



Carers Manifesto

The Northern Ireland Carers Manifesto sets out a vision for what good support would mean for carers, and key recommendations on what we want from the next Government.

With a UK general election in 2015, Carers NI's Carers Manifesto sets out:

- ◆ Our research and evidence on the impact of caring on carers' health, finances, employment and social inclusion.
- ◆ A positive vision for what good support would mean for carers.
- ◆ Key recommendations on the policies we want from all political parties and the next Government.
- ◆ We call on all Northern Ireland MPs to use their influence to promote policies that make life better for carers.

You can download the Carers Manifesto at:-

<http://www.carersuk.org/northernireland/policy/policy-library/northern-ireland-carers-manifesto>

Director of Carers Northern Ireland leaves post

After 21 years at the helm of Carers Northern Ireland, Helen Ferguson is stepping down as Director of Carers Northern Ireland to concentrate on family and research.

We will all miss Helen for her warmth, enthusiasm and dedication to raising awareness of carers rights.

Within the Western Trust Helen has been involved in our Carers Week events and co-delivering Carers Assessment Training. Helen's knowledge, expertise and independence brought added value to Carers training delivered in the Trust, which was greatly appreciated by staff.

We wish Helen all the very best for the future. No doubt we will meet Helen again in another capacity.

(Right) Helen Ferguson pictured at Carers Week in L/Derry.

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HOLISTIC RETREAT CENTRE EMBRACE



Holistic Retreat Centre Embrace, situated in the heart of the rolling hills of beautiful rural County Down.

Link to special offer for carers: <http://www.embraceholistic.co.uk/offers-carers/>

For more information or to book, please contact:-

Juliette Stewart, MCSP, MACPEM, Owner/Manager/Therapist, Holistic Retreat Centre Embrace

60 Thornyhill Road, Killinchy/Newtownards, BT23 6SQ Tel: 02897542141 www.embraceholistic.co.uk

Carers Northern Ireland Factsheets

Carers UK have a number of new Factsheets available on:

- ◆ Attendance Allowance
- ◆ Carers Allowance
- ◆ Disability Living Allowance
- ◆ Supporting working carers
- ◆ Coming out of hospital

To download the factsheets please go to:

<http://www.carersuk.org/help-and-advice/get-resources/our-factsheets>

If you don't have access to a computer please contact the Carers Support Team.



Financial Stress?

Rural Support could help you by:

- Providing free, confidential, face to face support
- Easing the burden of dealing with debt
- Helping you identify a way forward
- Supporting you to take action

To speak to someone in confidence contact our helpline:
0845 606 7 607

The helpline is available 8am – 11pm, seven days a week (voicemail and support options available at all other times).
Email: info@ruralsupport.org.uk Website: www.ruralsupport.org.uk

CLEAR SPECIALIST HELPLINE MENTAL HEALTH
Rural Support listening • guiding • connecting
HSC Public Health Agency
Project supported by the PHA

L/Derry Carers Walking Group

The Carers Walking group in L/Derry are taking a break at present but hope to re-commence after Easter on a Thursday morning. If you are interested in joining the group please contact Laura Ritchie on 028 66344180 or email: Laura.Ritchie@westerntrust.hscni.net

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 2015)

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

Enniskillen Sarcoidosis Support Group

What is Sarcoidosis

Sarcoidosis is an inflammatory disease which affects thousands of people on the island of Ireland. It can occur in any organ of the body but primarily affects the lungs, eyes, lymph nodes and skin.

Did you know?

- ◆ Ireland has one of the highest incidence of sarcoidosis.
- ◆ It affects 1000's of people on the island of Ireland.
- ◆ It mainly affects 20 –40 year olds.
- ◆ There is no known cure.

Common Symptoms

Symptoms of sarcoidosis are generally variable. Symptoms can occur suddenly (acute sarcoidosis) or slowly over a number of years (chronic sarcoidosis). The most common symptoms are:

- ◆ Tiredness, fatigue and weakness
- ◆ Joint and muscle pain
- ◆ Dry cough
- ◆ Wheezing
- ◆ Shortness of breath
- ◆ Skin rash which may itch but is not painful
- ◆ Loss of appetite or weight
- ◆ Enlarged lymph glands
- ◆ Red eyes with itching or blurring
- ◆ Fever
- ◆ Night sweats

Research is the key to broadening our knowledge of this condition providing the foundation for developing and improving current treatments.

