Festive Cheer All Round!!

A grand time was had by all, a total of six Christmas parties and a host of other festive events were held by Cheshire Carers Centre this year with over 80 Carers from across Cheshire attending.

There are plenty more events planned for 2009, including Carers Days and activities for Carers Week in June, read on for more information.

Chief Executive’s Report

This Newsletter has been produced at a time of much change and uncertainty as Cheshire prepares itself for Local Government Re-organisation in April 2009. For the past 8 years Cheshire Carers Centre has provided services across the county of Cheshire and we aim to continue this as much as possible, although you may see a few changes to some of the logos and forms we use. Carers’ issues and needs will remain the same after April 2009 and the publication of the new Carers Strategy last June provided a clear direction for the development of support and services for Carers in the future, although we still are waiting for the good practice guidelines to be produced.

The last few months have seen a number of changes to the staff and volunteer team at the Centre. We welcome Michelle, Susan, Linda, Bev and Mike and say goodbye to Kathy who left to pursue a career with NHS West Cheshire.

During the summer months we had very heavy demand for many of our services, particularly the Carers Fund, with July seeing more than 90 applications. Thanks to additional funding from Cheshire County Council through the Carers Grant we are now able to support more Carers in both Cheshire East and Cheshire West and Chester for the next year.

Throughout the Newsletter there are details of the services offered by the Centre to support Carers in their caring roles. If there are other services you would like us to develop, please do let us know as during the coming year we are looking widen the range of services available.
Welcome to the first edition of the newsletter for 2009!

We really hope that you like our new look, please let us know your views.

If you have any comments, stories or ideas for the next newsletter, which is due out in May, please let me know on 01606 828151 ext 5 or email: dawn@cheshirecarerscentre.org.uk

Take a look at our new prize competition opposite, the first correct entry out of the bag will win a £10 Sainsbury's shopping voucher. Please send all entries to our Northwich address (see back page) by Monday 23rd February 2009 to be in with a chance to win. There will be answers and another competition in the next newsletter.

It’s likely to be a funny old time as we all prepare for the much publicised county re-organisation in April this year, which will see us all become residents of either Cheshire East or Cheshire West & Chester.

We hope that the impact on our current services to Carers will be small and we will indeed do our best to minimise any changes that need to be made.

If you are unsure which side of the county you will be in, there’s a short list of general areas below which may help.

Take Care!

Dawn

Cheshire Carers Centre cannot be held responsible for any errors, omissions or amendments to the information provided in this newsletter.

Central and Eastern Cheshire
Primary Care Trust

HOW CENTRAL & EASTERN CHESHIRE PRIMARY CARE TRUST (CECPCT) SUPPORTS CARERS

As a starting point, I need to introduce myself! I’m Diana Bishop and part of my work for the PCT is taking the lead on Carers’ issues, which we recognise the importance of, and the need to do everything we can to support Carers in their day to day lives.

We have made strong connections with the many other voluntary organisations who support Carers and, together, we hope to make life a little easier.

Did you know … the majority of our GP practices (of which there are 52 in Central & Eastern Cheshire) have a ‘Carer Link’ person. Where there is no ‘Carer Link’, the Practice Manager will be your point of contact. A poster stating the name of the Carer Link should be displayed in the reception area.

WHAT DOES A CARER LINK DO?

Acts as a first point of contact within the practice for patients who identify themselves as Carers.

Is able to signpost Carers within the practice to appropriate sources of support and information.

Ensures that up-to-date, relevant information, is displayed clearly on a designated ‘Carers’ notice board.

LOOKING AFTER ME (LAM)

The PCT has a course specifically for Carers called ‘Looking After Me’ (LAM).

LAM is a FREE course run over 6 weeks for adult carers. Each 2½ hour session will be delivered by two trained volunteer tutors who themselves are or have been Carers. The course is about learning techniques and developing skills to help you manage your health needs and to take more control of your situation.

(The LAM course has been developed as a companion to the core Expert Patients Programme Self Management course).

