



'It makes the difference between carrying on and having to give up'

GIVE CARERS A BREAK

Carers have been allocated £400 million by the Coalition Government to take a break - and the fight is on to see they get it.

The money is going to Primary Care Trusts to pay for breaks over four years. PCTs have been told they must publish plans and budgets to support carers. But the Princess Royal Trust for Carers is concerned that PCTs will spend much of the money on other areas instead of supporting carers.

Dr Moira Fraser, PRTC Director of Policy, says: "Breaks from caring can make the difference between carers being able to carry on and having to give up. If a carer can't carry on there will potentially be enormous care costs to the taxpayer."

The PRTC is launching a campaign urging carers and supporters to contact carer centres like Carers' Resource and their MPs, asking PCTs to publish plans and to spend as much on carer breaks as possible.

The £400 million has been

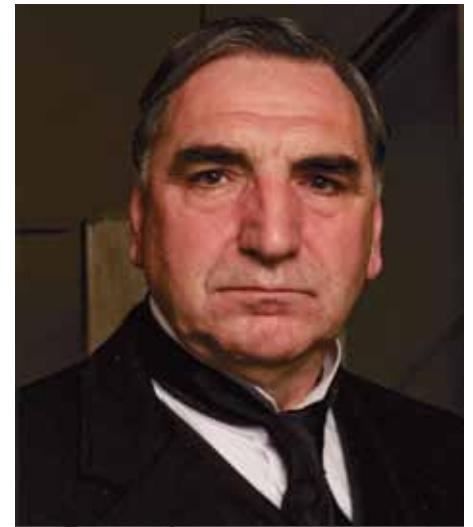
described as "an indicative amount" by Sue Metcalfe, Deputy Chief Executive, North Yorkshire and York NHS Primary Care Trust. She has stated that the amount is included in the PCT's baseline budget and therefore there is no new separate allocation specifically for carers on top of the core funding for PCTs.

Sue Metcalfe says the Trust has already committed some baseline funding to support carers through the voluntary sector and community health services and does not have any other identified available funding for carers.

She says: "This is a very challenging time for many people and we acknowledge that support for carers is extremely important and will be considered in our commissioning of services across North Yorkshire and York."

** Carers speak from the heart about what breaks and other support from Carers' Resource mean to them. Page 4*

** How YOU can join a growing team helping to give carers a break. Page 7*



Good Luck Jim Carter

COME TO THE FAIR *that's what the butler says*

If anyone knows about period drama it's Jim Carter of "Downton Abbey", so it's pleasing he's giving full backing to the Edwardian Garden Fete at Broughton Hall, Skipton, on Saturday 4 June.

The Harrogate-born actor who played the butler Mr Carson in the ITV hit series is filming on the day of the fete but has sent as a prize a poster of "Downton Abbey", signed by all members of the cast.

Jim who went to Ashville College in Harrogate and is married to the equally celebrated actress Imelda Staunton is taking a keen interest in the fete, which is being organised by Carers' Resource in the lovely grounds of Broughton Hall to raise funds for carers.

He says: "I am afraid I shan't be able to attend on what will be a working day for me but maybe the poster will raise a few pounds. I hope the fete goes well and raises lots of money for what sounds like a very worthy cause."

A great day out - see page 8

There are now nearly 570,000 carers in Yorkshire and Humberside, providing care worth £10 billion a year to ill, frail or disabled relatives, say Carers UK and the University of Leeds. This care would otherwise cost the State £18 an hour, so each carer saves an average £18,473 a year.

Nationally, carers' contributions now outstrip the £98.8 billion cost of the NHS. With an ageing population and caring a fact of life for many families, carers' champions including Carers' Resource want the Government to review Carer's Allowance, think again about cuts to disability benefits and ensure provision of specialist support for carers.

.. IN BRIEF .. IN BRIEF ..

Wednesday 20 July 200 Years of Frocks and Flowers

Community House, Ripon at
6.30pm

Tickets £8.50 (includes glass of
wine)

A sell-out success last year; another
chance to see Lynn Hopwood's
wonderful collection of authentic
clothes dating back over 200 years.

Tickets from Carers' Resource -
Jill Smith 01765 690222 or
Anne Wells 01423 500555

Relate, the relationship support
charity has received extra funding
to help support families with a
disabled child. Whilst some
families find their experiences
bring them closer to one another,
others are overwhelmed and may
struggle to stay together. To find
your nearest service, call 0300 100
1234 or click on relate.org.uk.

