

Carers
Contact Centre

Carers NEWSLETTER

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

Summer 2011

FREE
PLEASE TAKE
A COPY

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Carers Week

13th-17th June 2011



Carers Week will soon be with us. This year it runs from 13th-17th June and has the theme of "The True Face of Carers".

Once again Carers Contact Centre will be organising events for carers during the week. See inside for details of what we are planning and make sure you get involved.

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

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

The Liz Yates Centre, Lightmoor, Telford TF4 3QN
Telephone: 01952 240209 Email: admin@carerscontact.org.uk
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

NEW Carers Link Worker based at the Princess Royal Hospital, Telford

The Carers Link Worker is available to support people who are caring for or supporting a relative or friend. Hospital admission is a stressful time for a carer if the person they care for is admitted or even if they are admitted themselves.

The Carers Link Worker will be networking on the wards to try and identify carers or they can self refer to the service. A carer may just need someone to talk to before they can work out what support they need; general information about what services are available for carers or specific support with any problems they have including speaking with professionals at the hospital and financial or housing queries. The Link Worker can also provide an important link to the Carers Contact Centre for those who want ongoing support and information.

The Carers Link Worker aims to let carers know that they have rights as a result of the Carers Recognition Act 1995 and the Carers Equal Opportunities Act 2004. A carer can get their own assessment for an opportunity to talk about their role and explore extra support, help and get advice about how they can be supported to carry on caring.

The Carers Link Worker, Melissa O'Leary, is available to take any queries or provide support to all Telford and Wrekin carers at the Princess Royal Hospital. She can be contacted on 01952 641222 Ext: 4402.

A Message from David Wright MP

“People who care for others make an invaluable contribution to our community and in my view seldom get the recognition they deserve. Caring responsibilities can vary widely and I know that there are many people who provide care in a way which is often hidden from public view. People can have caring responsibilities at different stages of their lives, and support services need to recognise that. We also need to acknowledge that any of us may need care, or become carers, as circumstances change in our lives.

The staff at the Carers' Contact Centre in Telford provide an excellent service and are a superb resource for local people. I have been delighted to work with them over the years and I recently held a carers' advice surgery at the Lightmoor Centre. I want to do more of this partnership working in the future and I have agreed to do another advice surgery exclusively for carers in the autumn. I will make sure the date is widely publicised, however if you have any issues you would like to raise with me, then you can call my office on Telford 507747. The office is open between 9:00 am and 5:00 pm on weekdays and my staff (Richard and Dave) and I will be pleased to help.”



With best wishes,

David Wright MP

David Wright MP with carers and staff at the Carers Contact Centre after his recent advice surgery.

CARERS INFORMATION



A Brief Look at Carer's Assessments



You may have been a carer for some time or have started caring more recently. Either way it is likely that you are caring out of love, friendship or duty. This does not mean it is always easy - emotionally or physically. Also, as a carer, as a person, you may well have needs of your own.

Carers who provide a substantial amount of care on a regular basis can ask the local authority for a carer's assessment. This involves a worker spending some time with you and getting a picture of your caring role and the impact it has on your own life.

A carer's assessment is not a test of your ability as a carer! It is an opportunity to talk to a professional about your lived experience of caring and to reflect upon your own needs - and sense of self - which may have got a bit lost in all you otherwise have to do.

As a carer you should have your views taken into account if the person you care for is being assessed for services - for example, a day centre or respite care, a service that gives the carer some time and space for themselves - whereas the carer's assessment may identify something that is all about you and your well-being. We have been able to allocate money from our modest carer's budget towards the cost of all sorts of things: relaxation sessions, gym membership, lap-tops, breaks away, hobbies and leisure activities, training and education opportunities and so on. Though we have often found what is most valuable in a carer's assessment is the chance to talk to someone outside - a stranger - about what is going on inside. Inside the home to which you may be tied, inside a self that seeks a degree of freedom.

If you wish to request a carer's assessment then you should contact Telford & Wrekin's Access Team on 01952 321280. You will be asked some questions about your caring role as they need to establish that you provide substantial care on a regular basis to a person over 18.

Tony Burrows and Jane Dixon
Carers Assessment Team,
Telford & Wrekin Council

Important News - Respite from Caring

Crossroads ceased trading on the 31st March and all carers who received respite care support have been supported to secure alternative services to continue to help them in their caring role.

