



Farewell Message from Lee

I am moving to a new job in the Trust at the end of June. I have had the privilege of working with Cathy Magowan over this past three and a half years and have been honoured to meet so many dedicated carers over that period. I have thoroughly enjoyed all of those contacts and learned so much from the experiences that many of you carers have had and were able to share with me.

The carers support agenda is a very important one. Cathy and I have worked with the Carers Steering Group and staff across the Trust to take forward the Carers Support Strategy and much progress has been made. That said, there remains a great deal more to be done to ensure that carers get the care and support they properly deserve.

I wish the Steering Group continued success in its endeavours and look forward to hearing about any new initiatives that will no doubt be brought forward in the near future. I do hope to remain somewhat involved in the promotion of carers rights, albeit less formally and will assist Cathy and others in whatever ways I can.

A final word to you carers is simply a big thank you, for all that do for your loved ones and for engaging with me so meaningfully over the past few years. Very best wishes to you all for now.

Lee

New Chair for Trust Carers Steering Group.

As Lee moves on to new pastures, we give a warm welcome to Aidan Gordon, Assistant Director for Adult Safeguarding, as the new Chair of the Carers Steering Group. Aidan is no stranger to the group and has previously been involved in the group in his role as lead Social Worker in Primary Care and Older Peoples.



Thank you from the Carers Steering Group

On behalf of the Trust Carers Steering Group members I would like to say thank you to Lee for his hard work and dedication.

We wish Lee every success with his new post.

John McGarvey, Chair of the Trust Carers Steering Group

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Carer Voices in Adult Learning Disability

The adult learning disability sub directorate would welcome input from carers of adults with learning disability to meet with the Trust on at least 2 occasions (6 monthly) per year to discuss issues/concerns/developments in relation to the provision of a range of services for adults with learning disability.

The purpose in meeting with Adult Learning Disability Senior Management Team is to provide information on strategic direction for the programme and to hear the views/input from carers. This would provide carers with an opportunity to ask questions and receive clarification on service provision including any service changes which may arise. These meetings would adopt a partnership approach.

Anyone who is interested should contact Cathy Magowan on 028 6634 4163 or email Cathy.Magowan@westerntrust.hscni.net

Learning Disability - Community Services (Northern Sector)

The Trust has recently changed and harmonised how it provides community services to both children and adults with a learning disability across the Trust. Since January 2011, the Trust has separated Community Learning Disability Services to create dedicated teams for children (under 18 years) and adults (over 18 years) with a learning disability. This has been the structure in the southern sector (Omagh/Fermanagh) of the Trust for several years.

These new arrangements will allow the Trust to provide more age appropriate interventions and focus on the needs of both children and adults within the appropriate planning and management structures. The newly established Children's Disability Teams will also provide services for children and young people with physical disabilities.

Contacts for the two teams

Children's Disability
Community Team Leader
Children's Disability Services
Old Spruce House
Gransha Park
Londonderry
T: 028 71860261 ext 217351
(please note team will be moving to new
Accommodation after Easter).

Adult Learning Disability
Community Team Leader
Adult Learning Disability Services
Lakeview Hospital
Gransha Park
Londonderry

T: (028) 71864363

New Learning Disability Community Nurses

Catherine Donnelly is covering adult learning disability in Fermanagh. Catherine is based in Elliott Place, Coleshill, Enniskillen.

Briege McGrath is covering the Omagh sector and is based in Community Services at the Tyrone and Fermanagh Hospital, Omagh.

Referral is through the Learning disability teams in Fermanagh and Omagh.



Tel : 028 6632 9965

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www.shopmobilityenniskillen.com

Benefits Information

There has been a great deal of change in benefits. Below are a number of agencies who provide advice and support. If in doubt have a benefits check. 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 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
£55.55

Earnings Limit - £100

Disability Living Allowance Care component

Lower Rate - £19.55

Middle Rate - £49.30

Higher Rate - £73.60

Mobility Component

Lower Rate - £19.55

Higher Rate - £51.40

Attendance Allowance

Lower Rate – £49.30

Higher Rate – £73.60

SAGA RESPITE BREAKS

Saga respite for Carers offer free breaks for unpaid Carers.

The Carer should be:-

- Over 50
- Have been caring for more than one year
- Have not taken a significant holiday away from their caring role in the last year.

