

York Carers Forum Meetings

THE 'THURSDAY' MEETING

CARERS' ART & CRAFT!

10.30AM-3PM

THURSDAY 13th OCTOBER!

LUNCH 12-1PM

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THE MONDAY MEETING

MONDAY 24th OCTOBER 2011

10.30AM-3PM

AFTER LUNCH OUR SPEAKER ERIC LAMBERT WILL ALSO JUDGE THE 2ND YCF PHOTOGRAPHIC COMPETITION! PLUS - THE USUAL REFRESHMENTS, LUNCH 12-1, RAFFLE, & MASSAGE

Both meetings are in the Residents' Lounge, City Mills, Skeldergate, York.
(Next to the Bonding Warehouse)

(YCF NewsletterOctober2011)

York Carers Voice



**YORK CARERS FORUM'S
E-NEWSLETTER**



**NUMBER 38
OCTOBER 2011**

GETTING IN TOUCH WITH YORK CARERS FORUM

This is the CARERS' Newsletter so please send **your** news, articles & comments to:

Katie Smith (Chair)
'York Carers Forum - Newsletter'
c/o 13, Hopgrove Lane South,
York, YO32 9TG.
yorkcarersforum@tiscali.co.uk
01904 422 437
Mobile 07940 287242

[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.

'On the Radar' – events happening soooooon:

- + **Thursday October 13th** – Carers' Art & Craft. 10.30am-3pm at City Mills.
- + **Friday October 14th** – YCF stall at York University 'Freshers' Week' 10am-1pm.
- + **Monday October 24th** – Carers' Meeting at City Mills 10.30am-3pm. Guest Speaker Eric Lambert (1pm) who will also judge the YCF 2nd Photographic Competition.
- + **Friday October 28th** – YCF at York Older People's Assembly Information Fair, St. Olave's Church, Bootham, 10am-12.30pm.

'On the Horizon' – dates for your diary:

- ☐ **Thursday November 10th** – 10.30am-3pm YCF Carers' Art & Craft Meeting at City Mills.
- ☐ **Thursday November 10th** – YCF at YOPA Information Fair, Methodist Church Hall, Front St., Acomb 10am-12.30pm.
- ☐ **Saturday November 12th** – YCF information at Acomb Methodist Church (Yes, again!)
- ☐ **Monday November 28th** – Carers' Meeting.
- ☐ **Friday December 2nd** – CARERS RIGHTS DAY: we are having an Information Event, an Art & Craft Exhibition & a Christmas Party all rolled into one at the Monkbar Hotel 10.30am-4pm! Places are limited! BOOK NOW TO AVOID DISAPPOINTMENT! Details in the next Newsletter...

CARERS HAVING FUN!!!

Steam Train Trip



Oh, my, how will we beat this one?
It poured with rain & then the sun came out!
Some of us got a bit wet but there were plenty
of shops & cafes to nip into at Goathland!
And then, there were the STEAMTRAINS!
Woo-ooo-wooooooo! Nostalgia on wheels of iron!
Like so many children we hung our heads out of
the windows, got bits in our hair, took photos &
enthused about the noise & the steam! The
smell took us back to when this was the only
kind of train! Our carriage was comfortable &
the sun came out for the whole trip. Thanks to
all who helped, to Joyce for organising a raffle
& THANKYOU TO YORK ROTARY VIKINGS!



First things first...
David & Margaret
eating ice-cream at
Goathland!



Mary & Katie looking for
some sunshine!



