

The West Berkshire Carer

AUTUMN 2010



The Princess Royal Trust
for Carers
Network Member



Extended hours for Carers Telephone Helpline

The Princess Royal Trust Carers Service is delighted to announce new opening hours for its Carers Telephone Helpline.

Carers can now call Freephone 0800 988 5462 for information and emotional support on a Wednesday evening between 7 – 9pm.

Christine Eeley, Support and Development Manager, says she hopes the extended out-of-office hours will particularly benefit carers who are working.

She said: “We can provide information on benefits, health and social care services and other statutory and voluntary services.

“You can also call us if you just want to talk. We offer confidential support through the Carers Line. You can talk to us knowing you won’t be judged and that your feelings are important.”

The Freephone Carers Line is 0800 988 5462. The Carers Line is also available every weekday (except Thursday) between 10am – 1pm and 2pm – 4pm.

The new evening service will initially run as a pilot scheme from September 1 to assess demand.

Festive Day Out planned for Carers’ Rights Day

3rd December



This year we will be celebrating Carers Rights Day in West Berkshire on Friday 3rd December with a trip to Bath Christmas Market.

(continued on page 3)



Carers get selling during Carers' Week

Carers' Week was a busy time for carers in West Berkshire. They had been busy making items and collecting things to sell at two sales at Prospect Park Hospital and West Berkshire Hospital and Prospect Park Hospital. Their hard work paid off and £212 was raised to buy something for the family room at Prospect Park.

Well done and thanks to everyone who made things and who supported us at the events.

Parkinson's Chair based Exercise Classes

Two local chair based exercise classes are running weekly for those with Parkinson's and their carers.

The classes concentrate on posture which is important for balance, falls prevention and general muscle strengthening to help with mobility. This is also an opportunity to meet with others enjoy a chat and refreshments.

The sessions take place every Wednesday morning at 10am at Newbury at St Francis de Sales Church Hall, Wash Common and at Thatcham at Gilbert Court every Thursday morning at 11am.

The Thatcham session is held on the first Thursday of each month when there is also a drop in information clinic where people can see the Parkinson's Information Support Worker and the Parkinson's Specialist Nurse from 10am onwards.

For more information, please contact Mary Hansford on 01635 869532 or Ann Jefferies Information Support Worker Parkinson's UK on 0844 225 3758.



Carers trip to Milestones, Hampshire's Living History Museum, Tuesday 19th October 10am - 3pm

Imagine an open-air museum inside a massive modern building... a network of streets with shops,

a village green and even a pub... dating from Victorian times and the 1930's.

Milestones is packed full of the things ordinary people used in the past. Our visit will also take

in two exhibitions: People at Work – paintings by WH Allen and Mementoes and Memories – a personal collection of objects, photographs and documents from World War 1.

This trip is open to all carers but we are asking for a donation of £5 towards the cost of transport and entry tickets. To reserve your place, please telephone Christine or Jayne on 01635 49109 or email jayne@prtcarers.plus.com

Festive Day Out planned for Carers' Rights Day



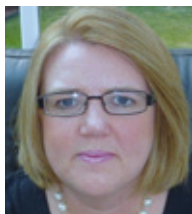
Each year, the beautiful area between the stunning Bath Abbey and the internationally renowned visitor attraction, the Roman Baths, is transformed into a Christmas shopper's haven – the Bath Christmas Market. In the heart of Bath's main shopping district, 123 traditional wooden chalets adorn the streets; each one offering unique, handmade and unusual gifts, decorations and food items – everything you will need for the perfect Christmas celebration.

But as Carers Rights Day is all about knowing your rights and what you are entitled to, we will be carrying a selection of information packs and leaflets on the coach so that during your journey, you can speak to a member of staff about any queries you might have and hopefully, we will have all the answers!

Carers Rights Day is also about finding hidden carers who don't realize there is support available to them so we are asking you whether you might know any hidden carers who perhaps might even like to come along on the trip with us (subject to registering with us first). There will be festive goody bags given to any carer who brings someone along and a goody bag for the new carer too! All those on the trip will be entered into a free raffle to win a fabulous festive hamper.

Full details will follow in the next newsletter which will be published in November but you can reserve your place(s) now by telephoning the Newbury office on 01635 49109 or emailing christine@prtcarers.plus.com.

Welcome to our new member of staff



Jayne Mohseni joined the Princess Royal Trust Carers Service in June as the new Older Carers Support Officer.

This, as many of you may remember, was previously a lottery funded post which had to be withdrawn three years ago when the funding came to an end.

So we are extremely grateful that West Berkshire Council has stepped in with ongoing funding from the Carers Grant to make sure that older carers in West Berkshire will now get the level of support

they previously enjoyed and of course needed.

