

Carers state pension entitlements

Carers Week

Chi Kung Classes

Carers



Column

Have you ever wondered what it would be like to win the lottery?

We have!!!



LOTTERY FUNDED

Great news for Carers, great news for the Carers Centre

We have secured three years of funding from the Big Lottery to ensure that you, the Carers can continue to access our services in the Borough of Eastleigh.

Please come and share our **Carers Week** celebration on **Friday 18th June** at Wells Place, Eastleigh when the **Big** Lottery will be coming to present us with a **Big** cheque.

Most of all join us because we have planned a special day that we hope you will enjoy with

relaxation, information, a free lunch, a bit of pampering and time to just sit and chat to friends old and new.

See our programme of events coming soon and book in for Aromatherapy, Meditation, African Drumming and lots more.

For those of you coming on your own, our friendly volunteers will be there to welcome you with a cup of tea and you can join in as little or as much as you want to.

Look forward to seeing you there.....

Many Carers find out about us through word of mouth, thank you to the Carer who met a lady at a bus stop and passed on our details she is now getting lots of help and support.

Please feel free to give out our telephone number to any Carers you meet in and around the Borough, don't forget we also support Carers who have suffered a bereavement or significant loss.

Call us on 023 8090 2421



Friday 18th June at Wells Place, Eastleigh from 10am - 3pm

Join Angie and Jo for a day of fun, relaxation, information and pampering

Drumming Workshop

Meditation

Art Therapy

The day will start with a relaxing demonstration of Chi Kung for anyone to join in or watch. You can take part standing or seated whichever you feel more comfortable

Indian Head Massage

Aromatherapy

Information stands include:

- Parentvoice - Information for parents and carers
- Chi Kung - relaxation and breathing techniques for Carers
- Young Carers and Playscheme
- Mind IT - free computer course for Carers
- Cinnamon Trust - helping elderly people with the care of their pets and short term respite
- Hampshire Autistic Society
- One Community Home Information Service - advice, information and Advocacy
- Job Centre Plus Carers specialist - helping Carers get back to work

Try your luck on the Raffle and enjoy a free lunch

Carers are welcome to come along for all or part of the day see the flyer for pre bookable appointments

Carers Week recognition award for services to Carers

Is there any organisation or specific person in the community who has been helpful or supportive towards you as a carer and your cared for?

You can nominate them for an award. For instance, one Carer is nominating a café, supermarket staff and dentist have been nominated in the past.

These awards will be presented at our Carers Week event on the 18th June 2010

Please complete details below and return to the Carers Centre before 7th May 2010

Your Name: _____ Contact Number: _____

Name of your Nomination: _____

Your reason for nominating this person/organisation:

Contact Details for this person/organisation: _____

Return to 16 Romsey Road, Eastleigh SO50 9AL



Free Computer Course for Carers

If you are a complete beginner, have some computer skills or want to learn more, Mind IT can help. Even if you don't have a computer at home you will be given enough training to use the free computers in the Library.

Courses are for six weeks at the Mind offices in Eastleigh. You will be in a small group and be able to learn at your own pace. You will meet other Carers and gain new skills and confidence.

Beginners and Improvers

8th June - 13th July Tuesday 9.30—12.30 or 8th June –14th July Wednesday 12.30 –3.30

This is an introduction to computers but if you have prior knowledge a tutor can set you individual tasks.

Intermediate

8th June - 13th July Tuesday 12.30 - 3.30

If you have had a course with Mind It before and feel you are ready to improve your knowledge further then why not try the intermediate course.

Mind IT may be able to run 1 day course for Carers

Would you be interested in any of the following:-

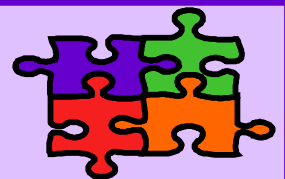
Learn how to:

- Shop online
- Sell or buy items on EBay
- Pay your utility bills online
- Shop around for the best deals i.e. insurance
- Process digital photographs and improve them
- Keep in touch face to face with Skype (calls over the internet)
- Access the computers in the Library

If you are interested in coming along to a 1 day course or have any other ideas that you think would be useful then please give Jo a call on 023 8090 2404

Are you caring for someone with Dementia?

Caring for someone with Dementia is often very demanding. Many Carers experience feelings of guilt, frustration, and have difficulties coping with day to day situations



The Carers Centre have been running courses over the past few months for Carers. The course covers the practicalities of caring for somebody with Dementia, ways to communicate and understand the person with Dementia's reality and tips on how to cope.

This course is an overview and is not focussed on specific types of Dementia. Many Carers found the course useful, enjoyed sharing experiences and meeting others in a similar situation.

