

New Year, New Start?

The most popular New Year Resolution has to be 'I am going to join a gym and get fit!' - usually because of all the festive foods and drinks consumed at Christmas. However despite the best of intentions, the over indulging can carry on into the New Year and the gym falls by the wayside!

Why don't you keep to your resolution this year and come along to the Wellbeing Zone at Liverpool Carers Centre where you will find a friendly welcome from Stuart Williams the fitness coordinator, as well as:

- A facility that is ideally suited for ease of use and no overcrowding
- One to one advice and support, with your own programme that will be updated as you progress
- Low costs (induction £2 and £1.50 per visit - no monthly membership).

Stuart will also hold **healthy lifestyle classes** each Friday for six weeks commencing **18th February** (10.00am to 11.45am). Sessions will include a range of topics related to healthier eating and exercise in a fun but informative way.

The **Walk 4 Health** at the Albert Dock has also been rearranged; this will take place on **Wednesday 16th March**, meeting at the Pump House Pub at 11.50am for a 12.00pm start. Walking is a great way to get active and will help to reduce stress, help you sleep better and is a good way to meet people and make new friends.

Don't delay call Stuart today on 0151 705 2307 or email swilliams@localsolutions.org.uk



Liverpool Carers Centre Services

Liverpool Carers Centre works to improve the quality of life for unpaid carers in Liverpool by delivering support services that meet their needs. It is run by Local Solutions, a leading social enterprise in the North West of England and is a member of the Princess Royal Trust for Carers network.

Liverpool Carers Centre can offer you:

- A flexible support service that can change as your needs change
- Support that is independent of statutory organisations, offering impartial advice and information
- Signposting to specialist organisations
- An opportunity to become involved in developing support for carers at a local level



Support is provided to individual carers over the telephone, in person at the Centre and in their own homes. There are support groups where carers come together to share their experiences and there is also a range of activities that take place in the Carers Centre, which promote carers' good health and wellbeing including counselling, holistic therapies and relaxation sessions.

You may have been registered with the Carers Centre for some time but things may have changed and you now feel that you need more support. You may never have had a Carers Assessment and would like one now or you may just want someone to talk to. Whatever your situation you can call the Centre on **0151 705 2390** to talk to someone or arrange a home visit.

Carer Issues Highlighted Through Training

Liverpool City Council's Carers Team has been successful in obtaining funding from the Department of Health via the North West Joint Improvement Partnership for training of key workers on carer recognition and support for NHS staff. Carers pay a significant health penalty for caring and there is now strong evidence to suggest that the longer you provide care and the more of it you give, the more likely you are to be in poor health yourself. The aim is to provide health professionals with an understanding of Carer issues, how to identify and refer, together with a summary of the wide range of information and support services that are available locally. The Carers Team is working in partnership with GP consortium managers, district nurses and other primary health services in organising the delivery of these training sessions.

(Dementia Matters Newsletter Dec 2010)



Local Solutions' annual Winter Survival Campaign aims to help see its service users through the cold spell by giving away free winter packs that include items such as a thermal blanket, a flask, bed socks and non perishable food and drink.

Chief Executive Steve Hawkins presented carer Elsie King (both pictured above) with a pack at Mount Vernon Green just before the Christmas break.

BBC research shows "Hidden Army" of Young Carers

A recent BBC survey reveals that up to 700,000 children or young people under 18 could be caring for family members or friends; more than four times the official figure of 175,000, taken from the 2001 census.

These findings come from a survey of over 4,000 secondary school pupils across the UK, where one in 12 had moderate or high levels of care responsibilities. They had over the preceding month carried out personal care of someone in their home. Nearly a third of those responding said they had carried out emotional care or supervision.

Children's Minister Sarah Teather said: "This research from BBC News shows the reality of what is really going on with young carers. Many

young people are happy and proud to care for a family member, but it is shocking to see that they don't get the support they need or the recognition they deserve."

Responding to the research the National Young Carers Coalition says: "It comes as no surprise to us that the BBC has uncovered four times more young carers than previously identified in the 2001 census. We always knew that the census figures were a vast underestimate."

Support for young carers in Liverpool is provided by Barnardo's Action with Young Carers who can be contacted on 0151 708 7323 or email youngcarers.liverpool@barnardos.org.uk You will also find information on their website www.barnardos.org.uk/youngcarersnorthwest

Liverpool Shopmobility - Making Liverpool Accessible

Do you have a mobility restriction due to age, disability or injury?

Would you like freedom and independence to access Liverpool City Centre amenities and tourist attractions?

