



The Princess Royal Trust  
for Carers



Carers Support Service  
Regis, Chichester & Rural



# Carers Newsletter

Summer 2010—Issue 39

**Carers Support Service**  
**60a North Street**  
**Chichester**  
**West Sussex**  
**PO19 1NB**

**Tel: 01243 537011**

**E-mail:**  
**info@carerssupportservice.org.uk**

**Web:**  
**www.carerssupportservice.org.uk**

**Reg Charity No: (tba)**  
**Company No: 7191927**

**Affiliated to the**  
**Princess Royal Trust for Carers**

## Up, Up and Away

Our new company status has now been completed and we are just awaiting our registered charity number to finalise what has been a lengthy but most worthwhile time, separating out from the auspices of the Voluntary and Community Action Chichester District. We will, of course, continue to have close contact with our VCACD friends with whom, as I'm sure you will know, we share office accommodation in Chichester.

Our Garden Party is also high up in the realms of preparation—do see the enclosed flyer for more information and how to book a place.

So, with our 10th Anniversary to celebrate too, all of us at CSS are looking forward to a wonderful summer which we hope you, our Carers, will also enjoy.

With all good wishes,

*Richard North*

**ARE you caring for a family member, partner or friend who is ill, frail or has a disability? Carers Online would like to hear from carers about their experiences. It may help other carers to know they are not alone, or you can say what has helped you to cope. All articles will be anonymous if you prefer.**

**DO visit the Carers Stories section of [www.westsussexcarers.org.uk](http://www.westsussexcarers.org.uk) to read the stories.**

**PLEASE send your story to [col@icis-info4life.org.uk](mailto:col@icis-info4life.org.uk) or post it to Rosemary Harris, ICIS, 35 Worthing Road, East Preston, BN16 1DE.**

### **ARE YOU A CARER IN THE BOGNOR REGIS AREA?**

#### **DO YOU FIND IT DIFFICULT TO VISIT A LIBRARY?**

**Do you know that the library service can help? Bognor Regis and Willowhale libraries offer a FREE service run by volunteers who deliver books and other items to carers and the people they look after in their own homes.**

**Ask the library staff for more details, contact Bognor Regis library on 01243 864638 or contact us at CSS for an application form.**

### **\* Free Carers Events \***

**Please find enclosed flyers with details of our upcoming Free Events/Workshops for Carers for Summer 2010. Remember to send us your flyer tear-off as soon as possible to book your place!**

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## News and Events

### **Message from Kate Keays and Christine Smith, GP Practice Workers**

Once again, thank you for sending back more of the Carers' Registration forms and please do continue to do so, if you haven't already had the opportunity. We have heard from the GP Practices that these have helped them to update their records, and also to be aware of your caring responsibilities. They have also said that receiving the optional consent from the cared-for, to share information with the carer, has been very beneficial in supporting carers, as and when this is appropriate.

Time is rushing on and Carers Week will again be with us in June. Lots of events and opportunities are planned and we will aim to highlight these in the GP Practices to ensure you are fully aware of all that is available.

Please do contact us at any time if you feel we can help you in any way.

*Kate and Chris (Carers Development Workers — GP Practices).*

### **Message from Pam Thomson, LD Support Worker**

Firstly many apologies, in the last newsletter I asked you to e-mail me with your email addresses for future correspondence. This might of helped if I had given you the correct e-mail address, and not a combination of my home e-mail with my work e-mail!! So, as previously requested could I ask any carer who is looking after someone with a learning difficulty to e-mail me: [pam.thomson@carerssupportservice.org.uk](mailto:pam.thomson@carerssupportservice.org.uk) so that I can send you any specific information or inform you of any up coming events etc. Listed below is a calendar of events already in place for 2010. There will be a more detailed flyer coming out to all my carers very soon. Please if you do not receive one or know someone who would benefit from registering with 'The Carers Support Service' for support on looking after someone with a learning difficulty, please ring: 01243 537011 or e-mail me.

#### **EVENTS FOR 2010**

**Friday 28th May:** Talk on **AUTISM**, 10am-11.30am. Chichester.

**Thursday 3rd June:** Find out more about 'WORKAID' Employment Service. 10am-11.30am, Chichester.

**Friday 18th June:** **CARERS BOAT TRIP**. More details in this newsletter.

**Tuesday 22nd June:** Find out more about 'WORKAID' Employment Service. 10am-11.30am, Bognor.

**Friday 25th June:** Information event organised by 'THE POSITIVE BEHAVIOUR TEAM', in conjunction with our LD support services from Crawley & Worthing. Guest speaker from 'THE CHALLENGING BEHAVIOUR FOUNDATION' plus a lot more on the day. Lunch provided and we are hoping to organise a car-share scheme. Billingshurst, 10am-2pm.

