

During UK Carers Week 14th - 20th June 2010

'Carers Service Of Thanksgiving'

*Attended by Civic Party * Led by Canon
Glyn Webster*

For All Carers; Former Carers; Those They
Care For & All Those Who Support Them



**LIGHT A CANDLE IN
YORK MINSTER**

Thursday 17th June 2010: 1.30-2.30pm

followed by refreshments

details & free tickets from:

yorkcarersforum@tiscali.co.uk

01904 422 437

'A Life Of My Own'

*With kind permission of the Dean & Chapter of
York Minster*

Supported by our Patrons: Glyn Webster, June

Nelsey & Jeremy Fletcher; &



(YCF Newsletter Number 21-May 2010)

York Carers Voice!



York Carers Forum's
e-Newsletter



May 2010



**Getting in touch with
York Carers Forum**

Please send your news, articles, queries & comments in a sealed envelope to:

'York Carers Forum - Newsletter'
c/o 13, Hopgrove Lane South,
York, YO32 9TG.
yorkcarersforum@tiscali.co.uk
01904 422 437

[The small print: York Carers Forum reserves the right to edit or publish any article. Inclusion does not necessarily mean YCF agrees with the author's views.]

www.yorkcarersforum.org

If you are reading York Carers Voice for the first time & would like more information about York Carers Forum please get in touch (as above) saying where you found this Newsletter.

Just a minute 26th April 2010

We had a Members' Meeting on Monday 26th April at which we again spent time on the 'Carers Quilt' (some lovely patches coming forward now); talked about the forthcoming 'Carers' Week Programme of events; enjoyed the fourth of our FREE massage sessions from the York Healing Clinic; had a look at the latest draft of the 'Carers' Passport' and evaluated the 'Carers' Self Health Checklist Form' - there are plans to update this and re-issue it with an evaluation form as up to now feedback has been limited.

Carers Strategy Group (meets 8/6/10)

If you've anything to raise at the Carers Strategy Group please get in touch with your 'link' people (Katie or Irene) at York Carers Forum (contact details on page 2). Remember, they are your link to the City of York Council (Social Services) and they cannot act upon your concerns if they don't know what they are!

Woodlands Open Day 28.04.2010

YCF enjoyed having an Information Stall at the Woodlands MS Respite Centre's Open Day. We met with some 'old friends' & made some new ones - especially popular was the young man from Oakhouse Foods who brought 2 delicious cakes to sample! It was good to see some of YCF's members there & we had lots of enquiries from new potential members. We all took the opportunity to enjoy a free massage from York Healing Clinic & were kept going with supplies of yummy refreshments & food throughout the day!

Many thanks to Glyn Jones for looking after us so well!

Unfortunately the Table Top Sale which YCF organised (24/04/10) was not so well attended - the weather was so lovely that we think the locals must have been in their gardens all day... A pity, but enjoyable non the less because the company was so good! Thanks to all who helped or took part!

One thing that proved to be extremely popular at the Table Top Sale was: Mick Corringham's 'Chocolate Crunch' & as we have had many requests for the recipe here it is:

Mick's Chocolate Crunch!

- 4 oz of butter or margarine
- 1 oz cocoa powder
- 2 oz raisins or 6 oz dates
- 3 oz golden syrup
- 8 oz digestive biscuits
- 6+ oz milk/white/plain chocolate

1. Melt butter in pan + golden syrup + cocoa;

2. Mix in crushed biscuits + fruit;

3. Press into tin & leave to cool;

4. Melt chocolate in bowl over pan of simmering water;

5. Pour chocolate over top of base & smooth with a warmed palette knife;

6. Chill for a few hours;

7. Double quantities to line a swiss roll tin;

8. Cut into squares, triangles etc & EAT!

Thanks Mick!

Carers' Quilt

Have you made **your** square yet - to celebrate the life of someone for whom you care or have cared?



If YOU are or have been a carer and would like to make a square for the Carers' Quilt then please follow these guidelines:

- ✓ Size 6" x 6" (15cm x 15cm).
- ✓ Fabric - something which is personal & significant to you & the cared-for person eg fabric from a dress.
- ✓ Style - appliqué, embroidery, fabric paints, anything robust but not sharp!
- ✓ Ideas? - Plait ribbons, interweave dress belts, use medal ribbons, a badge, a button, part of a tie(s) etc.
- ✓ Ideas used so far: a beach hut appliquéd, a mountain & climber, a daffodil in cross stitch, a cat at a window, a hobby, a memory.
- ✓ Please hand it in at the next meeting (the deadline) - 24th May (NB help given if needed!

These squares are being mounted, padded, backed & joined into panels by the Carers Quilt Team who will also help you with your square if you cannot sew!



The panels are being joined together to form the Quilt which is going to be Blessed by Canon Glyn Webster at the Carers' Thanksgiving Service in York Minster (1.30pm 17th June 2010 - Tickets are free from York Carers Forum - if you receive a printed Newsletter see enclosed flyer & application form). We hope the Quilt will be hanging in a chapel in the Minster throughout Carers Week.

(Don't panic too much if you don't get your square completed in time for the service as this is an on-going project!)

To find out more please contact Katie:

by telephone on **01904 422437**

or email yorkcarersforum@tiscali.co.uk

UK Carers Week - Minster Service 2010

- Service lasts about 45 minutes
- In York Minster Quire
- 1.30pm on Thursday 17th June 2010
- Followed by refreshments.
- All carers, those they care for, former carers & those who support carers (including the 'workers' of an organisation) are warmly invited to attend (see back page).
- Everyone will be given a candle to light for a loved one
- The names of those no longer living will be read out during the service.

