

MEETINGS 2012: confirmed monthly in Newsletters

MONDAYS 10.30am-3pm:

23rd January (Speaker – Julie Ryan on Telehealth);

27th February;

26th March (Annual General Meeting);

23rd April;

28th May;

NO 'ORDINARY 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:

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!

(YCF NewsletterJanuary2012)

York Carers Voice



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

**A HAPPY
NEW YEAR**

NUMBER 41

JANUARY 2012

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 (+ answer-machine)

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

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:

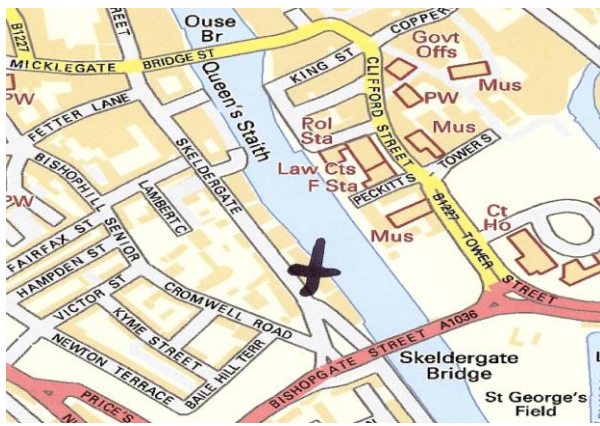
- + **York Older People's Assembly** – Open Meeting Monday 16th January: 2-4pm at the Friends Meeting House, Friargate.
- + **Alzheimer's Course for Carers** - new 6 week course begins on Wednesday 18th January. For more details & to book a place contact Gill Myers 01904 658106 + 01904 799773.
- + **Arthritis Care York** – Saturday 21st January: 10.30-12noon at York Explore (Central Library). Regular Meeting held on the 3rd Saturday of every month for those with Arthritis who would like help & support. Accessible venue. Contact Julie McGall 01904 629747 or Angela Cammish 01723 863447 for more details.
- + **Ceilidh** – Saturday 21st January: 7-10.30pm at English Martyrs, Dalton Terrace. Haggis, Pipes, Raffle, Dancing (not compulsory!) £10 adult; £5 under 16 & free under 5. Tickets from Age UK York, Walmgate. Organised by Home Instead (01904 690884) to support Age UK York.
- + **YCF Carers' Meeting** - Monday 23rd January at City Mills 10.30am-3pm. Guest Speaker: Julie Ryan at 11am talks about TELEHEALTH. Plus: lunch; refreshments; massage; raffle.
- + **'Information Exchange'** – the Community Facilitators will be at York Explore 10-12noon on Thursday 26th January. Browse information

about Personalisation & Support Planning; share information about local opportunities; access Yortime & Ableweb. More information from June Peacock: 07833 049018 or Sue Reape: 07833 049036.

✚ **Pantomime** – Saturday 28th January 1.30pm at Burton Stone Lane Community Centre. ‘Diverse 4/6’, a theatre group for adults with learning difficulties/disabilities perform Mother Goose. Tickets £2 & Enquiries from Donna or Charlotte on 07521 354107.

✚ **Basic Computer Courses for beginners** – Not working? Over 18? 2 x 8 week FREE computer courses at ‘Space 109’, 107-109, Walmgate. Course 1: 9.30-11am or Course 2: 11-12.30pm both start Thursday 2nd February. Ring 01904 612790 for details or to book.

✚ **On the map below – ‘X’ marks City Mills!**



‘On the Horizon’ – dates for your diary:

- 📍 **Carers’ Art & Craft Meeting** - Thursday February 9th 10.30am-1pm at City Mills.
- 📍 **South Bank Community Cinema** – Friday 10th February 1.30pm for 2pm. ‘South Pacific’ at Clement’s Hall, Nunthorpe Road. £2 each. Refreshments available. Accessible venue.
- 📍 **Arthritis Care York** – Saturday 18th February 10.30-12 at York Explore.
- 📍 **YCF Carers’ Meeting** - Monday February 27th 10.30am-3pm at City Mills.

CHRISTMAS CARDS

YCF would like your used Christmas cards please - just the fronts, to use for craft. Bring them to a YCF meeting when you can. Thanks.

NEXT CHRISTMAS

ADVANCED WARNING - YCF are aiming to produce their own Christmas Cards for next year. If you find yourself with an idle moment over the coming weeks please start to explore any creative ideas you may have & bring them to the next Art & Craft meeting.

WOULD YOU LIKE PRAYER SUPPORT?

- * Several people have said that they would value prayer as a form of support.
- * YCF have a small ecumenical group of people who would like to pray for others.
- * If you would value prayer for your situation or someone you care about you can email your request to yorkcarersforum@tiscali.co.uk
- * You can also text or voicemail your request to the YCF mobile: **07940 287242**
- * You don't have to belong to a particular faith to access this support.
- * Your request will be emailed to the Prayer Support Group (PSG).
- * Your personal details can be withheld from the group if you'd prefer.
- * All your details will be treated as confidential & not go beyond the PSG.
- * Your prayer request & details will be deleted once the request is circulated - ie we do not keep your request on file.