For more information contact enniskillensarcgroup@yahoo.com or check out our Facebook page ISARC NI



Shopmobility

Shopmobility Enniskillen (SME) is a local charity providing motorised scooters and manual wheelchairs to anyone with limited mobility living in or visiting Enniskillen and Co. Fermanagh. Limited mobility could be as a result of illness such as stroke, diabetes or an age related illness where you just find you get tired walking long distances. Anyone can use SME services; you do not have to be a blue badge holder. Our main office is located in the Bus Depot (Translink), Enniskillen and we have a Service Desk in Erneside Shopping Centre. SME is open Monday to Friday 10am to 4pm (with pre booking for Saturday use) in the Bus Depot and 11am to 3pm in Erneside Shopping Centre; Wheelchairs can be hired outside of these hours in the Shopping Centre via security staff. Daily hire of equipment is free of charge, with a small charge for long term hire. To become a member, a short form must be filled, with picture identification supplied. Membership is free of charge. Once a member, full training is given. SME has also volunteering opportunities. It takes ten minutes to learn how to use our equipment for a lifetime of use.

For more information call to either location, call SME on 028 66329965. Website www.shopmobilityenniskillen.com visit our Facebook page or twitter account.

Self Directed Support – promoting Choice, Control and Independence

The Western Trust will soon be introducing a new way of delivering Social Care Services called Self Directed Support. Self Directed Support allows individuals and families to have informed choice about how care is provided to them with a focus on ‘working together’ to achieve individual outcomes.

Self Directed Support works by affording individuals as much control as they want over their ‘personal budget’. A personal budget is money that is available to someone who needs support. This comes from the Trust and is used to meet an individual’s assessed social care needs.

Self Directed support allows people to choose how their care is provided, and gives them as much control as they want over their personal budget. Self Directed Support includes a number of options for getting support.

The individual’s personal budget can be:

- ◆ Taken as a Direct Payment (a cash payment)
- ◆ A managed budget (where the Trust holds the budget, but the person is in control of how it is spent)
- ◆ Or the Trust can arrange a service.
- ◆ Individuals can also choose a mixture of all three of the different types of Self Directed Support.

Traditionally Health and Social Care Trusts assess an individual’s needs and decide what supports they can arrange. Now, Self Directed Support means that once a Trust agrees that an individual needs social care support, they can work with their key worker to agree how care is provided to best meet their care and support needs. This provides much more choice, control and flexibility to individuals and families allowing them to choose a package of support that best suits their lifestyle.

If the person you care for needs help to organise their support they can ask the Trust, family members or a friend to help with this.

Self Directed Support is not replacing traditional services, and people can continue with their existing packages of care or have a mixed package where you can direct some of your support. Self-directed support is simply another option that allows people and families to have more choice and control over the supports they receive, such as

- ◆ having care staff visit them at times of their choosing
- ◆ employing their own personal assistants,
- ◆ the flexibility of using their budget to purchase services that meet their needs more creatively and individually than existing Trust Services including respite provision.

In this way, individuals are empowered and supported to exercise choice and control over their social care services, promoting independence and allowing them to live their lives in the way that they want.

The Health and Social Care Board (HSCB) is inviting, Carers, Service Users, members of the public and other stakeholders to comment on the potential impact of the introduction of Self Directed Support on the Section 75 groups particularly focusing on Age (older and younger people), Disability, and Dependants (Carers).

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Self Directed Support (Continued)

There are a number of ways that you can give your views and these include:

- Online at www.hscboard.hscni.net/consult
- Email SelfDirectedSupport_EQIA@hscni.net
- In writing: To: SDS EQIA Consultation, Social Care and Childrens Directorate, Health and Social Care Board, 12-22 Linenhall Street, Belfast BT2 8BS

Where can I find out more about Self-Directed Support?

