



Dear Carers,

I would like to take this opportunity to wish you a Merry Christmas and to express the Trusts appreciation for all for the selfless work you do in supporting your loved ones. I have had the pleasure and privilege of meeting a small number of carers in their home environments throughout the year and across the Trusts geography. I was able to see and hear first hand of the daily challenges and difficulties you face. I have to say I was incredibly encouraged and humbled by that experience. I met inspiring people doing fantastic jobs!

In my capacity as Director with responsibility for Carers Support I have had the opportunity to meet with Cathy Magowan and Lee McDermott Carer Support Co-ordinators recently to discuss Carer developments as a result of the implementation of the Western Trusts Carers Strategy.

I would like to congratulate the Western Trust Carers Steering Group chaired by John McGarvey, Assistant Director, who have worked tirelessly to implement as much of the Carers Strategy as possible with the limited resources available to us.

I would also wish to thank Cathy and Lee for their role in progressing that work.

As we approach the New Year with a challenging economic environment with increasing numbers of people requiring care and support, more than ever we need to work in partnership with you and to support you in any way we can.



Pictured above Alan Corry-Finn

I hope to attend some of the Carers Week events which have already been booked for 2011 and I look forward to meeting some of you then.

I wish you and yours a Merry Christmas and Happy New Year,

Alan Corry-Finn

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A little Festive cheer!

Christmas Pudding

Ingredients

¾ lb. Breadcrumbs	¼ lb. flour
1 lb. soft brown sugar	½ lb. cooking apples grated
Juices of an orange, lemon and lemon rind	1 lb. butter
½ tsp. ground nutmeg	½ tsp. cinnamon
½ tsp. ground cloves	½ tsp. mixed spice
1 tsp. baking powder	6 eggs
½ lb. Currants	1tsp salt
½ lb. raisins	½ lb. Sultanas
	½ lb. mixed peel

Method

Cream sugar and butter; add eggs and grated apple.

Add all other ingredients

Steam for 3 hours and one hour before use.

Makes 4 med. and 3 Large Puddings

Out - of - Hours Emergency Social Work Service

Social Services operate an emergency response service after normal working hours – i.e. after 5pm each day and all day at weekends. Carers who find themselves in a crisis may contact the service to discuss their situation and ascertain if any advice or practical help may be available. Carers are advised that this service is designed to cover *emergency* situations only and staff will not be able to deal with routine matters that can wait until carers are able to contact their keyworker (Social Worker) on the next working day.

Carers can contact the Out-of-Hours service (ask for the Duty Social Worker) on the hospital telephone numbers:

Altnagelvin – 71345171 / Erne – 66382000 / Tyrone County – 82833100.

You will be asked for your name and telephone number and someone will call you back as soon as possible.

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

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 - £18.65

Middle Rate - £47.10

Higher Rate - £70.35

Mobility Component

Lower Rate - £16.65

Higher Rate - £49.10

Attendance Allowance

Lower Rate – £47.10

Higher Rate – £70.35

State Retirement Pension

£95.25

Pension Credit - £130

Couple £198.45

Carer Addition £29.50

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

Top Ten Tips for Saving Energy

These simple steps will help you to keep warmth in, cold out, and fuel bills down. You'll save money and you'll also be helping to save the environment:

1. Draw the curtains as soon as it starts to get dark to stop heat escaping through the windows.
2. Fit draught excluders around doors and windows.
3. Don't cover radiators with curtains or washing.
4. Don't overheat your home. Turning your thermostat down by one degree could save you up to £65 a year.
5. Only heat areas of the house you use, for example turn off the radiator in the spare bedroom if you have individual radiator controls.
6. Place an insulating jacket over your hot water tank. This can save up to £15 a year.
7. Don't leave your appliances on standby as they still use electricity. You can save up to £37 a year by turning appliances off properly.
8. Only boil the water you need rather than filling the kettle completely.
9. Fit all the lights in your home with energy saving lightbulbs, and you could save up to £50 a year.
10. Try to only use your washing machine or dishwasher when it has a full load.

