



LEARNING DISABILITIES AND AUTISM CARERS DEVELOPMENT DAY

This year our Learning Disabilities and Autism Carers Development Day will be held on

THURSDAY 4TH OCTOBER, 9.30AM - 2.00PM
SANDAL RUGBY CLUB, STANDBRIDGE LANE,
SANDAL, WF2 7DY

Following on from last year's success, we are again holding our annual Learning Disabilities and Autism Carers Development Day. The day will consist of several small group presentations/discussions from Beat Autism, Shared Lives and Alison Wright (Wills, Trusts and Power of Attorney). There will also be information stands, the opportunity to meet and talk with other carers and professionals and the chance to enjoy lunch, which will be provided by adults from Learning Disabilities Day Opportunities. Please come along and take advantage of the opportunity to gather useful information, meet other carers and give your own views on issues that matter to you.

If you would like to book a place, then please telephone (01924) 305544 with details of any special dietary requirements that you may have.

HE'S DONE IT AGAIN!

POWERFUL PETE MCEVOY HAS CRANKED UP THE KILOMETRES FOR US ONCE MORE IN ANOTHER GREAT CHALLENGE AT RUNSTOCK FESTIVAL

In a gruelling 8 hours, Peter clocked up 9, five kilometre laps at a total of 45k. Well done Peter and a huge big thank you. Hope you have recovered. So thanks to Peter, with the sponsor money raised, once more we are delighted to be able to offer another free trip for carers to:

The Historic Market Town of Skipton Attractions include:

**Skipton Castle; Craven Museum & Art Gallery; Skipton Market; Canal Tow Path; Aireville Park;
Cafes; Shops; Restaurants; Bars**

Date: Wednesday 17th October 2018

Pick up: Pontefract 9.30am Wakefield 10.00am Depart: Skipton 3.30pm

Places will be allocated to registered carers on a first come first served basis. To book, return the slip below by Friday 28th September, with a deposit of £5.00, it will be refunded on the day.

TRIP TO SKIPTON BOOKING FORM

I/we would like to come on the Skipton Trip.

No of current carer(s)..... (£5.00 pp deposit, refunded on day).....

Please tick if you are a current carer(s) on our database

I/we would like to be picked up at: Pontefract Wakefield

Name(s).....

Address

.....

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

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

Please return by no later than **Friday 28th September** to:
Carers Wakefield & District, FREEPOST RTKU-KSXH-RXXK,
25 King Street, Wakefield, WF1 2BR

STAFF TRAINING & DEVELOPMENT

Standard Knowledge & Skills Base for staff working in the Connecting Care Hubs

The standard knowledge and skills base for all staff working in connecting Care Hubs has now been launched and since our last training update staff have completed training/awareness in the following areas: Continuing Health Care; Safeguarding Children; Quick Reference Guides for all Hub Services and System One – Refresher Training. In addition to the above various staff have completed training on the following subjects: Health & Well Being for Employees; Improving Equality in the Workplace; Falls Prevention and Abuse of Position for Sexual Purpose. **We continue to support staff in their professional development and provide mandatory training on relevant topics.**

YOUNG ADULT CARERS

- 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 many activities you can also bring a friend.

• **Email annab@carerswakefield.org.uk or tel (01924) 305544 mobile 07884657415 for more details or to register your interest.**



CATHY BAKER'S STORY

Hello, I'm Cathy Baker and I have been a volunteer for 4 years. I have befriended carers, helped out at carers groups and supported Dementia seminars. I have also given talks to lots of smiling faces, which was a big achievement as I previously had little confidence. My confidence improved by attending the Looking After Me course with Christine Edge, which has given me so many new adventures along the way. Overall I really enjoy being a volunteer and enjoy helping others. A massive thank you for helping me be me again xxxxx

We have also recently recruited new Volunteers Zeynep Hopwood, Clive Baker, Sue Edwards and Linda Eyre. Welcome to the team! Lynn Lomas one of our Volunteers was shortlisted for an unsung hero local award and invited to attend the awards evening held in Unity Hall on 8th June. Well done Lynn!



