

**\*York Carers Forum Meetings\***

**THE 'THURSDAY' MEETING**

**CARERS' ART & CRAFT!**

**10.30AM-3PM 10<sup>TH</sup> NOVEMBER**

**THIS IS THE LAST THURSDAY  
MEETING FOR 2011!**

**LUNCH 12-1PM**

-0-0-0-0-0-0-0-0-0-0-

**THE MONDAY MEETING**

**MONDAY 28<sup>TH</sup> NOVEMBER 2011**

**10.30AM-3PM**

**THIS IS THE LAST MONDAY MEETING**

**FOR 2011! COME ALONG AND SAY  
WHAT YOU'D LIKE TO DO IN 2012.**

**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 NewsletterNovember2011)

# York Carers Voice



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



**NUMBER 39  
NOVEMBER 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](mailto:yorkcarersforum@tiscali.co.uk)  
01904 422 437 (+ answermachine)  
Mobile 07940 287242 (text or voicemail)

[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](http://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. **NB: IF YOU RING & NO ONE ANSWERS - PLEASE LEAVE A MESSAGE !**

**'On the Radar'** – events happening soooooon:

- + **Thursday November 10<sup>th</sup>** – Carers' Art & Craft. 10.30am-3pm at City Mills.
- + **Thursday November 10<sup>th</sup>** – YCF at YOPA Information Fair, HOLGATE METHODIST CHURCH, ACOMB ROAD. 10am-12.30pm. Swop your sloppy slippers! Check your BP! Free toe-nail cutting. Have a coffee!
- + **Saturday November 12<sup>th</sup>** – YCF information at Acomb Methodist Church, Front Street, Acomb.
- + **Monday November 28<sup>th</sup>** – Carers' Meeting at City Mills 10.30am-3pm.
- + **Friday December 2<sup>nd</sup>** – 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 inside this Newsletter...

**NB there is neither a Monday Meeting nor a Thursday Meeting in December!**

**'On the Horizon'** – dates for your diary:

- ☐ **2012**
- ☐ **Thursday January 12<sup>th</sup>** – Carers' Art & Craft. 10.30am-1pm.
- ☐ **Monday January 23<sup>rd</sup>** – Carers Meeting 10.30am-3pm. SPEAKER Julie Ryan on TELEHEALTH at 11am.

## YCF AT YORK HOSPITAL OPEN DAY



Meeting the Civic Party...



Discussing the new Bereavement Suite...

\*Thanks to Penny Goff for the photos!

## DATES FOR NEXT YEAR'S MEETINGS 2012

(Dates confirmed month by month in Newsletters)

### **MONDAYS 10.30am-3pm:**

23<sup>rd</sup> January – SPEAKER: Julie Ryan/Telehealth;

27<sup>th</sup> February;

26<sup>th</sup> March - Annual General Meeting;

23<sup>rd</sup> April;

28<sup>th</sup> May;

NO 'MONDAY' MEETING IN JUNE!

23<sup>rd</sup> July;

27<sup>th</sup> August;

24<sup>th</sup> September;

22<sup>nd</sup> October;

26<sup>th</sup> November;

NO 'MONDAY' MEETING IN DECEMBER!

### **THURSDAYS (ART & CRAFT) NB TIMES VARY:**

12<sup>th</sup> January 10.30am-1pm;

9<sup>th</sup> February 10.30am-1pm;

8<sup>th</sup> March 10.30am-1pm;

12<sup>th</sup> April 10.30am-3pm;

10<sup>th</sup> May 10.30am-3pm;

NO 'THURSDAY' MEETING IN JUNE!

12<sup>th</sup> July 10.30am-1pm;

9<sup>th</sup> August 10.30am-1pm;

13<sup>th</sup> September 10.30am-3pm;

11<sup>th</sup> October 10.30am-3pm;

8<sup>th</sup> November 10.30am-3pm;

NO 'THURSDAY' MEETING IN DECEMBER!

### South Bank Community Cinema

The next Silver Screen film is 'Easter Parade' starring Fred Astaire & Judy Garland. It will be shown at St. Clement's Hall, Nunthorpe Road, York (opposite Scarcroft School) on 4<sup>th</sup> November at 12.30pm. Tickets are £2 but CARERS GO FREE. All seats are at tables & there are refreshments to buy.

### 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 4<sup>th</sup> December in York Minster (2pm - tbc).

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. New singers welcome! Get in touch as soon as possible with YCF if you are interested. Thanks to those who've joined!

### YCF's 2<sup>nd</sup> Photographic Competition - RESULTS!



Eric Lambert presenting Eileen R., winner of the, 'My Garden' section with her prize.



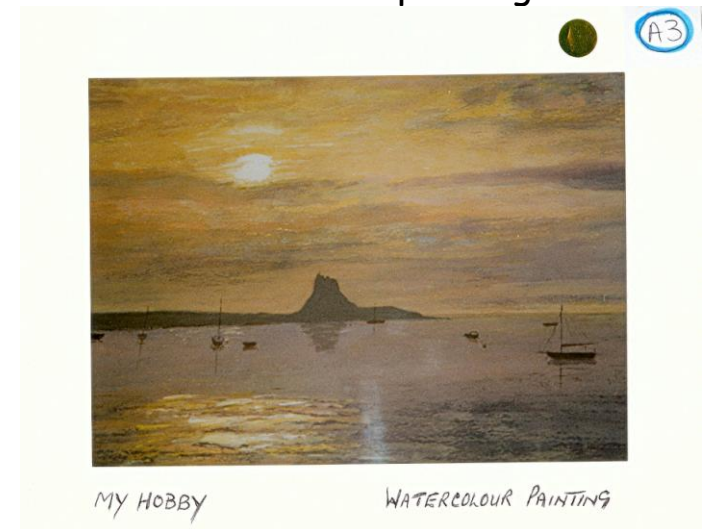
MY GARDEN.



