Supporting and Informing Carers in Barnet  
Autumn 2009

BYCAS members having fun!

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Don't forget!
All details can be found on our website www.barnetcarers.org

Annual Quiz Night Fun!
We are holding our Annual Quiz night on Thursday 28th January 2010 at: The Meritage Centre, Church End, Hendon.
A bar will be available and a hot supper will be served.
Get a team of 8 together or come along and join another table. Tickets £12 each.
Call 8343 9698 for more information.

Here to Help
Don’t forget our telephone helpline is open from Monday to Friday 9.00am - 5.00pm. We are here to listen and inform you about the services that are available to you and help you in your caring role. Call 8343 9698.

Barnet Carers Centre Global House, 303 Ballards Lane, North Finchley, London N12 8NP
Tel no: 020 8343 9698  Fax: 020 8445 1193
Email: admin@barnetcarers.org  www.barnetcarers.org
Dear Readers,

I hope we find you well and rested after a good summer. If you have not managed to get away why not try and come along to Relaxation Day or evening for a relaxing massage and a chance to unwind?

We have a busy Autumn ahead of us with details of all events in the ‘Dates for Your Diary’ on the inside back page which you can now cut out and keep so that you don’t miss anything!

Don’t forget to give us your feedback on our new style newsletter, we always like to hear from you!

Happy Reading,
Fiona Jones
A Huge Thank You!

On the 11th June a cheese and wine reception was held at the Centre to thank all those who helped make the Mayor’s Charity Appeal so successful. Diane Williams, our Chief Executive, was presented with a cheque from the former Mayor, John Marshall, for the sum of £40,000. Diane expressed her gratitude for all the hard work, commitment and enthusiasm by the Mayor, Brian Schama, Chairman of the Fundraising Committee and all committee members throughout the year.

More Thanks!

We would like to thank the following businesses for their generous support during Carers Week this year.

J Sainsburys - North Finchley
Boots the Chemist - North Finchley
Starbucks - North Finchley

Don’t Forget...

To tell your GP that you are a carer. It may give you some priority in booking appointments and will help your GP to understand your health issues if they know of your situation.

Mental Health Carers Support Group

Thursday 10th September -
Introduction to Cognitive Behavioural Therapy
Thursday 1st October -
Open group discussion
Thursday 5th November -
Alzheimer’s, Dementia and Memory Loss
Thursday 3rd December -
Open group discussion with mince pies!!

Please note, for September only, the group shall meet on the second Thursday of the month (10th September 2009).

Our group meets once a month at the Centre, 6:30pm - 8pm. For details please contact Anna Cymbalist anna.cymbalist@barnetcarers.org or 8343 9698.
A Brief Guide to Personalisation

Personalisation is a term which refers to the Government’s plans to deliver social care services in a whole new way.

The government has directed local authorities to improve the amount of choice and control people have in the way their needs are met. Personalisation will affect everyone who receives services from local authority service departments and everything these departments do.

People that need services will be given more choice and control and the local authority will play an active role in supporting them to do this.

How will Personalisation work?

The new system will allow those who need support to know how much money is available to meet their needs. This money will be held in a Personal Budget under the control of the person who needs support or their carer.

How does this affect Carers in particular?

There is more control of the type of care provided to the person they care for as well as some using Personal Budgets to relieve certain parts of their caring role.

For more details please talk to your social worker or email: selfdirectedsupport@barnet.gov.uk or visit www.barnet.gov.uk

Flu Jabs

Did you know that many carers are entitled to a free flu jab?

If you are over 65 or are caring for an elderly or disabled person who would be at risk if you were to fall ill then you may, at your GP’s discretion, be entitled to a vaccination. Ask your GP next time you visit.

Thames Walkers Brave the Rain!

On a soggy Saturday in June, fourteen of our carers and volunteers braved the weather to complete this year’s London Thames Walk. They raised over £700 for Barnet Carers Centre and we would like to say a huge ‘Thank You’ to all of them for all their support and effort!

Well done!
**September**

**Tuesday 1st**
Older Carers and Carers of Older People Group, at Barnet Carers Centre from 11.00am - 1.00pm. A speaker from Telecare Alarm Systems will be attending. Call Fiona for more information.