JUNE ALLEN - CARER

June Allen, who has been caring for her husband Peter for a number of years recently took advantage of a respite holiday at the Red Lea Hotel in Scarborough. The holiday was funded by the Rotary Club of Horbury & Ossett Phoenix. June enjoyed a 7 day break and said 'I was treated like a queen, together with the Rotary Club you have given

me the kind of break I could only have dreamed about, it was beyond my wildest dreams. At other times I feel there is always some-one to talk to, I am so fortunate to have this service at my disposal'. June can be seen setting off on her holiday which she was able to attend as her husband was in Respite Care which our Care Home Carers Support Team helped her to organise.

OPEN COUNTRY WILD ABOUT WAKEFIELD

- The Open Country Wild About Wakefield project aims to help people with disabilities in Wakefield access the countryside. Working from Thornes Park, Wakefield, they are now running evening tandem rides, a weekday walking group, regular nature conservation projects, producing countryside access information and lots more! If you would like to join in the fun, either as a disabled participant or by helping out as a volunteer, please contact the Open Country office on (01423) 507227.



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.

These programmes have been really successful and the September programme is already full. There is a small amount of funding remaining from the People's Project to run at least one more programme.

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

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 GROUPS ACROSS THE DISTRICT

| Name | When | Where | Dates & Activities |
|--|--|---|--|
| Ackworth Carers Group | 3rd Friday each month 1.30pm - 3.00pm | College Lane Surgery, Ackworth | 21st Sep: Arts & Crafts 19th Oct: Arts & Crafts 16th Nov: Arts & Crafts |
| BAME Ladies Carers Group | Last Tuesday each month 10.00am - 12.00 noon | Carers Wakefield & District 25 King Street, Wakefield | 25th Sep; 30th Oct; 27th Nov |
| Ferrybridge & Knottingley Carers Group | Last Wednesday each month 10.00am - 12.00 noon | Kellingley Social Club 25 Marine Villa Road Knottingley WF11 8ER | 26th Sep; 31st Oct; 28th Nov |
| Hemsworth & SESKU (South Elmsall, South Kirkby & Upton) | 1st Thursday each month 12.30pm - 2.30pm | <i>Please note: the venue from October will be:</i> Hemsworth Methodist Church 49 Westfield Road Hemsworth WF9 4QG | 4th Oct; 1st Nov |
| Men's Group | 4th Friday each month 12.30pm - 2.30pm | Please ring for venues and more details about each group meeting | 28th Sep; West Yorkshire Archives Talk (25 King Street Office, Wakefield) 26th Oct; 23rd Nov |
| Mental Health Carers Group | 1st Tuesday each month 10.30am - 12.30pm | Carers Wakefield & District 25 King Street, Wakefield | 2nd Oct; 6th Nov |
| Outwood Carers Group | 2nd Thursday each month 11.00am - 1.00pm | Bevin Community Centre, Bevin Close, Outwood | 13th Sep; Day Trip (please telephone) 11th Oct; 8th Nov |
| Pontefract & Castleford Carers Support Group | 2nd Tuesday each month 10.30am - 12.00 noon | Baileygate Court Sheltered Housing Complex, North Baileygate, Pontefract | 11th Sep; 9th Oct; 13th Nov |
| Wakefield Carers Group | Last Thursday each month 10.30am - 12.00 noon | Quaker Meeting House, Thornhill Street, Wakefield | 27th Sep; 25th Oct; 29th Nov |
| Working Carers Group | 1st Thursday each month 5.30pm -7.00pm | Sainsbury's Cafe, Trinity Walk, Wakefield | 4th Oct; 1st Nov |
| Walking Group | Wednesday 10th Oct | Newmillerdam We will meet in the car park opposite the Dam Inn for 11.00am start | Please wear suitable clothing. |
| CARE HOME CARERS SUPPORT MONTHLY GROUP | | | |
| <p>The Wakefield Care Home Vanguard finished on the 31st March 2018 but our work continues and our small team is now known as Care Home Carers Support. We support relatives or friends of people either on the journey to living in a care home or someone who is already living there. At the two groups below, we offer coffee, activities, advice, support and a friendly face, so please come along to one of our groups, where our support workers will be happy to discuss any issues you may have or make a further appointment to discuss the support you may require in the future.</p> | | | |
| Care Home Carers Support Group | 2nd Wednesday each month 10.30am - 12.30pm | Thornycroft Centre, Halfpenny Lane Pontefract WF8 4AY | 12th Sep: Vanguard Evaluation Group 10th Oct: Coffee & Chat 14th Nov |
| Care Home Carers Support Group For Wakefield | 4th Monday each month 10.30am - 12.30pm | Morrison's Dewsbury Road WF2 9BY | 24th Sep: Vanguard Evaluation Group 22nd Oct: Live Well Information 26th Nov |