SIBS. There is a new online
forum for adult siblings (18 and
over). Contact info@sibs.org.uk

OpenBritain 2011

provides the essentials' to explore
and enjoy Britain for anyone with
access needs – where to stay, how
to get there and what to do once
you're there. Available from
RADAR, it costs £12.49 incl. p&p.
Call 020 7250 3222 or order online
at radar-shop.org.uk.

(This guide replaces RADAR's
Where to Stay and *Tourism for All's
Easy Access Britain.*)

Also available from RADAR: **Get
caravanning** – a guide to
caravanning from a disabled
person's point of view. Free from
RADAR – details above.

P&O Cruises

Barrier-free cruising at discounted
prices. Call Accessible Travel and
Leisure on 0845 678 0014
Or visit accessibletravel.co.uk

Pet Care Services

Do you need someone to walk
your dog?

What about your pet's care if
you had to go into hospital?

Who could take over if you were
no longer able to care for your
pet?

If you're worried about pet care,
why not call Carers' Resource?

We may be able to put you in
touch with local companies,
organisations or charities which
specialise in animal care.

Turn2us

is a charitable service (part of
Elizabeth Finn Care) which helps
people access the money available
to them-through welfare benefits,
grants and other help.

The free, accessible website helps
you find appropriate sources of
financial support
www.turn2us.org.uk

Veterans UK

Bringing together services for
veterans

For free help and advice call the
helpline on 0800 169 2277

We have the latest "Carers UK"
factsheet – with an interesting
section on "Challenging decisions"
– including a step by step guide to
making complaints. Or click on
www.carersuk.org for more details.

NOMINATE YOUR FAVOURITE LOCAL CHARITY.....

.....is the invitation awaiting
shoppers at Sainsbury's stores.
Sainsbury's wants shoppers to
say how the charity of their
choice makes a difference and
addresses the needs of the
community.

The company then asks how it
can best support the charity in
question. If you were kind
enough to nominate the Carers'
Resource, please say "help in
kind"!

Macmillan, the national cancer
support organisation has published
a new edition of

**Caring for someone with
advanced cancer**

(Ref.MAC11623). To order, call
020 7840 4921 or visit
macmillan.org.uk

AFTAID

(Aid for the Aged in Distress)

is a national charity which offers vital
financial help for 'anything which is
required to take away hardship from
the day to day life of an older
person'.

Funds could provide much needed
equipment, help with cleaning or a
break for a tired carer. To qualify for
a grant, beneficiaries must be:

- of state pensionable age
- a UK citizen, residing in the UK
- on a low income with minimal
savings

Applications may be made by
individuals but written support will be
required from a doctor, social worker
or other care services professional.

Further details from AFTAID on 0870
803 1950 or online at aftaid.org.uk



carers' resource

Carers' Resource gives tailored support and information to unpaid carers and vulnerable people.

It is an independent, award-winning Yorkshire charity which is open to everyone and offers emotional and practical help to enable them to cope.

Choices is published by Carers' Resource production team:
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The Carers' Resource is a company limited by guarantee. Reg charity number 1049278.

EDITORIAL CONTRIBUTIONS

Contributions (50 - 500 words) are welcomed but may be edited. The views expressed do not necessarily reflect policy of the Carers' Resource. Reference to any service does not imply recommendation.

The deadline for submissions for next issue is *Aug 5, 2011*

carers' resource



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Personalisation and Direct Payments often cause confusion so Carers' Resource has produced a simplified guide to the most commonly used terms

Personalisation describes the policies which enable individuals and carers to have the right to choose the support which suits them best. Some of the terms you may encounter are:

- * **Person Centred Planning** – is the process through which a person decides how they want to live.
- * **Self-Assessment questionnaire** – identifies the kinds of support needed in all aspects of someone's life
- * **Resource Allocation System (RAS)** - the way the Local Authority works out an indication of how much money a person requires to meet their support needs
- * **Care Brokerage** – the assistance a person needs to work out what their choices will be and the support required to make it happen

Direct Payments: If you have been assessed as eligible to receive support from Adult and Community Services you can ask to receive the support as an amount of money to pay for services which best suit you. This is known as a **Direct Payment**, enabling you to have greater choice, control and flexibility over how your care is delivered.