Jayne previously worked as a Community Care Officer for West Berkshire Council in the Elderly Care Team so comes with a wealth of experience in dealing with all issues and problems in this area of work.

So, if you are a carer aged 60+ or are caring for someone aged 60+ and would like to talk to Jayne either on the telephone or by Jayne visiting you at home, please contact her on 01635 49109 or email jayne@prtcarers.plus.com.

She is looking forward to hearing from you.

The next step group

The Princess Royal Trust Carers Service will be starting a group for Carers 60+ and carers of older people who have been recently bereaved or the cared for has gone into residential care.

The group will be known as The Next Step Group and will run for 6 weeks at a venue to be decided. The Group will offer support and information as well as having different speakers each week to look at relevant topics such as Coming to Terms with Loss; How to Organise your Finances; New

Opportunities for Learning and Leisure; Health and Wellbeing and much more. This will also be an opportunity to meet other people in a similar situation, to socialise and to make new friends.

We will be asking professionals to come along to offer useful advice and information to enable Carers to make that sometimes difficult step after their circumstances have changed and to support each other through this transition period.

If you would like to be part of this group please contact Jayne on 01635 49109 or email jayne@prtcarers.plus.com for further information.

Drop-in sessions at Savacentre

The Princess Royal trust Carers service will be having drop in sessions at the West Berkshire Council Office Located in the Sainsbury/ Savacentre Reading store for existing Carers and any new carers.

It will be an opportunity for new carers to register with us and to find out more about what our service offers and for existing carers to call in if they need any help or advice.

We will be there on Mondays on the following dates from 10am-2pm - 13th September, 18th October and the 15th November.

My Fair Lady at the Corn Exchange

I have a block of 10 seats available for older carers 60 + and carers of older people to see My Fair Lady at the Corn exchange Newbury on October 27th at 7.45.

As you can appreciate these seats will be taken quickly so a quick response is advisable. Please call Jayne on 49109 or email jayne@prtcarers.plus.com. To ensure fairness, names of those applying for seats will be drawn from a hat.

NHS Community Health Checks

20-30 minutes that could change your life



Free NHS health checks are on offer in the community to help people avoid developing heart disease, stroke, diabetes or kidney disease.

You don't need a Health Check if you are already having treatment for any of the above conditions or have had the tests listed below in the last five years.

What happens at the Community Health Check?

It only takes around 30 minutes for a Community Health Check.

The checks are being provided by the NHS Berkshire West PPI Team who hope to reach groups who are more at risk of health problems, such as carers, men, people from BME communities and people on lower incomes.

They are available to anyone between the ages of 40 and 74.

A simple Health Check can spot the early stages of a treatable and avoidable illness, like diabetes, a stroke, heart disease and kidney disease - even if you have a history of them in your family.

You'll be asked some simple questions. For example:

- Your family and medical history
- Record your height, weight, age, sex and ethnicity, waist measurement and pulse rate.
- Take your blood pressure
- Do a simple blood pin prick test to check your cholesterol and glucose levels

Even if you're feeling well, it's worth having your NHS Community Health Check now as you can be given advice on how to lower your chances of developing these health problems in the future.

If you have any queries or if you would like more information, please contact the NHS Berkshire West PPI Team at ppi.team@berkshire.nhs.uk or 0118 982 2926.

Start your free Health & Wellbeing Reference Collection

The Health & Wellbeing Reference Collection is a building resource of facts, advice and information for all Carers. It is the beginning of a collection that you can add to yourself, and also collect special pages which will be included in future editions of this newsletter.

The folder already contains loose-leaf glossy cards on sound therapy; counselling; recipes from Delia Smith, Raymond Blanc, Hugh Fearnley-Whittingstall (and André!); hospital information; how x-rays and scans work; therapeutic herbs; and healthy eating. The folder is free to Carers.

To get your copy, telephone the Newbury office on 01635 49109.

Have your say on priorities for carers for 2011 – 2015

The Government has announced a consultation on what it should prioritise to support carers from 2011-2015.



Paul Burstow MP, Minister for Care Services, is keen to seek carers views now on what will have the greatest impact on improving carers' lives in the next four years.

The Government is 'refreshing' the Carers Strategy with a view to producing, before the end of this year, a clear plan of action for 2011 to 2015.

It will focus on how best to deliver the five goals for carers in the existing Carers' Strategy, launched in 2008 by the previous Government. Ministers and the Standing Commission on Carers believe the vision in the Carers Strategy holds good.