Although Crossroads has been a valued service and the closure distressing for both staff and carers, it has provided an opportunity to review carers needs and reflect a more personalised response to individual needs, for example some people have chosen to utilise direct payments and secure a service of their choice or buy a service direct from a care agency. For others the council has worked with carers to support them and has organised alternative services on their behalf.

If you want to know more about carer respite why not contact the Local Authority Access Team for a Carers Assessment (01952 381280) or speak with the Carers Contact Centre who can signpost you to various resources to provide advice and support.

Emergency Response Carer Service

Joint Commissioning are soon to invite prospective Providers to tender for a new exciting service which will help family carers in Telford and Wrekin when an unexpected incident or emergency occurs. The Emergency Response Carers' Service will provide a package of personal and practical support to replace what you provide as a Carer, when an emergency occurs and you are unable to carry out your caring role. During the development of this service, a range of Carer's views have been gained and situations considered to ensure the service works and meets a wide range of Carers' needs.

What are the next steps?

When the service is ready to launch, Carers will be invited to register for this new service which will provide essential home-based day to day support in the event of an emergency, which will be free for up to 72 hours.

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'.

CARERS INFORMATION



Questions and Answers Page



The following are some of the queries carers have asked Carers Contact Centre in the past three months. If you have had similar experiences or would like to share your ideas or questions, please get in touch with us.

We have recently had a number of questions about flexible respite:

- *My sister has asked me if I would like to go on a short holiday. Is there anyone who can look after my husband while I'm away?*
- *We want to go to a wedding, is there anyone who could stay with my mother for the day?*
- *I'm due to go into hospital, who would look after my husband?*
- *I am having difficulty booking a place in advance in a care home for my husband as I am planning a holiday in three month's time. The care homes I have contacted refuse to book so far in advance.*

There are several options for getting support for the person you are looking after while you are away. Other than in emergency situations, it is important to try and arrange this as far in advance as possible. You will need to assess whether the person you care for could manage in their own home with some extra support or would need to stay with a relative or temporarily in a care home.

Social Services can arrange for a Carer's Assessment and a Community Care Assessment to look at both your needs as a carer and those of the cared for and to identify help that may be available. In some cases they may be able to increase 'pop-in' services for personal care or community meals to replace the support normally given by the carer. You may be able to mix and match with some extra support from other relatives. Social Services may arrange for a short residential stay in a care home. They may also offer a 'direct payment' which enables you to buy the care or services you need directly. The person you care for may be asked to contribute towards the cost of the care provided following a financial assessment.

Alternatively you may wish to find care yourself by paying privately for a paid care worker or short-stay residential care. All care homes and care agencies have to be licensed and inspected by the Care Quality Commission (CQC). They hold a directory of care services and inspection reports. This can be cross referenced with Shropshire Partners in Care (SPIC) who update a current list of beds available.

Booking short term beds in advance for people who wish to pay for themselves can be difficult as a percentage of beds are block-booked by social services and the NHS. Also many homes are businesses who do not wish to keep empty beds available. The market place may change with the increased use of direct payments and the 'personalisation' agenda which will give people more control of the services they wish to purchase.

For further information:

Shropshire Partners In Care (SPIC) Phone: 01743 860011 Website: www.spic.co.uk

Care Quality Commission Phone: 03000 616161 Website: www.cqc.org.uk

Telford and Wrekin Social Care can provide a list of care homes. Phone the Access Team on 01952 381280

Carers UK have Factsheets on "*Taking a Break*" and "*How do I get help: Assessments made clear*". Phone their Adviceline on 0808 808 7777 or visit their website: www.carersuk.org

"*Need a Planned Break? Respite Care and Short Term Breaks*" leaflet published by Telford and Wrekin Council. For a copy contact the Access Team as above or Carers Contact Centre 01952 240209

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Don't forget to send in any questions or ideas you may have to Newsletter, Carers Contact Centre (address on front cover) or email to: newsletter@carerscontact.org.uk

CARERS INFORMATION



CARERS' FORUM – THE STORY SO FAR



Carers Contact Centre facilitates the Forums with the help of a Carers' Advisory Group. The first Forum was held in February last year during which carers were asked to give their ideas on the purpose and content of the Forum and on how it should operate. This has set the agenda for the subsequent meetings.