* Who can receive Direct Payments?

If they have been assessed as eligible for social care support, carers aged 16 and over and others including older people, disabled people and families with disabled children can receive support this way.

* What can Direct Payments be used for?

They can be used by you to arrange for services such as household tasks, personal care, evening classes, or handrails, detailed in your support plan. Parents or carers might use Direct Payments for short breaks, leisure activities to relieve stress or support to return to work.

If you want to find out more about receiving direct payments in your area, you should contact your local authority social care service or your local Carers' Resource office

You can find the full version of our guide on our website or ask for a copy from any Carers' Resource office.

How much alcohol is it safe to drink?

While alcohol is to be enjoyed, drinking too much or at the wrong time can be harmful. So it's important to know where the benefits end and the risks begin.

NHS North Yorkshire and York says men should not regularly drink more than three to four units a day and women not more than two to three units a day. Women who are pregnant or trying to conceive should avoid alcohol - or stop at one to two units once or twice a week.

One unit is equivalent to half a pint of beer, lager or cider, a small glass of wine, a single measure of spirits, a small sherry or a single aperitif.

Alcohol misuse sometimes results from isolation or is a means of escape. It can be a factor in liver and heart disease, cancer, diabetes and pancreatitis. And it can lead to depression, impaired judgment, violent behaviour and short term memory loss.

TAKING A BREAK - STORIES BEHIND THE STATISTICS

I had a fantastic few days away marvellous to have something to look forward to what it's like to take a break from caring day and night

Ask Jackie Walsh, 50, who cares for a husband on dialysis and for a seriously disabled daughter, what Carers' Resource has done for her and the answer is emphatic.

She says: "They saved my life. Literally saved my life. I reached a stage where I wanted to end it all. That's when the GP put me in touch with Carers' Resource. I had nowhere else to turn.

"Since then I have been to lunches and to places like Chatsworth with fellow carers and am looking forward to a Monday to Friday break away from it all.

"It's marvellous to have something to look forward to outside caring. Without Carers' Resource I would be talking to a load of worms."

Jackie, who lives at Pateley Bridge, is among many carers who have recently opened their hearts to

Choices, aware that cuts in funding are hurting the social care sector nationally and locally. The need to take a break is a desperate, deep-felt, recurrent theme.

Veronica Wilson, 75, of Craven, cared for a husband with dementia until his death two years ago. She says it was "wonderful" when her carer support officer found someone to sit with her husband.

"First it was two hours every Tuesday, Then another two hours on Friday, Then a week's respite care to get some sleep. Only a carer can tell you what it's like to have a break from 24 hours' caring day and night. I can't find the words to explain the enjoyment and relief of just a break to go shopping."

Jacqui Hedley, 40, who lives at Masham, says she could not have coped without Carers' Resource: "I

have been on visits to Nunnington Hall and Chatsworth and had a fantastic few days at a smart hotel near Holmfirth. The programme of activities lifts you out of your caring role and supports your capacity to care."

And for **Eric Harrison**, Carers' Resource "filled a lot of gaps" when his wife began suffering from dementia. "How did I cope? It would have been so much harder without Carers Resource," says Eric, a retired travel agent who lives at Cowling in Craven.

"We went to drop-ins and lunches where I talked to other carers and found it's true that a problem shared is a problem halved. The support workers get to understand what is right for you personally. They make sure you and your loved one can carry on and not become dependent on the State."

Lost and Found

It seems many millions of pounds are lying unclaimed in bank and building society accounts, shares, pension plans, Premium Bonds and insurance policies. Busy lives with house moves and job changes or simply the passage of time may result in 'lost' assets.

You may find the following contacts useful to start a search:

British Banking Association
Lost Accounts Unit:
020 7216 8909

Building Societies Association:
020 7520 5900

Pensions Tracing Service:
0845 600 2537

Premium Bonds:
0500 007 007

Falls Awareness Week: 20-24 June 2011

Every year, around one in three over-65s and one in two over-85s will have a fall. Following immediate pain and injury, the serious long term results can be loss of mobility, independence and confidence. All too often this is accepted as just another inevitable part of ageing.

