


Carers Week 2010 – Event at St George’s Hall Proves Huge Success

 Once again the event to celebrate National Carers Week in Liverpool was a great success. Over 400 carers and the people they care for gathered at St George’s Hall on Thursday 17th June to attend an event organised by Liverpool Carers Centre at Local Solutions in partnership with Liverpool City Council.

The theme for Carers Week 2010 was ‘A life of my own’, with the aim that carers would find out about services and support available, to enable them to enjoy many parts of life that others take for granted such as family occasions, going on holiday and even just chilling out for the evening with no worries or responsibilities.

The event in Liverpool, which saw the highest ever attendance, was supported by almost 80 organisations from across the city, who provided the carers (and the many professionals who also attended) with information about their services and how they could help them and the people they care for.

There was a particular focus on carers own health and wellbeing, given that 2010 is Liverpool’s Year of Health and Wellbeing, with advice on healthy eating, health checks provided by Lloyds Pharmacy and the chance to try out gym equipment. Feedback from carers who tried out the equipment was positive with some even motivated to join their local gym.

Yet again we want to thank the many volunteers who support the event each year with complementary therapies including reiki and Indian head massage as well as the students from the Northern College of Beauty who pampered carers with manicures.

We had a relaxation zone, where carers were encouraged to take just a few minutes out of their day

to think about their own health and wellbeing and learn a few basic skills about how to relax, to put into practice at home.

Staff from Liverpool Carers Centre were in attendance to offer information along with exhibitors from Liverpool PCT, Liverpool City Council, Alzheimer’s Society, Crossroads, Lifehouse, Age Concern, Barnardo’s Action with Young Carers and many, many more.

Kathy Newton of the Liverpool Carers Centre commented: *“It was so good to see even more carers at the event this year. I feel that it has once again proven to be successful in enabling the carers in the city to learn more about the services available to support them in their caring role, as well as an opportunity for professionals to network and promote working in partnership.”*



As always I would like to thank all the exhibitors and volunteers who took part as they always make the day memorable and special for carers who come along.”

The aim of Carers Week is to gain greater recognition and support for the UK’s six million carers, while celebrating the contribution carers are making to society. Results of new research released during Carers Week show that more than three quarters of people caring for an ill, frail or disabled loved one do not have a life outside of their caring role and that huge numbers are left isolated and lonely. The seven national charities who organise Carers Week are calling for major changes to help give carers a life of their own.

The winner of the free draw for a meal for two is Mrs Kathy Quine.

Breaks for Carers – A New Way

It is important that carers make time for themselves. Having some time off from caring to do something that they want can help improve their own health and sense of well being.

Liverpool City Council and the Primary Care Trust are now pleased to announce that the pilot project for breaks for carers is up and running. It has been developed in order to make breaks for carers more accessible and to give them more choice and control in choosing what they want.

In order to apply for a break a Carers Self Directed Assessment must be completed. A Carers Support Plan will then be developed for the carer, which might include a Carers Personal Budget for the outcomes to be met.

Carers are eligible to access the Breaks for Carers pilot project:

- If they are an unpaid carer
- If they are a Liverpool resident
- If they have had a Carer's Assessment/Self Directed Assessment
- If they are over 18 and the cared for person is over 18

A break can be chosen by carers based on what they would like to do. This may be a new or existing hobby, catch up with friends or to simply relax. They may want to have a holiday, join a gym, gain a qualification or have a massage. The list is extensive; there is no wrong way or right way of how the budget can be spent.

To make a referral to the site or for further information please contact **Amanda Callan or Sue Fenton on 233 8139**. Alternatively you can send an email to amanda.callan2@liverpool.gov.uk or sue.fenton@liverpool.gov.uk

Free Insulation Package from Keep Safe and Warm

The Keep Safe and Warm department at Local Solutions is able to offer Liverpool residents who own their own property or have a private landlord a **FREE** insulation package consisting of Loft and Cavity Wall Insulation. The service is available for people who

- are over the age of 60 **and**
- are in ill health

Local Solutions has undertaken this type of work for the past 25 years using fully qualified staff who are CRB checked. For further details contact **Becky or Gill on 0800 085 1987** and they will arrange for a surveyor to visit your property.

Transformation in Liverpool...Update

At present there are in excess of 2000 people in Liverpool using Self Directed Support. This has given them choice and control over their own budget and how they use this money, linked to outcomes for them and their families. Examples of how people are using their money in new and innovative ways are:

- Holidays to give the carer and cared for person a break and to pay for support
- Gardeners
- Odd job and Handy Person services
- Employing of Personal Assistants and Agency staff
- Equipment to help support independence

Many people have had the benefit of person-centred planning in order to direct and shape their own support. In a number of situations through planning people have chosen to access clubs, community organisations and colleges as opposed to traditional models of service.

Hidden talents of a few people have also been discovered. An example of this is an older lady who had previously been a keen artist and had a number of paintings and sculptures in her home. It was organised for these to be exhibited alongside the work of a professional artist in the Manor House at Calderstones Park.

The Personal Budgets pilot has now reached a conclusion and is being independently evaluated by The University of Liverpool.

To obtain a copy of the Self Directed Support Information, please contact the **Self Directed Support Unit at Liverpool City Council on 0151 233 5612**.

Caring with Confidence scheme comes to an end



The Community Care Magazine has reported that the Department of Health scheme, Caring with Confidence, worth £4.4m a year, will close six months earlier than anticipated. The course, designed to improve support for carers, was due to close in March next year but will now close in September.

