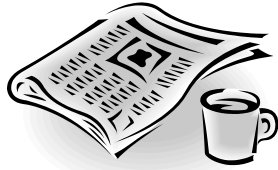


## How can we help in other ways?

### **NEWS-SHEET** -

A quarterly newsletter is sent out informing you of any topics of interests, new developments, events and outings, progress of support groups, carers' stories and any information sessions or relaxation groups which are running.



**CARERS WORLD** - Sent out 3 times a year, a newsletter specifically to inform and involve older people caring for someone with a learning disability.

Included is generally anything thought to be of benefit to you in your caring capacity. Updates on government developments, consultations and meetings regarding the direction of Learning Disability services in Wakefield are also detailed.

### **SOCIAL EVENTS AND OUTINGS** -

As and when we can, Carers Wakefield organise social trips as an opportunity to go out, relax and meet up with others. Any forthcoming events are listed in our newsletter.

February 2012

**THE RESOURCE ROOM** - We have an information centre with material on a wide range of issues such as benefits, guidance documents, aspects of caring, health conditions, stress management techniques, for example. Our materials include books, CD-ROMs and videos.

**INFORMATION SESSIONS** - We facilitate a variety of information-giving sessions. Examples of sessions include: Planning For the Future: Wills and Trusts; Safety in The Home; Welfare Benefits For Carers and Those They Care For; Self-Directed Support; Direct Payments and Housing Options. Occasionally a relaxation, stress and anxiety management programme is available for carers to attend over a 6 week period.

**MY TIME** - is a grant of up to £100 per year to specifically encourage carers to take a break. For carers who provide regular and substantial support on an unpaid basis for an average of at least 35 hours per week.



Carers Breaks & Support



We have **other Support Workers** who offer support for those in different caring situations.



Helping Carers Care

## LEARNING DISABILITIES CARERS SUPPORT WORKER

Are you caring for an adult with learning disabilities?

Do you need someone to talk to?

Do you feel you would benefit from help and support?

I am able to offer one-to-one advice, guidance and support to carers looking after someone with learning disabilities in the Wakefield Metropolitan area.

If this service interests you, why not get in touch and talk it over?

25 King Street, Wakefield WF1 2SR  
Telephone: (01924) 305544  
E-mail: [info@carerswakefield.org.uk](mailto:info@carerswakefield.org.uk)  
Website: [www.carerswakefield.org.uk](http://www.carerswakefield.org.uk)

## What can the Support Worker offer?

I can visit you at home, at our office and/or talk over the telephone with you.

I try to help by:

- LISTENING** - Talking about your concerns in confidence.
- MEETING YOUR NEEDS** - Discussing your situation and helping you address your needs wherever possible.
- INDEPENDENT ADVICE & GUIDANCE** - Relating to your circumstances. Such as: legislation rights; welfare benefits; information on disabilities/illnesses; relaxation and anxiety management; social/community groups; attending reviews or carers'/needs assessments; preparing for the future - action planning, housing, developing living skills, wills and trusts.
- USEFUL CONTACTS** - Making contact with specific organisations who could offer additional invaluable support and advice.
- ADVOCACY** - Providing support, guidance and another voice, if needed, for a range of situations.

- SUPPORT & FRIENDSHIP GROUPS** - Would you like to meet other people you can relate to, share experiences and advice with? Would you like to relax, socialise and make new friends? We facilitate a Support Group, Carers' Learning Disability Subgroup and a Walking Group, and can also help you make contact with other Carers' Groups in the Wakefield District.
- LEARNING FROM YOU** and your own life experiences. Understanding and recording the needs of carers that are not being met in order to influence changes in the future for yourself and others.

## Would you find my help useful?

My role is flexible according to a carer's needs, so please don't hesitate to ring me should you want to talk things through/find out more about how I may be able to help you.

Please ring Lucy Horobin on:  
**(01924) 305544**

Alternatively, you can e-mail me at:  
**lhorobin@carerswakefield.org.uk**

or contact me at the address  
on the front of this leaflet.

## Want to receive regular newsletters?

If you would like to be included on our mailing list to receive our News-sheet and/or Carers WorLD, please complete and return the slip below.

Name .....

Address .....

.....

.....

Post Code .....

Telephone .....

E-mail .....

My G.P. Surgery.....

.....

My Signature .....

Please send me:

**Carers News-sheet**

**Carers WorLD**

Please return to:  
**Carers Wakefield & District**  
**FREEPOST NEA 8632**  
**25 King Street**  
**Wakefield WF1 2BR**