeling of belonging.

We've had a long history and tried different kinds of governmental set ups and found what we've got works as well as any other.

We can look forward to the Queen's Diamond Jubilee this year and the Olympic Games.

Funny place names like Spital in the Street , Pratt's Bottom, Gigglesworth, Wetwang, Nether and Lower Peover, Six Mile Bottom, Nempnet Thrubwell, The Land of Green Ginger, Ugley, Heckmondwike, Tooting Bec, Mavis Enderby, Belchford and the world-famous:



A message from Mencap



Making personalisation work for you: A Mencap Personal Assistant

What is a Mencap Personal Assistant?

A Mencap Personal Assistant is someone who is employed by Mencap and is there for the person you care for. They will enable the person you care for to live life the way they want to.

What support can a Mencap Personal Assistant provide?

The support provided by a Mencap Personal Assistant will be directed by the individual and those that are close to them, this support can include:

- Enjoying leisure time
- Maintaining and developing independence
- Household chores
- Shopping
- Money management
- Finding work
- Meeting up with friends and new people

Why have a Mencap Personal Assistant?

There are lots of benefits to having a Mencap Personal Assistant, these include:

- **Flexibility:** a Mencap PA is flexible to individual needs; support can range from a couple of hours per week to 24-7 support.
- **Reliability:** if your Mencap PA is on holiday or off sick, we will ensure that someone else is there to maintain high quality support.

- **Person-centred:** Mencap is committed to working in a person centred way, each person we support has their own personal support plan. We work with the individual and their family to find the right PA to meet their needs and wishes.
- **Stress free:** Having a PA employed by Mencap means that Mencap takes care of CRB checks, payment, training, insurance, tax and professional supervision.
- **High quality:** Mencap is checked by the Care Quality Commission and others. In 2010 we were rated as the highest quality support provider for people with a learning disability in England and Wales. We also have our own internal quality standards which exceed those outlined by CQC.
- **Training:** All Mencap staff have a comprehensive induction and receive continued training to enable them to provide the best support

Do Mencap only work with people who have a learning disability?

Mencap predominantly works with people with a learning disability, however, our person-centred approach enables us to support people with other disabilities and/or diagnoses. We have experience in supporting people with physical disabilities, dementia, autism and mental health issues.

How can I find out more?

Call Mencap Direct on 0300 333 1111, visit www.mencapdirect.org.uk or email us mencapdirect@mencap.org.uk

First Aid for adults with the British Red Cross

Giving you the confidence to deal with an emergency

Split over 2 days, the training will cover:-

Day One

Dealing with an emergency

Unconsciousness

Choking Bleeding

Burns

Recovery position

Day Two

Heart attack Stroke

Sprains, strains and broken bones

Head injuries

Diabetic emergency

Hypothermia

Tuesday 14th and Tuesday 21st February 9.00 am – 12 noon
at the Carers' Support Centre, 11 Redcombe Lane,
Brigg, DN20 8AU

Light refreshments will be provided.

You must be able to attend BOTH days to get your certificate.
Call David on 01652 650585 to book your place.

£25 or FREE through Lifelong Learning.

Through Lifelong Learning, alternative care and transport may be available.

Famous Lincolnshire People

John Twigg 1887 – 1960

We say *famous* but when you read about John Twigg you'll probably think *infamous* would be a better description.

He was born at Maltby-le-Marsh and educated at Alford Grammar School. When his father died in 1921 he took over the tenancy of the farm in Tothby Manor, near Alford. He and his wife Mollie remained there until their retirement to East Street, Alford in 1940.

We've heard that there was no malice in him but he was simply bubbling over with a love of life. He once said his recreations were shooting ash off cigarettes whilst they were still in the smoker's mouth and standing on his head on house ridges and chimney tops.

John was somewhat infamous for his pets – the most notorious being a wolf. This usually vicious animal was devoted to him and he would take it for walks. It died in the 1930s and is buried in the shrubbery at Tothby Manor, with a tombstone on which is inscribed: "Here lies Sally pet wolf/A better creature than you or I".

One fine summer in the mid 1930s he was the last farmer in the area to cut his hay and put an advertisement in the Lincolnshire Standard "John Twigg of Tothby apologises to the courting couples of Alford. He cannot delay cutting the hay any longer".

He and his wife had five sons and soon after the youngest, David, was born, John was seen walking along a lane pushing a pram. When he was asked to display the new arrival a piglet appeared from under the covers!

The boys kept pet mice and these soon began to multiply so John advertised in the local press.

“TWIGG’S MOUSE FARM - any quantity supplied”
Tothby Mouse Farm

TWIGG BROS.
Partners – J.R. Twigg, W.P. Twigg
R.M. Twigg, T.A. Twigg

Offer Mice from their noted strains. A big range of colours to choose from – Blacks, Whites, Browns, Greys, Piebalds, etc.,etc. These Mice are sleek and healthy, quite tame, and make delightful pets.

Twigg Bros. Have every confidence in offering them to the Public of Alford and neighbourhood and feel sure that every Mouse purchased will give entire satisfaction.

You may become the proud owner of one of these charming creatures for the **unheard of low price of 3d.** Easy payments arranged.”

He became internationally famous in 1934 when he took advantage of a “five bob round the town” trip in an aircraft. He happened to have a bad egg in his pocket which he dropped on the roof of the Police House. He was summoned to appear at Alford Magistrates’ Court, charged with “dropping a certain object from an aircraft flying” and this was the first such case ever brought under the Air Navigation Act.

At the hearing he claimed he was aiming at the Saturday afternoon shoppers in the Market Place and his lawyer asked the magistrates to ignore, “fantastic statements which had

appeared in certain sections of the press alleging that a dangerous missile had been dropped". He was fined £2.



He had several appearances in court including, "Harbouring on his person certain animals and reptiles of a ferocious nature with intent to surreptitiously release the same amongst the inhabitants for the purpose of creating "breeze" and panic, Writing and exhibiting certain prose and verse to the detriments of the users of the highway adjoining his premises", and "Throwing eggs of uncertain age or vintage at the abode of the constable of the parish".

A plaque recording these charges was placed in the Council Chamber at Alford and this also records that, "Being found guilty he was forcibly and unceremoniously confined to the stocks until he fealty was respited".

How he managed to survive apparently without accident is a mystery but he died in 1960 at the age of 73.

Carer Groups

New members are always made welcome and we can arrange transport and someone to stay with the person you care for.

Badminton Group - Thursdays 11.00 am – 12 noon.
Term time only. The Pods, Ashby Road, Scunthorpe –
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 1.00 pm
– 3.00 pm above the library, West Street, 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?

Our telephone help line is open from 8.00 am – 8.00 pm on Mondays to Thursdays; 8.00 am – 6.00 pm on Fridays and 10.00 am – 4.00 pm on Saturdays and Sundays.