



Carers
Contact Centre

Carers NEWSLETTER

"I didn't know I was a carer
I just look after"

Autumn 2011

FREE
PLEASE TAKE
A COPY

DON'T FORGET...

Thursday 22nd September - Carers Big
Day Out at Blists Hill Museum

THURSDAY 29TH SEPTEMBER - CARERS
HEALTH & WELLBEING MORNING

Tuesday 18th October - CARERS
FORUM WITH LUKE CLEMENTS
"Carers and their Rights: The Law
relating to Carers"

The Liz Yates Centre, Lightmoor, Telford TF4 3QN
Telephone: 01952 240209 Fax: 01952 591026

Email: admin@carerscontact.org.uk Web: www.carerscontact.org.uk

Carers Contact Centre provides information and support if you are caring for an adult in Telford and Wrekin

Registered Office: Meeting Point House, Southwater Square, Town Centre, Telford, Shropshire TF3 4HS

Registered Charity Number: 702589, A Company Limited by Guarantee Number: 2436644

CARERS INFORMATION



Carers Health and Wellbeing Morning



When: Thursday 29th September 10.30am - 12.30pm

Where: Castle Farm Community Centre, Hadley, Telford, TF1 5NL

Carers, remember your health and wellbeing matters too. Come along and find out about issues relating to health for you and the person you care for. A variety of organisations will be present to give information and advice. Limited number of goody bags available, come early to claim yours. Healthy refreshments available: kindly supplied by Sainsbury's, Telford. Both carers and the cared for are welcome to come along to this event – as the information on living a healthy life style is relevant to everyone!

There will be presentations on the following:

10.45am - 11.15am Contenance & Pressure Area Care - Your Skin Matters

Explore the myths associated with bladder and bowel problems. Find out how to optimize healthy skin and prevent skin problems such as pressure ulcers, moisture problems and skin tears.

11.25am - 11.55am Psychological Therapies

Find out about techniques to help you cope with anxiety, depression, OCD, phobias or panic.

12.00 - 12.30pm High Five Arts and Crafts Session

Join in and find out how you can have a happier life through your 'High Five a Week'.

Contact us on 01952 240209 or email admin@carerscontact.org.uk to book a place for any of the presentations (you may be able to drop-in to the sessions if there is room on the day).

Please note: parking is limited at the Castle Farm Community Centre but there is ample parking close by in Hadley Centre.

DIRECT PHONE NUMBERS TO THE CARERS CONTACT CENTRE

Each support worker at the Carers Contact Centre can be contacted on their direct line telephone number. If they are engaged or not available, there is an answer machine for each number where a message can be left. The numbers to call are:

Doron - Ironbridge Gorge Passes..... 01952 **240209**

Linda - Initial Assessment Officer.....01952 **262061**

Rosemary - Older People (65+).....01952 **262062**

Lara - Adults (under 65) with a
Physical Disability.....01952 **262063**

Louise - Adults with a Mental
Health Issue.....01952 **262064**

Jane - Adults with a Learning Disability..01952 **262065**

Janice - Grants and Publications.....01952 **262060**

Steve - Manager.....01952 **240209**

You can ring the main number on 01952 240209 to be transferred through to the appropriate person/extension



**TELFORD
COMMUNITY
TRANSPORT**

**Offering safe, affordable,
accessible transport to
people in Telford who have
mobility problems.**

If you, or your group, have difficulty using public transport, call to see how Telford Community Transport can help.

They offer their members:

- individual journeys, which must be for a social or medical reason, using their volunteer drivers
- group travel for a range of social activities
- various local shopping and other trips

All drivers hold appropriate clearances and wear I.D. badges.

Vehicles also available for booking during evenings and weekends. Terms and conditions apply.

**Call now on 01952 458061 or 458059
or visit the Community Transport website:
www.telfordct.org.uk**

CARERS INFORMATION

Carers and their Rights: The Law Relating to Carers

Carers Forum Tuesday 18th October

An opportunity not to be missed!



Walker Room Meeting Point House 10.00am – 1.00pm

(Please note that this Forum has been extended to three hours)

We are pleased to welcome Professor Luke Clements as our speaker for the October Forum. Luke, a solicitor and Professor at Cardiff Law School, is recognised as a leading authority on Community Care Law and Carers' Rights. He assisted with the drafting of the Carers (Recognition and Services) Act 1995 and the Carers (Equal Opportunities) Act 2004.

