

Wirral

Carers Newsletter

June 2009

Wired

Wirral Information Resource

for Equality and Disability

Hi everyone welcome to this very special 2009 Carers Week Newsletter. This is the first newsletter in this format...we hope you like it! NHS Wirral have agreed to fund 1000 copies per quarter for the next 3 years...hooray!!! Many thanks to them for this support. You will receive some really useful information about your health in future editions.

The Wired Carers Team would like to extend a special thank you to Tricia Maroney from NHS Wirral in supporting and taking forward the proposal for this project. Tricia is a great supporter of raising the awareness of issues carers experience.

This year CARERS WEEK is 8th-14th June '09 The theme this year is *Carers... the UK's secret service*

Six million people provide unpaid care to someone they know. The UK's carers are, quite literally, indispensable. By providing unpaid care for someone they know who is ill, frail or disabled, they save the economy an incredible £87 billion.

3 in 5 people will be carers at some point in their lives - carers often face a lack of recognition in all areas of their lives. Carers experience this from employers, GPs and social workers, even friends and family. Many carers experience health problems as a consequence of their caring responsibilities.

This year to identify 'hidden' carers on the Wirral and sign post them to help and support that they maybe entitled to we are having a competition which will also be promoted in the Wirral Globe.

Do you look after someone?

Does someone depend on you?.....
If you answered yes to either of these questions then you are one of the Wirral's

37,500 carers and one of this country's 7 million carers who provide unpaid care and support to family friends and loved ones..

To win a Health Farm Day donated by Roz Tranfield -Beauty Centre for Women and Men in Wallasey with a days paid care donated by Crossroads Caring for Carers, all you have to do is send to us in no more than 10 words what 'looking after someone means to you'.

Send your entry to WIRED Carers Team, Cavendish Enterprise Centre, Brassey Street, Birkenhead, CH41 8BY or email carers.support@wired.me.uk along with your contact details.

Closing date for entries by 4pm Friday 12th June. All entries will be judged by carers. The lucky winner along with the winning entry will be announced during Carers Week. Good Luck!!!!

If you do look after someone and would like to speak to a member of the carers team please call the Carers Helpline on

0151 670 0777



Sainsbury's are seeking a local charity to support

As part of its 140th birthday celebrations, the supermarket has launched a 'local charity of the year' scheme, giving customers the chance to nominate charities that will work with each of its stores.

Customers are being invited to choose a charity through nomination boxes at the front of stores. They can choose any charity, but will be encouraged to support local organisations. Staff will support the charity throughout the year through volunteering and fundraising.

If you are shopping in Sainburys please nominate WIRED

Carers Week Activities June 8th -14th June 2009

PAMPER DAY

To thank Wirral Carers for all you do in looking after the people who depend on you, we are working in partnership with Liz O'Brien at the Lonsdale Centre in having a Pamper Day on Saturday 13th June.

You can book one hours worth of therapy with a fully qualified therapist.



There will be 4 therapies available:

- Head massage
- Facial
- Reflexology
- Back massage

The Carers Team will be there on the day along with Liz to welcome you and make you a lovely cuppa while you wait.

To book your place and choose your therapy (which will be strictly first come first served to those carers in receipt of this newsletter) please call the Carers Helpline on 0151 670 0777 Monday to Friday between 9am and 4.30pm.

Carers Art Exhibition

Also during Carers Week we will be holding Carers Art Exhibition at the Birkenhead Park Pavilion. A selection of art work created by carers at the recent art classes funded through the Arts and Culture fund will be on display for the public to view. Some of the work demonstrates what it's like being a carer using art as the medium. Visitors will be asked to select their top 12 favourite pieces of work in readiness for a Carers Christmas card/calendar.

Please take the time to go and have a look at this fantastic work. There will also be information available at the Pavilion for carers. The gallery will be open Monday to Sunday 9am until 4.30pm.

Quantum of Chocolate raffle

As the theme for National Carers Week this year is 'Carers...the UK's Secret Service'. This sets out how carers mostly go about unnoticed and un-supported through information or advice. To highlight this years theme we have asked Tom Lang from 'Searjants Confectionary shop in Hoylake to make a 'quantum of chocolate'!!!! with the Wirral Carers Helpline engraved on to it which is 670 0777. The 007 part of the number will be a lighter colour chocolate to tie in the secret service theme.

We will offer the 'quantum of chocolate' and a personally signed **by Daniel Craig**, 2 disc DVD special edition of Solice film as a raffle prize. Some of the proceeds of the raffle ticket sales will go to the Hoylake Cottage Hospital to support carers using the facilities at the hospital. We will have our very own James Bond look-a-like to draw out the winning ticket at the chocolate shop in Hoylake during Carers Week ...again keeping in line with the secret service theme. Through this creative way of identifying carers we are hoping to attract media coverage the aim to promote carers issues and the helpline number to unrecognized hidden carers. When carers call this number they will be offered help and support by signposting to one of the services within WIRED such as the Carers Counselling Service or to other organizations which may be able to help.

