

York Carers Forum

invites you to meet

Guest Speaker

Eric Lambert (1pm)
(Photographer)

At the **Carers' BBQ**

& Photo Competition

Monday 27th September

10.30am-3pm

at City Mills, Skeldergate, York

EVERYONE WELCOME!

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York Carers Forum's
e-Newsletter

York Carers Voice



September 2010

Getting in touch with York Carers Forum

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

Katie Smith (Secretary)
'York Carers Forum - Newsletter'
c/o 13, Hopgrove Lane South,
York, YO32 9TG.
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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 when & where you found this Newsletter.

'Just a Minute' - 23rd August 2010

We welcomed Liz Tune to our meeting who told us about 'In Safe Hands', the 'sitting' service offered by Age Concern York which gives carers a break. We have recorded Liz's talk so that anyone who missed it will be able to listen to it if they'd like to - just ask! There are also lots of information leaflets available about this & other services offered by Age Concern York.

The usual massage, sandwiches & copious cuppas were also there, & a raffle, & Jenga - but no-one played Jenga - they were all too busy doing other things!

As promised, some photos of the Jane Tomlinson 10K run/walk (01.08.2010):



Susie, Frances & Irene - who can doubt who we were fundraising for?!

A Grand Day Out!

On Sunday 22nd August we boarded a coach in York & had a wonderful trip out to Burnby Hall Gardens (near Pocklington). After lunch we enjoyed a Strawberry Cream Tea & the Merrybanks Male Voice Choir. Some of their jokes are still going around, such as the one about the man with a cabbage on a dog-lead who thought it was a cauli' (collie).

The waterlilies looked beautiful in the sunshine & the huge fish were very tame, almost climbing out of the lake to be fed!



Photos by kind permission of Katie Smith

Our sincere thanks go to the Rotary Club of York who funded this very special treat for carers!

Premiere

Carers' Stories A Life of My Own?

On Tuesday 24th August we held the Premiere of the film about carers lives at the Best Western Monkbar Hotel in York. About 60 people attended and many orders were taken for copies to show to colleagues, potential colleagues, friends, families and new carers - in fact to anyone who is affected by a caring role. The DVD was well received and requests are coming in for showings at other venues - so if you missed it watch this space...

Thanks, once again to our wonderful Patron, June Nelsey for letting us use the Monkgate room, providing us with delicious refreshments and for taking part.



This shouldn't be allowed to happen -

by Joan Metcalfe

I recently read an article in the 'paper (it was also on TV) which concerns me & many others.

A mother (Carer) & her daughter (severely handicapped) had been found dead in their home. It would appear that the mother had passed away & the daughter, who was now alone in the house had nobody to care for her & had died days later because no-one was aware of the circumstances. Apparently the mother had previously refused all help with her caring role - giving to Social Services the impression that she could manage when obviously the responsibility to her daughter was too much for her to cope with on her own.

I suspect it could have been depression that made her keep things 'bottled-up' to herself, wanting to 'go it alone' without help. When I was a Carer I can remember saying to the 'powers that be', "I'm fine

thanks, I can manage!" but deep inside I was screaming for help, yet no-one noticed... WHY? All I ever got was, "You're doing marvellously!" - but deep down you knew you wer'n't.

What I can't understand is why these trained people cannot see where there is a problem. I realise that everyone's requirements have to be honoured but some people won't ask for anything, saying that things are OK when they're not. It would have helped if someone had known the girl was alone at home, an observant neighbour or even some simple form of telecommunication system!

So, Carers out there - if it gets too much for you to care for someone or you need a break then swallow your pride & be outspoken & ask for assistance & tell your Care Manager (if you have one) that you need some help & advice - IT'S THERE FOR YOU!

If you don't have a Care Manager you can contact Social Services on 01904 555111

Talktalktalktalktalktalktalk

An invitation from Nick at the Healing Clinic:

"Nick Lutyens-Humfrey is one of the massage therapists who regularly comes to the York Carers Forum meetings. On Wednesday 8th September he is giving a talk on **Chinese Food Energetics** (dietary therapy) at the York Healing Clinic (Museum Street) from 1-2pm. The talk will cover ways in which foods are classified and selected according to the principles of traditional Chinese medicine, helping us to adapt our diet and benefit our health.

Nick is trained in Chinese herbal medicine as well as acupressure, massage and acupuncture.

The talk is free to Friends of the Healing Clinic and a voluntary £2 donation to the Clinic's Bursary Fund is suggested for non-members.

01904 679868

Everyone is welcome!"

Carers' Rights

YorkLINK (Local Involvement Network) is holding a **PUBLIC AWARENESS & CONSULTATION EVENT on CARERS' RIGHTS**: 08.09.10 from 10.30am-4pm at Team-Talk, Rougier Street, York.

Carers make a valuable contribution to the assessment & treatment of their loved ones. If you are, or have been a carer come along to this event to find out about some of the services available to carers.

