



# Caring News



May 2010

## Carers Week 14th—20th June 2010



This year the theme ***A life of my own*** will enable carers to talk about many parts of life that most of us take for granted e.g. family occasions, going on holiday, a meal out, even just chilling out for an evening with no worries or responsibilities. Carers will speak about what they need to have *a life of their own*, including:

- Access to relevant and practical information, to help them with their caring role
- The opportunity to take a break when they need it
- Support at times of crisis
- Financial support

Carers Week 2010 will highlight:

- Why supporting carers is crucial
- How carers miss out on things we all take for granted
- What needs to be changed

### Local events for Carers Week

For Carers' Week this year, Worcestershire Carers' Unit will be working closely with Staff in both Acute and Community Hospitals to raise awareness of carers, the issues carers face and current support available. With Carer Development Officers now based at both Worcestershire Royal Hospital and Alexandra Hospital in Redditch. Carers' Week is the ideal time to support staff in identifying, involving and signposting carers.

#### Carers Garden Party

Take some 'time out' for yourself –  
come along on

**Wednesday 16<sup>th</sup> June 1.30 pm - 4.30 pm**

For an afternoon of fun and entertainment!

#### Traditional Garden Games

Live Music

Strawberries and Cream

Afternoon Teas

Raffle

Information Stands

To be held at

**The Barn, Seward Road, Badsey, Worcestershire,  
WR11 7HQ**

(Disabled toilet facilities)

**Booking essential** – numbers are limited, so please complete and return the reply slip on page 4 or phone Worcestershire Association of Carers on 01905 26500 for more information.

#### From 10th to 18th June

Carers Careline Redditch will be mounting information displays in Redditch Library and Redditch Ecumenical Centre.

#### On Monday 14th June

There will be a special Carers Day at St Richards Hospice, Wildwood, Worcester from 10.30am to 3.30pm. The Worcestershire Association of Carers will attend with a wide range of relevant information for Carers.

#### On Tuesday 15th. June

Carers Careline Redditch will host a street stall display in Church Green West, Redditch from 10am to 2pm.

**Worcestershire Association  
of Carers**

**Helpline: 01905 26500  
or 0800 652 3151**

**Email: [mail@carersworcs.org.uk](mailto:mail@carersworcs.org.uk)**

**Worcestershire Carers Unit  
General Enquiries**

**Helpline: 0800 389 2896**

**Email:**

**[carers@worcestershire.gov.uk](mailto:carers@worcestershire.gov.uk)**



Part of  
The Princess Royal Trust  
Carers Centre Network

Supported by  
 **worcestershire**  
county council



**Introducing Gabby Hemming,  
New Carers Development Officer at Alexandra Hospital.**

Hello to you all, I would like to take this opportunity to introduce myself. My name is Gabby Hemming and I am the newest member of Worcestershire County Council Carers' Unit. I will be predominantly based at the Alexandra Hospital, Redditch as Carers Development Officer (CDO). My background is in general nursing; I trained at Ronkswood and once qualified I have worked at the Alex on and off since 1993.

Throughout my nursing career I have been amazed by the amount carers do for the people they care for. Together with Clare Scott, CDO for Worcester Royal Hospital, we hope to raise awareness of carers' issues and ensure carers are listened to in hospital and involved in making decisions. This will be my main objective within the Alex hospital and I think this is going to keep me quite busy. Strong links will also be maintained with the Community Hospitals to provide information to carers and staff.

In particular I am looking forward to National Carers Week, (14<sup>th</sup> – 21<sup>st</sup> June) as this will be the first large event that I have ever been involved with and what a platform this will be to promote carers' support.

I hope to meet some of you in the future. Regards, Gabby.

A meeting for all carers is to be held on Wednesday 9th June at 6 pm for 6.30 pm start at Issac Maddox House, Shrub Hill Road, Worcester, WR4 9RW to discuss modernising mental health services in Worcestershire. This meeting will discuss how mental health services for both adults and older adults will need to change to meet the needs of our service users and carers. For further details contact Christine Marsh, Head of Community Engagement and Patient Experience, Worcestershire Mental Health Partnership NHS Trust by phone on 01905 681612 or by email to: [christine.marsh@worcsmhp.nhs.uk](mailto:christine.marsh@worcsmhp.nhs.uk)