Luke will be outlining the principal rights of carers to support from the health and social services authorities. At this time of tightening budgets and the increasing burden of care being placed on families and friends, it is crucial that carers understand their legal rights to support.

Referring to current legislation, Luke writes*:

“A major cultural shift has taken place in the way carers are viewed: a shift in seeing carers not so much as unpaid providers of care services for disabled people, but as people in their own right.... (they) have too often been socially excluded and.....often denied the life chances that are available to other people.”

*Taken from the Introduction to *Carers and Their Rights: The Law Relating to Carers Fourth Edition 2011 Luke Clements*. For further details see www.carersnet.org.uk or www.carersuk.org.

Carers are often unsure about what rights they have to the assessment of their needs and those of the person being looked after and their entitlements to receive support. Carers may also be reluctant to 'rock the boat'. With the right information they can ask the right questions.

Come along and find out the facts! A set of hand-outs will also be provided to take away.

Please note that the Forum is an open event for carers and carers do not need to book in advance. Any professionals wishing to attend however are requested to ring Carers Contact Centre to check availability of places, as space is limited and priority is given to carers.

Do you need legal advice on a particular care issue?

Luke will also be available after the morning session for a limited number of ten minute 1-to-1 advice sessions. Book your slot by ringing Carers Contact Centre on 01952 240209 now.

In order to make the best use of your ten minute slot please prepare your questions carefully. Luke is unable to provide follow up support but if you wish, a member of Carers Contact Centre can also be present to link you in to further available help.

CARERS INFORMATION



Adult Care and Support Directory of Services



Holiday Information



A brand new Adult Care and Support Directory of Services for 2011-2012 is now available from Telford & Wrekin Council. Thanks to its partnership with Yarrington, the Council has produced this new Directory at no cost to the taxpayer.

It is a high quality, easy to use document, that provides information, signposting and contact details for areas within adult care and support, voluntary and advocacy organisations and others.

It gives people information about:

- services provided by adult social services
- residential and nursing homes
- helping you to stay independent
- which care home might be right for you
- keeping people safe
- care in your own home
- housing options
- voluntary and advocacy organisations

A copy has been placed on the Council website and is available to download from www.telford.gov.uk/Healthandsocialcare.

There is a version of the Directory as a 'page turning' PDF as well as an audio version for people to listen to. If you would like a hard copy call the Social Care Access team on 01952 381280, or email access.team@telford.gov.uk

In our office we have a folder with useful holiday information in it. It contains information we have been sent on holiday companies who specialise in holidays for people with a disability. We also have information on holidays Carers have been on and wanted to let other people know how good it was.

To keep the folder updated, we need Carers to let us know where they have been that was good (or bad!) so we can share it with other carers.

So please pass on your holiday experiences to help others plan theirs.

Information can be sent to Lara at the Carers Contact Centre or e-mailed to lara.mcbride@carerscontact.org.uk



Update from Joint Commissioner for Carers

- Jill Tiernan

Emergency Response Carer Service: The Joint Commissioning Team is currently seeking a care provider to supply the home based replacement care provision for this 24/7 emergency service. Short listing will commence early August, with successful Care Providers being asked to attend interviews with Carers and the Commissioning Evaluation Team during September.

Workshops have been planned to work alongside carers in preparing questions for those care providers selected for interview. Following interviews the successful care provider will be notified by 31st October 2011 with an expectation the contract will commence 2nd January 2012. At the same time the Council are developing the Assessor role and are actively working towards launching this new service late 2011.

Regular updates will be available in the Carers' Newsletter or take a look at the Council Web site www.telford.gov.uk; Click on 'Carers and Caring' link, then click again on 'What to do when the office is closed'.

Do You Care for an Adult with a Learning Disability?

Do you want to take part in ALD carers activities?

As volunteers, Barbara Dunn and Graham Miatt (ALD Family Carers) have formed a committee of ALD Carers to propose on how ALD Carers' Grant Monies for 2011/2012 should be used and manage the process so this grant is used to support all ALD Carers to enjoy some respite activities, such as days out and bespoke activities.

If you are interested in enjoying some activities please provide your name, address and telephone number to Barbara or Graham AS SOON AS POSSIBLE (at the latest within two weeks of your receiving this Newsletter). Please telephone Barbara on 01952 407737 or 07870877295, Graham on 01952 503535 or Tina Jones at Listen Not Label on 01952 458021 or e-mail Tina at tina.jones@listennotlabel.org.uk

Activities in the past have included:

- Regular meals where carers can get together
- Short coach trips that return to Telford by 2.30pm

You are welcome to become a member of the committee. Just advise this when you telephone.