Carers identified topics they wanted to hear about and Forums to date have included speakers on subjects such as respite, carers' assessments, looking after our health and how to access care services. Carers also took part in Carers UK Virtual Protest as a result of which some of our carers had their photograph published in Carers UK magazine.

Carers attending the Forums have the opportunity to ask questions during the meetings, fill in a query sheet for the speakers and make comments on post-it notes. As requested by carers, there is always a break half way through the morning to enable carers to socialise with each other and browse around invited information stalls. We have also introduced a 'Speed Updating' slot during which carers and professionals have an opportunity to share information with the Forum.

Carers also said that they wanted the Forums to have a 'lighter side'. During the October meeting we held a Carers' Quiz which as well as being fun helped to raise carers' self esteem and knowledge of support available

Watch out for publicity about future Forums in our newsletter, on the radio and in local newspapers and on our website and Face Book. Carers Contact Centre also keeps a separate mailing list of carers who want to be updated on Forum information. Let us know if you want your name included.

FORTHCOMING FORUMS – DATES FOR YOUR DIARIES

All meetings will take place at Meeting Point House, Telford Town Centre from 10.30am to 12.30pm

Thursday June 16th - "Carers Week" Forum Spending Review

Service Provision for Carers in Telford and Wrekin and the Impact of the Current Spending Review. Your chance to hear from some of the people who make the decisions.

Tuesday October 18th Carers Rights

We are very lucky to have Professor Luke Clements as our main speaker. He is a solicitor and a recognised authority on Community Care Law. Luke assisted in the drafting of the Carers (Recognition and Services) Bill and the Carers (Equal Opportunities) Bill. He is also the author of 'Carers and their Rights – The Law Relating to Carers'.

Thursday December 8th Where are we now?

An opportunity to reflect on what has been achieved and where do we go from here? Finishing with a light hearted activity for the festive season.

We hope to see you at one of our meetings!

If you can't get to the meetings but would like to raise some questions or if you have any queries about the Forums, please contact Rosemary at the **Carers Contact Centre on 01952 240209.**

CARERS WEEK



13th – 19th June 2011 - "The True Face of Carers"



Carers Week is organised to highlight and celebrate the contribution that carers make with thousands of carers taking part in the many events and activities taking place throughout the UK.

The theme for this years Carers Week will be "The True Face of Carers" and once again Carers Contact Centre will be organising events and encouraging carers to take part.

Carers Week will ask how hard is life as a carer? Or how easy? How much help do carers actually receive from statutory agencies and government, local and national? Or should that be how little?

How do carers think society sees them? What is the reality of caring in the UK in 2011? What are the biggest surprises that you and I encounter when we become carers? What can really make a difference to carers lives? Is it money? Or something else? Is caring a perpetual struggle with no thanks and no recognition? Or a richly-rewarding experience that brings out the best in the human spirit?

Join in - it's your Week! **Carers Week Events** *The True Face of Carers*

Tuesday 14th June

Carers Contact Centre Open Day: Drop-in anytime between 10.30am and 14.30pm.

The Carers Contact Centre are planning on creating a record of the 'True Face of Carers' and what this means to you. All family carers are welcome to come and share their experiences with us.

Bring along your photos, poems, comments, drawings, etc. You can be as creative as you wish. So come along for a fun, interactive day at the Carers Contact Centre, Lightmoor; bring your thoughts and ideas with you. You don't have to join in, you can just drop in for a coffee and a chat (and some yummy cakes!)

If you are a working carer or you are unable join us on the day, please send anything you wish to share with us to the Carers Contact Centre.

Wednesday 15th June

Carers Walk: A special 2-hour walk, led by Alec Connah (STROWP). Meet at the Carers Contact Centre, Lightmoor, 10.30am start. Refreshments will be available after the walk, including more yummy cakes!

Thursday 16th June

Carers Forum: the Spending Review: At Meeting Point House, Telford Town Centre from 10.30am to 12.30pm. Service Provision for Carers in Telford and Wrekin and the Impact of the Current Spending Review. Your chance to hear from some of the people who make the decisions.

Friday 17th June

Newport Drop-in Session: If you haven't been before, come along to Newport Library between 10.30am and 12noon (where more cakes will be available!)

