



Age NI - Making Connections in the Western Area

Age NI's First Connect service is now available in the Western Trust area, providing support for older people in need. First Connect offers emotional and practical support at difficult times in an individual's life; situations which are often triggered by sudden and unexpected changes in important relationships and loss of independence.

Anne O'Reilly, Age NI Chief Executive said, 'We are delighted the First Connect service is now operating in the Western Trust area. With 44% of older people in Northern Ireland believing that they are more socially isolated than ever before, First Connect will ensure that older people are supported to stay independent at home as well as active, healthy and involved in their local community.'

'Eimear McKearney, our First Connect Coordinator for the Western area, will be supporting some of our most at-risk older people in their own homes to help them make sense of what is happening in their lives, support them to make informed choices and signpost them to new opportunities, services and facilities that will improve their mental health and wellbeing. The service will enable older people in the Western Trust area to live life the way they want to.'

For more information or to make a referral to the First Connect service, contact Age NI on freephone 0808 808 7575. Alternatively, contact Eimear McKearney, First Connect Coordinator - Western Area, on 074 2562 0194 or email eimear.mckearney@ageni.org

Personal Development Programme for Carers



Would you like help to realise your true potential? Would you like to join with other women carers in a unique Personal Development Programme developed specifically to meet the needs of carers?

If you've answered yes to any of these questions, Me Unltd, a social enterprise wants to offer you a place on their pioneering "It's All About Me" Personal Development Programme, which is being delivered in partnership with the Public Health Agency and Western Health and Social Care Trust.

Carers interested in availing of this unique opportunity should contact **Noreen Kettles, on 028 66349 723 or 07795096861**. Opportunities are also available for male carers.

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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

Rates — Additional help for carers

1 April 2011 saw the introduction of increased help for carers. This is provided through the existing Rate Relief scheme with a 20 per cent uplift in the carer premium. This will ensure that more households get help with their rates and will also increase the amount of support provided to those currently in receipt of the carer premium and who receive some Housing Benefit and/or Rate Relief.

This additional help for carers is included in applications for Rate Relief from 1 April 2011.

You can contact LPS for more information as follows:

- freephone 0800 5877 477
- phone: 101 - if you cannot access this number or are calling from outside Northern Ireland, you can call on 028 9151 3101 - calls to these numbers cost 10p regardless of duration of the call
- textphone: 18001101

e-mail: housingbenefit.rating@lpsni.gov.uk

fax on 028 9025 2639.

Or by writing to:

Land & Property Services, Housing Benefit Central Unit, Londonderry House, 21-27 Chichester Street, Town Parks, Belfast, BT1 4JB

Care2Share NI—Caring Publications

The Western Trust have purchased a number of publications from Care2Share.

Where 2 Turn is an Information Guide for loved ones going into a Care Home.

Hospital 2 Future Caring Options is a guide to the caring role, discharge process, support and caring options.

Confident to care is a guide to building resources for your caring journey.

Copies are available to borrow from the adult teams in Physical disability, Older Peoples Services and Hospital Discharge Teams. For more information see Care2Share website <http://www.care2shareni.co.uk/>

Benefits Information

Benefits Factsheet

In conjunction with Carers NI the Western Trust has a Benefits factsheet for Carers 2011/12, please contact Cathy for copies. Email requests accepted or access from the Western Trust website.

www.westeritrust.hscni.net

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

Adult dependent's addition

£32.70

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

Parkinson's UK Supporting Carers

Are you caring for someone with Parkinson's?

Parkinson's UK, the support and research charity offers information and support for carers through our network of local groups and our local Information and Support Workers (ISWs). We know that caring for a person with Parkinson's can be challenging and our ISWs, along with our members and local groups, are here to make sure no one has to face Parkinson's alone.

The ISWs in your area are Anne Eves (Omagh and Fermanagh) and Jean Lennox (Foyle and Causeway).

Anne and Jean can help carers in the following ways:

- Information about Parkinson's and being a carer for someone with Parkinson's
- Local services for carers
- Support in accessing carers assessments
- Support in accessing benefits
- Emotional support
- Information about events that we organise for carers

If you would like to find out more about what Parkinson's UK is doing in your area, please contact Anne on 0844 225 3685 email aeves@parkinsons.org.uk or Jean on 0844 225 9823 email jlennox@parkinsons.org.uk

You can also visit our website at parkinsons.org.uk



Jean Lennox, Information and Support Worker, Foyle and Causeway



Anne Eves, Information and Support Worker, Omagh and Fermanagh

Everybody hurts sometimes!