CARERS INFORMATION

Me Time! Special offer for registered carers



Telford & Wrekin Council values and celebrates the vital and diverse contribution made by Carers in providing care and support to family members, friends and neighbours across the borough.

They would like to take the opportunity to give something back to local carers and, with this in mind, have set up a new initiative called 'Me Time'.

This will give carers access to a range of leisure and creative art experiences, which further promotes the commitment and belief in supporting carers to have a right to a life outside their caring role.

This special Carers Membership scheme is offering half price tickets to shows at The Place this Autumn.

The Theatre @The Place offers a diverse range of live entertainment from comedy to drama, music to pantomime, and with special interest evenings, dance night events and children's shows – there really is something for all to enjoy.

For more information please contact the box office on **01952 382382** or email theplaceboxoffice@telford.gov.uk

Are you a Professional?



Did you know that Carers Contact Centre run Carer Awareness Training for Professionals. The monthly sessions are free to attend; they last for around one hour and take place at the Carers Contact Centre home in Lightmoor.

Each session covers Carer Awareness and how Carers can be supported within Telford & Wrekin. It is facilitated by staff from Carers Contact Centre and Telford & Wrekin Young Carers.

The next session is on Wednesday 14th September at 10.30 am.

To book a place on this, or a subsequent session, please call Lara on 01952 240209.

"An informed professional is a supported carer..."

Books for Family Carers

Telford & Wrekin libraries provide a range of books for family carers. The books were chosen specially by carers with support from the Carers Contact Centre.

For more information about the books which provide support on the following categories visit www.telford.gov.uk/librarieshealth or visit your local library to collect a booklet.

- What it is really like being a carer?
- Looking after yourself
- Biographies & Novels
- Practical Caring & Medical Conditions
- Rights & Law
- Benefits
- Beyond Caring

All books are available to borrow at Telford and Wrekin Libraries with a valid library card. If you do not have a library card, just call in at any library and fill out a simple membership form and, if you are 16 or over, show some proof of identity with your name and address on, such as a letter or bill. You can then start using your ticket straight away.



Snippet...

The Telephone Preference Service (TPS) is a free service. It is the official central opt out register on which you can record your preference not to receive unsolicited sales or marketing calls. It is a legal requirement that all organisations (including charities, voluntary organisations and political parties) do not make such calls to numbers registered on the TPS unless they have your consent to do so.

TPS registration line on 0845 070 0707

<http://www.tpsonline.org.uk>

Thoughts for the Day
.....
Always keep to a well balanced
diet . . . a cookie in each hand
.....
A clear conscience . . . is the sign
of a bad memory

CARERS INFORMATION

Adult Protection Awareness

Do you have any concerns following recent publicity about abuse cases? Would you know what to do if you suspected abuse? Would you know where to go for advice and how to report it?

Shropshire Partners in Care (SPIC) and Telford & Wrekin Adult Protection Team will be running a short session for carers on Adult Abuse Awareness.

This information session will focus on:

- recognising the categories and indicators of abuse including institutional abuse
- understanding the referral process
- understanding the adult protection process
- the local authority's responsibility to vulnerable adults and keeping people safe
- the processes in place to keep people safe from harm

The aim of the session will be to help carers understand the referral process and explain how the multi-agency approach works to reduce the risks to the vulnerable adult.

(No need to book - just come along)



Date: Tuesday 8th November

Time: 10.30am – 12.30pm

Venue: Quaker Room, Meeting Point House, Telford Town Centre



10 years of professional help and support to the Elderly & Disabled

Senior Citizens' Forum
All actions taken for older people

Mobility Show & Disability Information Day
CPD Certificates for Professionals

Sponsored By **Abieworld**
Your local specialist

Monday 26th September 2011
Park Inn Telford, Forgegate,
Telford Centre, Telford, Shropshire TF3 4NA
9.00am to 3.00pm

- Scooters • Wheelchairs • Riser Recliner Chairs
- Paediatric Products • Active User Wheelchairs
- Bathing & Mobility Supports • Charities & Homecare Support

Even bigger than last year with many more Manufacturers, Suppliers and Homecare Professionals

CELEBRATE OUR 10th YEAR Prize Draw
Ableworld Vouchers + lots of other prizes
FREE ENTRY - REFRESHMENTS AVAILABLE

Logos: CED, naep

Have you, or someone you know, been recently discharged from hospital?