Information Stand: Princess Royal Hospital, Telford between 10am - 4pm.

Information Stand: Wrekin Housing Trust, Colliers Way between 12.30pm - 4pm.

Also, listen to the local radio and look in the local press for carers stories during the week. Would you be willing to share your story and experiences? Phone us on 01952 240209.

CARERS INFORMATION

THE OLIVE TREE



CAFÉ, WINE BAR & RESTAURANT

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Patio Terrace

The Olive Tree Café Wine Bar is a social enterprise run by and for people with a learning disability. It is a fully operational business enterprise trading 7 days a week through the summer months and open 12 hours a day for 5 of those days.

The Olive Tree Wine Bar enterprise creates 19 opportunities for people with learning disability to undertake paid work in an inclusive commercial employment setting.

'The Olive Tree', right beside the Iron Bridge in Shropshire is in a beautiful World Heritage Site and has an enviable Patio Terrace, over looking the River Severn with a view of the famous Iron Bridge. Ideal for those long summer lunches and relaxed summer alfresco wining and dining evenings.

Carers are entitled to a 15% discount on food only on production of this article.

Self Unlimited is the operating name of Cottage and Rural Enterprises, a company limited by guarantee. RCN 250058



Carers Short Term Break Grant

Do you rarely get a break from your caring role?

Would you like some time to yourself at home or away?
Time to follow an interest, unwind, go out for the day or try something new?

There's a grant available that may help you...

The Carers Contact Centre administers the Carers Short Term Break Grant on behalf of the Local Authority providing money to help carers take some time out for themselves. The money is awarded to YOU so that you can spend time away from your normal caring role. The aim of the grant is to ensure that carers are able to have breaks away from caring and gives them the flexibility of planning breaks or activities which they feel will most benefit them.

For example taking up a hobby, going on a short holiday, visiting friends, theatre tickets, meals out, or having a pamper day.

If you would like to apply, please get in touch with Janice on 01952 262060.

Please Note: Funds are limited and there is no guarantee of assistance.

Thought for the Day

May God Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Snippet...

Do you need a wheelchair on a temporary basis?

British Red Cross loan out wheelchairs for up to 8 weeks. Phone 01952 209840.

Some shops selling disability aids may also hire out wheelchairs.

To be assessed for longer term use, contact your G.P. or the Occupational Therapist Service via the Access Team on 01952 381280.

How can your library help you pass your driving test?

Anyone in the borough learning to drive or who needs help passing their theory test can get free and unlimited access to Theory Test Pro online at any Telford and Wrekin Library.

Theory Test Pro provides access to the entire official theory test question bank from the Driving Standards Agency (DSA), and also includes hazard perception videos and an online highway code.

You can get access at any Telford and Wrekin Library or at home, just visit <http://library.telford.gov.uk>, click Online Reference and follow the instructions to log in using your library card and pin.

DATES AND INFORMATION



FREE PASSES FOR CARERS FOR IRONBRIDGE GORGE MUSEUMS

If you are a Carer of an adult in Telford & Wrekin, don't miss out on this great opportunity to visit some or all of the Ironbridge Museums for free.

You have access to a pass giving you unlimited free access to Ironbridge Gorge Museums for up to 5 people, for up to 5 days.

The passes must be booked in advance and collected from and returned to the Carers Contact Centre.

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



Are You Carer Aware?



Whether you are a carer, work with carers or if you look after someone and want to find out more – this is the online course for you.

- Who is a carer?
- What are their rights?
- What support is available in Telford and Wrekin?
- How can I find out more?

Access the online training tool at www.telford.gov.uk/careraware

Pamper Days



On the First Tuesday of Every Month

09.30am-12.30pm at Haybridge Hall, Hadley

Dates for 2011:

7th June
5th July
2nd Aug
6th Sept

Choose from Back, Head, Foot or Hand Massage - £5 each

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

Booking is essential as places fill quickly!

Telephone: 01952 240209



CARERS WALKS

Summer is the time to get out in the great outdoors and join fellow carers for some exercise and a chat.