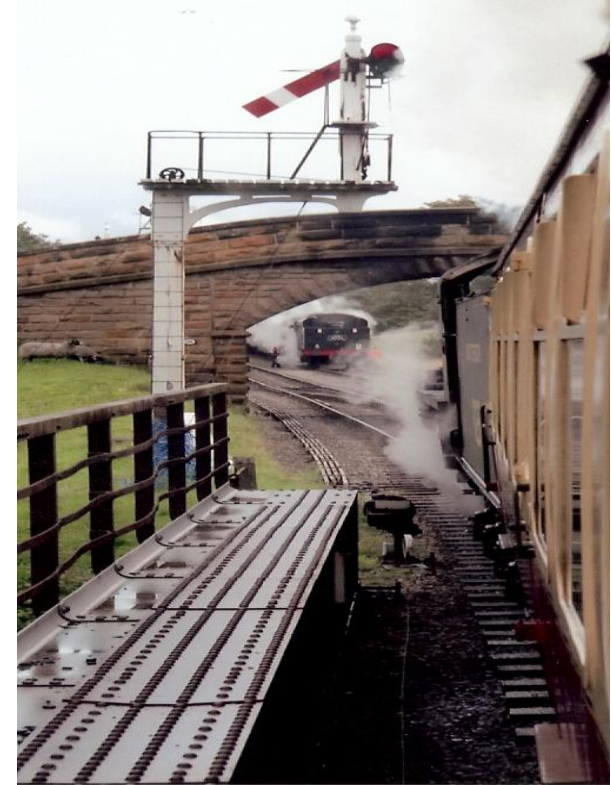
We wait for our

train...





All aboard!



Where shall we go next year?
Please send your ideas for **CARERS' TRIPS**
OUT to: YCF (see page 2).



Carers' Meeting 26th September



Eileen & Mary playing conkers!

Mary went on to become 'champion conker-er' & won a scrummy box of choccies!

2nd YCF PHOTOGRAPHIC COMPETITION



Last chance to enter the '**2nd YCF PHOTO COMPETITION**'.

To be judged at the YCF Carers' Social on Monday 24th

October 2011 by our Guest Speaker: Eric Lambert. A prize will be given to one winner from each of the 3 categories (listed below) &

everyone at the Social can also vote for an overall favourite - 'The People's Choice Prize'. Entries may appear in future YCF Newsletters. Photos will be returned.

Eric is a professional photographer who will be showing some of his own photos during his talk which begins at 1pm.

- There are 3 categories:
- 1. 'My Home Town';
- 2. 'My Garden';
- 3. 'My Hobby'.



- Photos should be no less than 6" x 4" in size and securely attached to a thick piece of paper or card leaving a 1" (2½cm) border all the way round.
- Put your:
NAME
ADDRESS
PHONE NUMBER
E-MAIL
on the BACK of each entry where they cannot be seen when on display.

- Put the following:
 TITLE of your photo
 CATEGORY you are entering
 on the 1" border at the FRONT where it
 can be clearly seen when on display.
- Each photograph entered carries an Entry
 Fee of 50p (to cover expenses). Exact
 money in an envelope (with your name on)
 submitted with your entry(ies) please.
- There is no limit to the number of
 photographs you can enter but each entry
 should be submitted as above to YCF.
- ****DEADLINE** for entries is **3PM**
THURSDAY 13TH OCTOBER 2011** (at
 the Art & Craft Meeting at City Mills).
- THE JUDGE'S DECISION IS FINAL.
- Entries can be taken to any Carers'
 Meeting before the deadline or posted to
 YCF. If posted please ensure that the
 correct postage is attached!
- Contact details for entries are on page 2
 of this Newsletter.

DATES FOR NEXT YEAR'S MEETINGS 2012

(Dates confirmed month by month in Newsletters)

MONDAYS 10.30am-3pm:

23rd January;
 27th February;
 26th March (Annual General Meeting);
 23rd April;
 28th May;
 NO 'MONDAY' MEETING IN JUNE!
 23rd July;
 27th August;
 24th September;
 22nd October;
 26th November;

NO 'MONDAY' MEETING IN DECEMBER!