Telford & Wrekin Senior Citizens' Forum Health Action Group are undertaking a survey into the experiences (good or bad) of older people when being discharged from hospital.

The survey will be conducted by means of a questionnaire and they would like to hear from as many people as possible who live in the Telford area and have been discharged from hospital in the last six months. You do not need to be a member of the Forum. If you need more information please phone Anne-Marie on 01952 211410.

Your Views Matter - engaging and consulting local people



The Council is committed to engaging with local people who live, work and visit the borough. Using a wide variety of actions and activities they will consult, involve, listen and respond to local people, through ongoing relationships and dialogue. Find out below how you can get involved and have your say, because Your Views Matter.

Shaping the future of Telford and Wrekin – during August and September local people will be asked what they think about Telford and Wrekin. There are five key questions that will help the Council to plan for the future of the Borough, tell them what you think.

Community Panel – the Council is currently refreshing the Telford and Wrekin Community Panel and are keen to get new membership. Find out more about the Panel and join here.

Suggestion Box - you can submit your ideas on how the Council can do things differently and save money.

Budget Calculator – have a go at setting the Council's budget. What you think will support the development of the Council Budget for 2012/2013.

To find out more: visit www.telford.gov.uk/yourviewsmatter, telephone the Community Engagement Team on 01952 382131 or email yourviewsmatter@telford.gov.uk

CARERS INFORMATION

A Trip to Downing Street by Percy Simmonds

“Being a member of Carers UK, having offered my services to them in the past, was pleasantly surprised to be asked; “Would I like to go on a visit to No 10 Downing Street and meet the Prime Minister during Carers Week?”

I received an official invitation from No 10 Downing Street to attend on Wednesday 15th at 5 30pm. I replied, readily accepting this and ready to go.

Deciding that it was best to travel by rail I took an off peak booking which is much cheaper than the normal fare and made sure of getting there on time. After getting to Downing Street and Whitehall; this involved a lot of waiting time to get inside and through the heavy security check point, even more than catching a plane to go abroad. We were taken inside through the well known door and although not that big, was slightly like an old fashioned town hall.

I would estimate that there was between 150 and 200 people from all over Britain. There were many organisations and individual carers, making it very interesting, many people to exchange views with. There was wine or soft drinks and staff walking round with trays offering titbits.

The Prime Minister David Cameron came in and addressed the audience for about 15 minutes, but no one else was allowed to speak. Not even a vote of thanks.

He did after speaking, mix with all those assembled. I was introduced to him and he did say “Oh the famous one”. Which was a compliment? Someone had been talking about me.

I was invited out into the street later on, to be interviewed in front of cameras, but who it was for, I do not know. May have been a local station, I do not know.

The day was very tiring but it is something to be proud of, feeling that I represented Telford area and more people in the country know of carers and the work they put in, mostly voluntary.”

MAKING A WILL AND PLANNING FOR THE FUTURE

Although some people find it difficult to think about making a will, it is very important to make clear arrangements. It is even more important to sort matters out legally in cases where a member of the family has dementia or learning disabilities.

A carer wrote in with one situation which she has experienced recently:

“Many years ago, my husband and I made our wills leaving everything to one another and, after our deaths, to our two daughters. At last months Alzheimers meeting something was said which made me think, what if I died first?”

I got in touch with our solicitor with a view to change my will leaving everything to our girls and she suggested getting in touch with the Land Registry and severing the Joint Tenancy (Severance of Joint Tenancy). This means that if I should die before my husband, my half of the house would be shared between the girls and my husband’s half would be used after sale to pay for his care.

The cost was not a great amount, only £124 for both the will and the Severance of Joint Tenancy, which I feel was not too much to pay for the peace of mind knowing that all we have worked for over our lives was not being swallowed up by the Government.”

The following may be useful as starting points for information. However this is a very complex area and it is important to seek professional advice when planning changes to your own legal affairs:

- *What Every Carer Needs To Know: a guide to mental capacity* Booklet available from : Carers UK www.carersuk.org or advice line 0808 808 7777
- *Age UK have a number of Factsheets on financial matters and wills and trusts: www.ageuk.org.uk or contact the local branch on 01952 587749*
- *For advice on wills and trusts for those looking after someone with learning disabilities contact: www.mencap.org.uk or 0808 808 1111*
- www.direct.gov.uk
- www.solicitorsfortheelderly.com or 0870 0670282

DATES AND INFORMATION

Pamper Days

Due to high demand, from September we are trialling a second pamper day...so why not come to sit, relax and enjoy the morning, not just your 15 minute session...

