

Launch of Carers Handbook

The Western Trust area has a rapidly ageing population and the number of people over 65 is increasing year on year. This will bring with it an increase in age-related illnesses, such as Dementia, the effects of Strokes and Diabetes. This means more carers will take up the caring role in the future.

According to the most recent Census 2011 the number of people in an informal caring role in Northern Ireland has risen by 16%, but this is thought to be an under estimate as many people do not identify themselves as carers.

To support Carers in their caring role the Western Trust, in conjunction with Carers Northern Ireland, has developed a new 'Carers Handbook', which is an essential source of help and support for people who are looking after someone. The booklet provides a range of valuable information for carers on looking after their own health and well-being and how to access help and support.

The booklet was launched by Western Trust Non-Executive Directors Sally O'Kane at the Derry/Londonderry event and Joan Doherty at the Fermanagh event.

To receive a copy of the Carers Handbook please telephone the Western Trust's Carers Support Office on 028 66 344 217 or email the Western Trust Carer Development Workers Email:

Carers.Support1@westerntrust.hscni.net



Picture above (L-R) Mrs Cathy Magowan, Carers Coordinator, Mr Alan Corry Finn, Director of Primary Care and Older Peoples, Mrs Helen Ferguson, Director of Carers NI and Mrs Laura Ritchie, Carers Development Worker.

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Carers Week 2013

Thank you to all the Carers who took the time to write, ring or email their thanks following our successful Carers Week events.

I would like to take the opportunity to thank Carmel, Laura and Oonagh for their hard work in organising the events.

Thanks you also to Sainsbury's for supporting the Derry event with 'goodie' bags and Health Improvement for supplying coffee mugs for the Enniskillen event.



Young Carers

Twenty Young Carers from across the Western Trust area attended an activity day at the Share Centre Lisnaskea, Co. Fermanagh prior to Carers Week 2013.

The Young Carers event was staffed by the WHSCT and Regional Young Carers project delivered by Barnardos. The young people took part in Banana Boating, canoeing, sailing and generally had a good time!



Picture above (L-R) Mrs Sally O'Kane, Non-executive Director WHSCT, Mrs Teresa McBride, Keynote Speaker, Mrs Cathy Magowan, Carers coordinator, Mrs Carmel Corrigan, Carers Development Worker, Mr Aidan Gordon, assistant Director and Mr Alan Corry Finn, Director of Primary Care and Older Peoples, at the Carers Week Event, Waterfoot Hotel, Derry/Londonderry.

Benefits Information

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

(April 2013)

Carers Allowance
£59.75

Earnings Limit - £100

Disability Living Allowance Care component

Lower Rate - £21.00

Middle Rate - £53.00

Higher Rate - £79.15

Mobility Component

Lower Rate - £21.00

Higher Rate - £55.25

Attendance Allowance

Lower Rate – £53.00

Higher Rate – £79.15



One person every hour will be diagnosed with Parkinson's – a progressive neurological condition which affects over 3,000 people living in Northern Ireland.

Parkinson's is an incredibly complex condition with symptoms that can vary on a daily and even hourly basis. Parkinson's UK is here to ensure that no-one has to face the condition alone.

Here, Anne Eves, Information and Support Worker for Parkinson's UK in the Western area, explains why her role can make a big difference to the lives of those living with the condition.

Why do people get in touch with you?

Living with Parkinson's can feel daunting at times, and it is my job to help support people living with the condition. People contact me for lots of different reasons, but the main areas are:

- They are newly diagnosed and feeling isolated
- They are experiencing difficulties in coping with the condition and the challenges they face
- They want to find out about benefits or other practical help
- They want to find out how to access services like speech and language therapy, physiotherapy or occupational therapy
- They have questions about symptoms and how Parkinson's might affect them

What about carers and family members?

Carers and family members often contact me for information and support. Initially this can be around the person they are caring for but often the carers themselves are finding it difficult to cope. Caring for someone with Parkinson's can be difficult physically and emotionally. It is important that carers know what their rights and entitlements are and that they are not alone.

What types of support can you offer?

I can offer this information and support by telephone, at a home visit, in my work with professionals at clinics and through our events that offer a range of information and support activities for people living with Parkinson's on topics like research, keeping active, diet and nutrition, coping with stress and changes in relationships.

I can signpost to other services and tell people about our local group network in the Western area where they can meet others living with Parkinson's and share their experiences. I can also tell them about our Helpline, the Mali Jenkins Fund that offers financial assistance, our website and the range of free information leaflets and DVDs that the charity provides.

What is the best part of your job?

I love my job and it is a privilege to support people when they are living with Parkinson's. Just recently I had a letter from a younger man who had been diagnosed with Parkinson's. I had met with him and his wife to discuss benefits, help at work and the difficulties they were having as a couple in coping with some of the challenges.

He said, "We are very grateful for your support Anne. Before you came to see us we just didn't understand Parkinson's at all. We feel we can cope better now and being able to talk to people in work with the information you gave has been a weight of my mind. Our family is definitely in a better place. Thank you very much".

Anyone can refer to our services. If you would like to find out more please get in touch by calling me on 0844 225 3685 or emailing aeves@parkinsons.org.uk.

Land and Property Service—Outreach

As we start to drift back to work from our holidays and begin to plan our schedule for the rest of the year, please remember LPS Outreach. If you have any clubs, groups, societies, support groups, charities, faith groups etc. who would like a speaker, anywhere in Northern Ireland, I'm your man! I am still working closely with the Warm Homes Scheme, so you could even get a "two for one" deal.