However, it's important to take a close look at environmental factors as well as health issues which may increase the risk of falling. Your GP can check your health and may refer you to a specialist Falls Practitioner who will provide a thorough assessment. For help, contact your local surgery.

This year's Falls Awareness Week will be highlighting the link between poor vision and falling, using the theme 'Watch your Step'.

Community Legal Advice

a Legal Services Commission service, offering free, confidential and independent legal advice. Help with legal issues about family, debts, employment, housing, benefits, education and crime.

Advice on health, consumer affairs and immigration.

Visit communitylegaladvice.org.uk or call: 0845 345 4 345



HEALING HANDS PROGRAMME HAS PLACES AVAILABLE

Carers across Bradford are learning how the art of hand massage can ease the pressures of the day.

Workshops run from the Carers' Resource's Shipley office teach carers new skills in holistic therapy to the benefit of themselves and those they care for.

Hand massage, making and using hand cream, reiki and Indian head massage are all included in the project, which Bradford District Council has helped to fund. A number of participants have been awarded certificates by Ian Brooke-Mawson, the Council's

Joint Carers' Commissioning Manager, and tutor Sandra Turner. Project manager Sarah Baker said: "We invite carers to take advantage of the initiative and learn and experience the benefits of techniques to soothe the mind, body and spirit."

Places are still available on the current programme and more sessions are planned for later in the year to meet demand. Telephone 01274 449660 or e-mail sbaker@carersresource.org.

Pictured are carers showing their certificates presented by Ian Brooke Mawson (back row).



Council Tax Exemptions and Reductions

Sole occupant discount: People living alone are usually eligible for a 25% discount.

Severe mental impairment: People who are severely mentally impaired are not included when calculating the number of people in a property for Council Tax purposes. 'Severe mental impairment' may also include people with a learning disability or Alzheimer's.

For example, if a husband and wife live together and one had a severe mental impairment, they would be eligible for the 25% discount which single occupants receive. If a person with a severe mental impairment lives alone, no Council Tax is payable.

Carer discount: If you live in the

same property as the person you're caring for, the single person 25% discount may apply. You must provide care for over 35 hours per week and the 'cared for' must be in receipt of specific benefits/allowances. The carer discount doesn't apply if you're caring for a spouse, partner or child under 18.

Disabled band reduction: Disabled band reductions ensure disabled people do not pay more Council Tax if they live in a larger property than they would otherwise need. Having a disability does not automatically entitle you to a reduction.

For more information on Council Tax reductions, contact your local council (details in the phone book) or call your local Carers' Resource.

BIG JACK HELPS KICK OFF CARERS WEEK

Football legend Jack Charlton is among celebrities supporting Carers Week from 13 to 19 June.

He says: "What carers have in common is their incredible hard work and dedication, many of them sacrificing all their time to support someone in need. I'm proud to back the call for them to receive the recognition they deserve."



Dame Judi Dench, who cared for a husband with lung cancer until his death in 2001 said: "Carers save our economy £87 billion a year. It's time to give them something back."



For events organised by Carers' Resource staff in your area, please see insert listing what's on or call any of our offices.

Welfare reform plans

A new Universal Credit will replace the current 'patchwork' of benefits and credits, under plans contained in the Welfare Reform Bill, published earlier this year. Resulting legislation will take effect from 2013.

Fortunately, Carers Allowance will not be drawn into this new system and will remain a non means-tested benefit.

Carers UK has produced a detailed list of frequently asked questions in *Carers and the Welfare Reform Bill* is available online at carersuk.org or call your local Carers Resource for a paper version (details page 3).

'When he's happy, of course as his carer I feel the same'

When three letters arrive praising a support officer, how could Choices spare her blushes?

For Victoria Thompson it's the chit chat and the jokes. For Christine Dufton it's having someone who has "a smile and an ear to listen to us". For Jennifer Greenwood, it's "taking me and my mind away from my problems".

And for all three carers, the craft afternoons, outings, lunch club and coffee mornings which Julie Lambert and her colleagues organise in the Keighley area owe much (in Victoria's words) to Julie's forward planning, organisational skills and ability to arrange "relaxed and happy afternoons".

While it is not unusual for Carers' Resource to receive heartfelt

letters of appreciation from carers, to receive three in succession praising support officer Julie means that in this case **Choices** really cannot spare her blushes.