**Friday 16th July:** Talk given by THE 'SUSSEX AUTISTIC COMMUNITY TRUST'. 11am-1pm with lunch provided, Chichester.

For more details on any of the above please contact me, and as with all events places need to be booked. More events will be announced throughout the year,

Many thanks, *Pam*

#### **SHORT BREAKS FOR CARERS**

You can apply to the Short Term Break for Carers Fund if you have not had a break for over 12 months due to financial difficulties. You decide what you would consider to be a break from your caring role. The fund could be used for a holiday, a stay at a health spa, evening classes or to cover the fare to visit a relative. It could also be used to fund costs of alternative care if required, such as a sitting service, or joint activities if you wanted to take a break together.

The maximum that can be applied for is £300 or up to £500 if there are alternative care costs or if your cared for is going to accompany you on the break.

For more information and an application form please call Beryl on 01243 537011.

#### **Complementary Therapy**

For some time grant funding has enabled us at the Carers Support Service to offer complementary therapy as part of our support to carers. From 1st June this year there will need to be a £5.00 contributory charge towards the cost of these sessions, and details regarding the payment of this charge will be available nearer the implementation date.



#### **Complementary Therapy**

**Is now available at the  
Seal Medical Group, Selsey.**

**Please telephone us on 01243 782561  
for further details...**



## More News and Events



### CARERS WEEK BOAT TRIP

As part of the Carers Week activities, a boat trip on the "Solar Heritage" has been arranged for **Friday 18 June**, leaving Itchenor at 11.00am and returning at 12.30pm. There is disabled access to the boat and you are welcome to bring your own food on board. There are up to 50 places available, the cost is by donation with a suggested £3 minimum per person, payable at the event. Further information on Chichester Harbour is available via [www.conservancy.co.uk/page/Contact-Us/384/](http://www.conservancy.co.uk/page/Contact-Us/384/). **To book a place** please return the tear-off slip on the enclosed Carers Week events flyer.



The Citizens Advice Bureau now offer a Benefits and Money Advice Service which is funded by the Royal British Legion and the RAF Benevolent Fund. They can help any individuals and families with military connections. The Adviser seeks to maximise their clients' incomes, as well as negotiating with creditors and helping with benefits claim forms. Often clients can be seen in their own home. Your local Caseworker is Mrs Jackie Clarke based at the Citizens Advice Bureau in Chichester, phone no: 01243 776528



### Support a carer in the Ride Across Britain bike challenge 12-20<sup>th</sup> June!

Katie Michael is taking on this gruelling bike challenge to raise funds and promote awareness about eating disorders. She will attempt to raise £5000 for



the national eating disorder charity. If you would like to join us in sponsoring her, please contact Sarah or Debbie on 01243 380937.

Care **Training** Consortium  
*futures start here*



West Sussex **NHS**  
Primary Care Trust

### Learning and Development Opportunities for 2010

#### STROKE

#### Awareness sessions for employed and volunteer carers

**Stroke** is the single most common cause of severe disability, with more than 300,000 people in the UK living with a disability caused by a stroke. Each year an estimated 110,000 individuals have a stroke, with stroke being the third most common cause of death in the UK.

**While** most people affected by stroke are aged over 65, stroke **can affect anyone** including children and babies. Each year approximately 25% of people who experience a stroke are under 65 years old.

**During** 2010 the Care Training Consortium will be working with the Stroke Service (West Sussex PCT) to arrange a programme of learning and development support for paid and volunteer carers who want to be more aware of indications that a stroke is occurring or may be called upon to support individuals affected by stroke. This programme will be funded by West Sussex PCT and West Sussex County Council and **will be free of charge** to organisations attending.

**There** is a half-day workshop on Stroke Awareness on 21 July from 10am to 1.30pm and a one-day workshop on Enhanced Stroke Awareness on 12 October from 9.30am to 4.30pm. These are both taking place in Bognor Regis. Full programme content and application forms can be found on the CTC website ([www.ctcdirect.org](http://www.ctcdirect.org)) or can be provided by calling the CTC office on 01243 770730.

### WILL YOU HELP US SAVE OUR POSTAGE COSTS?

To help us save postage costs would you like to receive your Newsletters and Flyers by email? If so please email: [info@carerssupportservice.org.uk](mailto:info@carerssupportservice.org.uk) with your details. We would like to have this set up for our Autumn Newsletter.