If you are running any events and would like me to come along and set up an information stand to tell people how they may be able to get help paying their rates bills I would be only too happy to attend. At one of the last events I was at I was able to tell one of the other stallholders that her parents were entitled to two allowances which were going to half their rates bill...so there is always someone out there we can help. Please feel free to pass my contact details on to anyone else you think might be interested.

Best Regards

Stuart

Stuart Young
Outreach Officer
Application-Based Rate Reliefs
Land & Property Services
Queen's Court
Upper Queen Street
Belfast BT1 6FD
Tel: 028 90543807
Mob: 07775420633
Stuart.Young@dfpni.gov.uk

Carers Newsletter and Carers Database

We would like to take the opportunity to apologize to those of you who didn't receive a Carers newsletter in May 2013. We experienced difficulties on a number of fronts. Some of you may have noticed that we had printed addresses directly onto the envelopes rather than using address labels. Unfortunately we ran into some technical difficulties and it would appear a number of Carers did not receive the newsletter.

The other issue is that we now have 2,650 Carers on the Carers Database/Register. That is a lot of envelopes to fill with newsletters! There are a number of approaches we could take to resolve this issue. We could ask for volunteers to help us with 'stuffing envelopes'. Or we can email newsletters to those who have 'active' email addresses, therefore reducing the numbers having to be posted. Alternatively we could do both!

Due to the volume of Carers Newsletters going out by external mail, it is transported to Royal Mail in batches therefore some cares got their newsletter a few days after others.

A number of Carers on the register have given email addresses. We have discovered that a number of these are no longer active as attempts to send emails have failed. If you are happy to receive the Carers Newsletter by email rather than in hard copy, please email Carers.Support1@westerntrust.hscni.net with your name, mailing address and up-to-date email address.

If you can dedicate 2 –3 hrs to volunteer to assist us with putting newsletters in envelopes please contact us. If we get enough volunteers we can plan a rota so people may only have to help out once a year.

Carers Week Survey Recommendations

Carers Week surveyed over 2,100 carers for the 2013 report, Prepared to Care? As part of this survey carers stated what would have made a difference to their experience.

Their list of recommendations includes:

- Better public understanding and recognition of carers.
- Access to information and the right support from the beginning.
- Professionals understanding the role of carers and sharing information, decision making and planning with them.
- Access to high quality practical and emotional support and information as well as breaks from caring.
- Flexible working practices and understanding from employers.
- Financial support and a fair and easy to navigate welfare system.

What do YOU think?

We want to hear from you. Tell us what you think would make a difference to carers' lives and get in touch on facebook www.facebook.com/carersweek and www.facebook.com/CarersNorthernIreland

Thank you to Carers Northern Ireland for this article. <http://www.carersuk.org/northernireland>

Carers Well-being and Information events.

The Carers Support Team intend running two events in the Autumn. Following on from the successful events run in Fermanagh and Derry City in March 2013, we are proposing a further roll out across the Trust area. The Foyle event will be in Limavady and the Fermanagh/Tyrone event will be held in Omagh.

Dates and venues to be confirmed. Please keep an eye out in the local press and GP Practices for information about these events. The main focus of the events is to identify hidden carers. That is those Carers who are not known to services or who do not perceive themselves as Carers.



Carers UK is conducting a major new piece of research into the impact that caring for ill, frail or disabled relatives can have on carers' finances, health and ability to live their own lives.

The survey will take about 20 minutes and will bring together and update a variety of different pieces of research Carers UK has done in previous years to get a fresh picture of the state of caring in 2013.

Because the survey covers lots of different aspects of caring it is longer than usual, however these questions are important to build a really clear picture of the impact of caring.

To complete the survey go to the Carers Northern Ireland website

Carers Northern Ireland Annual Conference

The Tullyglass House Hotel in Ballymena is our venue this year for the Annual Conference - Carers Matter Too - on 22nd October.

We are just putting the finishing touches to a great programme, but we can confirm that our keynote speaker will be the inspirational Dr David Sheard, from Dementia Care Matters, who will talk about developing a culture where 'carers matter too'.

Helena Herklots, Chief Executive of Carers UK, will be helping us put the challenges and opportunities for carers in Northern Ireland into the wider context of what is happening in Britain and beyond.

There will also be a lively panel discussion, and workshops on a wide range of topics including Transforming Your Care, Capacity and Consent and Welfare Reform.

More information

The full programme and details of how to register will follow soon. We'll also keep you updated via our [Facebook](#) and [Twitter](#) pages.

Free places available for members

As always there is no charge to attend for **full individual members** of Carers UK. Why not take a moment to update your membership or sign up (and perhaps encourage others to join) so that you don't miss out on a free place? At just £12 a year you'll find it's a great investment.

Find out more at <http://www.carersuk.org/get-involved/join-carers-uk>.

If you are interested in attending please contact Carmel or Laura. Depending on numbers we will arrange lifts with staff or hire a bus.

Laura Ritchie (Mrs)

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Carmel Corrigan (Mrs)

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Racecourse Road,
Londonderry BT48 8NL
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Email:
Carmel.Corrigan@westerntrust.hscni.net

Carers Workers Network

The Carers Support Team are planning to run a training and information event for folks within Community and Voluntary sector organisations who work with carers (in a paid capacity). The training will include information on the Carers Strategy, Welfare Reform, Carers Assessment and Direct Payments. If you are interested in being on our mailing list for this event please email Carers.Support1@westerntrust.hscni.net or phone (028) 6634 4217.

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"/>