THURSDAYS (ART & CRAFT) NB TIMES VARY:

12th January 10.30am-1pm;
 9th February 10.30am-1pm;
 8th March 10.30am-1pm;
 12th April 10.30am-3pm;
 10th May 10.30am-3pm;
 NO 'THURSDAY' MEETING IN JUNE!
 12th July 10.30am-1pm;
 9th August 10.30am-1pm;
 13th September 10.30am-3pm;
 11th October 10.30am-3pm;
 8th November 10.30am-3pm;

NO 'THURSDAY' MEETING IN DECEMBER!

York People First

'York People First' is a voice for people with learning disabilities. They are based at York Eco Business Centre, Amy Johnson Way, Clifton Moor, York, YO30 4AG. You can ring them on 01904 479315; email them on yorkpeoplefirst@talktalkbusiness.net ; look them up on www.yorkpeoplefirst.co.uk ; follow them on TWITTER - search for 'York People First' or 'York People First 2000'; or watch their Hate-Crime Drama on YouTube - search for 'York People First'.

Drawing & Painting: Create & Make

Wednesdays 1-3pm: 2nd; 9th; 16th; 23rd & 30th November 2011.

A short course of drawing & painting suitable for absolute beginners as well as those with some experience led by Claire Douglas. All adult learners welcome - please get in touch if you may need additional support. THERE IS NO CHARGE TO ACCOMPANYING CARERS! Fee: £50 FULL; £40 for learners in receipt of State Pension; £20 for learners on Means Tested Benefits.

To take part book your place at York Explore:
01904 552806;
email adult.education@york.gov.uk

South Bank Community Cinema

The next Silver Screen film is 'Singing in the Rain' starring Gene Kelly. It will be shown at St. Clement's Church Hall, Nunthorpe Road, York (opposite Scarcroft School) on 7th October at 12.30pm. Tickets are £2 but CARERS GO FREE. All seats are at tables & there are refreshments to buy.

Parent Mentoring

Parent Mentoring is a new service delivered jointly through the CVS (Community Service Volunteers) & the City of York Council. These fully trained volunteers will support families with disabled children for up to 4 hours a week over a 6 to 9 month period. They will help families to overcome barriers, link in with community services, promote good parenting skills, make decisions & changes & generally be a helping hand & a listening ear.

*If you have a disabled child & would like to know more about this service then contact Megan Malleson, the Service Coordinator:

by telephone on 01904 554302 or 07788543814.

or by email megan.malleson@york.gov.uk

*OR: If you're over 18, interested in becoming a volunteer, have experience of parenting or a good understanding of the issues involved & can commit to a minimum of 6 months service after training then contact Megan for an informal discussion.

YCF SINGERS

Did you sing with the 'singing group' in the Minster in June's Carers' Service? Would you like to sing in a little group for a Family Carol Service nearer Christmas?

We have been invited to sing at a service with the 'fsid' (Foundation for the Study of Infant Deaths) Support Group to be held on Sunday 4th December in York Minster (?2pm).

You don't need to read music, just hold your tune! All the songs are well known Christmas Carols & singing 'in parts' is optional. Music & words will be provided. A rehearsal or two will be arranged beforehand.

Get in touch with YCF if you are interested.

YCF MOBILE PHONE

York Carers Forum now have a mobile phone so that carers can contact YCF at any time by text or voicemail. The phone will be checked daily & taken to all meetings & on outings so that carers can get in touch at the 'last minute'.

YCF MOBILE: **07940 287242**

CARING & COPING COURSE

Alzheimer's York commence their latest Caring & Coping course for family carers at 10.30am on 4th October at the Gateway Centre in Acomb.

There are 6 sessions & although commitment to all 6 is desirable it's not compulsory.

More information & booking on 01904 658106 or email: gill.myers@alzheimers.org.uk

VISIONARY EXHIBITION

- Thursday October 6th 10am-3pm.
- Exhibition Centre, Heslington Campus, University of York.
- Displays of Products & Services including: Action for Blind People; RNIB; Guide Dogs for the Blind Association; Macular Disease Society & Thomas Pocklington Trust.
- Free shuttle bus from Tea Room Square, York Railway Station every hour from 9.30am.
- For more information contact:
Rachel Bostwick on 01138 127540
Or email:
rachel.bostwick@carnegieleaders.org.uk

St Paul's Church, Holgate will have coffee & chat for carers on Wednesday 2nd November at 7.30pm. Anne Wooldridge 07845 156726.