Please contact: Diana 01606 275282
Caroline 07909 528759
Hilda 07887 691648

January Competition

The answers to the questions below are names of well known high street shops, stores and outlets. Good luck!

1. Hold on flower
2. Nearly a Scilly Isle
3. Fabulous retail outlet
4. Following on
5. Not a warm country
6. A rare vision in the night sky
7. Mutual group
8. Eastern cuisines
9. Mythical kingdom / city
10. Rodent streams
11. Seasonal meadow
12. Water landform
13. Wellington
14. Bill’s family name
15. Great addiction
16. Good market
17. Young lady dealing in cool white goods
18. Walt’s shop
19. Break
20. Grades plus Tracey’s

Cheshire East
Macclesfield, Disley, Poynton, Wilmslow, Congleton, Knutsford, Holmes Chapel, Alsager, Sandbach, Middlewich, Crewe, Nantwich, Audlem

Cheshire West & Chester
Chester, Ellesmere Port, Neston, Frodsham, Helsby, Tarporley, Malpas, Northwich, Winsford
**Relaxation For You!**

For anyone needing a bit of ‘me time’, we will be making a group booking to go to South Cheshire College (Crewe) for a relaxation session followed by lunch. A variety of treatments will be available, from manicures to massage. This will take place during February.

There will also be a therapist giving treatments on Friday mornings at our Crewe office (subject to therapist availability).

We are planning to run a similar trip to Mid-Cheshire College (Northwich), later on in the year. You are invited to ring to register your interest if you wish to attend.

These sessions are open to all Carers.

For more information or to book a place, please call Michelle on 01606 333 125 (Tuesday, Wednesday and Friday).

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**Fundraising & Support**

Our Sincerest Thanks …..

To the individuals, groups, organisations, companies and societies who have recently supported Cheshire Carers Centre.

Ableworld
Alderm Roundtable
Audlem Carers Raffle
Audlem Methodist Church
Congleton Borough Council
Crewe & Nantwich Carers Support Group
The Flower Emporium, London Road,
Northwich
Frosthamp Town Council
Little Leigh WI
Roberts Bakery

Thank you for your support, donations or fundraising which help us to continue supporting Carers in Cheshire.

**Table Tops & Booties!**

For the last few months, The Carers Centre has been holding table top sales at the Centre in Northwich.

They are held on the 1st Sunday of alternate months from 9.00 am until 12.00 noon, refreshments available. The next sale will be Sunday 1st February, please come along.

During the summer months (weather permitting), we aim to be holding car boot sales at the Centre in Northwich.

If anyone has any unwanted gifts or other items we can sell, please let us know or take them to one of the regular drop ins. All proceeds to Cheshire Carers Centre.

So far in excess of £250 has been raised since September from these fundraising activities.

**News, Activities & Relaxation**

**Crewe & Nantwich Carers Support Group**

The group meets fortnightly on Thursdays at Marshfield Bank Community Centre, West Street, Crewe. 1.45 pm until 3.45 pm

Thurs 5th February Thirs 19th March
Thurs 19th February Thurs 2nd April
Thurs 5th March Thurs 16th April

Informal chat and coffee with speakers. For more details call
Jean Kettle 01270 213147 or
Celia Mackle on 01270 811202

**Greenfingers Gardening Group 2009**

You are invited to a “Winter Flower Arrangement Demonstration” with Marion Jones on Thursday 19th February at the Carers Centre, Northwich.

This will be a morning followed by lunch. Everyone is welcome, but please book your place by calling the Helpline so we can order the correct amount of flowers and containers.

In March, there will be a trip to Dunham Massey, near Knutsford where there are extensive gardens, a deer park and a lovely house to explore. The cost of entrance fees and a guided tour will be met by the Carers Centre. Lunch is available at the venue or you can bring a packed lunch.

Places are limited, so again, please book yours by calling the Helpline. 0800 085 0307

**“Taking Care of the Carer” Residential Course 12th to 14th May 2009**

Lancashire College are holding a specially designed residential course for unpaid Carers.