**In its simplest form, MoodMaster aims  
to be for emotional health,  
what Weight Watchers is for your  
weight!**



- **Are you achieving what you hoped for yourself?**
- **Are you waking up not looking forward to the day ahead?**
- **Do you get frustrated with situations and wish you had a better way of managing your emotions?**
- **Do you dream of things you would like to do but never seem to realise those dreams?**
- **Do your emotions get the better of you?**

**Learn to let go of negative emotions to feel mentally and psychologically healthy.**

**Topics will include:**

**Understanding your emotions  
Getting a good nights sleep  
Problem solving  
Music  
Eating and drinking the right things  
Dealing with situations that stress you out**

**Venue: To be arranged**

**When: Wednesday evenings commencing 14<sup>th</sup> July 2010 for 12 weeks**

**Time: 6.30 pm—7.45 pm.**

**If you are interested in booking a place (there are 12 places per course) or for more information please contact Sarah Taylor – Practice Educator – Service User and Carer Promotion on 01905 733226 or email [sarah.taylor@worcsmhp.nhs.uk](mailto:sarah.taylor@worcsmhp.nhs.uk)**

## **Message from Liz Lloyd—Chief Officer WAC**

### **Where are we now?**

The three organisations in Worcestershire that focus specifically on carers met together in January to see how we could work more closely to support carers. As a result, Crossroads Caring for Carers Worcestershire, Carers Careline Redditch and the Association agreed to work as a Consortium. We believe this can give a stronger carer voice: enable us to be in a stronger position as a local provider for local services and from our different backgrounds have a wider reach to carers.

We agreed to become a one-stop contact point for carers and under our new name “Carers Action Worcestershire” will have a joint new 0300 phone number and a website “[www.carersactionworcs.org.uk](http://www.carersactionworcs.org.uk). These will be in place from the beginning of June.

### **New Carer Services**

Last year the council and NHS Worcestershire had a major review of carer services, in which carers were well involved. As a result there were tenders for a number of services, some of them new. Coming together as a Consortium proved itself – we were successful in bidding for services the Council wanted provided. What are these?

### **Information**

We want to get out to more carers: those who don't see themselves as carers; those who don't see any point in asking about help; those in hard to reach groups; to give them a better chance of at least hearing what help there is. There will be a telephone helpline 24/7 staffed by the three organisations and when carers ring or mail in , we shall answer their questions and run through a “carers wellcheck” – giving information and signposting onto other help and support.

### **Support**

Carers groups will continue across the county, but for those who can't come to the groups or prefer not to, we shall be expanding Carers Careline telephone Support Scheme where carers can be contacted on a regular basis by a volunteer befriender.

### **Carers' views**

Hearing what carers have to say is so important. What is happening – or not happening on the ground? Can we make things better for carers - how? The issues that come up will be taken to the statutory organisations; go to the new Carers Consultative group; to the County's Overview and Scrutiny Groups. There are going to be two new forums, one in the North and one in the South where carers from all different groups can meet together. From those who come to the Forums, we hope to encourage carers to become involved in representing carers and giving their views. This could be at meetings or by phone or e-mail discussions and will be starting from the autumn.

### **Talking to GP practices about carers**

So many carers tell us how important GPs and health care staff can be in supporting them as carers. So our new funding will enable us to work with all practices in the county to show that supporting carers not only helps the carers themselves, but also supports the practice too. This has been so successful in our earlier GP work, that in central Worcester, there is now a group of four practices who are funding a practice based Carer Support Worker. In the few months since she started work, she has seen some 70 carers, some of whom have never heard of carer support!

**Carers Action Worcestershire** is your voice –  
let's work together to make sure carers are heard!



**Caring with Confidence expands across Worcestershire.**

Well over one hundred and sixty carers from Malvern, Evesham and Redditch have now joined in Caring With Confidence with many reporting new found confidence and less isolation in their caring roles.

Any carers living in or near Worcester are now invited to attend the start of a new Caring With Confidence course at St Nicholas Church, Warndon Villages on Thursday mornings. It launches with 'Finding Your Way' on Thursday 27<sup>th</sup> May from 10 am til 1 pm. Anyone wishing to attend this or future sessions, or needing more information should contact Wendy, Liz or Jean at the Worcestershire Association of Carers on 01905 26500.

**Dates for your Diary**

**Annual Golf Charity Day**

**Wednesday 8th. September 2010 at Ombersley Golf Club**  
Sponsorship and prize donations would be most welcome.  
Please call the office for more details.

