

Welcome Geraldine!

The Carers Support Team welcomed Geraldine McLaughlin (pictured right) to the team in early January 2016. Geraldine has taken up post in the Foyle area. Geraldine comes from a health care background having previously worked as a support worker in Altnagelvin Hospital. Talking about her post Geraldine said *"I am excited about my new role. Since commencing in early January I have visited a number of the community teams and attended a few health fairs. I'm particularly looking forward to Carers Week and meeting all the carers"*

Geraldine is very keen to get the carers walking group in L/Derry up and running again. If you are interested Geraldine will be taking names at the Carers Event in June or contact Geraldine directly. Geraldine is currently based in Shantallow Health Centre.

Contact Geraldine McLaughlin on (028) 7135 5023 or email:

GeraldineAnn.McLaughlin@westerntrust.hscni.net



Carers NI ~ New General Manager

In January 2016, Clare-Anne Magee (pictured below right) took on the role of general Manager for Carers NI.

"My mother spent the last few years caring for my grandmother who had dementia and for my uncle who had terminal cancer, both of whom have sadly passed away, so I've witnessed first hand the impact caring can have on individuals and families. I'm delighted to have joined Carers NI in this role to support carers in their caring journey and to campaign for real change for carers so that no one has to care alone. I want to continue the great work Carers NI has undertaken in recent years to raise awareness of the important role carers play in our society as well as look at innovative ways in which we can reach out to and provide advice, information and support to the 214,000 carers across Northern Ireland."

With 18 years' experience in the community and voluntary sector, Clare-Anne has had previous roles with Parenting NI, Save the Children, An Munia Tober (Belfast Travellers) and Belfast and Lisburn Women's Aid. She graduated from QUB with a BA (Hons) in Sociology and Social Policy and later completed a Post-graduate certificate in Integrated Children's Services from University of Worcester.

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Moving on, through Leonard Cheshire Disability support young disabled beneficiaries to realise their ambitions and achieve their potential in life.

The project is funded through the Big Lottery fund's Empowering Young People and is aimed at:

- **Young people from 16 – 19 years old with a physical disability, sensory impairment and/or acquired brain injury.**
- **Young disabled people living in the Western Trust area of Northern Ireland. That is; Tyrone, Fermanagh and Derry.**
- **Young people who are in NEED of education, employment or training and are currently disengaged from these and classified as being NEET's.**

Find out more on the Moving on website – Movingon.leonardcheshire.org or like us on Facebook @Moving on – Leonard Cheshire Disability Northern Ireland.

Building Emotional Resilience for Carers

Thursday 12th May, 10.30 am—12.30 pm — Venue L'Derry

This workshop will give carers information and practical advice on common stressors in the caring role and how to manage these/ It aims to help participants understand coping mechanisms, explore self-awareness and how we can build resilience in order to cope better with stressful situations.

To register contact:

Olive Young, Recovery College, Erne House, Deverney Road, Omagh BT79 0NS

Tel: (028) 8283 5367. You can also register online at www.westerntrust.hscni.net

Please check with Olive regarding venue.

Benefits Information

Social Security Agency
Improving Uptake of Benefits
Community Outreach Officers

Name	Office Base	Telephone	e-mail
Derek Moran	Enniskillen	028 6634 3311 077 3977 3727	derek.moran@nissa.gsi.gov.uk
Sharon Scott	Strabane	028 7138 1003 077 3977 3716	sharon.scott1@nissa.gsi.gov.uk
Steven Horner	Foyle Lisnagelvin Limavady	028 7185 5433 077 3977 3719	steven.horner.nissa.gsi.gov.uk
Thomas Corey	Omagh	028 8287 4078 077 3977 3722	thomas.corey@nissa.gsi.gov.uk

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 2016)

CARER'S ALLOWANCE

£62.10

Carer premium - £34.60

Earnings limit - £110

ATTENDANCE ALLOWANCE

Higher rate - £82.30

Lower rate - £55.10

DISABILITY LIVING ALLOWANCE

Care Component

Highest - £82.30

Middle - £55.10

Lowest - £21.80

Mobility Component

Higher - £57.45

Lower - £21.80

Benefit cap victory for carers



The announcement was made in January 2016 by Lord Freud, Minister of State for the Department of Work and Pensions, in a House of Lords debate on the Welfare Reform & Work Bill.

The announcement came in response to an amendment tabled by Baroness Pitkeathley following a landmark ruling from the High Court on carers affected by the benefit cap. In his Judgment Justice Collins cited Carers UK evidence extensively and ruled that the Government was unlawfully discriminating against disabled people and their carers.

Carers UK has campaigned for changes to the benefit cap rules since the policy was first announced in 2010, highlighting the iniquity of further reducing the incomes of carers who already contribute so much to society.

Heléna Herklots, Chief Executive of Carers UK, said:

"This is a significant victory for carers and carers' rights. By changing the law to exempt carers who receive Carer's Allowance from the benefit cap, the Government has shown that it recognises both the valuable contribution that carers make to society and that the benefit cap unfairly penalises carers – many of whom are already facing significant financial hardship as a result of their caring role.

"The Government's response goes one step further than complying with the recent High Court judgment, by exempting all carers on Carer's Allowance from the policy. It will be welcomed by those carers who are currently affected by the cap, as well as those who were at risk of being affected when the cap is lowered later this year."