YORK OLDER PEOPLES ASSEMBLY

York Older Peoples Assembly (YOPA) works hard to improve life for the over 50s in York. They hold

regular public meetings with Guest Speakers: the next one is on Monday 16th January at 2pm at the Friends Meeting House, Friargate. Emma Stone will address: 'Loneliness – Neighbourhood Approaches – Action Research' and Janet Dean will address: 'Dementia – alternatives to institutional care – challenges and opportunities'. YOPA would value **your** input if you have something to say that affects over 50s in York.

Have you seen the YOPA **50+** newsletter? To get a copy ring 01904 634661 or email:

yorkassembly@btconnect.com

MONDAY MEETING - all welcome!

10.30am - 3pm

Monday 23rd January 2012

City Mills, Skeldergate, York.

At 11am GUEST SPEAKER - Julie Ryan will talk & answer questions about **TELEHEALTH** - this enables some people with certain conditions to be monitored at home rather than have unnecessary hospital admissions (NB this is not the same as Tele-Care)

HAPPY NEW YEAR TO ALL OUR READERS!

Thanks to Mary B. For the following terrible cracker jokes:

- Did you hear about the dressmaker who built her house on the outskirts?
- Did you know that snails keep their shells looking smart with snailvarnish?
- Have you ever heard a ghost singing a haunting melody?
- Is it true that rabbits get their clothes from the haredresser?

ROOM 101?

No, nothing to do with Paul Merton...

101 is the new **non-emergency police telephone number** which replaces 0845 60 60 24 7 in York and North Yorkshire.

If you should need to call the police for incidents such as a minor traffic collision or criminal damage or to talk to a local police officer or Police Community Support Officer about a community issue then dial **101**.

If the operator deems your situation to be more urgent you'll be transferred to emergency services.

Only dial 999 if it is a true emergency – for example: if someone's life is or could be at risk.

Corned Beef Hash

A la Chef Roisheen C.!

Ingredients:

1 tin of corned beef chopped into chunks;
1 small tin of baked beans drained & washed of sauce (unless you really like it!);
1 onion chopped & fried gently until soft;
1 tin of chopped tomatoes;
1 teaspoon of tomato puree;
A dash of Worcester sauce.

PLUS: potatoes boiled, drained and mashed as you like them. Try adding a topping of chopped chives, grated cheese or mustard seeds to flavour the mash.

Method:

Mix all ingredients together and top with mashed potato.

Bake in a medium-hot oven until liquid is bubbling and mash turning golden.

OR

If you're in a hurry just thoroughly heat through the ingredients in a pan and serve with the mash!



JANUARY 23RD
IS YUAN TAN – THE CHINESE NEW YEAR – THIS YEAR IT'S
THE YEAR OF THE DRAGON!



Thanks to those who came together as the 'York Carers Forum Singers' to sing in the Minster on Sunday 4th December.

If **you** would like to be a part of the singing group for future events please get in touch with YCF.



York SUPA Group

(Service User & Carer Group)

This group runs as part of the Social Work department at York University and is involved in the selection process of students for the Social Work BA Degree, teaching on modules in the SW programme & assessing the quality of students' and practice teachers' reports from a Service User & Carer perspective.

SUPA is currently seeking CARERS who would like to share their expertise with SW students. All sessions are at the University of York and are fully accessible.

Find out more at:

<http://www.york.ac.uk/spsw/socialwork/supa-group/>

Contact Sue Lansley if you'd like to find out more 01904 321298; sue.lansley@york.ac.uk



Dial-a-Ride Trips are regularly run on specified days from either the North side of York or the South side of York to places such as Shopping Outlets or Garden Centres. For a flat fare you will be collected between 9-10am & set off on the return journey home at 2.30pm – just ring 01904 551441 in advance to book your seat or find out more.

Forthcoming Trips:

From the NORTH side at £5 –

- Designer Outlet, Fulford: 23/ Jan.
- Matalan/Dunhelm, Clifton Moor: 30/ Jan.
- Yorkshire Air Museum. Elvington: 6/ Feb.
- Designer Outlet, Fulford: 13/ Feb.
- Clifton Moor: 21/ Feb.

From the SOUTH side at £5 –

- Designer Outlet, Fulford: 24/ Jan. & 14/ Feb.
- Clifton Moor: 31/ Jan. & 28/ Feb.
- Yorkshire Air Museum: 7/ Feb.

PHARMACY? WALK IN HEALTH CENTRE? GP? A & E?

PHARMACY?: excellent source of health information & advice + over the counter medicines!

WALK-IN HEALTH CENTRE?: see nursing staff, an on-duty doctor or get a quick referral appointment to a clinic or your own GP if necessary.

GP practice?: if you're unwell, needing a check-up or repeat prescription. Same-day Home Visits can usually be arranged.

A & E?: exactly that! **ACCIDENT & EMERGENCY!!!**