The next course will be taking place on **Monday 9th August 10.30am - 2.30pm** lunch will be provided and the course is completely free to Carers.

For more information please contact the Carers Centre on 023 8090 2404

Speak
Your
Mind

A Visual Aid to Conversation

There can be a number of reasons for someone having limited speech or no speech at all, e.g. medical conditions such as stroke or dementia, the result of an accident, or because of Special Needs.

Whatever the reason, it is often difficult to know just what to say and how to communicate with someone whose verbal skills are impaired. For family and friends the awkward silences when visiting a loved one in hospital or nursing home, or even in the family home, can be so embarrassing and unconstructive that it is the most common reason for cutting the visit short - it is simply too hard.

The '**Speak Your Mind**' Guide is a unique and versatile visual aid which helps to stimulate one-to-one conversation, reduce unwanted silences, and make people feel a little less self-conscious and more comfortable and happy. Its structure encourages the exchange of information, translates thoughts into actions, and not least helps reduce some of the frustration felt by those whose minds are still active but who are unable to speak or who have other communication difficulties.

The guide is a wire-bound booklet designed to withstand daily wear and tear. Its features are:

- 18 pages (210mm × 210mm) made of strong, polypropylene material with a glossy, laminated finish
- there are nine colour-coded and tabbed sections with pages designed for easy turning
- each page with words and pictures relevant to everyday life, plus a 'Notes' section for additional information to be added using the special 'dry wipe' pen supplied. These and the other sections in the guide can be written on, then wiped clean and used again and again

The all-inclusive price of the Guide is £19.50 but if we have more than 10 orders we can get this discounted to £15.00 each.

If you would like more information, would like to see a copy or order a guide contact Angie on 023 8090 2421



Tuesday 4th May at Wells Place, Eastleigh 10am - 12noon

Are you a Parent or Carer of children with disabilities?

read on....

Meet Richard from Parent Voice, a network of Parents and Carers of children with disabilities in Hampshire, providing a single point of contact for the information and advice you need for your child.

Through Parent voice you can share your experiences, and benefit from the knowledge gained by other parents. They will also keep you informed of any activities and events happening in your area and how you can access them.

Parent Voice will also be coming along to our Carers Week celebration on Friday 18th July
10am -3pm

Revitalise

Relax

Re-energise

Chi Kung Classes for Carers **Active Relaxation Classes for Carers**

Chi Kung (chee gung) is an exercise system from China that combines slow, gentle movement - or sometimes even stillness - with calm regular breathing. Chi Kung uses the natural functions of your body to release stress, develop flexibility, coordination and stamina, can help to heal chronic joint and back problems. Although there are many different styles of chi kung, the movements themselves are generally easy to learn.

Mark Lythgoe from Southern Chi Kung having worked with a pilot group of Carers is understanding how stress and lifestyle affect Carers minds and bodies. Whilst most Carers do the exercises standing up, some Carers have been sitting down to participate.

We are running two courses of six weeks for Carers, the sessions take place at 16 Romsey Road, Eastleigh from 10.30am - 11.30am.

Places are limited and need to be booked in advance and each class would be charged at £2.50

Please contact Angie or Jo on 023 8090 2404 to for dates, more information or to book your place



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Are you a Carer needing help to return to work?

Haven't filled in application forms or attended interviews recently?

Fortis Insurance Human Resources Department are offering free professional advice and a unique opportunity to get honest and constructive comments on how to improve your chances on the job market.



All you need to do is fill in an application form and write a CV as if you were applying for a real job and if you are brave enough to go one step further Fortis are also offering interview practice to help with confidence, presentation and anxiety.

(They do have some real jobs on offer too when you are ready!)

For more details and your application form contact Angie or Jo in the Carers Centre on 023 8090 2421

jobcentreplus

Jobcentre Plus have a dedicated worker Colin Meadows who is a specialist advisor for Carers wanting to work and helping them to overcome any obstacles through a question and answer session.

Colin will be at the drop in on Tuesday 25th May at Wells Place, Eastleigh 10am - 12noon

Getting into work guide

There are copies of the getting into work: a guide for parents of disabled children returning to work available at the Carers Centre. Can also visit the working families website at www.workingfamilies.org.uk for more information.



Tuesday 18th May at Wells Place, Eastleigh 10am - 12noon

Join Angie and Jo in a short demonstration of simple, easy exercises designed to prevent falls and promote physical activity. Join in or just watch....



**HAMPSHIRE
FIRE AND
RESCUE
SERVICE**

Come and meet Jim Wilson Community Safety Advisor with over 36 years experience. Smoke alarms, key safety, electric blankets will be some of the topics covered.

