



Carers attend Stormont for Lobbying event.

On Monday the 15th March a number of Carers from the Western Trust area attended a Carers Northern Ireland lobbying event at Stormont.

A number of MP's were in attendance. The event was sponsored by Kieran McCarthy MLA, David McNarry MLA and Michelle O'Neill MLA.

Kieran McCarthy and David McNarry (both carers) spoke very passionately about their support for Carers and in particular David highlighted problems with the "overlapping rule" with regards to State Pension and Carers Allowance.

Brian O'Hagan a Carer representative from the Southern Trust area spoke of the need for Carers to become involved in steering groups/committees and work along with the Health and Social Care Trusts to make changes.

Carers had an opportunity to mingle with MLA's following the event.



Royal Princess Trust for Carers — Young Carers website.

www.youngcarers.net

Photographs (below), MLA's and keynote speakers at the Stormont event.

(Top right) Lesley Johnston, Information Officer, Carers NI., Anita Mukherjee, Carer, Joan Scott, Carers Development Officer, SEHSCT, Cathy Magowan, carers Support Co-ordinator WHSCT and Helen Ferguson, Director Carers Northern Ireland.



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We do not know when you might need us.
That is why we are open 24 hours a day.

Samaritans recently celebrated the opening of their new premises in Omagh at 30 Campsie Crescent, Omagh, with the message "we are always here when you need someone to talk to" (see picture below).

If you have something on your mind you can contact the Samaritans any time day or night by telephone or email or by personal visit and they will offer you emotional support.

Often people find it difficult to talk to a family member or friend because they do not want to be a burden or because they feel embarrassed. That is where Samaritans can help. No need to make an appointment and no waiting lists! You can talk to a trained Samaritan volunteer for as long as you need.

The Samaritans service is non judgmental and everything you say is in complete confidence.

Phone 028 8224 4944 or 08457 90 90 90 (local rate charge)



Centre for Independent Living have moved!

CIL BELFAST
LG2 Linden House
Beechill Business Park
96 Beechill Road
Belfast BT8 7QN

Tel: 028 9064 8546
Text phone: 028 9064 0598
Email: info@cilbelfast.org
www.cilbelfast.org

If you use direct payments please make a note of the change or address for the Belfast Office.

Changes to State Pensions for parents and carers

From 6 April 2010, parents and carers are eligible for new credits to build up State Pension entitlement. You may be eligible for credits if you care for a child under the age of 12, or for a sick or disabled person. Registered foster carers are also eligible.

Credits for parents and carers

You build up State Pension entitlement through the National Insurance system. Many parents and carers do not pay National Insurance contributions, for example when they are not working, or when their earnings are low.

From 6 April 2010, a new system of credits will help parents and carers build up entitlement to a State Pension. Current plans are that from 6 April 2010 you may be eligible for a credit in a given week if one of the following applies:

- you get Child Benefit for a child or children under the age of 12
- you are an approved foster carer

You may also be eligible if you care for a total of 20 hours a week or more, for one or more people:

- who get Attendance Allowance, Constant Attendance Allowance or Disability Living Allowance (the middle or highest rate care component)
- where the need for care is certified by a health or social care professional

The exact conditions for eligibility will be confirmed shortly. If you think you might be eligible for a credit from 6 April 2010, you should check on www.directgov.uk

To build up a full year's State Pension entitlement, you will be able to combine credits with National Insurance contributions. This also applies to other types of credits you may be entitled to. Your credits and contributions have to be made in the same tax year for you to combine them in this way.

Benefits Information

Carers Allowance Factsheet.

Carers UK have produced a new Carers Allowance Factsheet. The factsheet is available from www.carersuk.org or www.westerntrust.hscni.net

The factsheets are also available on the Trust Intranet for staff who wish to access this information.

Alternatively a hard copy can be obtained from Cathy or Lee.

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 82 243 252

Dove House Resource Centre, Derry

Tel: 028 71269327

The Resource Centre, Derry

Tel: 028 71352832

Churches Advice Centre, Spencer Rd, L'Derry

Tel: 028 71342536

Rosemount Community Resource Centre, Derry

Tel: 028 71282829

Limavady Community Development Initiative (LCDI)

Tel: 028 777 65438

Citizens Advice Bureau:

(Fermanagh) Tel: 028 66 324 334 **(L/Derry)** Tel: 028 71362444

(Strabane) Tel: 028 71282665

Carers NI also provide advice and support via a helpline Tel: 028 90439 843

Benefit Rates

Carers Allowance
£53.90

Adult dependents
addition - £31.70

Earnings Limit - £100
Carers Premium - £30.05

Disability Living Allowance Care component

Lower Rate - £18.95

Middle Rate - £47.80

Higher Rate - £71.40

Mobility Component

Lower Rate - £18.95

Higher Rate - £49.85

Attendance Allowance

Lower Rate - £47.80

Higher Rate - £71.40

State Retirement Pension

£97.65

Pension Credit -
£132.60

Couple £202.40

Carer Addition £30.05

Census 2011—Proposals

Carers Forums

The 2001 Census was the first census to include data on Carers and the time carers spend in their caring role.