If you have a loved one who has departed & you would like their name to be read out please request this by May 24th!

This event is free but because of limited space in the Quire please request tickets for admission & refreshments.

Access & space for wheelchairs is available. Parking can be reserved in the Purey Cust carpark for Blue Badge holders

who should request a special permit which **must** be in the car next to the Blue Badge. Please request tickets & permits by 24th May so they can be sent out with the June Newsletter. If you want your tickets sooner OR receive an e-Newsletter please request tickets by post enclosing a stamped addressed envelope.

.....cut along this line.....

MINSTER SERVICE 2010 - TICKETS

- **Name:**
- **Address:**

- Please send [] **Ticket(s)** for Carers Service (& Refreshments) in York Minster Quire 1.30pm Thursday 17.06.10
- I have a **Blue Badge** & request a **Parking Permit** for the Purey Cust car park: [] (please tick the box if you require this)
- I need [] **Wheelchair Space(s)**
- I need [] **Large Print Version(s)** of the **Service Sheet**
- Please read out the following **Name(s):**

Monday 14th June 10am - 4pm

For your delight & entertainment

York Carers Forum bring you

(for one day only)
the incredible,
amazing, delightful
CARERS' EVENT

- ☪ 100 Free Fabulous T-Shirts!
- ☪ Reviving Refreshments & Delicious Delicacies!
- ☪ Lovely Lord Mayor at 2pm!
- ☪ Remarkable Raffle!
- ☪ Marvellous Massage from York Healing Clinic!
- ☪ Cycle City York!
- ☪ Exciting Entertainment!
- ☪ Superb Singing!
- ☪ White Knights!

Monkbar Hotel, Monkgate, York

Supported by our Wonderful Patron

June Nelsey



Tuesday 15th June 10am - 4pm

Carers Week Open Event

Everyone Welcome!

- ☪ 10.30am - Opened by Sue Galloway, Lord Mayor of York.
- ☪ Stalls with Information & Advice.
- ☪ Room 1: 'Workers who Care'.
- ☪ Tombola with super prizes.
- ☪ Bikes 'ID Tagged' free.
- ☪ Refreshments available all day.
- ☪ 100 Free T-Shirts!
- ☪ 100 Free Cotton Bags!



**The Guildhall, Lendal,
York**

(down the lane next to the Mansion House)

Supported by CITY OF YORK
COUNCIL

Thanks to Michael Shepherd for sending in the following really useful exercise:

Exercise for people over 50

- Begin by standing on a comfortable surface where you have plenty of room at each side of you;
- With a 5lb potato bag in each hand extend your arms straight out from your sides & hold them there for as long as you can - try to reach a full minute then relax;
- Each day you'll find you can hold this position for a little longer - after 2 weeks move on to 10lb potato bags;
- Then try 50lb potato bags & eventually try to get to where you can lift a 100lb potato bag in each hand & hold your arms out straight for more than a minute (Michael says he's at this level!)
- After you feel confident at this level try putting a potato in each bag...

Ouch!

Learning Disability Services

Nicola Cowley is the Learning Disability Nurse at York Hospital. She can support anyone with a learning disability whilst in hospital or attending for an appointment AND she can support the family/carer(s) as well! When in hospital Nicola will visit the person to find out more about them and write a plan to make their hospital stay easier. She may even visit them at home if the hospital visit is pre-planned. Nicola will also talk to the Hospital staff to tell them about the 'Care Plan'. A longer stay will mean more frequent visits from Nicola to ensure that the planned care is happening. Nicola will find out the answer to any question you may ask which she cannot answer straight away.

This service is available Monday to Friday 9am - 4.30pm.

Contact Nicola by 'phone: 01904 726 296

By mobile: 07969 613 662

Or by email: nicola.cowley@york.nhs.uk

*Jill McMahon has given us the following important information about some recent research evidence:

"...Researchers at Edinburgh University have discovered that 'voice recognition technology' finds men harder to understand than women! They found that computers in automated ticket booking lines misunderstood men's speech because they make, 'umm' and 'err' sounds more frequently than women. The computers also made mistakes with words which sound similar and also with variations in pitch, tone and speed.

(Taken from, 'Welfare Rights Bulletin' 215 April 2010 News in Brief - BBC News Website 04.03.10)*

Please can YOU help during Carers Week? There are 3 events being organised by YCF & we need help for all 3 in order for them to be a success! eg: on a stall; serving drinks; Tombola; Minster Stewards; baking; greeting people etc.

Patient Advice & Liason Service (PALS)

The PALS Helpdesk is situated in the main entrance foyer of York Hospital. It is open Monday to Friday 8.30am - 4.30pm. It is the place to turn to when a patient, relative or carer needs on the spot help, advice or support. PALS will help to sort out concerns about care being provided & guide you through different services available within the NHS. It will not offer counselling, diagnosis nor detailed medical information.

The PALS service is confidential but with your permission information may be shared with other hospital professionals so that you can be helped. If PALS cannot help you will be referred to other sources of help.

If you wish to make a complaint to York Hospitals NHS Foundation Trust PALS will give you advice & information about this.

You can also ring 01904 726262 or 726263. There is an answer phone. Email pals@york.nhs.uk