This campaign is in partnership with the statutory organizations on the Wirral and other voluntary and community groups.

You can buy raffle tickets at Searjants shop in Hoylake or at Shop mobility in Liscard or Birkenhead. Please call the Carers Helpline for further information about any of the activities



Improving carers health – focus for Carers Week

Free health checks for carers

Carers are twice as likely to suffer ill health than the general population. Over half suffer from a stress related illness and similar proportion have sustained a physical injury whilst providing substantial care. Carers UK will be focusing on better health for carers during this year's Carers Week.

To help improve carers' health, Carers UK has teamed up with Lloydspharmacy to offer carers **free** cholesterol and heart health checks (normal cost £15) during Carers Week 2009. With over 600 Lloydspharmacies taking part across the UK, this is an excellent opportunity for carers to find out more about their health. The Cholesterol and Heart Check will check the following.

- ❖ 'Good' and total cholesterol levels
- ❖ Blood Pressure
- ❖ Lifestyle

The results of these tests are entered onto a computer which estimates their risk of developing heart disease over the next ten years.

In order to get their free health check, carers need to take a voucher into any local participating Lloydspharmacy. Vouchers can be ordered from charity@lloydspharmacy.co.uk - local groups can order limited numbers of Carers Week, or carers can order their vouchers directly.

Help publicise the offer in your newsletter for carers, give vouchers to your carers group or work with your local GPs surgeries. Visit: www.carersuk.org for updates on our work to improve carers' health.

Find your nearest participating store, visit www.lloydspharmacy.com

Offer available from 650 Lloydspharmacies nationwide, only valid during Carers Week (8th – 14th June 2009)
Carers UK is a charity registered in England and Wales (246329) and in Scotland (SC039307) and a company limited by guarantee registered in England and Wales (864097). Registered office 20 Great Dover Street, London SE1 4LX.

Carers Advocate

Hi, my name is Tracey McLean and I am new in post as the Carers' Advocate. I commenced my post at Wired on 20th April 2009. I have worked in advocacy services in Wirral for over 10 years and have worked with Wired Advocates on many occasions. I am pleased to have joined their team.

My role is to support carers with any difficulties or problems they may be having. This may include accessing services, requesting a carer's assessment or making a complaint. I can assist with research, letter writing, making phone calls or anything that may assist in having your views heard.

I am looking forward to getting out and about to meet carers across Wirral and introducing myself. However, if you think that I can assist you in anyway, please do not hesitate to contact me on 0151 670 1500.

FREE COMPUTER TRAINING FOR PARENT CARERS AND PROFESSIONALS

Training to Access Wired and Wirral Carers Website To Use On-Line Forums within the Websites For those who already use computers and those who don't - basic computer training given

Funding obtained through Together for Disabled Children for Parent Participation/Consultation has enabled us to offer these courses free.

The courses are aimed at Parent Carers and also Professionals working in the Voluntary Sector who support Parent Carers or children and young people with additional needs

It is intended to encourage more people to talk to each other on the on-line forums and use the websites more

For Full Details Please Contact:

Janet Jordan Parent Carer Support Co-ordinator at Wired on 0151 670 1500 or 0151 670 0777

Email: carers.id@wired.me.uk

Dear Fellow Carer,

My name is Pam Sexton, I too am a Carer and I am a member of several Carers groups, the Carers' Development Committee, which is chaired by John Webb, and the Learning Disability Partnership Board. Both these committees potentially have the power to bring about change for **you**, the carer.

What do **you** want? (some possible ideas: A carer-led drop-in centre providing a range of support specifically tailored to meet **your** needs whatever those may be. Information. Respite

arrangements) The more of **you** who tell me what you want the better I can represent **your** views and **your** wishes. I passionately want to hear and represent all **your** views so please find a few minutes to contact me via the carers helpline 670 0777 at WIRED or via Jacqui Canning at WIRED email carers.support@wired.me.uk

I have just met 30 people who also want to improve Carers' provision on Wirral. There are over 800 carers receiving this newsletter. TOGETHER WE CAN MAKE A DIFFERENCE. Thanks. Pam

Wallasey Carers Group

There are a group of carers who live in the Wallasey area who are looking to meet with other carers. They would like to meet up to share experiences and hopefully to gain support from one another.

All carers are welcome for further details please call Jacqui Canning on the Carers Helpline 0151 670 0777.

If you visit www.wirralcarers.co.uk and have any ideas or feedback please contact us.

We do appreciate hearing from you. The views and suggestions in this newsletter are those of individual contributors and not necessarily supported by Wired. Wired cannot accept responsibility for goods and services mentioned in this newsletter.