LIFELINE 08088088000

If you are in distress or despair, call LIFELINE free

Carers Northern Ireland - Annual Summit—Craigavon

This year Carers Northern Ireland are holding their annual summit in the **Civic Centre, Craigavon on Tuesday 11th October 2011**. This year's theme is **Caring for the Future** and the summit will look at some of the big challenges ahead for carers including Welfare Reform, Personalisation, Re-enablement and Challenging Decisions. There will also be a session on relaxation techniques.

If you wish to attend please contact Cathy Magowan or Lorraine Sandford on (028) 6634 4163 by Friday 16th September 2011.

We will organise/co-ordinate transport depending on numbers.

Taking the Reins

Taking the reins is an Equine Facilitated Learning (EFL) project for disadvantaged and/or disabled children, young people and is available fully funded, free of charge to successful applicants for 10 sessions. Circles Network will be running this project over the next three years.

EFL can help many people, including-but not limited to; people with mental and emotional difficulties, eating disorders, autism, ADHD, learning difficulties, family issues, looked after children, people with challenging behaviour, attachment disorders and people with physical and sensory impairments.

A participant can be referred by anyone involved in that person's life; parent, teacher, carer, social worker, medical practitioner, family member, or even themselves.

The sessions involve getting hands-on and close to our horses and ponies, and through the careful design and implementation of activities, learning is facilitated by the horse - often without the participants' realising it!

Successes of EFL includes increased independence, confidence, leadership, friendship, communication, empathy, management, reduced isolation, and improved employment or volunteer opportunities, increased social networks and support.

If you would like to hear more about this exciting work, or refer a child to this project please do get in touch.

Shauna Conaghan

Taking the Reins Project Manager

Circles Network, Kinletter, Ballybofey, Lifford, Co. Donegal, Telephone: 07770 685 052 E-mail: shauna.conaghan@circlesnetwork.org.uk

Websites: www.takingthereins.org.uk and www.circlesnetwork.org.uk

Family Support Network NI

This website provides details of a wide range of services provided by statutory, voluntary and community organisations.

You can access up-to-date information on a range of services available to support families. This information will help Families, Young People, Children and Practitioners in Northern Ireland to find services to meet their needs.

<http://www.familysupportni.gov.uk/>



Heartstart

Heartstart are offering 3 free courses on cardiac pulmonary resuscitation (CPR).

The session is 2½ hours.

Mon 19th September 2011 — 11am in the Resus Training Room, Old Nurses Home, Tyrone County Hospital, Omagh

Wed 28th September 2011 — 11am in the Recreation Hall, Erne Hospital, Enniskillen

Monday 19th September 2011— 11am in the Resus Training Room, Altnagelvin Hospital, L'derry.

Anyone who is interested can be trained as a Heartstart trainer and cascade the training to their group. Good support and up-date-training available.

For more details or to book onto the either of the courses outlined above contact the relevant worker:-

Betty Dolan (Omagh/Fermanagh)
Community Resuscitation Development Officer
MOB: 07821445739

Nicola McGlinchey (Derry)
Community Resuscitation Development Officer
MOB 09590353359

Codependency: Caretaking vs. Caregiving

Codependency is a group of behaviours that cause us to have unhealthy relationships. Caretaking is one of those behaviours, and what we want is to replace caretaking with caregiving. There are crucial differences between caretaking and caregiving and you will notice: the healthier and happier your relationship, the more you are caregiving rather than caretaking.

I view caretaking and caregiving on a continuum. We usually aren't doing both at the same time. The goal is to do as much caregiving as we can and to decrease our caretaking as much as we can. Caretaking is a dysfunctional, learned behaviour that can be changed. We want to change so we can experience more peace, more contentment and more fulfilling relationships. The people in your life may resist your healthier actions, but modelling caregiving is a huge gift you are giving to your loved ones.

Below are the ways you can begin to tell the differences between caretaking and caregiving. It may be helpful at first to think of those in your life who caretake you ("That's totally my mom!" or "Oh, I didn't realize that caretaking is what my brother has been doing, but it fits," or "My best friend is a caretaking queen!").

After you identify who is caretaking you, then ask yourself what role you play to keep that dynamic going ("OMG, I am caretaker too!"). In a nutshell, caretaking is a hallmark of codependency and is rooted in insecurity and a need to be in control. Caregiving is an expression of kindness and love.

Here are some key differences between caretaking and caregiving:

Caretaking feels stressful, exhausting and frustrating. Caregiving feels right and feels like love. It re-energizes and inspires you.