The data gathered may not be entirely accurate as the Census is a self reporting survey. Many people in a caring role don't identify ourselves as "Carers". Carers see themselves as a son, daughter, brother, sister, parent or niece. Regardless of the relationship to the person we care for, we just "get on with it".

It is therefore important that we identify those hidden carers and raise awareness prior to the next Census in 2011.

If you are interested in helping to raise awareness please contact Lee or Cathy.

Please find below a link to "The 2011 Census of Population in Northern Ireland - Proposals".

<http://www.nisranew.nisra.gov.uk/census/pdf/proposals.pdf>

If you have any queries please contact Census Customer Services on 02890348160 or email census.nisra@dfpni.gov.uk

Limavdy/Dungiven – Wed 5 May 2010, 11.30 – 1.00 LCDI, Roe Valley

Contact Lee on 71272103 or Mary McNicholl on 777 65438 if you have any queries.

Derry/Londonderry – Tues 25 May, 7-9pm, The Junction, Bishop Street.

Please contact Lee on 71272103 or Jacqui Garnon on 71271017 with any queries.

Strabane – May date to be confirmed.

Contact Lee on 71272103 or Jacqui Timoney on 71884986.

Southern Sector Forums

The last Carers Forums in Irvinestown and Lisnaskea (February and March), had no Carers in attendance.

The Omagh forum was cancelled as only one person expressed an interest in attending.

Cathy will be in contact with those who previously attended in order to gauge the best way forward.

Everybody hurts
sometimes!

LIFELINE 08088088000

*If you are in distress or
despair, call LIFELINE free*

Carers Register Up-dating information

We have found over a period of time that some of the detail on our Carers Register is out of date. In particular we would welcome receiving up-to-date email addresses. Circulating information by post is time consuming and costly. Often we don't receive a great deal of notice about events that might interest carers. Therefore email addresses are invaluable!

Please use the section on the back page to up-date any of your details (change of name, address, telephone, email) on the Carers Register. Please remember to tick the box where it says "change of details", as this will help avoid duplication.

Make this election work for you and ask the fuel poverty question

Persistent fuel poverty in the 21st Century is unacceptable. People's health and lives are at risk as one in two households here are struggling to heat their home adequately - one of the highest levels in Western Europe. The Consumer Council is calling on consumers to ask their politicians why fuel poverty levels in Northern Ireland have reached crisis proportions.

Antoinette McKeown, Chief Executive of the Consumer Council said: "Consumers in Northern Ireland are experiencing the highest energy and fuel costs since October 2008 and we are urging consumers to ask their politicians the following questions:

1. Why are households here spending nearly £385 more on energy than anywhere else in the UK?
2. How will fuel poverty be eradicated?
3. What is going to be done to help people dying from cold related illnesses?
4. A quarter of households in fuel poverty are the working poor who cannot claim benefits, how will they be supported to pay their bills?
5. Why are households paying an additional £121 for a 900-litre fill of heating oil compared to this time last year?
6. Can it be correct with half a million (72%) homes here dependant on heating oil as their primary heat source – that there is no regulation within the heating oil market?
7. What will you do to help consumers and businesses who have to pay £12.50 more for petrol and £9.87 more for diesel to fill up their car compared to this time last year?

Consumers in Northern Ireland now have the opportunity to put these questions to their MPs in the Westminster election and hold their local MLAs to account."

The Consumer Council wants to hear how fuel poverty is affecting you – contact us on 0800 121 6022 or info@consumercouncil.org.uk – and we will bring your stories to the Assembly to ensure your voice is heard.

"It's all about me" finished in Omagh Wednesday 21st April 2010. Yet again another very successful course! Well done to Me Unltd, and all the Carers who attended. Special thanks to Noreen Kettyles who puts her heart and soul into these innovative personal development courses.

Although the course has come to an end the women who attended are going to continue to meet.



Aware Defeat Depression— Lifeskills Course

Derry Course — The next session of this training for 2 hours per week over 6 weeks will commence in September (date to be confirmed). Some places are still available. To book a place or find out more, contact Lee on 71272103. Those who had booked to attend the course starting on 25 March, will receive personal invitations to participate on this course.

The Fermanagh Lifeskills Course has just completed. Thank you to all the Carers who took part. Feedback has been extremely positive. Please note that you need not have had a diagnoses or feelings of depression to find this course useful.

EFT—Emotional Freedom Technique

Derry course — A further session of this stress relief technique training for carers will take place at St Columb's Park House on Wednesday 26 May from 10-1, with light lunch available. A limited number of places are available. Contact Lee on 71272103 to book a place. Those of you booked to attend the event on 25 March that had to be rescheduled due to the poor weather will receive a personal invitation to attend this event.