The course content includes: Being Assertive, Introduction to Aromatherapy, Emotional Freedom Technique and Understanding Body Language. This is also an opportunity for Carers to have a relaxing break in the pleasant surroundings of the college.

The cost is £150, including all meals and accommodation. Those in receipt of certain benefits may qualify for a fee reduction (please contact the college directly) or Cheshire Carers Fund may be able to help with the cost.

Call 0845 600 1331 for further details and bookings.

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There will also be a therapist giving treatments on Friday mornings at our Crewe office (subject to therapist availability).

We are planning to run a similar trip to Mid-Cheshire College (Northwich), later on in the year. You are invited to ring to register your interest if you wish to attend.

These sessions are open to all Carers.
Caring With Confidence

Caring with confidence is a programme aimed at making a positive difference to Carers and those they care for.

Caring with confidence helps Carers build on their strengths and share experiences, provides useful information about looking after someone and helps Carers decide what changes they might wish to make to their life and caring role.

Carers in England, over 18 years old, will be able to mix and match how they take part by attending one or more free local group sessions or by using self study packs and online resources.

For further information on sessions running in your area or to register an interest in self study packs and online learning, please visit www.caringwithconfidence.net or call 0113 385 4491.

Help & Support In Barnton, Northwich.

The St Vincent De Paul Society offer help and support for the lonely, elderly or bereaved.

If you live in the Barnton, Little Leigh, Comberbach or the Antrobus area, the society may be able to help you with listening, sitting, shopping or maybe a lift somewhere, please get in touch on 01606 782933.

Hello all,

If you haven’t heard about Cheshire’s Disabled Children’s Database before and have a disabled child then please get in touch. This is not just a database - it is a support network and information database for families with a disabled child (I know it sounds like a well known television commercial!)

To find out more, please get in touch and we will send you more information. Once on the database, you automatically receive our Disabled Children’s Newsletter and invitations to events specifically for Parent Carers. Here is a flavour of just one or two things that feature in the current edition of the newsletter:

Ann Clark Disabled Children’s Co-ordinator

e-mail: ann@cheshirecarerscentre.org.uk

Telephone: 01270 215440

One of our ‘Special Treasures’ from the Special Needs Playgroup in Alsager

Weekend for families with a deaf child with Autism
Trafford Hall, Trafford, Chester
From Friday 20th to Sunday 22nd February 2009

The National Deaf Children’s Society is holding a family weekend in partnership with the National Autistic Society. It will be an opportunity for families to spend a relaxing few days in company with other families. Led by experienced staff and guest speakers, the weekend is free to members, accommodation and meals are included. Your little ones can be cared for by childminders and take part in a range of activities.

Autistic Spectrum
Carers Support Group

We are a Northwich based group formed by parents, for parents of children who are, or might be on the Autistic Spectrum.

Our aim is to come together as parents to share what we know and by doing so support one another. This is a brand new group meeting once a month at The Carers Centre on London Rd in Northwich, 10.30 am to 12.30 pm.

Starting dates as follows:
Wednesday 4th February
Wednesday 4th March
Wednesday 1st April
Wednesday 6th May

For further details please email: ASCSG@live.co.uk or phone Ann at the Database office.
Happy New Year from The Carers of Older People’s Project! We hope you enjoyed the Christmas festivities as we certainly did! We rounded off the Knutsford ‘Caring at Home’ course with a delicious Christmas Dinner at The Windmill in Knutsford (front page) and as every Carer always says, food tastes so much better when you haven’t had to cook it yourself!

As the ‘Caring at Home’ course in Congleton is also coming to a close, we are preparing for the new courses in 2009. The first will be at the Crewe Carers Resource Centre starting on Monday 9th February 2009, running every Monday for 8 weeks from 12.00 until 3.00pm.

The course will cover topics such as Carers Assessments, Legal Issues, Respite Services and Continence Advice. We have also added a new topic, First Aid Training, for Carers to learn how to respond in an emergency. This is a 2 hour session provided by the British Red Cross. A certificate will be given to each Carer who participates.

We are planning further courses in Middlewich and Macclesfield later in the year. If you are interested, please contact the Carers of Older People’s Project on 01270 257331.

