



Facts about Carers in Northern Ireland

- 1 in every 8 adults is a Carer.
- There are 214, 00 carers in Northern Ireland.
- Any one of the population has a 6.6% chance of becoming a carer in any year.
- Carers save the Northern Ireland economy over £4.4 billion a year.
- Over a quarter of all carers (26%) provide over 50 hrs of care per week.
- People providing high levels of cares are twice as likely to be permanently sick or disabled than the average person.
- Approximately 30,000 people in Northern Ireland care for more than one person.
- 64% of carers are women; 36% are men.
- By 2037 the number of carers could have increased to 400,000.

Carers in the Western Trust Area—Census 2011

District Council Area	Number of Carers
Derry City	12,228
Limavady	3,382
Strabane	4,415
Omagh	5,719
Fermanagh	6,749
Total	32,493

CONTENTS

Page 1	2011 Census.
Page 2	Flexicare. Carers Week Survey.
Page 3	Benefits.
Page 4	Carers NI.
Page 5	Pressure of Caring. Young Carers Residential.
Page 6	Day in the life Of a Young Carer.
Page 7	Carers Week Events.
Page 8	Carer Support.

Lifeline
0808 808 8000

Carers Week 2013 Survey

Were you 'Prepared to Care'?

Every year Carers UK conduct research prior to Carers Week; carers week celebrates the massive contribution carers make to society. This year's Carers Week survey asks if you were 'prepared to care'?

To take the survey go to <http://www.carersuk.org/northernireland>

Carers Information

Western Trust Web site

<http://www.westeritrust.hscni.net/services/CarersInformation.htm>

Facebook

<http://www.facebook.com/pages/Western-Health-and-Social-Care-Trust/209474612417914>

FLEXICARE SERVICE

Primary Care and Older Peoples Services

The Flexicare Service is provided by the Western Health and Social Care Trust to the over 65 population within the Trust remit. The service is needs-led, providing low-level support, mainly on an ad hoc basis at a time and place suitable to the service user and carer. The focus of the service is to enhance the physical and mental well being of users by providing a range of services which support people who are experiencing difficulty maintaining their independence within the community. Service users are targeted by self referral or referral by other agencies or individual such as GP's, Community Representatives or other health and social care professionals.

The Flexicare Service provides services which support independent living, particularly for clients who have no significant family support network. It consists of a range of services including shopping; individual support; minor home maintenance services; befriending and sitting services. Flexicare is very much centred on health improvement and health promotion enabling service users to attend and avail of community activities or indeed health care appointments specifically aimed at promoting good health and community involvement.

The Flexicare service is provided by the local community within the local community. It is coordinated by a single lead organisation within the community, voluntary and independent sector:

Fermanagh Area - Lakeland Community Care Ltd	02866386934
Cityside Area - The Churches Trust Ltd	02871311322
Waterside, Limavady, Dungiven, Claudy Areas Roe Foyle Flexicare	02877765438 / 02877769160
Omagh, Castlederg, Strabane Areas - Strabane And District Caring Services	02871884986

Further information about the Flexicare service and how to make a referral to the service can be obtained by phoning your local provider on the numbers listed above.

Thank you to Karen McCauley (WHST) for this article.

Benefits Information

Benefits Factsheet

In conjunction with Carers NI the Western Trust has a Benefits factsheet for Carers 2012/13, please contact Cathy for copies. Email requests accepted or access from the Western Trust website.

www.westerntrust.hscni.net

Also visit www.nidirect.gov.uk

Disability and Carers Service

Address: Castle Court, Royal Avenue, Belfast, BT1 1HR

Phone numbers:-

Attendance Allowance: (028) 9090 6178
Carers Allowance and Carers Credit (028) 9090 6186

Text Phone: 0800 243 787

Fax (028) 9049 0220

Pension Service - Pension Credit

Address

Pension Service– Pension Credit

PO Box 205

Londonderry BT48 6YB

Application line 0808 100 6165 (Freephone)

Phone number

Enquiry Line 0845 601 8821 (Freephone)

Application line 0808 100 1165 (Freephone)

Text phone

Enquiry line 0808 100 2198 (Freephone)

Fax 028 7127 4643

Opening hours:

Monday — Friday, 9am—5pm

Not sure what benefits you are entitled to or need a benefits check?