He will give Carers tips and advice on the dangers of fire, fire safety in the home especially for those caring for someone with learning disabilities. If you have any questions for Jim but cannot make the talk tell us and we will get some answers for you.

Tuesday 8th June at Wells Place, Eastleigh

Meet Claire Holt Education and Training officer with Parkinson's UK to find out about Parkinson's UK.

Who bring people with Parkinson's, their carers and families together via our network of local groups, our website and free confidential helpline.

Specialist nurses, our supporters, staff and publications provide information and training on every aspect of Parkinson's.

**PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.**

Tuesday 29th June at Wells Place, Eastleigh 10am - 12noon

Trading Standards

Learn how to deal with the latest phone and postal scams, junk mail, doorstep crime and get the latest copy of buying with confidence (approved trader directory)

Tuesday 20th July at Wells Place, Eastleigh 10am - 12noon



Volunteers!



Thank You

Thank you to Anna Tyrell for her £100 donation towards aromatherapy in memory of her partner Gordon Brown as they have appreciated the carers centre's help.

Thank you to our donor who wishes to remain anonymous for a fantastic £400 towards the Carers Centre funds. This carers sister died recently of bowel cancer and they understand how tired, stressed and physically and mentally exhausted carers are.

Carers Centre Volunteers Needed

Would you or someone you know be interested in volunteering in the Carers Centre?

Do you have 3 or more hours a week to spend with us making a real difference to peoples lives?

You will need to be kind empathetic, a good listener and enjoy working in a busy team undertaking a variety of tasks.

You will be talking to Carers, liaising with other health professionals and assisting with simple administration, less interesting tasks involve making tea and filling envelopes!

If you can spare minimum 3 hours a week or a whole day we would like to talk to you.

Volunteering is great for anyone. You may be retired or just wanting to get back into the job market and need some office experience.

Full training will be given, no previous experience necessary.

Please see flyer attached for vacancies or call Angie on 023 8090 2421

Connevans

Connevans are a company that sell equipment for the deaf and hard of hearing. One carer whose son has profound hearing loss has brought several things from Connevans and been happy with their products. We have a copy of the catalogue in the Carers Centre.

Their products website is www.DeafEquipment.co.uk.

RADAR Key

The National Key Scheme offers disabled people independent access to around 7,000 locked public toilets around the country.

While RADAR would like all providers of accessible toilets to keep their toilets unlocked if possible; the National Key Scheme (NKS) should be used if the provider concerned has to keep the toilets locked to stop misuse and damage.

Radar keys are free to Eastleigh Borough residents from the council offices in Eastleigh. Proof of disability and address is needed.

For more information or to get a RADAR key contact Andrea via email or telephone Andrea@EBCcommunity.development@eastleigh.gov.uk or 023 8068 8095



Local MP Chris Huhne helps Carer with Tax Problem

Local Carer Bubbs Tilly was accused by the Inland Revenue of owing thousands of pounds due to a tax underpayment. Bubbs knew this was an error by the Inland Revenue. After battling for months with no luck Bubbs decided to go to her local MP Chris Huhne.

Bubbs said 'Chris was very helpful, it was sorted out within weeks even though I had been trying for months'

If you need help Chris can be contacted on 023 8062 0007 by email: chris@chrishuhne.org.uk by post: 109a Leigh Road, Eastleigh SO50 9DR

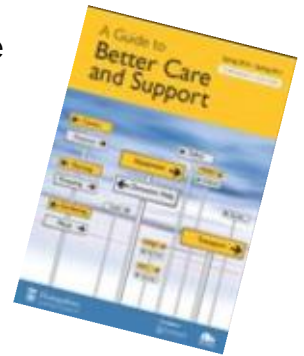
Care choice

A new website aimed at helping people in Hampshire make the right choices about their care has been created.

The Carer choice website enables people to carry out a self-assessment to help determine what care and support needed.

Like the Guide to Better Care and Support - a free publication for all Hampshire residents - it also provides comprehensive, practical information on all aspects of independent living, how to arrange care and support and information for carers.

Visit the site, which has been shaped by service users and carers, at www.hants.gov.uk/carechoice. For your free copy of the guide call 0845 603 5630*



Carers offered help to build state pension entitlement

The Government today urged those caring for a friend or relative to use a new scheme to build up their state pension entitlement.

From April, anyone looking after someone for more than 20 hours a week unpaid can qualify for the new carer's credit, which will count towards their entitlement for the basic and second state pension. To get it call 0800 678 1132.

The Department for Work and Pensions estimates up to 4.7 million could benefit from the scheme.