We would welcome ideas for speakers or any topics you would like us to cover either at the courses or our support groups, please let us know if you have any suggestions.

Laura Knight  Carers of Older People Project Co-ordinator

After a ‘Caring at Home’ course, we encourage Carers to continue to meet up on a monthly basis at one of our support groups. Following the first course to be run in Knutsford, we are pleased to announce the start of our new Knutsford support group which will be held on the 4th Friday of the month at The British Red Cross’ Bradbury Centre. Penny Johnson, who runs the Bradbury Centre, and I were thrilled that the Carers became such good friends during the course and everyone is really looking forward to meeting up at the support group on 23rd January for a pub lunch. If you would like any further information please call Laura on 01270 257 331 or Penny on 01565 682 301.

We are also going to be running an evening support group at the Northwich office in the New Year and would like to invite everybody to a film night on 19th February from 6.00 pm until 8.00 pm. If you work or are unable to attend any of our support groups during the day, or even if you just fancy a good night out, come along to meet other carers and munch on some pop corn with us!

Crewe
2nd Thursday of each month at the Carers Resource Centre, Minion Street, Crewe from 12.00 noon until 2.00 pm
Thursday 12th February Fish & Chips
Thursday 12th March Easter Crafts
Thursday 9th April Fire Safety Talk
Thursday 14th May Stapley Trip

Sandbach
1st Wednesday of each month at the Volunteer Centre, Hope Street, Sandbach from 11.00 am until 12.00 noon (Feb only 10.30 - 11.30)
Wednesday 4th February Coffee & Chat
Wednesday 4th March Fire Safety Talk
Wednesday 1st April Coffee & Chat
Wednesday 6th May Wheelock Hall Trip

Northwich (Evening)
3rd Thursday of each month at Cheshire Carers Centre, London Road, Northwich from 6.00 pm until 8.00 pm
Thursday 19th February Film Night
Thursday 19th March Wine Tasting
Thursday 16th April Film Night
Thursday 21st May Flower Arranging

Congleton
1st Monday of each month at the New life Church, West Road, Congleton from 10.00 am until 11.00 am.
Monday 2nd February Continence Advice
Monday 2nd March Coffee In The Café
Monday 6th April First Aid Training
Monday 4th May Coffee In The Cafe

Knutsford
4th Friday of each month at The Bradbury Centre, British Red Cross, Memorial House, Northwich Road, Knutsford from 12.00 noon until 2.00 pm.
Friday 27th February First Aid Training (TBC)
Friday 27th March Easter Crafts
Friday 24th April Lunch & Chat
Friday 22nd May Lunch & Chat
## Regular Drop In Sessions
### In Cheshire East

### Macclesfield Drop In
Held on the 3rd Friday of each month at Macclesfield & District Disability Information Bureau, Pierce Street from 1.30 pm until 3.00 pm

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<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Friday 20th Feb</td>
<td>Craft Session</td>
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<tr>
<td>Friday 20th Mar</td>
<td>Coffee &amp; Chat</td>
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<tr>
<td>Friday 17th Apr</td>
<td>Alternative Therapies</td>
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<tr>
<td>Friday 15th May</td>
<td>Coffee &amp; Chat</td>
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### Poynton Drop In - Please note, this drop in replaces Disley!
Held on the 4th Tuesday of each month at Poynton Methodist Church, Park Lane, Poynton from 1.30 pm until 3.00 pm

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Tuesday 24th Feb</td>
<td>Coffee &amp; Chat</td>
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<tr>
<td>Tuesday 24th Mar</td>
<td>Craft Session</td>
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<tr>
<td>Tuesday 28th Apr</td>
<td>Coffee &amp; Chat</td>
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<tr>
<td>Tuesday 26th May</td>
<td>Alternative Therapies</td>
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### Alsager Drop In - Please note, new venue!
Held on the 4th Tuesday of each month at Alsager Civic Centre (Committee Room), Sandbach Road North, Alsager from 2.00 pm until 4.00 pm