**Thursday 10th**
Mental Health Carers Support Group 6.30pm - 8pm.
Introduction to Cognitive Behavioural Therapy. Call Anna for details.

**Wednesday 23rd**
Open Day for newly registered carers and carers who have not engaged with the Centre before. If you are a carer and would like to come along for a chat and meet the staff, we would love to see you here between 9.30am and 4.30pm. No need to book.

**October**

**Tuesday 6th**
Older Carers and Carers of Older People Group at the Centre from 11.00am - 1.00pm, a speaker from East Finchley Advice Service will be giving a talk on benefit entitlements. Call Fiona for details.

**Tuesday 27th**
World Mental Health Day - October 2009
Community Focus (within the Arts Depot), Tally Ho Corner, 5 Nether Street, London, N12 0GA.
In response to feedback from last year’s Mental Health Conference we shall be holding two special events, one for mental health carers and another for mental health professionals. The events shall include several dynamic presentations covering pertinent topics and an opportunity to network with other local carers and professionals.
Carers Mental Health Event: 10am - 1pm
Professionals Mental Health Event: 2pm - 5pm
There are a limited number of places, and attendance must be booked in advance. For further information or to register, please contact Anna Cymbalist anna.cymbalist@barnetcarers.org 020 8343 9698.

**November**

**Tuesday 10th**
Barnet Carers Centre - Annual General Meeting at: Avenue House, East End Lane, N3. 11.15am - 1.00pm.
Call to book your place.

**December**

**Wednesday 9th**
Carers Rights Day Exhibition and Conference “Caring for your Income and Pensions” - at the Emerald Suite, North London Business Park, Oakleigh Road South, N11 1GN 9.00am - 4.30pm. The day will include an exhibition and speakers.
Call Fauzia on 8343 9698 to book.

**Thursday 10th**
Christmas Coffee morning, mulled wine and mince pies 10.30am - 12.30pm at the Centre.

**Thursday 17th**
Carers Christmas Lunch at: The Penridge Suite, 470 Bowes Road, N11 1NL. Cost will be £15 per head for carers and their guests, it will be a help yourself carvery. Price includes all beer and wine, spirits are extra. Please call to book your place.
Free Manual Handling Training Available

You are invited to attend a ‘Manual Handling’ Training Session on Friday the 11th of September 2009 here at Barnet Carers Centre. There are two sessions available - Morning Session (09:30am - 13:30pm) or the Afternoon Session (13:30pm - 16:00pm).

Please call Geraldine to book your place on 8343 9698.

Supportive Family Training

Caring4carers is running its 13th Supportive Family Training course in Barnet. The course is free and is built for families caring for a person with mental health problems. The course, which lasts for 11 weeks, balances support and counselling with education and empowerment. It starts on the 15th September at: Avenue House, East End Road, Finchley N3. Each class lasts from 7.30pm to 9.30pm. Please phone Jeffrey Breslaw on 8906 1666.

Barnet Homecare Commissioning Advisory Group

Barnet Council’s Adult Social Services are looking for volunteers to form an Advisory Group to assist in reshaping the Homecare Service in Barnet, as well as taking part in the tender evaluation process for the new contract awards in 2009/2010. It is hoped that former and current users of homecare services as well as carers will volunteer, as they will have the expert knowledge and experience to assist in reshaping Homecare in Barnet and to ensure that the tenders chosen are of the highest quality, value for money and fit for purpose.

If anyone is interested in being involved in this project, please contact Caroline Powls, Service User Involvement Officer, Strategic Commissioning Team, Adult Social Services on (0208) 359 4366 or by email: caroline.powls@barnet.gov.uk

Getting Here

We are 1 minutes walk from North Finchley Bus Depot. The following buses pass the Centre: Routes 82, 134, 221 and 460 West Finchley, Northern Line is the nearest tube, and is approx a 20 min walk.

Meeting Rooms For Hire

We have two light, airy meeting rooms for hire in smart, contemporary premises centrally located in North Finchley. Meeting Room A seats up to 14 people in a board room style and has multimedia projection facilities. Meeting Room B seats up to 8 people. Both have central heating, air conditioning, comfortable furnishings and drink making facilities.

Meeting Room A is £20/hour or £100 for the day. Meeting Room B is £12/hour or £50 for the day. Call Barnet Carers Centre on 020 8343 9698 to book or for more information.