Then why not contact Liverpool Shopmobility?

The shop situated in Liverpool One Retail and Leisure Development (3rd Floor, Strand Street Q Car Park) has a range of modern and easy to use mobility equipment, including powered wheelchairs, electric scooters and manual wheelchairs, for hire over short and long term periods.

Liverpool Shopmobility provides a flexible service to meet your needs including:

- Leisure activities
- Medical appointments
- Shopping
- Conferences
- Holidays
- Excursions

The shop now also sells a variety of scooters, power chairs and manual chairs, as well as a range of mobility aids; the staff in the shop will be only too happy to assist if you would like advice about purchasing a vehicle or any other equipment.

The shop is open 7 days a week with late evening opening. Call the team on **0151 707 0877** or visit the shop for more information and to find out about the **Travel Companion Service**.

Liverpool Carers Emergency Card...

is a practical way to provide you with peace of mind that should anything happen to you when you are away from the person you care for support for them will be put in place. The card:

- offers 24 hour support with the knowledge that your nominated contacts will be informed in the event of an emergency
- is the size of a credit card and is **free** to any carer who lives in Liverpool
- displays no personal information, just a reference and the **VNC Lifeline 24 hour response centre's** telephone number

To receive a card you must first register with Liverpool Carers Centre and complete an application form which will include '**your action plan**'.

You will carry the card with you and in the event of an emergency a call can be made to VNC Lifeline, who will then get in touch with your emergency contacts so they can take over the caring role in the short term.

If you already have a card, it is important that you let us know if any of your details have changed since you received your card. If you no longer use your card could you let us know so we can remove your details from the database.

For further details contact **Geraldine Hynds at Liverpool Carers Centre on 0151 705 2307**.

Important Changes to Housing Benefit for Disabled People

From April 2011, extra support will be available for some disabled people living in private rented property. For the first time local councils will be able to take into account the need for an extra bedroom for a non-resident carer.

For disabled people with a non-resident carer, the change will apply where the customer, their partner (or both) need an overnight carer. To qualify for the additional room, the customer will need to satisfy the following criteria:

- the carer(s) has/have a home elsewhere
- a room is available
- higher rate Attendance Allowance or Disability Living Allowance is in payment or other evidence of need is available
- the carer(s) provide (s) the overnight care that the customer or partner needs.

The change will apply to both new and existing Housing Benefit claims customers from April.

If you are a non-resident, overnight carer for someone living in private rented property, make sure that they have informed the Benefits Service, so they can make sure that any extra support can be claimed via Housing Benefit.

The Benefits Service can be contacted on 0151 233 3009 or by making an appointment to visit one of the One Stop Shops by calling 0151 233 3016.

Liverpool Direct Limited's Benefits Service also has a dedicated advice team, the Benefit Maximisation Team, who can provide support to anyone who isn't sure if they qualify for help and provides support for those seeking assistance to make a claim. They can be contacted by calling into a local One Stop Shop or by ringing the helpline number 0151 233 3064.

Breaks for Carers - A New Way (Update)

Earlier this year, Liverpool was chosen as one of 12 authorities – the only one in the North West – to pilot a new scheme for carers on behalf of the Department of Health.

The closing date for referrals has passed to ensure that carers who are accessing the project will be supported by the deadline of 31st March 2011. At the moment the project is being evaluated and the team are pulling together focus groups made up of carers who have been involved with the project. If you were involved, you will shortly receive an invitation to join a focus group to discuss your experience and assist in the evaluation of the project. Your views and comments are important so please respond to your invitation letter when it arrives.

They have already received positive feedback about the pilot, carers who have taken part have said:

"That our role as carers is acknowledged and valued, I have never had the opportunity of having my own support plan."

"The sign posting to other resources from my planner was really helpful."

"It puts a sense of value for our role as carers."

"I wouldn't want anybody else looking after my son, but it is nice to feel that I will be having a break soon. It gives me something to focus on when I am struggling with my role as a carer."

If you would like to discuss the project or have any questions please contact the team on telephone - **0151 233 8139** or email - **jane.weller@liverpool.gov.uk** and **sue.fenton@liverpool.gov.uk**

GPs Host Launch of 'I Care' Leaflet

A joint venture between Liverpool PCT and Liverpool City Council, supported by the GP consortia, has developed a leaflet specifically designed to help patients tell their GP that they are a carer. With the patient's consent, they will be included on the surgery's Quality and Outcomes Framework (QOF) register and their information will be shared with the council's Carers Support Team. The initiative is being launched, in the first instance in the 24 Matchworks practices.