Now on the First & Third Tuesday of Every Month

09.30am-12.30pm at Haybridge Hall, Hadley

Dates for 2011:

6th September

4th October

1st November

6th December

20th September

11th October

15th November

Various treatments available including Back, Head or Hand Massage, Reflexology, Mini Facial - £5 for 15 minute session

At the end of the session there is a period of meditation/relaxation

Booking is essential as places fill quickly!

Telephone: 01952 240209

Fancy a night out ? 

We are planning an evening social event. We do not have a firm date yet but it is likely to be in October. Keep your eye on our website and Facebook page for further information.

Or if you do not have access to the internet give us a call and leave your contact information and we will let you know the details.

Take some time for yourself on our Carers Big Day Out!

to Blists Hill Museum, Ironbridge

Thursday 22nd September

Meet at 10.30am

Limited numbers, carers only on this day.

Please call 01952 240209 to book your place.



**National Carers Summit
3rd November 2011**

CARERS UK
the voice of carers

The annual conference for carers hosted by Carers UK will take place in Canary Wharf, London.

The event is only open to current or former carers. The conference is free and there are a limited number of travel bursaries for carers.

For information or to book a place see <http://www.carersuk.org/get-involved/national-carers-summit-2011>



CARERS WALKS

Walking is good for you so come and join fellow carers for some gentle exercise in the Autumn sunshine...

Wednesday 14th September

Leegomery Walk

10.30am start

Meet at Leegomery Community Centre

Wednesday 12th October

Stirchley Walk

10.30am start

Meet outside Stirchley Leisure

Wednesday 9th November

Shawbirch Walk

10.30am start

Meet at Spar Shop, Shawbirch

Dates for 2011

Please arrive 15 minutes before the walk to register and wear suitable footwear and clothing for weather conditions.

For more information please call Jane on 01952 262065



DIARY OF EVENTS

DATE	EVENT <i>** Booking required, call 01952 240209</i>	TIME	LOCATION
Tuesday 6th September	** Pamper Day booking required, call 01952 240209	0930am - 12.30pm	Haybridge Hall, Hadley
Wednesday 14th September	Carers Walk - Leegomery	10.30am	Leegomery Community Centre, Leegomery
Tuesday 20th September	** Pamper Day booking required, call 01952 240209	0930am - 12.30pm	Haybridge Hall, Hadley
Thursday 22nd September	** Carers Big Day Out booking required, call 01952 240209	10.30am	Blists Hill Museum
Thursday 29th September	Carers Health & Wellbeing Morning	1030am - 12.30pm	Castle Farm Community Centre, Hadley
Tuesday 4th October	** Pamper Day booking required, call 01952 240209	0930am - 12.30pm	Haybridge Hall, Hadley
Tuesday 11th October	** Pamper Day booking required, call 01952 240209	0930am - 12.30pm	Haybridge Hall, Hadley
Wednesday 12th October	Carers Walk - Stirchley	10.30am	Stirchley Leisure Centre
Tuesday 18th October	Carers Forum "Carers and their Rights"	10.00am - 1.00pm	Meeting Point House
Tuesday 1st November	** Pamper Day booking required, call 01952 240209	0930am - 12.30pm	Haybridge Hall, Hadley
Friday 4th November & 11th November	Telford and Wrekin Learning Together - FREE 2 day workshop for carers For more information please call: Fiona on 01743 342165 or Glenda 01743 341995	10.30am - 2.30pm	Meeting Point House, Telford Town Centre
Wednesday 9th November	Carers Walk - Strichley	10.30am	Stirchley Leisure Centre
Tuesday 15th November	** Pamper Day booking required, call 01952 240209	0930am - 12.30pm	Haybridge Hall, Hadley