EFT in FERMANAGH

Thank you to all the carers who attended the EFT course in the Clinton Centre. Over 30 Carers attended a very successful and enjoyable course.

Cathy is still tapping away in an effort to resist that bar of chocolate! Thanks to Angela for donating the chocolate bar!

There was a unanimous decision that we should seek funding to run the EFT Level one course. We will keep you posted!

Carers in Fine Health!

Carers in Limavady and Dungiven were invited to a health check/pamper day at the Radisson Hotel on 26 March and 49 carers participated.

Thankfully, the health checks revealed no serious concerns despite being the first such checks undertaken by some carers for years.

Thanks to all 49 carers who turned up and enjoyed the day. Thanks also to all of the folk from the hotel and the therapists and nurses who contributed so much to a very successful day.

There will be other Carer Health check days being run during Carers Week, see page 7 for details.

Ask your GP Practice if they are running health checks for Carers Week.

Next Carers Newsletter

The next Newsletter will be sent out in September 2010.

If you would like to share information with other Carers or have nay views on what sort of information you would like to see in the newsletter please contact Cathy.

For Articles or news about Carers Groups please send by email if you can, in Word, Arial font size 12, by Thursday 12th August 2010.

Carers Week 2010 – “A Life of my own”

Valuing Carers—Lusty Beg—15th June 2010

Those of you who are on the southern sector Carers Register will have received an invitation with this Newsletter. Please complete your booking form and return as soon as you can. Places will be allocated on a first come first served basis.

Due to the fact that our Database (Register) has grown significantly over the past year, we have added an additional question on the booking form (Current/Former Carer). We encourage Carers whose caring role has changed to remain on the database. If you have been bereaved or the person you care for is now in residential or nursing care, we refer to you as a 'former carer'.

In the event that we are over-subscribed we will prioritise those who are currently in a caring role. With limits on funding and places we hope you will understand.

Please note that parking is limited at Lusty Beg. Please don't bring your car across on the ferry unless you really need to and if you do, offer a lift to others. Please allow time for the ferry crossing on the day (and pray for weather as good as the last two years!).

Valuing Carers—Broomhill Hotel—17th June 2010

Annual Celebrating Carers Event—10 am Contact Lee on 028 7127 2103 for further information or to book a place.

Old Library Trust, Creggan—Friday 18th June 2010

Carers Health Checks/Pampers/Light lunch for any age of carer, caring for someone aged 60+ in the *Creggan, Bogside, Brandywell or Fountain* areas.

Contact Lee on 7127 2103 or Stephanie at 'Health for Life' on 7137 3870

WESTERN TRUST STAFF—Carer Awareness Events

Cathy and Lee have organised two Carers Awareness Workshops for Trust Managers. Part of our WHSCT Carers Strategy is to support Carers in employment, and where better to start but in our own organisation.

The workshops will include an overview of the Trust Carer Support role, Carers Awareness presentation by Helen Ferguson Director of Carers Northern Ireland, WHSCT Human Resources presentation on Carers Leave and Family Friendly policies, and a presentation on a model of good practice by Anne Shine from Waterways Ireland. Anne is also a Carer.

Please see Trust Communication email or Trust intranet for details.

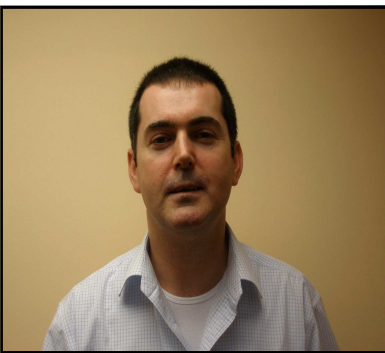
Carer Support and Carers Register

Cathy Magowan and Lee McDermott



Cathy Magowan (Southern area of the Western Trust)
 Carer Support Co-ordinator
 2 Coleshill Road
 Enniskillen
 Co. Fermanagh BT74 7HG

Tel: 028 66 344 163
 Email: Cathy.Magowan@westerntrust.hscni.net



Lee McDermott (Northern Area of the Trust)
 Carer Support Co-ordinator
 Riverview House, Abercorn Road
 L'Derry BT47 6SB

Tel. 028 71 272 103
 Email: Lee.Mcdermott@westerntrust.hscni.net

Carers Register — If you [don't receive this Newsletter or other Carer information by post directly to your home](#), you can, by registering on the Trust Carers Register. Complete the slip below and return to Cathy or Lee.

(This does not affect your benefits nor will your details be passed on to any other agency).

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 Cathy Magowan, Carer Support Co-ordinator CSD 2 Coleshill Road, Enniskillen, BT74 7HG or Lee McDermott, Carer Support Co-ordinator, Riverview, Derry BT47 6SB .

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 _____ D.O.B. _____

Email: _____

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"/> |