Angela Eagle, Minister for Pensions and Ageing Society, says: "We want people to tell us if they, or people they know, are looking after somebody for more than 20 hours a week so they benefit from this change. It's only right that caring for others should be counted towards the state pension."

Your eligibility for the state pension is determined by the number of years you've worked and paid national insurance (NI). One year's carer's credit will be worth the same as paying NI for a year.

Imelda Redmond, chief executive of Carers UK, said: "We know saving for your retirement years won't be your priority when you suddenly find yourself caring for a loved one.

"But there are simple steps you can take to secure your state pension that will protect your long-term future as you care for others."

Find out if you qualify by visiting the Directgov Website.



What are our Senior Citizens

worth? We received the following from a carer with a sense of humour and thought you might enjoy reading it:

"Did you know that we older folk are worth an absolute fortune. We have silver in our hair, gold in our teeth, stones in our kidneys, lead in our feet and gas in our stomachs.

Since I have become older I have become quite frivolous and am visited by no less than nine men every day. As soon as I wake Will Power helps me out of bed. Then I go to see Jimmy Riddle who does not like to be kept waiting. After that it is breakfast with Mr Tetley or another pal who just likes to be called PG. Then along comes Arthur Ittis, a fellow who insists in hanging around with me all day and takes me from joint to joint. I could easily do without his company but he just won't go away.

These days I'm flirting with Al Zehimers and Gerry Attric and their lady friend Emma Royds. I need to watch out for her because she has a habit of sneaking up behind me. Finally, after my hectic day I go to bed with Johnny Walker.

The other day the parish Priest called and told me that at my age I should be thinking of the 'hereafter'. I told him that I do all the time; no matter where I am, the bedroom, the kitchen or even the garden I find myself wondering, now what the devil and I here after?"



Emergency Planning For Carers

Are you concerned about what will happen to your cared for should an emergency arise?



We Can Help You

The Princess Royal Trust for Carers have a dedicated team who will provide you with support to discuss, develop and implement an emergency plan. Up to 48 hours care may be available for the person you care for in the event of an emergency.

Benefits of Making an Emergency Plan are:

- Peace of mind
- You are able to choose who should be involved
- The best opportunity for the cared for person to remain in their own home
- Information about other services available
- Carers emergency cards
- Emergency support may be available free of charge for up to 48 hours

What Will Happen:

- A project worker will phone you to make an appointment
- A project worker will visit you at your chosen venue to discuss your requirements
- With support, you will put together an emergency plan
- You will be provided with a detailed document outlining your emergency plan
- In the event of an emergency the 24 hour phone line is available should you require further support

This is a free service and no Adult Services Assessment is needed.

Be prepared and have peace of mind

CALL: 0845 604 1577





Dates For Your Diary

We hold a coffee morning every Tuesday from 10am - 12noon at Wells Place, Eastleigh please feel free to come along for as little or as long as you like

Parent Voice at the Drop in Coffee Morning

Tuesday 4th May 10am - 12noon Wells Place, Eastleigh

Richard Uren will be coming along to inform parents and Carers of disabled children of the services available and how to access them

Better Balance for Life

Tuesday 18th May 10am - 12noon Wells Place, Eastleigh

Join Angie and Jo at the drop in who will be demonstrating the exercises for the Better Balance for life campaign

Are you a Carer who would like to find out how to get back into work?

Tuesday 25th May 10am - 12noon Wells Place, Eastleigh

Colin Meadows from Jobcentre Plus will be coming along to the Drop In Coffee Morning to tell us more and answer your questions.

Hampshire Fire and Rescue

Tuesday 8th June 10am - 12noon Wells Place, Eastleigh

Come along to find out useful tips and information about the dangers of fire

Carers Week Event

Friday 18th June 10am - 3pm Wells Place, Eastleigh

See page 2 for information about our celebration event

Parkinson's UK at the drop in Coffee Morning

Tuesday 29th June 10am - 12 noon at Wells Place, Eastleigh

Claire Holt from Parkinson's UK will be coming along to tell us about the services they provide for Carers

Trading Standards at the Drop In Coffee Morning

Tuesday 20th July 10am - 12noon Wells Place, Eastleigh

Find out about the buy with confidence scheme and ways to avoid being scammed

Coffee Morning for those who live in Hamble , Netley, Bursledon and surrounding areas

Wednesday 19th May 10am - 12noon Blackthorn Surgery, Hamble

Wednesday 16th June 10am - 12noon Blackthorn Surgery, Hamble

Wednesday 21st July 10am - 12noon Blackthorn Surgery, Hamble

For all Carers who live in Hamble, Netley, Bursledon and surrounding areas come along to our Coffee Morning and meet the Carers Centre team and other Carers in your area.