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

MAX CARDS

DISCOUNT CARDS FOR FAMILIES WITH CHILDREN WITH ADDITIONAL NEEDS

We are pleased to announce that we are now an authorised distributor of the Max Card. Max Cards give access to discounted entry to a wide variety of venues across the UK for those children (up to the age of 25) who have additional needs and, in many cases, for their family members as well. Information about the scheme can be found at www.mymaxcard.co.uk. In order to apply we need a completed application form, proof of eligibility and a payment of £4 to cover our costs. Cards are valid for 2 years and the application pack and further information on who can claim and how to apply can be obtained by contacting us at Carers Wakefield on (01924) 305544 or by e-mailing info@carerswakefield.org.uk.

SPECIALY ADAPTED RADIOS FOR THE BLIND

Blind and partially sighted people are being invited to see if they are eligible for a free specially adapted radio. British Wireless for the Blind Fund (BWBF) provides the equipment on a loan basis to those with sight loss who meet its criteria. All equipment is delivered to your home by a volunteer who sets it up and provides you with support in using it.

If you would like to find out more and see if you or someone you care for is eligible then please contact Sophie Wheldon on (01283) 790208 or e-mail sophie@blind.org.uk.

GDPR - NEW DATA PROTECTION REGULATIONS

As you may be aware, new regulations were introduced in May which govern how organisations manage and store information about the people using their services. Carers Wakefield adhere strictly to those guidelines and endeavour at all times to protect the confidentiality and integrity of the information that we hold. With this in mind, should you no longer wish to receive this newsletter and you would like to be removed from our mailing list or, if you would like further information about the way that we manage the information that we hold about you, then please telephone (01924) 305544 or email Joanne Catch at joannec@carerswakefield.org.uk.

POWER OF ATTORNEY REFUND

Did you know that you can get part of your application fee back if you applied to register a power of attorney from 1st April 2013 to 31st March 2017. This applies to Lasting Powers of Attorney (LPA) and Enduring Powers of Attorney (EPA). You must claim the refund by 31st January 2021.

Further details can be found on this website: <https://www.gov.uk/power-of-attorney-refund>



MindEd for Families has launched MindEd for Older People which is a free web-based resource providing information about mental health issues for older people and their families and carers. The resource is supported by NHS England in partnership with Health Education England.

Further details can be found on this website: <https://mindedforfamilies.org.uk/older-people>

CARERS DIGITAL RESOURCE

Wakefield Council has teamed up with Carers UK to give carers in our area access to a wide range of digital tools and essential resources that may help make their caring situation easier. The resources include free access to a variety of publications, links to other useful resources, e-learning and a phone app called 'Jointly' which can help carers store and manage important information about the person that they care for. The resource is user friendly and contains useful practical information. It can be accessed via the internet at carersdigital.org where you can create your own free account using the code: DGTL7298.

Carers Wakefield & District, FREEPOST RTKU-KSXH-RXXK,
25 King Street, Wakefield WF1 2BR Tel: (01924) 305544

E-mail: info@carerswakefield.org.uk Website: www.carerswakefield.org.uk

A Company Limited by Guarantee Registered in England No. 3143673 Registered Charity No. 1053295