Speakers from a number of different organisations (+YCF) will be talking about a variety of issues including:

- * Young carers in education
- * Employment issues for carers
- * Welfare benefits for carers
- * Carers assessments

The event is open to everyone & is free of charge. There is no need to book in advance. If you need any further information please contact YorkLINK: 01904 621631; participate@yorklink.org.uk
www.yorklink.org.uk

Selby & York Falls Prevention Service

Getting Ready For Winter Monday 27th
September 10am-1.30pm at the Folk Hall,
New Earswick.

- Sloppy Slipper Exchange - Age Concern York will give you a new pair of slippers in exchange for a worn pair & check your toe nails too!
- Meet the Falls Prevention staff & take free leaflets on home safety & preventing falls.
- Find out about Warden Call & Telecare services. Check the benefits you're entitled to.
- Get advice on fire & community safety.
- Get your blood pressure taken & your ears checked for excessive wax.
- Ask a podiatrist about foot care problems & learn how to keep your bones strong & healthy.
- Meet lots of other organisations.
- FREE fruit basket raffle!
- FREE tea & coffee!

Hotspots!

The Hotspots Project run by the Energy Partnership Ltd. helps residents to achieve warmth, comfort & safety in their homes. Residents can be referred for energy efficiency advice, possibly leading to: grant applications for free heating systems & insulation; benefits checks to maximise income; & home safety checks to minimise the risk of fire in the home.

A recent example: the City of York Council referred an 87 year old resident to Hotspots which resulted in a home visit from the Pension Service. The resident & his wife are disabled & their daughter acts as their carer. The visit identified that he was entitled to claim Pension Credit & he was assisted through the application. The result was an award of £12.17 per week for 11 weeks & then £15.37 per week onwards. This also entitles him to a cold weather payment of £25.

For information on Hotspots: call Chloe at the Energy Partnership on 01904 55 44 90

Caring for the Carer!

Being a carer is hard work & this can mean you neglect your own needs. It's crucial to look after your own health or YOU might end up being the one who's cared-for!

- Ⓢ Accept help on offer & ask for help if you're feeling the pressure!
- Ⓢ Take a break - even 10 minutes in the garden with a coffee can help you to cope with the next task more easily.
- Ⓢ Eat well - don't skip meals, don't snack constantly & keep a balanced diet, make sure you get enough fluid over the day too.
- Ⓢ If you don't feel as well as usual get in touch with your doctor or Practice nurse - you won't get a medal for keeping going & you could end up being really ill!
- Ⓢ Be nice to yourself - do something you enjoy, go somewhere you like to be, make space for a hobby & do it!
- Ⓢ You're invaluable - never forget that!

Huntington Community Centre

Want to try something new?

- At Huntington Community Centre, 26 Strensall Road, Huntington, York.
- Wednesday 15th September 2010.
- FREE drop in sessions.
- Chair aerobics;
- Arts & Crafts;
- Jewellery making;
- Cake decorating;
- Sugar flowers;
- Gardening tips.
- Find out more about support for carers in York.
- Meet your local neighbourhood team.
- Refreshments available.
- Open to everyone.
- Mobility transport can be arranged - book York Wheels in advance by ringing 01904 630080.
- More information from the Carers Centre: 01904 715490.

Soothing music for relaxing to:

Did you go to the Carers Thanksgiving Service in York Minster during UK Carers Week? If you did, you'll remember Paul Jennison who played the autoharp before the service! The autoharp was patented in 1881 by Charles F. Zimmerman of Philadelphia. The instrument consists of a psalter or zither type soundbox from which the right hand delicately draws the melody, coupled with a selective string damping mechanism with which the left hand produces a gentle chordal accompaniment. Paul has 2 albums available called, 'Tranquility' which has 28 well known tunes & 'Tranquility 2'. CDs cost £10 +p&p & a long-play cassette costs £6 + p&p. You can also buy postage-free copies directly if you see Paul playing in York!

Further information from: Paul Jennison,
46, Albany Street, Hull, HU3 1PL.
www.frismeck.com

Hotel Key Cards

Thanks go to Mary Bradford who sent us the following rather alarming information: If you can manage to get away for a holiday and stay somewhere that issues you with a magnetic Key-Card with an access code to get into your room be aware that this Key-Card may also hold some information about **you!** Such as:

- ✦ Your NAME
- ✦ Your PARTIAL HOME ADDRESS
- ✦ Your HOTEL ROOM NUMBER
- ✦ Your CHECK-IN & CHECK-OUT DATES
- ✦ Your CREDIT CARD NUMBER & EXPIRY DATE

This information may stay on the card until electronically overwritten with a new guest's information - so it could be open to being used illegally by any employee!

Advice? Destroy the card, take it home, cut it up, run a magnet over the magnetic strip several times but **DON'T GIVE YOUR INFORMATION AWAY TO STRANGERS!**