"The atmosphere at her meetings is a testament to the thoroughly enjoyable time we have," Victoria writes. "It is such a change from doctors, hospital, chiropodist and dental appointments for my husband Gordon to enjoy a sociable outing, and when he's happy of course as his carer I feel the same."



Thank you, as ever, to everyone who has made a donation including:

- Jo Webster for the collection at the funeral of her father, Peter Clark
- Rosemary Spoons in memory of her father Ronald William Burley
- RE Chadwick Charitable Trust £300
- Charles and Elsie Sykes Trust £2,000

and, for our young carers:

- Yorkshire Building Society - trip to Center Parcs £1025
- Community Research Resource £218
- Harrogate Ladies Circle - sale of glow sticks at Harrogate Bonfire £1877
- Christ Church, Harrogate collection £254
- 15th Harrogate Scouts - cake stall £74
- Cobydale Singers £250



Staff from Harrogate Audi at St James' Business Park in Knaresborough have donned overalls to give rooms at the Harrogate office of Carers' Resource a Spring face-lift. With help from KD carpets, Focus DIY and Audi colleagues in Leeds, they painted walls, replaced carpets and provided new furniture including a flat-screen tv for training.

Briget Granger of Harrogate Audi, who co-ordinated the work, said: "Carers' Resource has been at the heart of the community for 15 years, offering invaluable help to more than 15,000 carers. We wanted to give something back - so we used the hidden skills of our staff to give the rooms a new lease of life."

Primed for action: Heather Smith of Carers' Resource is pictured with Harrogate Audi's Dean Farooq and Briget Granger.

Scambusters:

your guide to beating the scammers

is a booklet available free from the Office of Fair Trading. Call 0800 389 3158 for your copy.

Scams are schemes to con you out of your money. There are many – fake lotteries, prize draws, bogus health cures, investment scams, pyramid selling. They're becoming increasingly sophisticated. Each year about three million people fall victim in the UK, including people who would not be considered in any way naïve or gullible.

Remember, if it sounds too good to be true, it often is. Be especially wary if you're asked to give personal financial details and passwords. Trustworthy firms will never ask for this information. If you think you may have been caught by a scam, call Consumer Direct for advice: 08454 04 05 06.



NEWS UPDATE

Bands of buddies - we need you

HOW VOLUNTEERS GET INVOLVED AND MAKE THE DIFFERENCE - WILL YOU JOIN THEM?

A major change is taking place in the way Carers' Resource mobilises its growing army of volunteers.

Lessons from last year show them ready to take direct responsibility and act in groups of "buddies" to organise events and activities with guidance from CR staff.

Co-ordinators Jean Eames in Harrogate and Val Stewart in Craven are convinced their volunteers will be willing and able to undertake specific projects which in Craven will now include the *Good Neighbour* and *Home from Hospital* schemes.

Carers' Resource stepped in to save *Good Neighbours* from closing through lack of funds. The scheme matches volunteers with

older and disabled people who need company or help with shopping.

Dee Pollitt, Manager of Craven Volunteer Centre, said: "Thanks to Carers' Resource, our 40 volunteers and clients will continue to have the support they need."

Val Stewart said: "This is an exciting opportunity for us to expand our work with volunteers and for the local community. We hope to attract more volunteers for our existing range of activities and for the two new schemes." *Home from Hospital*, also previously run by the Volunteer Centre, provides short-term help for older people who have left hospital.

Plainly enthusiastic about empowering volunteers, Jean Eames says: "We want volunteers

to form groups of buddies and work as teams. We will be there to train and advise but we know we have volunteers including teachers and degree students and retired people who have the skills and keenness to take ownership or part ownership of projects."

These could include leading carer groups, organising breaks and "wellbeing" clubs or groups for scrabble, chess and craft work.

Will YOU volunteer? It's well known that volunteering improves health and reduces stress. What better time than for National Volunteers Week from 1 to 7 June. The week celebrates the outstanding contribution made to society by millions of volunteers across the UK.