Support offered by the GP surgery includes:

- Yearly flu vaccination
- Yearly carer's health-check
- Improving the care of the person being cared for by

listening to any information the carer can add that could be useful when they visit the doctor (with consent)

- Sharing of information and relevant details recorded (helpful in emergencies and again with consent)

If your GP is one of the Matchworks practices you should ask about this leaflet and how you can be registered. (*Dementia Matters Newsletter Dec 2010*)

If you have a GP in another part of the city you should speak to surgery as they may already have a Carers Register or watch out for the launch of the venture in your area. For further information contact **Liverpool Carers Centre on 0151 705 2390**.

Carers Centre Activities - February to April 2011

WEEKLY

Tai Chi: Tuesday
10.00am - 12.00pm

Welfare Benefits Advice sessions:
Tuesday 1.00pm - 4.00pm

Counselling Appointments:
Tuesday and Wednesday
11.30am and 12.30pm

MONTHLY

Asperger Carers Support Group:
Monday 7th Feb, 7th March and
4th April, 1.30pm – 3.30pm
(meetings take place at Olive
Mount)

**Carers Mental Health Support
Group:** Monday 7th Feb, 7th March
and 4th April, 12.00pm – 3.00pm

**Carers of Older People Support
Group:** Monday 28th Feb,

28th March and Thursday 21st April,
11.00am – 12.30pm

**Older Carers Support Groups
(Learning Disabilities):**
10.30am – 12.30pm

Venues:

Liverpool Carers Centre:
Wednesday 16th Feb, 16th March
and 13th April

Parthenon Day Centre:
Monday 28th Feb, 21st March and
18th April

Reiki: Thursday 17th Feb, 24th
March and 28th April (please phone
to book appointment)

Back Massage/Reflexology:
Thursday 10th Feb, 10th March and
14th April (please phone to book
appointment)

BI-MONTHLY

Liverpool Carers Forum: Wed
30th March 10.30am – 12.30pm

OTHER ACTIVITIES

Healthy Lifestyle Classes: Six weeks
commencing Friday 18th Feb
10.30am – 11.45am (please phone
to book a place)

Dementia Awareness Session:
Thursday 24th Feb 9.30am – 4.00pm
(please phone to book a place)

Walk for Health at Albert Dock:
Wed 16th March meet at 11.50am
outside Pump House Pub for
12.00pm start (please phone to
book a place and for further details)

**For details of any of the above
activities or to book a place please
phone 0151 705 2307**

Free Cinema Tickets for Carers

The Cinema Exhibitors' Association Card is a national card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema. The card is valid for 1 year and a processing fee of £5.50 is charged for each card.

The applicant must be in receipt of Disability Living Allowance or Attendance Allowance or be registered blind and they must supply a passport-sized photo with the application to appear on the card. The C.E.A. card allows the cardholder to obtain one free ticket for a person who will provide them with assistance required as a result of their disability, provided that a full priced ticket is purchased by the cardholder for the same film. There is no restriction on the accompanying person, whether parent, family member, friend or care worker.

Printed application forms are available from cinemas across the UK supporting this card or an application form can be downloaded from the Cinemas Exhibitor's Association website (www.ceacard.co.uk). **Application forms cannot be provided by post.**

Charity Shop Appeal

Hope you all had a lovely Christmas...did you get lots of nice presents and are still struggling to store them? Or, did you have a successful visit to the Christmas Sales (or maybe a few visits!) and do not have a place to hide your new purchases?

We may have a solution for you...have a New Year clear out and donate the clothes you no longer wear to Local Solutions' new charity shop.

You can deliver your items of clothes that are in good condition, including shoes and any small bric-a-brac to Hazel Brown at Local Solutions, Mount Vernon Green, Hall Lane, Liverpool, L7 8TF.

Hazel is also still looking to recruit volunteers for a variety of tasks including:

- Sourcing
- Collecting
- Cataloguing stock
- Working/selling in the shop



If you have any experience of this type of work or you have some spare time she would love to hear from you (full training will be given). Telephone **0151 705 2422** or email hbrown@localsolutions.org.uk



Remember this is your newsletter and we welcome contributions from carers and carers' groups.

Let us know your views, or if you are planning an event and would like to let carers know, please contact Kathy Newton on 0151 705 2390, or at The Liverpool Carers Centre, Local Solutions, Mount Vernon Green, Hall Lane, Liverpool, L7 8TF. If you know anyone who would like to receive a copy of this newsletter, please call 0151 705 2307.