YORK INDEPENDENT LIVING NETWORK

- York Independent Living Network hold their first FORUM on Tuesday 25th October 10am-3.30pm.
- The day will be about PERSONALISATION & TRANSFORMING SOCIAL CARE.
- Held at St. Clement's Hall, Nunthorpe Road, York.
- There is a booking form on the website www.yiln.org.uk
- Or ring Catherine Surtees, Partnerships Manager, York CVS on 01904 683820

PARKINSON'S UK

Sue Martin is the Information Support Worker with Parkinson's UK for York, North Yorkshire & Bridlington.

Her role is to give advice, support & information about services available to people with Parkinson's disease and their carers.

Telephone: 0844 225 3635

Email: smartin@parkinsons.org.uk

Have you caught sight of the latest recipe book for carers yet?

It's called:

'Quick Recipes for Busy Carers' by Nora Bone....

Hospital BLUE-BADGE Parking

Many of you have commented on Blue Badge parking at York Hospital since the system changed there. We have made enquiries & although this doesn't solve everything hopefully it will clarify some issues:

- Authorised Blue Badge (BB) holders park free of charge but must comply with parking restrictions shown on entry to the site.
- The car park at the front of the hospital has 54 bays for BB holders including space for side & rear loading vehicles.
- Queueing for the car park is not allowed on the road along the side of the car park.
- Anyone causing an obstruction whilst waiting for a space may be asked to move by the attendant who is there from 9am-5pm.
- The attendant may question users to verify their use is valid & to prevent abuse of the system.
- Additional BB bays for visitors in Emergency Department & Neurosciences car parks.
- If all spaces are taken a BB holder may park over 2 bays free of charge in the multi-storey car park. There are wheelchairs on the first & ground floors to assist with mobility. Take a ticket on entry & when ready to leave call at car park administration office located on ground floor to show BB & hand over ticket for validation.

KEEP IT IN THE FAMILY

- Apparently 45,000 families each year sell their homes to pay for care bills.
- Do you want to go to a FREE seminar?
- Part of a national roadshow.
- How to protect your home & savings from care fees, the taxman & many other plans.
- How to write the perfect Will.
- Presented in plain English by Steve Long (Wills, Tax & Trust expert).
- At the Holiday Inn, Tadcaster Road, York, YO24 1QF.
- Wednesday 5th October.
- 10am; 2pm & 7pm.
- Refreshments served 30 minutes before start of each session.
- Reserve a place: 0800 118 5460
www.universalseminars.co.uk
- other dates & venues online at:
www.howtoavoidcarefees.co.uk

TIPS TO KEEP A HEALTHY BLADDER & BOWEL

- * Drink at least 6-8 mugs/ large glasses of fluid a day.
- * Try to avoid or reduce tea, coffee, alcohol & fizzy drinks as these will make you need to pass urine more often.
- * Water is good for you.
- * Don't get into the habit of going to the toilet 'just in case'.
- * Eat at least 5 portions of fruit & vegetables every day.
- * Eat 3 portions of high fibre foods such as wholemeal bread, high fibre breakfast cereals & wholemeal pasta every day.
- * Take regular exercise such as swimming & walking.
- * If you have concerns such as leaking urine when you cough, laugh, sneeze or exercise; passing urine frequently; leaking urine without warning or feeling your bladder doesn't empty properly &/or if you have concerns such as not moving your bowels at least 3 times a week; pain or discomfort; never feeling empty following a bowel movement or not passing smooth, sausage-like movements then contact the Continence Advisory Service on 01904 724363. ANYONE CAN RING THEM!
- * Or contact your own GP – especially if you pass blood or mucus, lose weight or lose your appetite!