Eric presents Joyce W., winner of the, 'My Home Town' section with her prize.



Doreen H. won both the, 'My Hobby' section and the 'People's Prize' for her photograph of her watercolour painting.



The standard of entries was so high that Eric said it was a difficult task to judge just the 3

winners. He credited 4 other photographs as 'Highly Commended' & had praise & constructive comments for them all. Thanks to Eric for his inspiring talk & for showing some of his own photographs & for judging the entries. Well done to all who took part!

If you missed the photographs you can see them at the Monkbar Hotel on Friday 2<sup>nd</sup> December as part of the Art & Craft Mini Exhibition. Have you booked your place yet? We need numbers for catering!

Eric began his talk with a poem (author unknown) which is reproduced here by request:

### Forgetter be Forgotton

"My forgetter's getting better,  
But my rememberer is broke.  
To you that may seem funny  
But to me that is no joke!

For when I'm 'here' I'm wond'ring  
If I really should be 'there',  
And when I try to think it through  
I haven't got a prayer!

Oft times I walk into a room,  
Say, "What am I here for?"  
I rack my brain, but all in vain -  
A zero is my score!

And when I put something away  
Where it is safe - oh, gee,  
The person it is safest from  
Is usually me!

When shopping I may see someone,  
Say, "Hi", & have a chat,  
Then when the person walks away  
I ask myself, "Who's that?"

Yes, my forgetter's getting better  
While my rememberer is broke,  
It's driving me plumb crazy  
& that isn't any joke!"

Has anyone else got a favourite poem or saying which you'd like to share with others? Send a copy in to YCF and we'll put it in a not too distant Newsletter!

### COMMENTS REQUIRED:

The Peripheral Vascular Diseases Review Group (PVD) needs a consumer referee to comment on a new review protocol about which modes of exercise are of most benefit to patients with intermittent claudication (cramping pains in leg muscles).

If you are a patient or carer with experience of this subject please contact Cathryn Broderick for a checklist and a full copy of the article or for more information:

01316 503206

[cathryn.broderick@ed.ac.uk](mailto:cathryn.broderick@ed.ac.uk)

Dr Cathryn Broderick

Assistant Managing Editor

Cochrane PVD Group

Centre for Population Health Sciences

University of Edinburgh

Teviot Place

Edinburgh

EH8 9AG

Comments are needed by 8<sup>th</sup> November 2011.

**'FLU VACCINATION:** CARERS are entitled to a pre-winter 'Flu Vaccination from their GPs - ask **your** GP practice for more information!

# CARERS RIGHTS DAY 2011

This year we are celebrating Carers Rights Day at the Monkbar Hotel, St. Maurice's Road, York.

- ➔ In the Cloisters Suite (access via car park at rear of hotel or through Reception)
- ➔ Friday 2<sup>nd</sup> December 10.30am - 4pm
- ➔ Information Tables: 'Money Matters'
- ➔ Mini Massage from York Healing Clinic
- ➔ Carers' Art & Craft Mini Exhibition
- ➔ YCF Christmas Stall - Gifts to Buy
- ➔ Sing-a-long Christmas Carols
- ➔ Tom & his Accordion
- ➔ Carers, Cared-for & Former Carers, Family, Friends, Guests & Supporters ALL WELCOME!
- ➔ Buffet lunch (please book to help with catering)
- ➔ 'Have-a-go' Easy Crafts
- ➔ Grand Christmas YCF RAFFLE with lots of prizes! Drawn at 2.30pm

### **Equalities Advisory Group – ‘Help us get it right’ day**

- Thursday November 10<sup>th</sup> 10am-3pm
- Meet City of York Council staff
- Priors Street Centre
- 60 minute WORKSHOPS that have an effect on carers & those they care for
- Taxis to & from the venue (including accessible taxis) & substitute carer costs can be provided if you'd like to attend OR
- Bring the person you care for with you if that's what you'd both like to do
- Other needs can be discussed to enable carers to attend this meeting
- Contact Rosanne Morris 01904 551811  
[rosanne.morris@york.gov.uk](mailto:rosanne.morris@york.gov.uk)

### **VCS Forum for Learning Difficulties**

- 23<sup>rd</sup> November 2011
- 1.30-3.30pm
- The Priors Street Centre, 15 Priors Street, York
- Contact Catherine Surtees (Partnerships Manager) for more information:  
01904 683820/621133  
[catherine.surtees@yorkcvs.org.uk](mailto:catherine.surtees@yorkcvs.org.uk)

### **YOUR HEALTH IS IN YOUR HANDS!**

There are thousands of preventable deaths in the UK every winter. Many are caused by a drop in body temperature & restricted circulation, falls or seasonal illnesses like 'flu. The very young & old & the ill & frail are particularly at risk. The first stage in the latest NHS campaign is **HAND HYGIENE** as the most common way to spread the germs of colds, flu & Norovirus (aka winter vomiting) is on your hands! Thorough handwashing WITH SOAP & WARM WATER is the single most important thing which YOU can do to help reduce the spread of infection & protect yourself, your family & those around you!

There is a 6-step video to demonstrate how best to do this at [www.northyorkshireandyork.nhs.uk](http://www.northyorkshireandyork.nhs.uk)

#### **Did you know?:**

- We have between 2,000,000 & 10,000,000 bacteria between our fingertips & elbow!
- The number of germs on your fingertips doubles after using the toilet!
- Up to half of all men & a quarter of women don't wash their hands after visiting the toilet! (Yuck!)
- Germs can stay alive on hands for up to 3 hours!

**Remember:** germs may be lurking on door handles etc – even if you've washed your hands someone else might not have!