Caretaking crosses boundaries. Caregiving honours them.

Caretaking takes from the recipient or gives with strings attached; caregiving gives freely.

Caretakers don't practice self-care because they mistakenly believe it is a selfish act.

Caregivers practice self-care unabashedly because they know that keeping themselves happy enables them to be of service to others.

Caretakers worry; caregivers take action and solve problems.

Caretakers think they know what's best for others; caregivers only know what's best for themselves.

Caretakers don't trust others' abilities to care for themselves, caregivers trust others enough to allow them to activate their own inner guidance and problem solving capabilities.

Caretaking creates anxiety and/or depression in the caretaker. Caregiving decreases anxiety and/or depression in the caregiver.

Caretakers tend to attract needy people. Caregivers tend to attract healthy people. (Hint: We tend to attract people who are slightly above or below our own level of mental health).

Caretakers tend to be judgmental; caregivers don't see the logic in judging others and practice a "live and let live attitude."

Caretakers start fixing when a problem arises for someone else; caregivers empathize fully, letting the other person know they are not alone and lovingly asks, "What are you going to do about that."

Caretakers start fixing when a problem arises; caregivers respectfully wait to be asked to help.

Codependency: Caretaking vs. Caregiving

Caretakers tend to be dramatic in their caretaking and focus on the problem; caregivers can create dramatic results by focusing on the solutions.

Caretakers use the word “You” a lot and Caregivers say “I” more.

As with changing any behaviour, becoming aware of it is the first step. Watch yourself next time you are with someone and ask yourself where you fall on the continuum. It will take some work to change and you may experience some resistance and fear in the process — but what is on the other side is well worth the struggles of transformation.

I recommend the work of Melody Beattie who is a groundbreaker in codependency education. If you find yourself in relationships with people who have addictions or if you struggle with your own addictions, I recommend [Codependent No More: How to Stop Controlling Others and Start Caring for Yourself](#) (also Al-Anon, which is a 12 step group). If you aren't in relationship with someone who has an addiction or if you do not suffer from an addiction, I recommend her new book [“The New Codependency: Help and Guidance for Today's Generation.”](#)

Reference: Beattie, Melody (1991). *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*.

Elizabeth Kupferman is a counselor in Orlando, Florida dedicated to helping women overcome depression, grief, and anxiety so they can find happiness and achieve their dreams. This article was posted on Sunday, February 7th, 2010.

“Codependency: Caretaking vs. Caregiving” by Elizabeth Kupferman

www.expressivecounseling.com/codependency-caretaking

Thank you to Elizabeth Kupferman for giving us permission to use this article and to Patricia (Carer) who brought this article to our attention.

Carers Week 2011

The two Carers week events were a great success. Feedback was positive from all who attended. These events are an opportunity for carers to mix together, get information, have a health check, and some time away from their caring role.

Singtonicity was a great hit at the Lusty Beg event and Dr Janet Gray was inspirational at the Derry event in the City Hotel.



Above—Carers enjoying Singtonicity at Lusty Beg

Pictured right, Marie Kelly from Northern Ireland Chest, Heart and Stroke takes blood pressures at the Lusty Beg event.



Pictured below (L-R) Lee McDermott, Dr Janet Gray MBE, Helen Ferguson (Director of Carers NI), Cathy Magowan and Aidan Gordon WHSCT



Carer Support Co-ordinator

Cathy Magowan



Cathy Magowan
Carer Support Co-ordinator
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2 Coleshill Road, Enniskillen
Co. Fermanagh BT74 7HG

Tel: 028 66 344 163

Email: Cathy.Magowan@westerntrust.hscni.net

Dear Carers

Following Lee's departure to a new post I have taken on to co-ordinate Trust wide. It will take time to become familiar with the various teams and structures in the North West.

I thought it might be nice for me to tell you something about myself. I live in Enniskillen with my husband Ted and aging (very spoilt) cat Sam! However, despite being a Fermanagh girl, I'm no stranger to the North West as my Mum is originally from Derry city.

I'm from a nursing background and spent a number of years working in further education before taking up post in the former Sperrin Lakeland Trust as Carer Support Co-ordinator seven years ago.

I have just completed an action plan for each programme of care to implement the Carers Strategy in the Western Trust. A great deal of work has been completed however, there remains a great deal more to be achieved. The current financial climate is challenging for everyone, but hopefully with your support we can make things better for Carers.

Best wishes, Cathy

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.

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"/>	19—64	<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"/>