Care services Minister Paul Burstow said: *“Getting the right support to carers is a priority. The financial outlook is extremely challenging and I am carefully scrutinising all budgets. I believe this money can be spent smarter, which is why I plan to offer more support to carers’ organisations and for carers’ training.”* He went on to say that the cash would be reinvested to ensure that *“the money does more to benefit carers on the ground”*.

The programme is being delivered by a consortium of five organisations - Carers UK, The Princess Royal Trust for Carers, Crossroads Caring for Carers, Partners in Policymaking and the Expert Patients Projects Community Interest Company.

Simon Knighton, Chief Executive of Caring with Confidence, said: “We are mystified as to the rationale why the termination date has being brought forward as it does not save the government money. We are asking ministers for more information.”

The course, run at Liverpool Carers Centre, will end despite feedback showing positive outcomes. Carers who were booked to start the course in September have been given the opportunity to join an earlier course but if you have any queries regarding this please do not hesitate to contact **Kathy Newton at Liverpool Carers Centre on 0151 705 2390.**

Planning for the Future - Protect Your Family and Your Home

Liverpool Carers Centre has invited Lorraine Snyder LLB, who is an estate planning specialist to talk about some of the many issues facing families today. She will provide some insight into the laws relating to Lasting Powers of Attorney following the introduction of the Mental Capacity Act and address the following issues:

- How to protect your home from being used to fund long term care if this becomes an issue for you or your partner later in life.
- How to protect people who are dependent on you, such as children, if you were to die while they are still minors. How to ensure that your views are taken into account when a decision is being made concerning who will take care of them.
- How to make long term financial provision for a disabled child or beneficiary but still ensure their entitlement to state benefits or funding for care is not affected. How to protect their vulnerability.
- How to avoid the Court of Protection becoming involved in your affairs in the event of loss of mental capacity - The benefits of arranging both financial and welfare Lasting Powers of Attorney.
- How to ensure your wishes are respected with regard to the medical treatment you would receive if you were unable to make that decision due to loss of mental capacity.

Lorraine will also be available to talk on a one to one basis with anyone who requires further advice or information. The talk will take place at **Liverpool Carers Centre on Wednesday 15th September from 10.30am until 12.30pm.** Please book your place by telephoning **0151 705 2307.**

Advocacy Works

Advocacy Works is a new service providing community mental health and wellbeing advocacy for the people of Liverpool.

The service will

- Take action to help people to say what they want, secure their rights, represent their interests and obtain services they need
- Give people a stronger voice
- Work in partnership with people taking their side

(Continued at top of page 4)

The service, which provides issue based community mental health and wellbeing advocacy within neighbourhood areas is available for

- Anyone with a community mental health and wellbeing issue
- People with acquired brain injury and neurological conditions
- People with organic mental health issues or dementias
- People from the deaf community who have mental health issues
- Older people
- People with physical disabilities

If you need an advocate to support you with issues around your mental health and wellbeing please telephone on **0151 707 9987**.

Carers Centre Activities - August to October 2010

Weekly

Tai Chi: Tuesday 10.00am – 12.00pm, (please note that the day will change to Friday as from 10th September)

Welfare Benefits Advice sessions: Tuesday 1.00pm – 4.00pm

Counselling Appointments: Tuesday and Wednesday 11.30am and 12.30pm

Monthly

Asperger Carers Support

Group: Mon 2nd Aug, 6th Sept and 4th Oct
1.30pm – 3.30pm (the meetings take place at Olive Mount)

Carers Mental Health Support

Group: Mon 2nd Aug, 6th Sept and 4th Oct

12.00pm – 3.00pm

Reiki: Thurs 23rd Sept and 28th Oct (please phone to book appointment)

Hand Massage: Thurs 12th Aug, Tues 14th Sept and 19th Oct (please phone to book appointment)

Male Carer Group: Thurs 26th Aug and 30th Sept, Wed 27th Oct 11.00am – 1.00pm

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

Venues:

Liverpool Carers Centre: Wed 11th Aug, Thurs 9th Sept and 14th Oct

Parthenon Day Centre: last Monday in the month

Bi-monthly

Liverpool Carers Forum: Wed 29th September 10.30am – 12.30pm

Other Activities

Day Trip to Blackpool: Friday 20th August - places must be booked and paid for (£6 per person) in advance – there is limited availability for this trip

Watersports Event: Friday 27th August - places are limited so please book early – there is a fee of £3 per person

Planning for the Future (Wills and Power of Attorney): Wed 15th September 10.30am – 12.30pm.

Telephone: 0151 705 2307 (to book appointments / places)

Lifeshouse Open Days

For independent information and advice on daily living equipment and services attend an Open Day at Liverpool Disabled Living Centre, Lifeshouse, Summers Road, Brunswick Business Park, Liverpool, L3 4BL.

Open Day Dates:

- September - Wednesday 1st and Tuesday 21st
- October - Tuesday 5th and Wednesday 20th

Liverpool Disabled Living Centre's Occupational Therapists are available to provide independent information and advice to enable you to make the right choices about equipment. You can also see and try equipment from an extensive range of over 2000 products that are on display.

Specialist advisors from other organisations such as Speech and Language Therapy Service, Liverpool's Community Physiotherapy Team and Liverpool Telecare Service are also present at the Open Days to provide information on their services.

For more information contact **Liverpool Disabled Living Centre** on telephone **0151 296 7742** or email disabled.livingcentre@liverpool.gov.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 Carers Project, 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**.