



CARERS WEEK, 11TH - 17TH JUNE 2018

FIELDHEAD INFORMATION EVENT

As part of Carers Week, SWYT and ourselves are holding an information event for carers of relatives/friends with a mental health condition.

The event will take place on

Monday 11th June from 11.00am to 2.00pm in the Caring Garden at Fieldhead Hospital.

If you would like more information about the event or you would like to attend then please ring (01924) 305544 for more details.

COME ALONG AND HELP US CELEBRATE OUR (BELATED!) SILVER ANNIVERSARY

- 25 years since our charity was founded!

**Tuesday 12th June
4.00pm - 7.00pm**

Unity Works, Westgate, Wakefield

Having had to unfortunately cancel this event last year, we are pleased to announce that our Silver Anniversary Event will now take place during Carers Week. Come along to our Ceilidh for an evening of music and dance with the 'Dark Horse Ceilidh Band'. Join our staff members on the dance floor and celebrate with us in style!

Dancing Music

Free hot food Bar open (payable)

Dark Horse Ceilidh Band

Carers and cared for welcome. Please ring (01924) 305544 by Friday 1st June to book your place.

INFORMATION EVENT & BUFFET LUNCH

**Wednesday 13th June
10.00am - 3.00pm**

**West Wakefield Methodist Church,
Thornes Road, Wakefield, WF2 8UR**

We will be having a number of speakers on subjects such as:

**Wills, Power of Attorney, Nursing
Home Fee Assessments and Benefits**

We will also have information stands for you to browse and professionals to speak to.

If you would like to book a place could you please contact the office on (01924) 305544 by no later than Friday 1st June.

Please leave details of any special dietary requirements that you may have as a free buffet lunch and refreshments will be provided.

YORKSHIRE SCULPTURE PARK

To continue our Carers Week celebrations we will be holding an event at Yorkshire Sculpture Park. So whether you enjoy a walk in the English countryside, appreciate fine art or simply like to meet up and talk with other carers, this is the event for you!

Location: Yorkshire Sculpture Park, West Bretton, Wakefield, WF4 4LG

Date: Thursday 14th June Time: 10.00am - 2.00pm

We will meet at 9.50am by the Learning Centre (red car park) for registration. Car parking is being provided free of charge. You may then want to do your own thing or you can join us for a short guided tour of some of the exhibits, followed by a walk around the grounds. We will provide a picnic lunch which can be enjoyed outside, weather permitting, or which can be eaten in the Garden Room.

This trip, in the first instance, is for current carers registered on our database and places will be allocated on a 'first come, first served' basis.

Please telephone (01924) 305544 by Friday 1st June to book your place.

FRIDAY 15TH JUNE - TRIP TO BLACKPOOL

Join us to finish Carers Week in style with a trip to Blackpool. Enjoy the British traditions of sand, sea and fish and chips! Visit the beach, take a stroll down the Promenade, visit the pier or the Pleasure Beach, even enjoy a spot of shopping and something to eat. Carers and cared for are welcome on this trip and places will be allocated on a 'first come first served' basis.

Coach departs Pontefract at 9.30am and Wakefield at 10.00am, will leave Blackpool at 5.00pm.

A contribution of £5.00 per registered carer is required.

A payment of £10.00 is required for others.

Cheques can be made payable to 'Carers Wakefield & District'.

Please complete the Carers Week Booking Form at the bottom of the page and return with your cheque by no later than Friday 1st June.

WALKING GROUP

The next three planned walks for the Walking Group are

Ackworth - Wednesday 20th June

We will be meeting at the car park at Bell Lane for 11.00am.

Waterton - Wednesday 8th August

We will meet at Waterton Countryside Discovery Centre for 11.00am.

There is a bus service that takes you to Winterset (195/196/197), please ring Metroline on 0113 245 7676 for further information.

Newmillerdam - Wednesday 10th October

We will meet in the car park opposite the Dam Inn for 11.00am.

Please wear suitable clothing.

For more information, please ring the Carers Wakefield & District on (01924) 305544.