Word Search

S	N	O	P	U	O	C	T	B	S	D	J	W	F	Y	F	F	Z	D	M
F	I	I	E	R	R	F	T	A	S	I	T	K	P	Z	O	Z	U	X	V
R	T	R	W	K	M	S	I	I	F	Q	B	O	X	J	F	Z	D	J	F
X	P	Z	B	I	W	N	K	B	T	L	C	Z	U	S	S	S	Y	M	D
E	F	H	E	P	S	K	H	G	Y	Q	X	I	G	Y	H	R	M	F	C
Q	D	W	Z	B	Z	E	Z	C	Q	C	B	O	C	K	D	E	U	C	K
V	N	A	U	A	L	D	B	O	Y	O	Z	B	X	O	U	S	L	U	L
Y	C	R	I	S	V	T	A	F	R	S	Y	E	M	S	Z	Y	K	F	I
I	Y	A	I	R	P	G	R	F	T	E	C	H	E	C	K	O	U	T	M
S	B	A	R	I	Y	G	C	E	Q	S	B	L	B	A	S	K	E	T	D
J	N	E	E	R	N	J	O	E	U	C	B	P	G	R	O	C	E	R	Y
C	C	C	Q	K	I	B	D	P	F	A	X	U	O	Q	P	Y	A	P	M
C	E	L	I	S	T	E	E	A	T	B	I	T	Y	R	W	C	I	I	Y
R	U	E	E	S	L	R	R	E	T	U	C	K	K	A	Y	A	H	E	Y
G	Q	S	V	W	M	V	G	B	M	E	O	V	K	T	E	G	O	P	E
S	U	D	T	A	D	E	S	B	A	K	R	J	L	T	E	C	R	D	L
C	B	U	R	O	V	D	R	F	G	G	M	A	T	N	I	I	L	T	L
C	F	K	G	M	M	E	I	S	S	D	Y	I	V	A	C	U	A	Z	O
L	E	L	S	C	A	E	I	O	J	O	D	B	G	E	E	E	R	E	R
T	L	E	F	D	K	R	R	V	L	G	I	L	X	C	Y	M	H	F	T

WORDS

- AISLE
- BARCODE
- BASKET
- BREAD
- CARRIER BAG
- CASHIER
- CHECKOUT
- COFFEE
- COUPONS
- CUSTOMER
- DAIRY
- FRUIT
- GROCERY
- LIST
- LOYALTY CARD
- MEAT
- MILK
- PRICE
- RECEIPT
- SAINSBURYS
- SHELF
- SUPERMARKET
- TEA
- TROLLEY
- VEGETABLES

One word in the list on the right is **not** in the word search. Words run up, down, diagonally and backwards. Once you have found the missing word, send it in to us on the form below. If you don't want to cut the newsletter, send all of the details on a piece of paper. All correct answers will be entered into the draw for the prize. *You must be a carer on our database to be eligible to enter.*



“£15 Sainsbury’s Gift Voucher”

Many thanks to Sainsbury’s, Forge Retail Park, Telford for donating a gift voucher for £15...

ANSWER:

Name: Tel:

Address:

Comments:



Please send or e-mail your entries to Carers Contact Centre, The Liz Yates Centre, Lightmoor, Telford TF4 3QN. E-mail: newsletter@carerscontact.org.uk

The draw will be made on 21.10.11 and results will be in the Winter newsletter. The winner will be notified by telephone.

Entries must be received by 21st October 2011
You must be a carer on our database to be eligible for the competition

Noticeboard

Congratulations!

to **Marian Davies**, winner of our Summer word search, who won the £10 Love2Shop Vouchers.

The correct answer was 'painting'.

Thank you for all your entries. Why not try to win this quarters' prize of £15 Sainsbury's Voucher on Page 10.



Ironbridge Gorge Museums FREE Pass for Carers



If you are a Carer of an adult in Telford & Wrekin, you can borrow a pass giving you unlimited free access to Ironbridge Gorge Museums for up to 5 days. Valid for up to 5 people.

For details of how to apply please contact us on 01952 240209



DON'T FORGET...



CARERS CONTACT CENTRE ON FACEBOOK

For those of you that like to keep up with all the modern trends: you can find us on Facebook. Why not join up, find out what's going on in the area for carers, make contact and join in discussions with other carers.

Go to:

<http://www.facebook.com/carerscontactcentre>



Recipe Corner...

Lemon Cake

Many thanks to Carol McCormick from Sainsbury's who provided this scrummy cake for our Carers' Week events. We liked it so much we asked for the recipe...