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<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Tuesday 24th Feb</td>
<td>Glass Painting</td>
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<td>Tuesday 24th Mar</td>
<td>Coffee &amp; Cakes</td>
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<tr>
<td>Tuesday 28th Apr</td>
<td>Spring Trip</td>
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<td>Tuesday 26th May</td>
<td>Alternative Therapies</td>
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### Crewe Drop In
Held on the 4th Wednesday of each month at our Carers Resource Centre, Brierley Business Centre, Mirion Street, Crewe from 10.30 am until 12.30 pm

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<tbody>
<tr>
<td>Wednesday 25th Feb</td>
<td>Coffee &amp; Chat</td>
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<tr>
<td>Wednesday 25th Mar</td>
<td>Easter Egg Decorating</td>
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<tr>
<td>Wednesday 22nd Apr</td>
<td>Craft Session</td>
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<td>Wednesday 27th May</td>
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### Audlem Drop In
Held on the 2nd Tuesday of each month at Audlem Public Hall, Chester Street, Audlem from 10.30 am until 12.30 pm

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<tr>
<td>Tuesday 10th Feb</td>
<td>Pottery Painting</td>
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<tr>
<td>Tuesday 10th Mar</td>
<td>Coffee &amp; Cakes</td>
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<tr>
<td>Tuesday 14th Apr</td>
<td>Yoga (TBC)</td>
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<tr>
<td>Tuesday 12th May</td>
<td>Spring Trip</td>
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## Regular Drop In Sessions

### In Cheshire West & Chester

#### Chester Drop In

Held on the 2nd Tuesday of each month at The Quaker Meeting House, Frodsham Street, Chester from 10.00 am until 12.00 noon

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<tr>
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<tr>
<td>Tuesday 10th Feb</td>
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<td>Of Events To Be Confirmed.</td>
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<tr>
<td>Tuesday 12th May</td>
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Susan John  
Advice For Carers Project  
Worker  
01244 343040

#### Neston Drop In

Held on the 3rd Tuesday of each month at The United Reformed Church, Parkgate Road, Neston from 10.30 am until 12.30 pm

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Susan John  
Advice For Carers Project  
Worker  
01244 343040

#### Northwich Drop In

Held on the 4th Thursday of each month at The Cheshire Carers Centre, 146 London Road, Northwich from 10.30 am until 12.30 pm

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Thursday 26th Feb</td>
<td>Alternative Therapies</td>
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<tr>
<td>Thursday 26th March</td>
<td>Easter Egg Decorating</td>
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<tr>
<td>Thursday 23rd April</td>
<td>Alternative Therapies</td>
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<tr>
<td>Thursday 28th May</td>
<td>Craft Session</td>
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</table>

Janice Birdsey  
Vale Royal, Crewe & Nantwich  
Outreach Worker  
01606 828151 ext 4

#### Frodsham Drop In

Held on the 2nd Tuesday of each month at The Community Centre, Fluin Street, Frodsham from 11.00 am until 1.00 pm

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<tr>
<th>Date</th>
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<tr>
<td>Tuesday 10th Feb</td>
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Janice Birdsey  
Vale Royal, Crewe & Nantwich  
Outreach Worker  
01606 828151 ext 4

#### Winsford Drop In

Held on the 3rd Tuesday of each month at St Luke's Hospice, Winsford from 10.30 am until 12.30 pm

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Janice Birdsey  
Vale Royal, Crewe & Nantwich  
Outreach Worker  
01606 828151 ext 4
Advice For Carers
In Cheshire Project

East Cheshire News & Events

Helen Clark from the Cheshire Centre for Independent Living came to Macclesfield Library to speak to Parent Carers about Direct Payments. Carers then had the opportunity to ask questions and raise any concerns they had.

The Carers who attended all felt that it was vitally important to understand all the options available to them. Ann Clark, Co-ordinator Disabled Children's Database was there, giving parents the opportunity to gain more information about the project and of course to register if they wished.

Melanie Theobald, Development Officer and Project Co-ordinator, gave parents a brief overview about "The Bridging Worker Service." This is a service the main aim of which is to help disabled children and young people gain access to local play and leisure opportunities.