**The Christmas Concert will take place on Friday December 10th. 2010.**  
More details in future issues of Caring News.

**49 Club - Lotto Bonus Ball**

The Bonus Ball on Saturday 6th. March 2010 was ball number 43.

The £100 cheque went to Mrs J. from Stourport-on-Severn.

The Bonus Ball on Saturday 3rd. April 2010 was ball number 45

The £100 cheque went to Mrs C from Redditch.

**Keep the Bonus Ball rolling!**

If you have not signed up please get in touch with WAC for an application form.

Good luck in future draws to all our supporters!

**Summertime Anagrams**

The winner of the Spring Anagrams in the last edition has been notified by post.

**Win £5**

Can you unscramble these 10 anagrams to find words related to Summer. Send your answers to WAC by June 30th. 2010 and the winner will be the first correct entry drawn at random.

alwowsl  
ddbbaery  
ryeswatrb  
blwoendim  
rcbebaeu

tlyuebtr  
eeuctchrhf  
ssediae  
tckrcei  
sdlaoihy

**Garden Party Ticket Application**

I would like to attend the Carers Garden Party at The Barn, Seward Road, Badsey, Evesham on Wednesday 16th June from 1.30pm to 4.30pm.

A contribution of £3 on the day would be appreciated.

Name.....

Address.....

Post Code.....

Telephone No.....

I need transport

I can offer transport

I will need respite care

Please cut off and return this slip to arrive no later than Monday 7th. June to the WAC office at Unit 17H Shrub Hill Industrial Estate, Worcester WR4 9EL.

**CARER  
GROUPS**  
Call WAC  
for details

**Kidderminster Carers Group**

3rd Thursday of the month  
2.00-4.00  
St Chads Church Hall, Comberton  
Kidderminster

**Stourport Carers Group**

3rd Thursday of the month  
11.00-12.30  
Coffee Lounge, Methodist  
Church, Stourport

**Martley and Villages  
Carers Group**

1st Monday of the month  
10.30-12.30  
Heaton House  
Mortlake Drive, Martley

**Worcester Carers  
Group**

1st Friday of the month  
10.30-12.00  
Friends Meeting House  
Sansome Place, Worcester

**Malvern Carers Group**

3rd Tuesday of the month  
2.00-3.30  
Viscount Cobham Court  
Pickersleigh Road, Malvern

**Pershore Carers Group**

Last Tuesday of the month  
2.00-3.30  
Roland Rutter Court  
Newlands, Pershore

**Bromsgrove Carers Group**

2nd Thursday of the month  
11.00-12.30  
Methodist Centre  
Stratford Road, Bromsgrove

**Droitwich Carers Group**

Last Thursday of the month  
11.00-12.30  
The Old Library  
Ombersley Street  
East, Droitwich

**Redditch Carers Group**

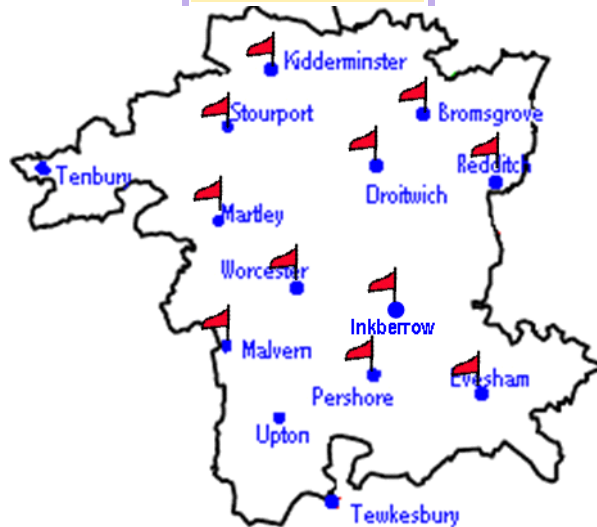
Call Redditch Carers  
Support  
on 01527 66177 for details

**Inkberrow Carers Group**

1st Wednesday of the  
month  
10.30-12.30  
PEC St Peters Hall,  
Inkberrow

**Evesham Carers Group**

2nd Wednesday of the month  
10.30-12.30  
Meade Court  
Merstow Place  
Evesham



These small  
friendly groups of  
carers are a great  
source of support  
and advice. An  
opportunity to  
meet other carers  
and enjoy a wide  
range of sessions  
for both  
information and  
recreation.  
Call Helen Lubin  
at WAC for more  
information

This document can be made available in other languages and alternative formats (large print, audio tape, computer disk and Braille). Please contact WAC for more information or email [carersinfo@carersworcs.org.uk](mailto:carersinfo@carersworcs.org.uk)

Every effort is made to ensure that the information in this Newsletter is correct. WAC and the Carers Unit cannot accept liability for errors or omissions, are not responsible for the quality of services or products referred to, and do not necessarily endorse the views or opinions expressed by other organisations or contributors.