For information on other things you can do to save energy, and on help you may be able to get with energy saving improvements to your home, contact the [Energy Savings Trust](#)

A free and simple way to find out what you may be entitled to is to call the Energy Savings Trust helpline on freephone **0800 512 012**. *(Thank you to Carers NI for this article)*

Everybody hurts sometimes!

LIFELINE 08088088000

If you are in distress or despair, call LIFELINE free

Carers Database Developments.

Thank you to all those who have registered with us on our Carers Database. We are planning to merge the two registers maintained by the Carer Co-ordinators into one database. As this process takes place our Information Technology colleagues will be able to do some design work on what is currently a basic database, so that we will be able to obtain statistics at the click of a button! It will help Lee and Cathy in putting the case forward for much needed funding.

Currently the Southern sector (Fermanagh/Omagh) of the Trust has 1080 Carers registered and the Northern sector (Strabane/Derry/Limavady) has 500.

Anyone who has their name on the register will receive regular information from the Carer Co-ordinators in the form of the newsletter and from time to time other relevant mail shots.

Carers Support Needs Assessment

Carers Support Needs Assessment is an assessment of a Carer's needs. It will explore the input the carer has into the care of the cared for person and how this impacts on their life. The pro-forma used by the Western Trust to assess carers needs has recently changed to a regionally used document.

Primary Care and Older Peoples services have commenced a staged implementation of a regional assessment pro-forma known as the Northern Ireland Single Assessment Tool (NISAT). A team from the University of Ulster lead on this project, which included consultation, testing and re-drafting of the NISAT document.

Part of NISAT development highlighted the need for prompts to be included to assist staff in identifying if a service user has a Carer.

Early on in the process those involved felt there was an opportunity to develop a regional carers support needs assessment tool (pro-forma). The Western Trust have implemented this regional document across all programmes of care.

Although the new pro-forma is slightly more in depth than the previous form it still covers the same areas.

There is one exception to the rule. Carer Support Needs Assessments carried out for parent carers of children with disabilities will be offered a Carers Assessment component as part of their child's assessment known as UNOCINI (Understanding Needs of Children in Northern Ireland).

There may be times where a professional will offer a separate assessment to a parent carer due to complexities in the disabled child's case, or where a carer has expressed a preference to have a separate carers assessment.

Currently all Carers Assessments are filed in the file of the person being cared for. The file has a separate section called 'Carer Documentation' which is restricted. i.e. If the person being cared for requests to see their file the Carers section is not made available.

Carers are often reluctant to participate in a Carers Support Needs Assessment if they feel that they won't receive additional practical help. Although many will identify with this, it is important to point out that the process of a Carers Assessment is therapeutic, and often the first time a carer has been given the opportunity to reflect on their own needs.

Caring can often be stressful and selfless and an opportunity to talk openly in a safe environment about the caring role can be very helpful.

There are a number of outcomes apart from, additional services for the cared for person, that carers have found beneficial. Sign posting to information about the condition of the person being cared for, carer support groups, personal development courses, practical training to help with caring tasks and recognition of the caring role.

If you have had a carers assessment before it should be reviewed on an annual basis. If an initial Carers Assessment, review or re-assessment hasn't been offered you can request this through your social worker, nurse or CPN.

If you don't know who to contact or don't currently have a worker involved, but would like a Carers Assessment, contact Lee or Cathy (contact details back page).

Personal Alarm Service

As we get older we all need the reassurance that help is on hand should we need it. With a personal alarm service, you know that friends and family are only a button press away. A personal alarm gives you the freedom to live your life the way you want and gives peace of mind for both you and your family. A wrist band or pendant can be worn anywhere in your house or garden. If you need help you press the button and the base unit of your phone will pick up the signal and call a help centre. The operator will confirm that help is on its way and contact either your nominated key holder or the emergency services. Help will arrive to make sure you are ok and give you the assistance you need. A personal alarm is there for not only for older customers, but for those with a physical disability, a chronic illness, recovering from illness or who are concerned for their security. The alarm unit is quick and easy to connect, either by a family member or friend, or by a team of professional installers.