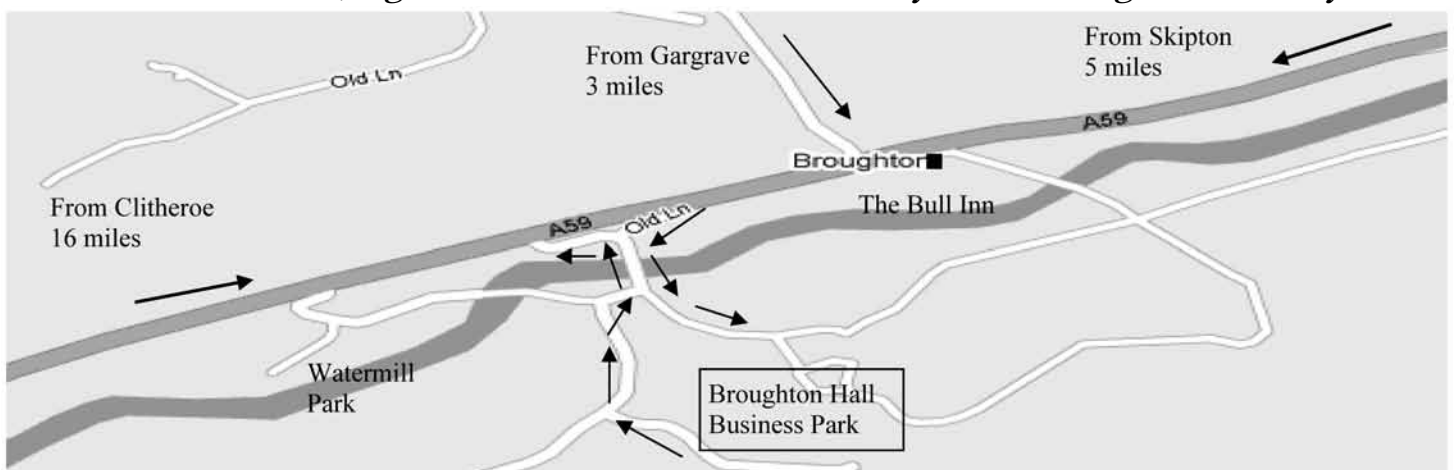
Cutting down on telephone bills

Does someone you know or care for make repeat phone calls to certain numbers? If so, you'll know how distressing and expensive this can become, especially if calls are being made to premium rate numbers.

People may make repeat calls (and perform other repetitive actions) because of short-term memory loss, learning difficulties or an obsessive compulsive disorder (OCD).

BT's **Network Controlled Calling** service can help by limiting the numbers that can be dialled or by assigning up to ten numbers only. The service is free and easy to set up. Incoming calls are not affected. For more information, call 0800 919 591 or visit bt.com.

How to get to the Edwardian Garden Fete at Broughton Hall on Saturday 4 June
Cut out this voucher, sign overleaf and hand in on the day to win a night in a luxury hotel





FUND RAISERS SAY 'I DO' TO ROYAL WEDDING CHICKS CHALLENGE

They were the next best thing to a seat at Westminster Abbey - the Easter chick covers knitted by Lucy Tiffany of Harrogate (pictured, left, with Anne Wells).

From among 1,600 covers created by volunteers, Lucy's Royal Family and the Archbishops of Canterbury and York featured on BBC Look North, the Sky News website and in local newspapers.

PRAM-TASTIC WAY TO SUPPORT THE CARERS' RESOURCE

This beautiful handmade Kensington pram is perfect for parents who prefer tradition but value convenience. With detachable body, folding chassis and removable wheels, it has a high street value of £950.

Donated by Silver Cross to raise funds for Carers' Resource it will be on display at our Edwardian Garden Fete on 4 June. It will be auctioned on e-Bay between June 4 and 14, and then be sold to the highest bidder.



Edwardian Garden Fete

Broughton Hall, Skipton BD23 3AE (map overleaf)

Saturday 4 June 2011: 11.00am to 5.00pm

A rare chance to explore the stunning grounds, see the Nesfield Terraced Gardens and visit the Walled Gardens designed by TV's Dan Pearson

Market Stalls, Craft Displays, Brass Band, Punch & Judy, Beer & Pimm's Tent, Games, Edwardian Tea Room

Charity Event: All proceeds will help the Carers' Resource to help local carers.

Entry £7, under-12s free

WIN A FREE NIGHT'S B&B FOR TWO PEOPLE IN THE RIPON SPA HOTEL – GIVE THIS FORM TO STAFF AT THE EDWARDIAN FETE TO ENTER OUR LUCKY DRAW

Name Contact details