You can nominate yourself or be nominated by someone else.

For more details check out the website www.saga.co.uk/health/carers

Everybody hurts sometimes!

LIFELINE 08088088000

If you are in distress or despair, call LIFELINE free

Carers Northern Ireland - New Project Appointments

Andrew McCracken - Business Development Officer (18 Hrs)

Andrew will identify funding and income generation opportunities, market Carers Northern Ireland's training and consultancy work, manage events, oversee financial reporting and recording and report on the outcomes of Carers Northern Ireland's work.

Claire Leonard - Carer Involvement Officer (35 hrs)

Claire will provide courses to build carers' capacity to engage with public bodies to improve services, write briefings for carers, set up networks, co-ordinate carers' involvement in campaigns and events. She will deliver training to professionals and produce research and information to promote carer involvement.

John McCormick - Campaign and Communications Officer (35 hrs)

John will develop campaigns and communications strategies to keep carers' issues high on the political and media agenda, achieve policy gains for carers, and reach larger audiences. He will plan campaign events, produce regular updates for supporters and maximise Carers Northern Ireland's use of new media

The funding for the posts is from The Atlantic Philanthropies, and is for 4 years. Staff can be contacted at Carers Northern Ireland, 58 Howard Street, Belfast BT 1 6PJ.

Tel: 028 90 439 843 Email: info@carersni.org www.carersni.org

Centralising of the Western Health and Social Care Trust Complaints Department

New arrangements are now in place within the Western Trust for processing complaints. In order to provide one central point and ensure a consistent approach is followed, all complaints will now be dealt with by the:-

Complaints Office
Trust Headquarters
MDEC Building
Altnagelvin Hospital Site
Glenshane Road
Londonderry BT47 6SB

Tel: 02871611226 Ext 214130

WEA launches new training calendar for May - June 2011

The WEA who has 100 years experience of delivering learning to individuals and organisations in the community are launching a new programme of their most popular and relevant courses.

To view the training calendar and book online log on to

www.wea-ni.com

To be sure of a place please book early.



Sympathy

On a sad note Noreen Kettyles recently lost her mum June, who had been ill for some time. We send our deepest sympathy to Noreen and her family.

Me Unltd Receives Regional Award

Local social enterprise Me Unltd has received recognition for its personal development work with unpaid carers. The enterprise was one of just two Fermanagh based enterprises out of 150 social enterprises drawn from across Northern Ireland, who were recognised at the Social Enterprise Award Ceremony held in Belfast in February. The company received the Highly Commended Award in the Best New Social Enterprise Start Up category.

Me Unltd has also received exciting news that following an intensive social entrepreneur bootcamp in Dublin hosted by Social Entrepreneurs Ireland, that they are one of just 18 social enterprises chosen from across Ireland to get through to the final stages of the Social Impact Programme.

Local social entrepreneur Noreen Kettyles, Founder & Inspiration Director of Me Unltd stated:

“We are delighted to have received recognition for our invaluable work with carers across Northern Ireland and the border counties of Ireland. Over the past three years our programmes have benefited nearly 400 carers, helping them to promote positive change in their lives, and develop their potential outside their caring role. This recognition will motivate us to expand our operations further into other parts of Ireland and the UK.”



Pictured above (L-R), Mary Cassidy (Carer), Noreen Kettyles (Me Unltd Founder and Inspirational Director), Jennifer Bullock (Carer) and Cathy Magowan.

Patient Client Council

The Patient client Council would like to invite you to attend one of a series of workshops we are organising on advocacy with the Department of Health, Social Services and Public Safety.

The purpose of the workshops is to engage with service users and carers on the proposed detail of the policy paper on advocacy in a health and social care setting which has been developed following the workshops which you may have attended last autumn. A similar workshop is being organised for statutory and voluntary organisations.

The details of the workshops for service users and carers are as follows:

25th May 2011 in Island Hall, Lagan Valley Island, Lisburn, at 9:30am until 1:30pm.

26th May 2011 in room MD050, Magee Campus, Londonderry, at 10:30am until 2:30pm.

Tea, coffee, scones/biscuits and light lunch will be provided.

We would be grateful if you could confirm whether you would be interested in attending and which of the two workshops would be most convenient for you. Also feel free to notify any of your friends / family / colleagues if you think this may be of interest to them.

