



Carers Newsletter

August 2010



Dear All,

At last, another newsletter!

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Please take a little time to read about some important dates for your diary leading up to Christmas. We have some interesting guest speakers visiting our Tuesday coffee morning, including Lynda Taylor from Eastleigh's newly opened **Alzheimer's Society**, and a representative of the **Activity Buddy Scheme** for carers and parent carers of a disabled person who would like support to get better access to sport and physical activity.

We have had some exciting changes going on in the Carers Centre and would like to welcome new staff members Lucy, Siobhan and Ruth and new volunteers Peter and Sam.

First of all, we'd like to say a **big thank you** to all of you who helped and came to our carers week Event at Wells Place. We

had over 100 visitors on that day which was not only a day of fun, information and a chance to meet many representatives from local support services, but also something in the local press to ensure that carers issues are highlighted and kept in the public eye.



Photo of our young and adult carers with Angie and Jo during carers week celebrating our Big Lottery Funding which will enable us to continue supporting carers of all ages in the Eastleigh Borough .

Please enjoy the latest edition of your newsletter!

Update for Carers and Welcome New Faces!

We wanted to let you know the Carer's Centre has had a few changes recently:

Thanks to our Big Lottery funding our Carer's Centre team is now as follows:



Lucy Sams

Angie Poole is managing the Adult Carers Project with Lucy Sams joining as Project Leader to have an active role in both the Adult Carers and Young Carers projects and the aim of bridging the gap by providing support to Young Adult Carers, families and parents.

Jo Newcome is now managing the Young Carers Project working with two new Young Carers Support Workers, Ruth and Siobhan.



Left, Ruth and Right, Siobhan

HELP US HELP YOU!

To ensure we understand your current situation and needs as fully as possible **please** help us to provide you with the best service we can by spending a few minutes completing the attached questionnaire and returning it to us in the pre paid envelopes. Alternatively, give Lucy or Angie a ring on 023 8090 2404 for a chat and give us an update on your situation.

In addition to continuing to support Adult Carers (19+ years) and Young Carers (11 – 18 years), we now hope we will be able to plan services for Young Adult carers (19 – 25 years), parents and families. We know you are incredibly busy, but please do let us know if you have any ideas.

Your input will be greatly appreciated and help us plan new ways of supporting you.

Parents Page



PARENTS: Come along and tell us what you think!

We understand that the needs of a parent caring for younger children up to and including junior school age can be different from those caring for older children. We would like to offer social events for parent carers; one for parents caring for children 0 - 11 year olds and one for parents caring for 12 and above.

We are holding an initial **Parents Social Evening in November** as several carers have expressed a need for more of a social life, to meet new friends and to relax and enjoy themselves for a few hours. Come along and have a drink and snacks and to meet people in a similar situation. **Please let us know your availability so we can decide on a venue and a time and what kinds of social activities you would like on our questionnaire.**

For all Parents/Carers of a disabled child in Hampshire:

Join the Parent Voice Network to receive news and activities for disabled children.

For more information or to register call 02380 721206 or visit www.parentvoice.info

Also make sure you check out the Activity Buddy Scheme in our Good to know section!



Family Carers Network

Are you a relative or friend of someone with a learning disability aged 15 years or above? Would you like your voice heard? Would you like to meet other people in a similar position?



We are developing a new network for Family Carers in Hampshire! Please get in touch! Please contact Carers Together on 01794 519495 or 07920 506341

Treat yourself to an Aromatherapy Appointment



Many carers have said how much they have benefited from aromatherapy, leaving them relaxed and feeling positive.

Here is one carer enjoying an Indian head massage on Carers Week.

If you would like to arrange an appointment call Angie or Lucy on 023 8090 2421 or 023 8090 2404. Please be specific if you would like a particular treatment as therapists differ in their specialities!



Lighten up with Laughter

Please note date change

Carers Action Network have organised a Laughter Workshop for Carers.

Many of you have responded already and it looks like it is going to be a great day out!

The workshop will be run by Laughter Ambassador Julie Whitehead on **Thursday 14th October 10.30am to 3.00pm at Fleming Park Bowls Club** (at the rear of Civic Offices Leigh Road) and **lunch will be provided**. The day will encompass laughter and fun in the morning and relaxation in the afternoon leaving you to go home, refreshed and revitalised with a big smile on your face!