Dates for 2011

Wednesday 15th June

“Special Carers Week Walk”

2 Hour Walk led by Alec Connah
10.30am start

Meet Carers Contact Centre, Lightmoor
Refreshments available after the walk

Wednesday 13th July

Shawbirch Walk
10.30am start
Meet outside Spar Shop,
Shawbirch

Wednesday 10th August

Granville Country Park Walk
10.30am start
Meet in Car Park

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 7th June	** Pamper Day booking required, call 01952 240209	0930am - 12.30pm	Haybridge Hall, Hadley
13th-19th June	Carers Week - "The True Face of Caring"		
Tuesday 14th June	Carers Week - Open Day at Carers Contact Centre	10.30am-2.30pm	Carers Contact Centre, Lightmoor
Wednesday 15th June	Carers Walk - Special for Carers Week . 2-hour Walk led by Alec Connah. Refreshments after the walk.	10.30am	Carers Contact Centre, Lightmoor
Thursday 16th June	Carers Forum	10.30am - 12.30pm	Meeting Point House, Town Centre
Friday 17th June	Carers Week - Newport Support Group and Drop-in Session	10.30am - 12noon	Newport Library
Friday 17th June	Carers Week - Information Stand	10am - 4pm	Princess Royal Hospital, Telford
Friday 17th June	Carers Week - Information Stand	12.30pm - 4pm	Wrekin Housing Trust, Colliers Way
Tuesday 5th July	** Pamper Day booking required, call 01952 240209	0930am - 12.30pm	Haybridge Hall, Hadley
Wednesday 13th July	Carers Walk - Shawbirch	10.30am	Spar Shop, Shawbirch
Tuesday 2nd Aug	** Pamper Day booking required, call 01952 240209	0930am - 12.30pm	Haybridge Hall, Hadley
Wednesday 10th August	Carers Walk - Granville Country Park	10.30am	Granville Country Park Car Park
Tuesday 6th Sept	** Pamper Day booking required, call 01952 240209	0930am - 12.30pm	Haybridge Hall, Hadley

Word Search

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

WORDS

- ART
- BINGO
- COOKING
- CRAFTS
- CROCHET
- CROSSWORDS
- FILMS
- FISHING
- GARDENING
- GOLF
- KNITTING
- MUSIC
- ORNITHOLOGY
- PAINTING
- PETS
- PHILATELY
- PHOTOGRAPHY
- POETRY
- READING
- SEWING
- SPORT
- SUDUKO
- TRAINSPOTTING
- WALKING
- YOGA

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.*



“£10 Love2Shop Vouchers”



Treat yourself with £10 worth of vouchers that can be used in a large variety of High Street shops. Perfect to treat yourself or use for your favourite hobby

ANSWER:

Name: Tel:

Address:

Comments:

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

The draw will be made on 15.07.11 and results will be in the Autumn newsletter. The winner will be notified by telephone.

Entries must be received by 15th July 2011
You must be a carer on our database to be eligible for the competition



Noticeboard

Congratulations!



to **J. Sargeant**, winner of our Spring word search, who won the Perfect Porridge Set.

The correct answer was "Cornflakes".

Thank you for all your entries. Why not try to win this quarters' prize of £10 Love2Shop vouchers on Page 10.

Smile Time



Genuine headline from a recent Shropshire Star: "Ludlow churchyard sealed off after bones found"

And always remember: "A clean house is the sign of a wasted life"

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



**Carers Contact Centre
now on Facebook**



For those of you that like to keep up with all the modern trends: you can now 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.

Goto <http://www.facebook.com>
and search for Carers Contact Centre



Recipe Corner...

Lemon Ginger Fizz

Try this a really refreshing alternative to bought soft drinks, perfect for those long hot summer days...

Ingredients

- 50g fresh root ginger, roughly chopped
- 300g caster sugar
- 2 lemons sliced, plus extra to serve
- sparkling water

Method

1. Place the ginger, sugar and lemon slices in a pan with 150-200ml water. Bring to the boil, then cook until the sugar dissolves. Take off the heat, leave to cool, then press through a sieve.
2. To serve, pour into a large jug and top up with sparkling water and extra lemon slices



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.

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.

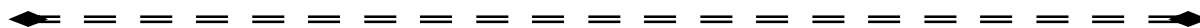
Please note there is waiting list to join this group.

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.

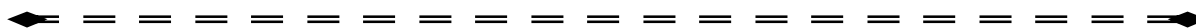
Meetings will be held on the second Thursday of the month in the Training Room at Leegomery

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

May 12th, June 9th, July 14th, August 11th
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.