For independent advice and support contact: -

Omagh Independent Advice Service

Tel: (028) 8224 3252

Dove House Resource Centre, Derry

Tel: (028) 7126 9327

The Resource Centre, Derry

Tel: (028) 7135 2832

Churches Advice Centre, Spencer Rd, L'Derry

Tel: (028) 7134 2536

Rosemount Community Resource Centre, Derry

Tel: (028) 7128 2829

Limavady Community Development Initiative (LCDI)

Tel: (028) 7776 5438

Citizens Advice Bureau:

(Fermanagh) Tel: (028) 6632 4334 **(L/Derry)** Tel: (028) 7136 2444

(Strabane) Tel: (028) 7138 2665

Carers NI also provide advice and support via a helpline Tel: (028) 9043 9843

Benefit Rates

Carers Allowance
£58.45

Earnings Limit - £100

Disability Living Allowance Care component

Lower Rate - £20.55

Middle Rate - £51.85

Higher Rate - £77.45

Mobility Component

Lower Rate - £20.55

Higher Rate - £54.05

Attendance Allowance

Lower Rate – £51.85

Higher Rate – £77.45

Carers Northern Ireland — 5 things you can do to help improve carers' lives

Carers don't have a lot of spare time on their hands but that shouldn't stop you speaking out and helping make a change. Here are five simple things you can do to make things better for all carers.

1. Talk to friends, family and colleagues

For generations, caring has remained 'hidden' within families. Yet it happens to most of us at some point in our lives and most people simply do not know what help is available for carers, or how to get it.

Talk to your friends, family and work colleagues about caring. You don't have to speak about your experiences if that makes you uncomfortable. But ask people - have you ever looked after someone? Do you know anyone who cares? Tell them about Carers Northern Ireland, and where they can get support if caring affects their family.

2. Speak out in public

Help raise public understanding of caring. Contact the media about your experiences of caring or what you think needs to change: write a letter or send an email to a newspaper, leave a comment on an online news story, call a radio or TV phone-in, start a blog. The more the public hears about carers the more likely they are to seek support if they end up caring, and the more likely it is that politicians realize this is an important issue.

3. Get political

MPs and MLAs tell us that whilst they understand caring is a big issue they don't get enough letters in their postbag from carers. So make your voice heard. Let your elected representatives know that this is an issue you VOTE on and that matters to your family - explain what you think needs to change. It is their duty to represent their constituents' views – so find out who your local politicians are and send them a letter or email letting them know how you feel.

4. Join Carers Northern Ireland

Become a member of Carers Northern Ireland and we'll keep you up to date with the issues that matter. We'll ask you to complete surveys about your experiences which give us the evidence to fight for change. We'll ask you to sign petitions and you email your MP about our campaigns and give you information about how you can support local groups. Every little thing you're able to do will help us raise awareness and fight for change. But you have to be in it to win it - join us today and start making a difference.

5. Support your local campaign groups

In your area right now there are carers who are lobbying and campaigning for change. They may be fighting cuts to services or trying to set up better day care support for disabled kids. They need your support. Even if you can't give much time they might need you to send emails or write. Watch the local press and find out who is campaigning or contact your local carers' organisation.

Thank you to Carers NI for this article

Pressure of caring takes its toll on Northern Ireland workforce

Government and employers must step-up support for families as survey reveals shocking impact of caring on workforce.

One in ten adults in Northern Ireland have had to give up work at some point to care for an elderly parent, disabled or seriously ill loved ones, Carers Northern Ireland and business forum Employers for Carers (EfC) have found. The figure comes from a new poll by Carers UK/YouGov.

Carers Northern Ireland has pointed to the impact on family finances of giving up work or cutting working hours – including the risk of financial hardship and debt and the long-term damage to carers' careers and pensions. Previous estimates also indicated that the cost to the economy of carers being forced to give up work to care showed had reached £5.3 billion across the UK in lost tax revenues and earnings and additional benefit payments.