HELP SAVE POSTAGE COSTS

If you have Internet access, we can send you your news-sheet by e-mail, please email:

tracys@carerswakefield.org.uk

with your name, address and email address.

Thanks for helping to save costs.

IF YOU DON'T WANT TO RECEIVE OUR NEWS-SHEET

If you do not want to receive any further News-sheets, please contact us:

Tel: **(01924) 305544** or

E-mail: **tracys@carerswakefield.org.uk**

CARERS' WEEK BOOKING FORM

Please tick if you would like to go on the trip to Blackpool.

£5.00 contribution per registered carer £10.00 payment for other (not a registered carer)

No of places..... Amount enclosed.....

Please tick if you are a current carer on our database

Name(s).....

Address

Postcode.....Tel No.....

I enclose a cheque/postal order for £..... payable to Carers Wakefield & District.

Please return this booking form by no later than **Friday 1st June** to:
Carers Wakefield & District, FREEPOST RTKU-KSXH-RXXK,
25 King Street, Wakefield, WF1 2BR

CARERS GROUPS ACROSS THE DISTRICT

Name	When	Where	Dates & Activities
Ackworth Carers Group	3rd Friday each month 1.30pm - 3.00pm	College Lane Surgery, Ackworth	18th May: Arts & Crafts 15th Jun: Please ring for details 20th Jul: Arts & Crafts 17th Aug: Arts & Crafts 21st Sep: Arts & Crafts
BAME Ladies Carers Group	Last Tuesday each month 10.00am - 12.00 noon	Carers Wakefield & District 25 King Street, Wakefield	19th Jun: Eid Celebration & Cake Decoration Demonstration (please note it's the 3rd Tuesday of the month for this meeting) There will be no meetings on the 29th May / 31st Jul / 28th Aug due to school holidays.
Ferrybridge & Knottingley Carers Group	Last Wednesday each month 10.00am - 12.00 noon	Kellingley Social Club 25 Marine Villa Road Knottingley WF11 8ER	30th May: WDH Care Link Speaker 27th Jun: Bridlington Carers Week Trip (by invite only) 25th Jul; 29th Aug; 26th Sep
Hemsworth & SESKU (South Elmsall, South Kirkby & Upton)	1st Thursday each month 12.30pm - 2.30pm	South Elmsall Town Council Social Centre, Westfield Lane	7th Jun: Trip (by invite only) 5th Jul; 2nd Aug; 6th Sep
Men's Group	4th Friday each month 12.30pm - 2.30pm	Please ring for venues and more details about each group meeting	25th May; 22nd Jun: Bus Trip (please ring for details) 27th Jul; 24th Aug; 28th Sep
Mental Health Carers Group	1st Tuesday each month 10.30am - 12.30pm	Carers Wakefield & District 25 King Street, Wakefield	5th Jun: Carers Week Event 3rd Jul: Speaker 7th Aug: Speaker
Outwood Carers Group	2nd Thursday each month 11.00am - 1.00pm	Bevin Community Centre, Bevin Close, Outwood	10th May; 14th Jun; 12th Jul; 9th Aug; 13th Sep
Pontefract & Castleford Carers Support Group	2nd Tuesday each month 10.30am - 12.00 noon	Baileygate Court Sheltered Housing Complex, North Baileygate, Pontefract	8th May; 12th Jun; 10th Jul; 14th Aug; 11th Sep
Wakefield Carers Group	Last Thursday each month 10.30am - 12.00 noon	Quaker Meeting House, Thornhill Street, Wakefield	31st May: Carers Week Celebration - trip to Hepworth Museum, meet at the entrance of the museum at 10.15am. 28th Jun; 26th Jul; 30th Aug - please ring for details of these meetings.
Working Carers Group	1st Thursday each month 5.30pm - 7.00pm	Sainsbury's Cafe, Trinity Walk, Wakefield	7th Jun; 5th Jul; 2nd Aug; 6th Sep
Care Home Carers Support Group	2nd Wednesday each month 10.30am - 12.30pm	Thornycroft Centre, Halfpenny Lane Pontefract WF8 4AY	9th May 13th Jun: Combined Carers Week Trip for both Care Home Support Groups 11th Jul; 8th Aug; 12th Sep
Care Home Carers Support Group For Wakefield	4th Monday each month 10.30am - 12.30pm	Morrison's Dewsbury Road WF2 9BY	<u>May - No Group Meeting</u> 13th Jun: Combined Carers Week Trip for both Care Home Support Groups 25th Jun: Wakefield Hospice Talk 23rd Jul; <u>Aug - No Group Meeting</u> 24th Sep