How to buy

There are different providers to choose from, A selection is listed below for your consideration.

Age NI Personal Alarm Service

Age NI Enterprises, 10 College Street, Belfast, BT1 6BT
Freephone: 0808 100 4545

Senior Link Eldercare

847 Burnley Road, Loveclough, Rossendale, Lancashire, BB4
8QL Tel: 0808 100 2435
www.seniorlinkeldercare.com

Fold Telecare

Fold Group, 3-7 Redburn Square, Holywood, BT18 9HZ
Tel: 028 9042 1010 or 0800 731 3081
www.foldgroup.co.uk/telecare



AWARE : Life Skills – A Personal Experience

I am a full-time carer. I don't want to speak too much about my caring responsibilities for the purposes of this article as I have agreed to write about my experience and not that of the person for whom I care. Suffice to say that in recent times I was beginning to feel quite low and had slipped into a depression. More and more I had locked myself away from family and friends and this left me feeling very isolated. My confidence just seemed to disappear from under my feet and I felt worthless. Despite this I had no choice but to continue with my caring responsibilities although I am sure I have not been my best as a carer for some time. I partook in a recent *AWARE Life Skills course for carers*. The facilitators were absolutely brilliant, lovely people whom I could relate to and who appeared to understand where I was coming from. The other women who attended had many things in common with me also. I enjoyed talking to them about their experiences and sharing some of my own. This really helped reduce my feelings of isolation. A few weeks into the course when we had gotten to know one another it became less difficult for me to be talking in front of other people, especially about myself and my situation. Over the remaining weeks we looked at the things that affect our lives and how we can take control of how much we allow things to affect us, and self-responsibility for changing personal things that are doing us no good. I came away from the course with a small plan of action to be tackled over the coming months which includes looking at ways to ensure a greater carer/life balance as a means of looking after my own health. I will also be seeking out other help for myself and be more accepting of some support services that are available. My participation really helped me to appreciate that being a carer doesn't mean I can't be in control of my own destiny, but only if I choose to be so and take that self-responsibility a step further. Finally a big thank you to the facilitators, and to my fellow carers (now friends) who also partook and I look forward to the social get-together we will be having soon. Signed: T (Carer)

The State of Caring—survey launched November 2010

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 2010-11.

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.

If you would prefer not to provide some of the details, you can skip certain questions. However the more details you provide the better able we are to build up a detailed picture of how caring affects different people.

As well as ticking the boxes we are also keen to hear in more detail about your experiences and views. Please use the comments boxes if you would like to add more detail. If you have had a particularly good experience and received support that has made a real difference to you, or have had particularly bad experiences, we would like to know.

Thank you for taking the time help us - the survey will close in **March 2011** and we will publish the results later in the year.

<http://www.surveymonkey.com/stateofcaring>

Or www.carersni.org

(Thank you to Carers NI for this article)

Become an E Carer

Carers UK's monthly email newsletter keeps you up to date. We do a newsletter for carers and one for professionals who work with carers.

If you're a carer...

- Get the latest news.
- Find out what you can do to bring about change.
- Take part in our surveys and have your say.
- Take part in our campaigns.

If you're a professional

- Keep up to date with the latest policy changes affecting carers.
- Be the first to find out about the latest training courses and events.
- Find out about the latest research on carers.

You can unsubscribe at anytime and we will not pass on your email address to any other organisations. Simply complete the short registration form at

<http://www.carersni.org/>

[Newsandcampaigns/](#)

[BecomeanEcarer](#)

(Thank you to Carers NI for this article)

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, or have changed your details, 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"/>