The new polling is published to coincide with the 10th anniversary of Employers for Carers which, chaired by business leaders and supported by charity Carers UK, helps employers to support and retain the 1 in 7 carers in any workplace.

Employers for Carers comprises 70 employers and over one million employees. Member organisations range from micro businesses, to SMEs and large employers such as Sainsbury's, BT Group, British Gas and PricewaterhouseCoopers.

For more information and to read the complete article go to <http://www.carersuk.org/news-northern-ireland/item/3034-pressure-of-caring>

Right: Photograph's of Young Carers residential.

Young Carers Residential at Todd's Leap

Nineteen young carers aged between 10 and 15 attended a Young Carers residential at Todd's Leap, Ballygawley in March 2013. The residential was funded by the Western Health and Social Care Trust, Health Improvement Department.

The evaluations were extremely positive. Young carers cited the benefits of getting a break from their caring role and sharing their experiences with other young carers as well as their enjoyment of the Todd's Leap activities.

All the young carers enjoyed their weekend as did the leaders despite the lack of sleep! On behalf of the staff present I would like to thank all the young carers who took part and congratulate them on their impeccable behaviour over the weekend.

Cathy Magowan



Being a Young Carer

On October 15th 2004 my mother got diagnosed with a condition called Multiple Sclerosis (MS). This changed both mine and my family's life forever. There are five children in my house, three girls and two boys. We were confused, frustrated and very upset.

Mummy was in hospital for ages but she got home for a short time before going to Belfast for more tests. When she got out of hospital, she called us all into the living room we all gathered round to see what she had to tell us; unfortunately the news wasn't good news. She told us. We sat and looked at each other not knowing what to do. As I was only 8 years old at the time I didn't know what having MS meant and neither did my younger brother and sister, but we knew that it wasn't good. We all knew that we'd have to help out a lot more in the house; our family wouldn't be able to do the activities that we used to be able to do. Mummy being diagnosed has brought our family closer together; yes of course no family is perfect, we still have arguments, but not as often.

In school I do not mention my Mum having a disability; I don't want her to be treated any differently, so only my close friends know what is wrong with her. At parent teacher meetings mummy uses her walking stick to move from teacher to teacher and I can see people looking at her thinking what happened her. The next day people asked me "your Mum uses a stick, what's wrong with her?" I just reply "she has MS and finds it hard to walk sometimes". They completely understand even though they might not be all that sure of what MS is but I know they don't want to ask me.

Around the house mummy needs a lot more help now, therefore me, my brothers and my sisters each do different jobs around the house to have the house clean, make sure the washing is done and even when mummy is very tired someone might cook the dinner. This gives mummy a break and a chance to relax even if it's just for an hour. I would do the hovering and cooking, my little brother would tidy the playroom and set the table, my little sister would do the washing, my older brother would do the bathrooms etc and my older sister would drive mummy places if she was too tired to drive.

Being a young carer can be very tiring at times and sometimes you feel like giving up. Balancing between caring for my mum and doing school work can be quite difficult and sometimes I may not manage to get my schoolwork done. I don't like to make the excuse "sorry miss, mummy wasn't well last night" to get away with so I don't use it, even though they understand that mummy doesn't be well all the time.

A lot of people are not aware of what a young carer is or if they even exist. There are lots of younger carers around today and people don't understand the work and effort we do to help our ill family members. More people need to be aware of how many young carers are actually out there and accept them for who they are, not what they do. Even young teenagers don't understand that people their age are actually carers for family members.

I still ask myself, why did it have to be my mummy that got diagnosed? I often wish that it didn't happen, but these things do happen and there is nothing that anyone can do about it. I love my mummy and I wouldn't change her for the world. She's the exact same as everyone in the world who does not have a disability. She's my mummy, and always will be.

Thank you to the Young Carer who wrote this piece with support from Barnardos.