# More Information



## Headway Support Group

The new Headway Support Group will be starting on 6th May at the Judith Adams Centre, St Pancras, Chichester, from 6.00pm to 8.00pm. The meetings will then be on the first Thursday of each month.

Anyone with an ABI or their carers will be welcome to go along.



## Independent Living Association

Carers are welcome to attend The Independent Living Association Direct Payments Peer Support meetings which take place on the last Wednesday of every month from 1.00pm to 2.30pm at the Newell Centre, Riverside, Chichester. Lunch is provided; disabled access and plenty of parking are available. As scheduled meetings may be subject to change, please contact Rebecca Bond on 01903 219482



## Access to Healthcare Service (People with Learning Disabilities)

This service aims to improve access to healthcare for people with learning disabilities in West Sussex. The work includes: **Training/Education** for staff at GP practices, hospital staff, support staff, users and other groups; **Promotion** of Health Action Planning/Annual Health Checks; **Providing** support and advice, to doctors, nurses and others about working with people with learning disabilities, eg about health checks, how to best support people in hospital; **Developing** policies, protocols, guidance and forms, to guide health services about providing good care for people with learning disabilities; **Making** recommendations about what is needed or new services.

There are 3 full time workers in post; if you want to discuss an issue or need any help, advice, information or support regarding people with learning disabilities accessing health services, then contact Sarah Lalljee, Health Facilitation Lead, on 01403 227000 extn 7631; Corinne Nikolova, Health Facilitator, on 01403 227000 extn 7546 or Cathy Mead, Acute Liaison Nurse supporting people using acute general hospitals in the Worthing and Chichester areas, on 01243 788122 extn 3139.



## CARERS UK the voice of carers

### Carers Credits (changes from April 2010)

For information regarding the important changes to the qualifying years of NI contributions and also the new Carers Credit replacing Home Responsibilities Protection, go to [www.carersuk.org/Information](http://www.carersuk.org/Information) telephone 0845 608 4321 or textphone on 0845 604 5312



## New Drop-in Screening Service

Trained staff at Action for Deafness Resource Centres in Haywards Heath, Steyning and Worthing use the HearCheck Screener as a fast, accurate and hygienic method of determining if patients need a GP referral for a full hearing assessment. Action for Deafness offer a full NHS Audiology service on behalf of NHS West Sussex, which can be accessed via GP referral. For information or advice, contact their centres at: Haywards Heath, 01444 415582, email: [info@actionfordeafness.org.uk](mailto:info@actionfordeafness.org.uk), or Worthing, 01903 217341, email: [worthing@actionfordeafness.org.uk](mailto:worthing@actionfordeafness.org.uk).

## jobcentreplus

## Supporting Carers Into Work

Many carers who don't work say they would like to combine their caring role with paid employment. If that's you, then **Jobcentre Plus** can help you get back to work. They offer a range of training and financial help for carers wanting to start or restart work at some point. If you would like to know more about what they can do for you as a carer, contact your local jobcentreplus to make an appointment to see an adviser or visit: [www.direct.gov.uk/carersemployment](http://www.direct.gov.uk/carersemployment)



## What is SSAFA Forces Help?

The Soldiers, Sailors, Airmen and Families Association Forces Help is the national charity supporting those who serve in the Armed Forces, those who used to serve and the families of both. They work to meet the current needs of Servicemen/women and the changing needs of those who have previously served. Their volunteers provide experienced, non-judgmental and friendly advice, help for those with additional needs for equipment or home redevelopment, financial assistance in association with other charities and benevolent funds, and emotional support for the lonely, ill or bereaved. For more information tel: 020 7403 8783, go to [www.ssafa.org.uk](http://www.ssafa.org.uk), or email [info@ssafa.org.uk](mailto:info@ssafa.org.uk)

This newsletter is produced on a quarterly basis and if you have information that you would like to contribute to our Autumn Newsletter, our deadline is **26 July 2010**. Please contact us either by e-mail: [beryl.richards@carerssupportservice.org.uk](mailto:beryl.richards@carerssupportservice.org.uk) or write to Beryl Richards, Carers Support Service, 60A North Street, Chichester, West Sussex, PO19 1NB. Tel: 01243 537011. **Please note:** The views expressed in this newsletter are those of individual contributors and do not necessarily reflect the views of Carers Support Service. Articles are accepted in good faith, and no responsibility can be accepted for any inaccuracies.