**Worcestershire Association of Carers**

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Worcester WR4 9EL  
Helpline 01905 26500

E-mail: [mail@carersworcs.org.uk](mailto:mail@carersworcs.org.uk)

Website: [www.carersworcs.org.uk](http://www.carersworcs.org.uk)

Registered Charity No. 1071850

**Worcestershire Carers Unit**

Adult and Community Services  
PO BOX 372 Worcester WR5 2ZD  
General Enquiries

Hub Helpline 0800 389 2896

E-mail: [carers@worcestershire.gov.uk](mailto:carers@worcestershire.gov.uk)

Website: [www.worcestershire.gov.uk/carers](http://www.worcestershire.gov.uk/carers)

# Practical Sessions for Carers

District	May 2010	June 2010	July 2010
<b>Redditch and Bromsgrove District</b>	<p>*** <u>6<sup>th</sup></u> <b>Handle with Care</b> 10am-3pm St David's House Redditch</p> <p>*** <u>11<sup>th</sup></u> <b>Handle with Care</b> 10am-3pm Church View Bromsgrove</p> <p><u>19<sup>th</sup></u>. <b>Emergency First Aid</b> 10am-2.30pm Padstone Day Centre Bromsgrove</p>	<p>*** <u>22<sup>nd</sup></u> <b>Handle with Care</b> 10am-3pm St David's House Redditch</p> <p><u>30<sup>th</sup> June, 7<sup>th</sup> &amp; 14<sup>th</sup> July</u> <b>Managing Stress</b> 10am-1.30pm Arrow Valley Countryside Centre Redditch <b>All 3 sessions must be attended</b></p>	<p><u>8<sup>th</sup></u> <b>Dementia Awareness</b> 10am-2pm Bromsgrove Methodist Centre</p> <p>*** <u>28<sup>th</sup></u> <b>Handle with Care</b> 10am-3pm Church View Bromsgrove</p>
<b>Wychavon</b>			
<b>Wyre Forest</b>	<p><u>12<sup>th</sup>, 19<sup>th</sup>. &amp; 26<sup>th</sup></u>. <b>Managing Stress</b> 10am-1.30pm Kidderminster Town Hall <b>All 3 sessions must be attended</b></p>	<p><u>1<sup>st</sup></u> <b>Dementia Awareness</b> 10am-2pm BILD Kidderminster</p> <p>*** <u>8<sup>th</sup></u> <b>Handle with Care</b> 10am-3pm The Grange Resource Centre Kidderminster</p> <p><u>8<sup>th</sup></u>. <b>Emergency First Aid</b> 10am-2.30pm British Red Cross Centre, Kidderminster</p>	
<b>Malvern Hills District</b>	<p><u>10<sup>th</sup></u> <b>Dementia Awareness</b> 10am-2pm Upton on Severn Surgery</p>	<p><u>9<sup>th</sup>, 16<sup>th</sup>. &amp; 23<sup>rd</sup></u>. <b>Managing Stress</b> 10am-1.30pm Upton on Severn Surgery <b>All 3 sessions must be attended</b></p>	<p>*** <u>13<sup>th</sup></u> <b>Handle with Care</b> 10am-3pm OT Stores Ltd Malvern</p>
<b>Worcester City</b>	<p>*** <u>27<sup>th</sup></u> <b>Handle with Care</b> 10am-3pm Timberdine Resource Centre Worcester</p>	<p><u>29<sup>th</sup></u> <b>Dementia Awareness</b> 5pm-8.30pm Age Concern Worcester</p>	<p><u>7<sup>th</sup></u> <b>Emergency First Aid</b> 10am-2.30pm Red Cross Centre Worcester</p> <p>*** <u>20<sup>th</sup></u> <b>Handle with Care</b> 10am-3pm Timberdine Resource Centre, Worcester</p>

For more information please contact Sally Finch at the Carers Unit on 0800 389 2896  
For sessions marked \*\*\* Please contact WAC directly on 0800 652 3151 or 01905 26500