Carers Week 2013

Carers Week is 10th—17th June 2013. The Western Health and Social Care Trust are holding two Valuing Carer's events to celebrate carers week. If you are on the carers register you will receive an invitation to the event. Please return your booking form as soon as possible as these events tend to book up very quickly! If you think you may have difficulty with arranging alternate care or transport please submit your booking form and we will work with you to overcome any barriers.

Priority will be given to those carers currently in a caring role and carers who have been unable to attend previous events.

Please note that once the closing date has passed we will write to you to confirm your place at the event. It is essential that once allocated a place, if you find that you cannot attend the event you notify us immediately so your place may be allocated to someone else.

The Events

Monday 10th June 2013—Waterfoot Hotel, Londonderry

Tuesday 11th June 2013—Killyhevlin Hotel, Enniskillen

Both events will open at 10am for tea coffee and registration. The formal welcome and guest speakers will commence at 11am sharp.

Our main guest speaker is Teresa McBride M.Ed., who will deliver a workshop on how to help you find ways to reduce the burden of stress and put you in touch with your own natural resilience, energy and confidence. Teresa has spent a life time exploring ways to help people recognise their own true worth and to increase their feelings of well-being. As well as running her own private practice in Life Coaching and Hypnotherapy/Psychotherapy, she also delivers workshops to the corporate, voluntary, statutory and private sectors.

If you require further information please contact the Carers Development Workers (contact details below).

If you are able to provide a lift to other carer/s please indicate this on your booking form.

Laura Ritchie (Mrs)

WSCT Carers Development Worker
Community Services Dept
2 Coleshill Road
Enniskillen BT74 7HG
Tel:028 66344000
Direct Line:02866 344180
Email:

Laura.Ritchie@westerntrust.hscni.net

Carmel Corrigan (Mrs)

WSCT Carers Development Worker
Shantallow Health Centre
Racecourse Road,
Londonderry BT48 8NL
Tel: 028 7135 5023
Email:

Carmel.Corrigan@westerntrust.hscni.net

Carer Support Co-ordinator

Cathy Magowan



Cathy Magowan
Carer Support Coordinator
Western Health and Social Care Trust
2 Coleshill Road, Enniskillen
Co. Fermanagh BT74 7HG

Tel: (028) 6634 4000 Direct Line (028) 6634 4163

Email: Cathy.Magowan@westerntrust.hscni.net

Carers Northern Ireland

 **Advice Line**
028 9043 9843

Carers Database /Register

Please use the slip below to notify us if your details have changed. If you are no longer a carer you can remain on the database for as long as you wish. However at any time should you wish us to remove your name please telephone or email.

If you are **not** already on the Trust Carers Register and would like to be included please fill in your details below and return to Carer Support Office, WHSCT 2 Coleshill Road, Enniskillen, Co. Fermanagh BT74 7HG.

I give permission for my details to be included on the Carers Register with the WHSCT

[Change of details](#)

Title: *Mr / Mrs / Miss / Ms (*please delete)

First Name _____ Surname _____

Address _____

Postcode _____ Telephone _____ Mobile _____

Email: _____ D.O.B. _____

Signature: _____

Ethnic background: White Asian Black

So that we can make sure information being sent to you is relevant , we need some information about who you care for.

Please tick below

Age 0—18	<input type="checkbox"/>	18—65	<input type="checkbox"/>	65 and over	<input type="checkbox"/>
Learning Disability	<input type="checkbox"/>	ASD	<input type="checkbox"/>	Physical Disability	<input type="checkbox"/>
Dementia	<input type="checkbox"/>	Arthritis	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>
Alzheimer's	<input type="checkbox"/>	Heart condition	<input type="checkbox"/>	CVA/Stroke	<input type="checkbox"/>
Renal/Kidney disease	<input type="checkbox"/>	MS	<input type="checkbox"/>	Parkinson's disease	<input type="checkbox"/>
Old and frail	<input type="checkbox"/>	Downs Syndrome	<input type="checkbox"/>	Brain Injury	<input type="checkbox"/>
Other (please specify)	_____			Mental Health	<input type="checkbox"/>