Carers also had the opportunity to talk to each other which always proves invaluable.

The Advice for Carers Project can support parents of disabled children with benefit claims and accessing services for more information.

Lyn Ankers
Advice for Carers Project Worker
01625 616686

POYNTON INFORMATION EVENT
AT POYNTON CIVIC HALL
FRIDAY 13th FEBRUARY
10.00 am - 1.00 pm

The aim of this event will be to enable Carers to access information about the services which may assist them in their caring role.

We will be inviting other organisations to attend, such as, The Stroke Association, Crossroads, and the Alzheimers Society.

Do come along and please feel free to contact me for further information.

Oh Yez, Oh Yez!
Chester Town Crier Gets A Head Massage!

The Chester drop in group, who meet at the Quaker Meeting House, enjoyed two practical workshops in the autumn months.

The first was learning to give massage to help the people you care for to relax, and the 'hands-on' practice provoked considerable mirth, which resulted in a very relaxed atmosphere and a fun session for all. The participants all felt the exercise was very well worthwhile as well as enjoyable. The second workshop was on flower arranging: several people discovered a new talent and all the Carers who attended produced very attractive arrangements which they took home with them. Two ladies are intending to join the Chester Flower Society as a result.

In December, we also enjoyed an excellent Christmas lunch outing to the restaurant at Deeside College. The visit was so successful that the members of the group are trying to find new excuses to book outings to the same place!

The Neston group took part in a painting in acrylics workshop in October, when everyone who attended took home a completed canvas – though whether they all displayed their work is less certain! A projected card making workshop could not take place as the lady who was to lead it had suffered an accident: she has promised – and is looking forward – to lead a workshop in the new year. Instead of card-making, the members had a practical workshop on using computers. Many questions were asked, and sadly we ran out of time before all the answers could be fully explained. This is a topic we may return to when time permits.

The programme for 2009 has not yet been developed: both the existing groups will be discussing their respective future plans in January, so all ideas – and especially ideas from male Carers – will be very welcome. Come along for tea or coffee and a chat, and let us know what you would like to see on the programme. We will also be looking to develop further groups where there is sufficient interest. Ellesmere Port has been suggested as a likely centre, so if you would be interested in attending a group there, I would love to hear from you.

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Susan John
Advice for Carers Project Worker
01244 343040
Residential Break for Carers
Following our successful break in Chester in November 2008, we are pleased to announce that we will be holding another residential for Carers who live in Cheshire East this year.

The dates will be 26th and 29th April 2009 and the venue is The Manor House Hotel, Alsager.

If you would like to register your interest please telephone the Helpline on 0800 085 0307

The closing date for registration is Thursday 12th February 2009

There will be another residential break later this year for Carers in Cheshire West & Chester.

Carers Workshops
Following the success of the Carers workshops held in January, we are pleased to be able to offer another at our Crewe Carers Resource Centre

This workshop will be run by Marion Duff, who is a trained counsellor and has facilitated many sessions for us in the past.

Friday 20th February
10.30 am to 2.00 pm
(lunch included)
at
Crewe Carers Resource Centre,
Mirion Street, Crewe. CW1 2AZ.
The topic is Personal Awareness and Happiness.

To book your place, please call the Helpline on 0800 085 0307

Carers Days June 2009.
This year we will be holding two Carers Days. The first will be held on Tuesday 2nd June at the Portal Golf Club in Tarporley, for Carers who live in Cheshire West & Chester only.

The second will be held on Tuesday 16th June at Cottons Hotel, Knutsford for Carers who live in Cheshire East only.

Those who have attended before will know that there will be lots of activities including therapies, sports and crafts.

An excellent lunch will also be provided.

Please call the Helpline to register your interest 0800 085 0307.

Missing years……..
In the Pre-budget Report, the Government has decided to allow people to buy back some of their ‘missing’ years of National Insurance contributions. You can already do this for years from 1996. From April 6th 2009, you’ll be able to buy back more years to increase your weekly state pension. If you would like more information, please ring The National Insurance Contributions Office on 0845 302 1479.