You must RSVP if you wish to attend this event. Call on 0800 917 0222 no later than 18th May 2011. If you would like to speak to someone before confirming your attendance or for more information, please feel free to contact Amanda Hill at the Department of Health, Social Services and Public Safety on: Amanda.hill@dhsspsni.co.uk or telephone 028 90 765612.

Reasonable expenses will be reimbursed for those attending.

Matthew Weatherall, Membership Scheme Co-Ordinator, Patient and Client Council, 1st Floor, Lesley House, 25-27 Wellington Place, BELFAST, BT1 6GD
Tel: 0800 917 0222

Follow the Patient and Client Council on Twitter <<http://www.twitter.com/patientclient>>

Join the Patient and Client Council Membership Scheme <<http://www.patientclientcouncil.hscni.net/get-involved/membership-scheme>>

Enniskillen Tesco 10K

I know many of you like myself walked the Enniskillen Tesco 10K to raise money for your groups and condition lead charities.

If anyone is interested in doing this in 2011, I'm planning to get some organised practise walks in before the date of the walk.

The walk is on Saturday 11th June 2011. The nominated charity in the RNLI. You can download an entry form from Fermanagh District Council website.

www.fermanagh.gov.uk

Or apply online at

www.nialthletics.org

If you are interested please contact Cathy on (028) 66344 4163 or email

Cathy.Magowan@westerntrust.hscni.net

Carers in Employment

Employers for Carers in association with leading global investment bank Nomura, are conducting the first ever research survey into the impacts on employers and employees, of managing caring at a distance.

'Managing caring at a distance' refers to supporting/caring unpaid for an ill, frail or disabled relative, partner or friend who may be living in another part of the town, region, country or the world.

This is a short survey that can be completed in 5 minutes.

Needless to say that nothing in the research report will be attributable in any way and your participation in the survey will be anonymous.

So please take the time to take the survey.

<https://www.surveymonkey.com/s/employees-survey-efc>

Consumer Council aims to make bill payers lives simpler

The Consumer Council has launched 'Bills Made Easy' and 'Consumer Pages' in a bid to make life a little bit easier for Northern Ireland consumers. 'Bills Made Easy' is designed to help consumers understand their utility bills, whilst 'Consumer Pages' provides easy access to important contact numbers should consumers have a query or complaint to make.

'Bills Made Easy' contains information and advice to help consumers understand their utility bills. It is important that consumers are confident their bill is correct and understand exactly what they are being asked to pay for.'

The Consumer Council has launched 'Consumer Pages' which is a handy guide outlining the numbers consumers need, ranging from holiday and travel bodies to money and banking organisations. Whenever consumers have a query or a complaint to make, Consumer Pages will make it easier to find the relevant organisation.

To request a free copy of Bills Made Easy or Consumer Pages contact the Consumer Council on 0800 121 6022 or download a copy from

www.consumercouncil.org.uk



Carers Week 2011

Lusty Beg—14th June 2011

Those of you who live in the Omagh / Fermanagh sector will receive an invitation along with your newsletter. Please complete as soon as you can and return your booking form to Lorraine as places will be allocated on a 'first come first served' basis.

If you find that 'alternate care' is an issue please make contact and we will try our best to help you. We would ask that you exhaust all avenues, e.g. Family support, as there is a limited budget.

We will have a slight change to our format this year. We will not allocate therapy appointments. Therapists will be based in the main hall and will be there ready to commence at 10.30am.

Our main formal piece will take place between 11am and 12.30pm. Siobhan Heaney from Singtonicity is our guest.

Please don't bring your car across to Lusty Beg unless you absolutely have to as there is limited parking at the hotel.

Annual Carers Conference - City Hotel, Derry

Thursday 16 June 2011

10.30 - 12.30 Programme

12.30 – 1.30 Lunch

1.30-3.30 Health Checks/Pampers/ Benefits Advice

Guest Speaker: Dr. Janet Gray (Janet is a World blind water-ski champion with a remarkable and inspiring life story)

Anyone wishing to attend should contact Lee to reserve a place no later than Friday 10 June.

Tel. 71272103

Email: lee.mcdermott@westerntrust.hscni.net

Carer Support Co-ordinator

Cathy Magowan



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

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.

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.

The person I care for is:

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) | <input type="checkbox"/> | | | Mental Health | <input type="checkbox"/> |