Please contact your keyworker or Ms Louise Hunter, Implementation Officer, Self Directed Support, Western Health & Social Care Trust, Riverview House, Abercorn Road, L/Derry, BT48 6SB, Tel. 028 7123 2125 or email louise.hunter@westerntrust.hscni.net

Information on Self Directed Support can also be found on the Health and Social Care Board website - <http://www.hscni.net/> and through the Transforming Your Care website - <http://www.transformingyourcare.hscni.net/>. The Centre for Independent Living is also available to offer advice on being an employer - <http://www.cilbelfast.org/>.

STAYING CONNECTED

Befriending/Mentoring

Are you over 60 and living with Arthritis and/or have other long term conditions?

Are you living with pain?

Are you feeling isolated?

There are at least 289,000 people in Northern Ireland living with Arthritis. Arthritis is not life threatening, but it can be life changing. Arthritis not only affects a person physically but also emotionally and socially.

What is the Staying Connected Mentoring/Befriending Service?

Arthritis Care's new specialist mentoring/befriending service is designed to help the older person learn ways to manage and cope better with their condition. It also aims to help carers to cope better with the demands of their caring role.

Arthritis Care volunteers are ordinary people who live with arthritis and/or other long term conditions so understand the difficulties of coping with a condition such as arthritis.

If you are interested in availing of the program or for a volunteer pack or further information please contact

Mary McConville
Project Manager

Phone: 028 9078 2940

Email: marym@arthritiscare.org.uk

YOUNG CARERS

[Welcome to Babble — an online community for young carers](#)

Babble has been created by Carers Trust as an online space where those aged under 18 who are caring for a family member or friend can chat, share their experiences and access information and advice.

The site aims to bring together young carers from across the UK in an online space which is safe, fun and supportive. The online team are on hand to answer any questions you might have, and to offer support and advice via e-mail or one-to-one webchats'

'Carers Trust works to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. With our Network Partners, we aim to ensure that information, advice and practical support are available to all carers across the UK.'

TO FIND OUT MORE FOLLOW THE LINK BELOW

<https://babble.carers.org>

Carers Week Events

Tuesday 9th June 2015 — Killyhevlin Hotel, Enniskillen

Thursday 11th June 2015 — City Hotel, L/Derry

If you are on the carers register and receive this newsletter directly to your home you will find enclosed an invitation to Carers Week. Please ensure that you tick which event you wish to attend and highlight any issues such as alternate care, needing to leave early or transport.

Places for the events are in high demand so please return your booking form as soon as possible. If you book a place and find you need to cancel, please let us know as soon as you can as we usually have a waiting list.

The workshop this year will be delivered by Siobhan Heaney from Singtonicity.

SingTonicity events use a unique mix of voice, sound, vibration, breath and rhythm to energise, uplift and relax the participants. We use the power of sound, laughter and song to give you an instant health boost, increase energy levels and promote individual self awareness in a group setting.

Group singing creates a special energy between people that can lead to a real sense of community and a sense of belonging. It leaves the group feeling vibrant, light and confident. It's guaranteed to put a smile on everyone's face.

At the end of a SingTonicity event participants leave with a feeling of well being, group unison, release, lightness and a great sense of accomplishment and confidence, which carries over into all aspects of their work and personal life.

"I have found SingTonicity to be most invigorating yet relaxing, in a totally unique way – the combination of body and vocal movements provides gentle therapy in a most humorous manner (and we all need it)... PMcG

No talent is necessary because your body reacts to sound and vibrations whether you sing in tune or not! **No musical knowledge is required** - Our motto is "If you can talk, you can sing!"

Laura Ritchie (Mrs)

WHsCT Carers Development Worker

Community Services Dept

2 Coleshill Road

Enniskillen BT74 7HG

Tel:028 66344000

Direct Line:02866 344180

Email:Laura.Ritchie@westerntrust.hscni.net

The Carers Development Post in the Foyle area is currently vacant. In the meantime the Carers Support Office in Fermanagh are dealing with all enquiries.

Carers Database

Following the distribution of the last Carers Newsletter (prior to Christmas) 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.

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"/>