Gas and Electric – Help with bills
All energy providers now have to help their most vulnerable customers cope with the high cost of heating their homes. If you would like a list of suppliers and their individual ways of helping customers please ring the Helpline on 0800 085 0307 or look on the website www.energychoices.co.uk

Mental Health Carers Away Day
Diary Date For May.
There will be a Mental Health Carers away day at Tatton Park on Thursday 7th May.
To receive further details of this event, please contact the Helpline 0800 085 0307

For Carers Week 8th -14th of June, we’ll be having a theatre trip to the Regent Theatre in Stoke on Trent to see the award winning touring production of Westside Story for Carers in Cheshire East. There will also be a trip to Theatre Clywd (Mold) for Carers in Cheshire West & Chester (production to be confirmed).

Both trips will be in the evening and will be a weekday, dates to be confirmed.
Carers Emergency Card Scheme Launched!

All Carers are now entitled to a free Carers Emergency Card and back-up service.

If you are one of the 96% of Carers* who worry about unexpected events, the Carers Emergency Scheme can give you greater peace of mind…..

Cheshire County Council has funded the Cheshire Carers Centre to work with East Cheshire Crossroads to provide this new service for Carers across the whole of Cheshire. It covers you should you be delayed in getting home, suddenly become ill or are taken to hospital, or if you are urgently needed elsewhere.

Issued by the Cheshire Carers Centre, the Emergency Card itself is bright orange, credit-card sized and intended to be carried in a purse or wallet at all times. It displays the 24-hour Helpline number for the Carers Emergency Response Service (CERS - run by East Cheshire Crossroads) and a unique ID reference that enables the operator to activate your emergency plans. CERS can also arrange 48 hours emergency respite care free of charge (72 hours on a Bank Holiday).

If you would like to register for a card, please complete the slip below and return to Michelle Parsons at the Cheshire Carers Centre, 146 London Rd, Northwich, CW9 5HH. Alternatively, or for further details, contact Michelle on 01606 333 125 (Tuesday, Wednesday and Friday), or e-mail emergencycard@cheshirecarerscentre.org.uk. Please include all the information requested on the form below in your email. Please also see the ICE article on the opposite page, In Case of Emergency.

Following registration, you will be contacted by a member of the CERS team to arrange a home visit at which they will assist you in making your contingency plans.

* Research conducted by Carers UK, January 2005.

Carers Emergency Card Registration Form

**Carer:**
Title:………….First Name (s):………………………………………………Surname:……………………………………………………………………

Address:………………………………………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………………………………………Postcode……………………………………………………………………………………………………………………………………………………………………………………

Telephone number:……………………………………………………Date of Birth:………………………………………………………………………………

**Person I care for:**
Title:………….First Name (s):………………………………………………Surname:……………………………………………………………………

Address:………………………………………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………………………………………Postcode:……………………………………………………………………………………………………………………………………………………………………………………

Date of Birth:…………………………………………Relationship to you:………………………………………………………………………………

Brief description of condition/disability:……………………………………………………………………………………………………………………………………

I agree to the above details being shared with Crossroads/CERS.

Signed:………………………………………………………Date:…………………………………………………………………………………………………………….
**Dorothy’s Corner**

*Hi everyone!*

I hope you all had a lovely Christmas and I’d like to wish you a Happy New Year!

As promised, here’s a picture of me outside Downing Street with the resident policeman!

Following on from my trip to London, I didn’t receive a reply to my letter to Ivan Lewis MP, former Minister for Carers. There is now a new Minister in place, Phil Hope MP. Maybe I’ll have better luck this time?

I would like to update you on the changes to the Partnership Board Meetings– Adults with Learning Disabilities. The changes are due to the East / West county re-organisation and I will now be the Carer representative for Cheshire West & Chester.

Should anyone have any issues regarding their caring role, please write to me, Dorothy Jump, at The Carers Centre or email d.jump@tiscali.co.uk

Special wishes to you all!