Ingredients

For the cake:

- 4oz margarine or butter
- 6oz castor sugar
- 6oz SR flour
- 2 eggs
- 4 tablespoons milk
- Grated rind of 1 lemon



For the lemon paste:

- Juice of 1 lemon
- 4oz castor sugar

Method

1. Mix all ingredients together
2. Put into 2lb loaf tin.
3. Bake for 35-40 mins at gas mark 4, 180 C
4. To make the paste, mix the lemon juice and castor sugar together. Remove cake from oven and spread paste over the top while cake is hot.
5. Leave to cool and enjoy!



Carers Rights Day

Friday 2nd
December 2011

Look out for more details in our next newsletter

Thank You, Sainsbury's

Carers Contact Centre would like to thank Sainsbury's in Telford for their generosity during Carers Week and for their ongoing support. During Carers Week they provided refreshments for our open day, gave space for an information stand and donated £250 that was collected in store, which will be used for future carers events.



Don't Forget...

Our website can be found at:

<http://www.carerscontact.org.uk/>

It will be updated regularly to provide help and information online, as well as having leaflets, forms and newsletters to download.

If you have any "Top Tips for Carers" or any stories or jokes you would like us to consider for inclusion in the next newsletter, please send to Janice at:

Carers Contact Centre, The Liz Yates Centre,
Lightmoor, Telford TF4 3QN

or email: newsletter@carerscontact.org.uk

If you have a quick and easy recipe you would like to see in 'Recipe Corner', please send it to Janice at

Carers Contact Centre, The Liz Yates Centre,
Lightmoor, Telford TF4 3QN

or email: newsletter@carerscontact.org.uk

ADULT SUPPORT GROUPS RUN BY CARERS CONTACT CENTRE

Carers Groups meet monthly in a variety of venues providing opportunities to meet with others. Some groups are for all carers while other groups offer more specialised help and support. If there is not a group that fits your needs or the time is not appropriate, please let us know.



If you have not attended the group for some time or are coming along for the first time, please call us first to confirm details.



LEEGOMERY CARERS GROUP

Meetings for all carers on the second Thursday of the month in the Training Room at Leegomery Community Centre from 10.30am to 12.30pm. Sometimes meet at other venues, please phone to check.

Contact Lara or Louise 01952 240209.

WELLINGTON MEDICAL PRACTICE

on the second Wednesday of each month for all carers from 10.30am to 12noon. A chance to share information, discuss carer issues, have a cuppa and a chat, listen to invited speakers or go out for an occasional meal.

Contact Rosemary 01952 262062.

COFFEE MORNING IN NEWPORT

All carers are welcome to drop in every third Friday of the month at Newport Library between 10.30am–12.00noon.

An opportunity to have a chat and gain information and support from each other and from Carers Contact Centre support workers.

Contact Rosemary on 01952 262062, Jane on 01952 262065 or Newport Library on 01952 382965.

STACS

Shropshire & Telford Asperger Carers Support for carers of adults. For more information call Louise on 01952 262064.

T 42

T42 is for carers of those with dementia who wish to bring the person they are caring for with them. Runs once a month on a Wednesday afternoon. Workers from Age Concern, the Alzheimers Society, the Community Mental Health Team and British Red Cross also support this group.

Please note there is waiting list to join this group.

Ring Rosemary on 01952 262062 or Mike from the Alzheimer's Society on 01952 583813 for further details.

MOVING ON GROUP

A six session course offering support to bereaved carers who are already registered with Carers Contact Centre. The sessions offer carers an opportunity to talk to other people in similar situations and to explore some ideas for rebuilding their lives now that their caring role has come to an end.

Contact Rosemary on 01952 262062 or Louise on 01952 262064 for further details.



Support Group for all Carers



The Leegomery Carers Group was launched in January 2011 and provides a warm welcome to all Carers. The aim of the group is to provide some “me time” for Carers, allowing time to relax, chat, try a new hobby or interest and enjoy the company of others.

As the group is new and for all Carers, it will therefore develop over time to meet the needs of those who attend. Sometimes the group will go out for meals or visits. It is advisable to contact Louise or Lara if you are thinking of coming along to a meeting for the first time.

Meetings will be held on the second Thursday of the month in the Training Room at Leegomery Community Centre from 10.30am to 12.30pm. We look forward to meeting you.

For more details contact Louise Griffiths or Lara McBride on 01952 240209.

Meeting Dates 2011

September 8th, October 13th, November 10th, December 8th



Other Support Groups & Drop Ins

Other organisations also run support groups and meetings in the local area for carers. We hold details of some of these, please ask us if you would like information.