The announcement comes just months ahead the benefit cap being lowered, which would have seen greater numbers of carers impacted by the policy.

Thank you to Carers UK/Carers Northern Ireland for this article.

There are times when it all gets too much and it good to have someone to talk to. Good Day Good Carer is a regional telephone service with trained volunteers who will listen. The volunteers will try to match you with support within your area where it is available. The Good Day Good Carer project is part of the Mind the Gap project funded by the Big Lottery.



Contact Good Day Good Carer Telephone (028) 3026 1022

Caregiver Survival Tips

1 Plan ahead

2 Learn about available resources

3 Take one day at a time

4 Develop contingency plans

5 Accept help

6 Make YOUR health a priority

7 Get enough rest and eat properly

8 Make time for leisure

9 Be good to yourself!

10 Share your feelings with others

Carers Information

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

Follow us on:-

<https://www.facebook.com/WesternHSCTrust>

Western Trust Health Improvement

The Western Trust Health Improvement department have a training brochure available on the Trust website. The Health Improvement department can deliver training in the community to Carers Groups. The types of training available are Mental Health First Aid, Safe Talk, Nutrition and Walk Leader Training. Link below

http://www.westeritrust.hscni.net/pdf/Hi_Training_April_-_Dec_2016_Booklet.pdf

REGIONAL YOUNG CARERS SERVICE—BARNARDOS

Last year we recognized the need in the Barnardo's Young Carers Service for an identified group of Young Carers who could act as a catalyst for participation within the various established Young Carer peer groups or a resource for lobbying and awareness-raising opportunities. These meetings occur across the area covered by the service (Northern and Western Trust areas) twice a year and, in addition, once a year more locally. The group replaces the previously named "Forum" and, amongst other decisions, the group was named "Young Carers Council – A Voice for Young Carers".

The group have agreed a contract and aims and objectives. Foremost among these is determination to represent and advocate for all the young carers in the service. This representation would include willingness to speak to funders and other key stake-holders. Those present also agreed that "having fun" would be a crucial element of each meeting! Meetings should consider "common issues" faced. On the last occasion a 'live' issue was collecting prescriptions and the barriers which young carers face. 14 young carers were present.

The group is also prepared and poised to provide an input to the launch of the soon-to-be-published Schools Booklet which raises awareness of the issue of Young Carers in the school context. The next meeting is scheduled to take place in the summer of 2016.

Carers UK Support

Carers UK run a listening ear service where carers can talk about their situation with one of the volunteers who are trained in listening support. This service is run through the Carers UK Adviceline (0808 808 7777) on a Monday and a Tuesday (9am to 5pm). If you would like to just have a chat about your feelings then you are more than welcome to give the Adviceline a call during these times.

Carers UK also have an online Forum run by carers for carers, offering a safe space where carers can talk to others who know what they are going through. People post messages, questions and comments onto the Forum and other carers reply and offer their experience. You can access the Forum at - <http://www.carersuk.org/forum>



NEED A BREAK
FEELING ALONE
STRUGGLING TO COPE
EXHAUSTED

Get in touch:
0808 808 7777
advice@carersuk.org

The graphic features a central question mark icon. The text is arranged around it, with 'NEED A BREAK' and 'FEELING ALONE' on the left, and 'STRUGGLING TO COPE' and 'EXHAUSTED' on the right. Below the icon, the text 'Get in touch:' is followed by the phone number '0808 808 7777' and the email address 'advice@carersuk.org'.

Carers Week Events

Tuesday 7th June 2016 — City Hotel, L/Derry

Wednesday 8th June 2016—Silverbirch Hotel, Omagh (Evening event)

Thursday 9th June 2016 — Killyhevlin Hotel, Enniskillen

You are cordially invited to attend one of the Carers Week events. We have included an additional event this year in the evening time to accommodate carers who cannot avail of daytime events due to caring or employment.

If you have issues with alternate care please contact your keyworker in the first instance.

The Week commences with a workshop by Siobhan Heaney from Singtonicity at the Derry City Hotel event on Tuesday. Many of you will have attended workshops by Siobhan before and know you are in for a treat with plenty of audience participation.

On Wednesday we are holding an evening event which includes a meal and entertainment. This is a new event for us and we are hoping that it will enable carers in employment or those who cannot attend events during the daytime to join us in our carers week celebration.

Our adult Carer events conclude on Thursday with a inspiring keynote speaker Christy Kenneally. Christy is an author and broadcaster who has recently launched a self help book promoting positive mental health. He is a entertaining and inspirational speaker.

The regional Young Carers Service delivered by Barnardos will be running some events for young people known to the service during Carers Week.

Laura Ritchie (Mrs)

WHSCCT Carers Development Worker

Community Services Dept

2 Coleshill Road

Enniskillen BT74 7HG

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Email:

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Geraldine McLaughlin (Mrs)

WHSCCT Carers Development Worker

Shantallow Health Centre

Racecourse Road

Londonderry BT48 8NL

Direct Line: (028) 7135 5023

Email:

GeraldineAnn.McLaughlin@westerntrust.hscni.net

Carers Database

Following the distribution of the last Carers Newsletter a number of the Newsletters were returned to us indicating that the carer had moved. Please *notify us* if you are changing address. Any newsletters returned we will remove the carers name from the database unless the Carer contacts us.

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

Carers Database /Register

 **Advice Line**
028 9043 9843

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 or your details have changed, 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"/>