There is still time to book a place—contact Angie or Lucy on 023 8090 2421 or 023 8090 2404



Chi Kung Classes for Carers

Active Relaxation Classes for Carers

Many of our carers have now tried Chi Kung finding it very beneficial mentally, physically and socially. They have said that they have slept better, feel more energetic, have met new people and have felt more relaxed with a more positive approach to life.

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

Join us for an eight week course or a one off session! It will take place at One Community from 10.30am - 11.30am on the following Thursdays: 2nd September, 9th September, 30th September, 7th October, 21st October, 28th October, 4th November, 11th November 2010.

For carers in the **West End** area Mark is doing a one off session on September 8th 2—3.15pm at the West End Surgery, Moorgreen Road.

Places need to be booked in advance and each class would be charged at £2.50. Contact Angie or Lucy on 023 8090 2421.

Please contact Angie or Lucy on 023 8090 2421 for dates, more information or to book your place.



Feedback from Carers Action Network

Dementia Awareness Course

Our dementia courses have given carers a wider understanding of day to day living with dementia and have found hints and tips on behaviour which has proved really useful.

Feedback from our most recent course on 9th August found that people rated the course content as very informative and useful, fulfilling their expectations with the pace of the course being just right. Comments from attendees included: **“Reassured me”, “Very interactive - given me more confidence to deal with dementia”**.

“Very helpful, particularly informative on understanding reasons for behaviour and how to deal with it.”



First Aid Course



The feedback from all who attended was very good/excellent with the instructor setting the right pace, making it fun and keeping everyone's attention and participation. Each person's ability or disabilities were taken into account and were shown how to do what they

could and it left people feeling more competent in their caring capacity and confident to employ these vital skills if needs be.

“Every one spoke of how things had changed since they last did first aid training, how it was very interesting, refreshing, empowering, valuable, informative, practical and having an instructor who delivered instruction and practical demonstrations with humour.”

If you missed these courses and feel you would benefit from one - please contact us!

Other Support

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

Caring for someone with Parkinsons?

On the 2nd Tuesday of every month a local **Southampton Parkinson UK Branch** meet in St Mark's Church Hall in Archers Road.

POP (Partners of Parkinson's) meet for a pub lunch once a month

There is also a **Solent Early Onset Parkinson's UK group** who provide activities like Tai chi on a weekly basis, singing 3 weeks out of every 4, New Age Kurling once a month and group meeting with speaker bi-monthly, pub meetings bi-monthly and coach trips twice a year with local branches. Their areas cover Southampton and surrounding areas including Romsey, Eastleigh, Chandlessford, Winchester, Swanmore, Hedge End, Netley, Hamble, Hythe, New Milton etc.

For more information please ring Mary Shorter who chairs the Southampton Parkinson UK Branch and Solent Early Onset Parkinson's UK group and is involved with POP (Partners of Parkinson's):

Tel: 02380 449652

Mobile: 07702 905547

E-mail: marysh@waitrose.com

Carers Support Workshops

Are you an unpaid carer over 18? Have you had a FREE Carer Support Workshop?



The sessions include:

Caring and Coping, Caring and Me, Caring Day to Day, Caring and Resources, Caring and Life.

You do not have to attend all session but sessions must be pre-booked.

The courses start in our area in West End on Wednesdays, starting from 8th September 10am until 1pm.

For more information or to book a place please call Carers Together on 01794 519 495 or e-mail admin@carerstogether.org.uk

Good to know...



Simply Health help customers enjoy a better way of life by providing highly personalised daily living solutions including products to help in getting around, staying active, personal care, back and foot care, the kitchen, bedroom and bathroom. The products range from grabbers to indoor/outdoor power chairs and scooters to bath lifts to pill boxes and furniture protectors etc. A free home demonstration and assessment on scooters or power chairs is also offered.



Get your fire blankets checked!

Trading Standards will be conducting electric blanket checks on Tuesday 28th September from Eastleigh Fire Station, Steele Close/Leigh Road. SO53 3AA. Appointments are necessary to arrange one call trading standards on 01962 833 358.

Do you qualify for a free NHS home sight test?

Are you any of the following?:

- 60 years of age or over?
- Claiming benefits (Income Support, Income based Jobseeker's Allowance, Pension Credit Guarantee or receiving tax credits and meeting qualifying conditions)
- Diagnosed with diabetes or glaucoma, considered to be at risk of glaucoma (as diagnosed by an ophthalmologist) or registered blind or partially sighted
- 40 years of age or over and the parent, brother, sister, son or daughter of a person diagnosed with glaucoma?
- On a low income and named on a valid HC2 (full help) or HC3 (partial help certificate)?