For more information about the Groups or to book on any of the activities, please ring Carers Wakefield & District on (01924) 305544



LOOKING AFTER ME PROGRAMME:

an opportunity for carers to take a step back from their caring role to focus on their own goals and aspirations.

Free programme for carers to join a small group (maximum 6) of other carers, to mutually support one another, facilitated by a trained, experienced life coach, to consider what positive changes they would like to make in their own life. Many carers who have already participated in the programme have said what a positive difference it has made. 'I have found more confidence', 'Nice to think about me for a change', 'I found it so hard to make the effort to go but so glad I did as I have made changes that have really made a difference to my life'.

**For more details and to book a place,
please ring (01924) 305544 or email ruths@carerswakefield.org.uk**

YOUNG ADULT CARERS

**Next event planned is on
Thursday 17th May at Laser Tag
followed by a carvery at Birchwood Farm.**

We are looking to do something for Carers Week, so please ring for details or to book a place at the Laser Tag event. There will be a range of fun activities planned for 2018. All Young Carers aged 17 to 25 years are welcome to join us and for many of the activities you can also bring a friend.

Email annab@carerswakefield.org.uk

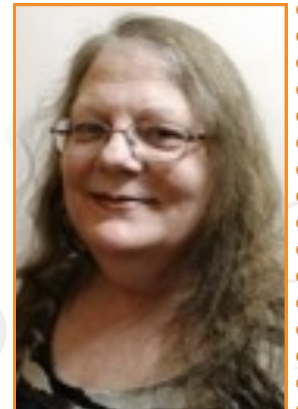
or rebeccav@carerswakefield.org.uk

or tel (01924) 305544

mobile 07884657415 or 07717849640

for more information or to register your interest.

VOLUNTEER - LYNN LOMAS



I became a volunteer because I felt that I could use my experiences as a carer to help other carers. I know that it is easy to become isolated when caring for loved ones, so I became a befriender to two lovely ladies, I also help at a Parkinson's Group and Working Carers Group. Occasionally I help at events such as the Dementia awareness sessions that ran last year.

YORKSHIRE FIRE AND RESCUE SERVICE SAFE AND WELL VISITS

Looking after your safety, health and wellbeing

West Yorkshire Fire and Rescue Service (WYFRS) have recently changed the way it delivers its prevention service across West Yorkshire. A key feature of this is our safe and well visits programme working with vulnerable people across the district who are potentially at a higher risk of fire.

What is Safe and Well?

Safe and well visits are free and person-centred covering advice and support ranging from fire safety, health and wellbeing. The visits are undertaken by our trained operational firefighters and the district prevention team. To ensure we are able to appropriately support occupiers all our training has been developed and delivered in conjunction with our key partners.

Our home visits focus on:

- Fitting smoke detectors as necessary
- Providing advice and support against risks identified such as safe cooking, smoking, electrical safety, what to do in the event of a fire etc
- Provision of additional fire interventions where relevant
- Information and advice may also be offered to support with;
 - ⇒ Falls; Social isolation; Cold homes that could be having an impact on poor health; Crime

Where appropriate with consent we will make referrals to key partners that can support with wider health and wellbeing of the individual.

How to book a safe and well visit - The individual can self-refer or a partner agency can make a referral on behalf of the occupier using the secure referral process. Each referral is risk assessed against set questions to determine if the individual qualifies for a home visit. Where the individual falls within our low-risk category an education pack will be provided highlighting common fire risks in properties and advising on how to minimise these risks.

Contact Us - Contact your local fire station for an assessment or for further information visit us at www.westyorksfire.gov.uk