*Dorothy xx Dorothy xx Dorothy xx Dorothy xx*

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**ICE: In Case Of Emergency**

If you were ever involved in an accident or taken ill, the people attending would have your mobile phone but wouldn’t necessarily know who to call. There are often lots of numbers stored, but which one is the contact in case of emergency?

This is where the ICE Campaign comes in. The concept of ICE is catching on quickly and is a method of contacting the right people during emergency situations.

As mobile phones are now carried by the majority of us, all you need to do is store the number of a contact person or persons, should there be an emergency, under the name of ICE (In case of emergency).

The idea was thought up by a paramedic who found that when he went to an accident scene more often than not, the patient was carrying a mobile phone, but they didn’t know who was the best person to call. He therefore thought it would be a good idea if there was a nationally recognised name for this purpose.

If you enter a number or numbers under ICE, ICE1, ICE2 etc, staff will know to call the number(s) stored. Apparently, it is now standard procedure to look for this entry in your mobile phone book.

It should only take you a minute…… it’s worth doing now!

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**Dorothy’s Carers Group**

*Carers of adults with learning disabilities.*

Monthly meetings held at the Cheshire Carers Centre, Northwich on the 1st Monday of each month from 10.30 am until 12.00 noon.

- Mon 2nd Feb
- Mon 2nd March
- Mon 6th April
- Mon 11th May
- Mon 1st June
- Mon 6th July

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**Lets make it personal**

Cheshire County Council want your views about how the personalisation of social care services in Cheshire should be delivered and how this may affect you.

For a copy of the consultation document call 0845 1133311 or visit [www.cheshire.gov.uk/consultations](http://www.cheshire.gov.uk/consultations)

Consultation closes 16th February 2009

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**“Wheelie” Good Fun!**

Carers from Audlem and Alsager drop ins were treated to a pottery lesson from Steve and Andy of Potters Barn, Hassall Green in October.

Some hidden talents were definitely uncovered in both groups who all agreed that they had fun making their own pots to take home using the potters wheel! Both groups will be painting their pots at their drop in sessions

For more information about drop ins in the county and our activities, see centre pages.

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For up to date Cheshire Carers Centre news and events, check out our website [www.carers.org/cheshire](http://www.carers.org/cheshire)
Contact Details

Northwich Office & Freepost Address

FREEPOST RRGT-HSKR-GTEB
Cheshire Carers Centre
146 London Road
Northwich
Cheshire. CW9 5HH
Tel: 01606 828151
Fax: 01606 333125
advice@cheshirecarerscentre.org.uk

Office Drop in Times For Carers

Northwich
Tuesday & Friday 10.00 am until 4.00 pm

Macclesfield & Chester
Wednesday 10.00 am until 12.30 pm

Crewe
Wednesday & Friday 10.00 am until 1.00 pm

Other days or times by appointment.

Crewe Office

Carers of Older People’s Project
Carers Resource Centre
Unit 14, Brierley Business Centre
Mirion Street
Crewe Cheshire. CW1 2AZ
Tel: 01270 257331
opp@cheshirecarerscentre.org.uk

Disabled Children’s Database
Carers Resource Centre
Unit 14, Brierley Business Centre
Mirion Street
Crewe Cheshire. CW1 2AZ
Tel: 01270 215440
ann@cheshirecarerscentre.org.uk

*New* Extended Crewe Office Opening Hours

Wednesday & Friday 10.00 am until 1.00 pm - Open drop in
Wednesday & Friday 2.00 pm until 4.00 pm - Home visits & appointments only

Chester Office

Canal Street House
Canal Street
Chester
Cheshire. CH1 4EJ
Tel: 01244 343040
westcheshire@cheshirecarerscentre.org.uk

Macclesfield Office

CVS Building
81 Park Lane
Macclesfield
Cheshire. SK11 6TX
Tel: 01625 616686
eastcheshire@cheshirecarerscentre.org.uk

Freephone Helpline

0800 085 0307
Monday to Friday 10 am to 4 pm

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A Company Limited By Guarantee, Number 4172914