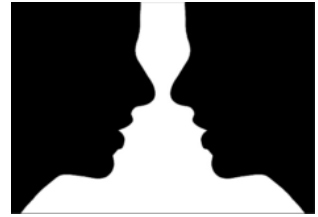


Call today to find out if you are eligible and arrange a free NHS sight test!

Carers Centre Counselling

Do you feel like you need to **offload** but don't want to burden your friends or family?

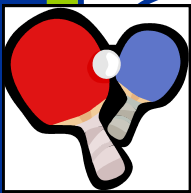
Are you **worried** if you confide in a relative or friend it may go further or you may be **judged**?



Concerned no one will **understand**?

Why not try a **FREE** and **CONFIDENTIAL** counselling appointment with One Community's Counsellor for an initial 60 minute session (to assess your needs), followed by hourly sessions over 6 – 8 weeks.

This would take place in One Community, a relaxed, non-judgemental and comfortable environment. If you are interested call the carers centre 023 8090 2421 or 023 8090 2404.



Activity Buddy Scheme

Are you a parent/carer of a disabled person who would like support to get better access to sport and physical activity?

Then come and meet Daisy Brookman the Activity Buddy Coordinator who will be speaking at our coffee morning on Tuesday 21st September 2010.

The scheme pairs volunteers with disabled people to take part in a variety of sports and activities including the gym, swimming pool and table tennis! There is no charge for the volunteer and times can be flexible to suit the disabled user. Volunteers are matched closely to the clients needs.

The scheme is for people aged 12 and above and was recommended to us by a carer whose 18 year old son is already using this service

If you can't come and meet Daisy please call the Carers

Centre for more details on 023 8090 2421 or 023 8090 2404.



**Advocacy & Activity
Buddy Scheme**



English Federation
of Disability Sport

Dates for your Diary



Our Carers Coffee Morning

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.

Dates we have Guest Speakers:

Tuesday 7th September 2010 Meet Lynda Taylor from Eastleigh's newly opened **Alzheimer's Society** and find out what services they can offer carers and cared for person.

Tuesday 21st September 2010 **Activity Buddy Scheme: Are you a parent/carer of a disabled person who would like support to get better access to sport and physical activity?** (See page 9).

Tuesday 12th October 2010 Meet Lorraine and Ali from a project called **Eastleigh North Community Innovations Team**. Innovations is now available across the whole Hampshire. We are here to offer our support to **older people who are starting to find difficulty with some aspects of day to day activities or who may be concerned about their health or wellbeing**. The team consists of an Occupational Therapist, Nurse, Community Support Worker, Social Worker and Community Development Worker. The team can offer **specialist advice and support**, as well as identifying gaps in services in the community for older people. Interested – then please come along and find out more – we would love to see you.

Tuesday 16th November 2010 Martine Hams from Simply Health who help customers enjoy a better way of life by providing highly personalised mobility solutions from grabbers to indoor/outdoor power chairs and scooters to bath lifts at affordable prices. They also offer a free home demonstration and assessment on scooters or power chairs

Ongoing: Better Balance for Life campaign Angie can demonstrate a set of simple **exercises to improve balance and flexibility and prevent falls**. Factsheets available.

Dates for your Diary

Blackthorn Surgery Coffee Morning (Located in Hamble)



Blackthorn Surgery Coffee Morning - for those who live in Hamble, Netley, Bursledon and the surrounding areas. Meet other carers in your area. We will be bringing our aroma-therapist who will be giving free mini massage and reflexology 20 minute taster sessions

Wednesday 15th September 2010, 10am-12noon

Wednesday 20th October 2010, 10am-12noon

Wednesday 17th November 2010, 10am-12noon

Wednesday 15th December 2010, 10am-12noon

X-mas Trip (Carers Action Network)

Wednesday 8th November 2010

Carers X-mas Lunch (Carers Centre)

Tuesday 14th December 2010



Mind IT courses 2010 - 2011

Whether you want to get started with computers or are ready to use the internet word, excel, publisher, PowerPoint and download photos from digital cameras, Mind IT may have the course for you. Contact Angie or Lucy on 023 8090 2421.

Carers Centre

Adult Carers Services Manager: Angela Poole

Telephone: 02380 902421, Email: apoole@1community.org.uk

Young Carers Services Manager: Joanne Newcome

Telephone: 02380 902465, Email: jnewcome@1community.org.uk

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