The overarching vision is that by 2018:

"carers will be universally recognised and valued as being fundamental to strong families and stable communities. Support will be tailored to meet individuals' needs, enabling carers to maintain a balance between their caring responsibilities and a life outside caring, while enabling the person they support to be a full and equal citizen."

The five areas that are being focussed on to achieve this are:

- carers will be respected as expert care partners and will have access to the integrated and personalised services they need to support them in their caring role
- carers will be able to have a life of their own alongside their caring role
- carers will be supported so that they are not forced into financial hardship by their caring role
- carers will be supported to stay mentally and physically well and treated with dignity
- children and young people will be protected from inappropriate caring and have the support they need to learn, develop and thrive, to enjoy positive childhoods and to achieve against all the Every Child Matters outcomes.

The Government is asking for responses by 20th September so the Department of Health can use the feedback to inform the Spending Review which will set out spending plans for 2011-15.

You can email the Minister directly (this will not be anonymous) carersevidence@dh.gsi.gov.uk

You can write to Carers Evidence, Carers Strategy Team, Department of Health, Area 116, First Floor, Wellington House, 133-135 Waterloo Road, London SE1 8UG.

Quality thumbs up for the Carers Service!

It's a thumbs up for The Princess Royal Trust Carers Service which has retained its Quality Mark award.

The service was praised for being committed to exceeding customer expectations and for offering a well developed advice service, which ensured we met the requirements of the Legal Services Commission's Quality Mark Standard for general help services.

In a report the auditor said: They are a very proactive experienced unit and their accomplishments are due to a great team effort, which has experience, quality, spirit and the ability to work together. Well done!"

The service was commended for its vision, mission and value statements as well as its business plan, which sets out targets for the service up to 2013.

John Shaw, Chief Executive, said: "I am delighted we have been judged to have embraced the Legal Services Commission Quality Mark Standard, which helps us remain a continually improving service."

PRT Carers Service has held the quality standard since 2003.

Can you help us raise funds?

Are you interested in helping the Carers Service to raise money to support our work with carers? We are looking for enthusiastic people who have ideas or experience – you may have run a stall at a school fete or raised money through a sponsored walk. Money we can raise can be used to give carers a well-earned outing, perhaps to the theatre or the seaside.

If you are interested in joining a fundraising group, please call the Carers Line on 0800 988 5462 or email helpline@prtberks.plus.com. Meetings will be held in the Reading office. Travel expenses will be reimbursed and refreshments provided.



Donations

Donations to support the work of The Princess Royal Carers Service are always greatly appreciated. If you would like to make a donation, please fill in this form and send to:

FREEPOST PRT Carers Service (no need for a stamp and please do not write anything else on the envelope)

Name: _____

Address: _____

I wish to donate: £ _____

If you are a taxpayer, we can claim money from the Government to increase the amount of your donation. If you are a UK taxpayer, please sign below

Signature: _____

Please make cheques payable to PRT Carers Service

Take part in the Carers and Finance Survey 2010

Taking on a caring role can have a disastrous impact on carers' finances.



Carers' contribution is enormous - it is estimated that carers save the country £87bn a year through caring at home, yet the Carers Allowance is the lowest of its kind and one in five carers are forced to give up work.

To help raise awareness of this issue The Princess Royal Trust for Carers would like to find out how caring has affected your financial situation by filling out this short survey. The Trust will use the information to feed into the consultation to refresh

the National Carers Strategy. The survey needs to be completed by September 6.

Please complete as much of this as you can and want to. You will also automatically be entered into a competition to win a prize.

All of the personal information you provide will be private and confidential. Your name or details will never be made public.

If you are printing this survey you can post it free to:

Freepost, The Princess Royal Trust for Carers
14 Bourne Court , Southend Road
Woodford Green, Essex IG8 8HD

The survey can be found online at www.surveymonkey.com/s/9KX976C

Percentage of carers providing 50 hours or more care a week has more than doubled in 9 years

Five million adults aged 16 or over in England – nearly one in eight - act as a carer for a sick, elderly or disabled person, with over a fifth providing care for more than 50 hours a week, provisional figures from The NHS Information Centre show.

22 per cent provide care for 50 hours or more, compared to 10 per cent in 2000-01. Latest figures also provisionally show nearly half of carers (48 per cent) provide 20 hours or more of care a week and 30 per cent provide 35 hours or more.

A separate survey also suggests carers known to councils with adult social services responsibilities

have more intense caring duties, with nearly half (49 per cent) spending over 50 hours a week caring and over a third (37 per cent) caring for more than 100 hours a week.

The findings are from two new reports: Survey of Carers in households – 2009/10 England – Provisional Results, which involved results from 2,400 interviews with carers, and Personal Social Services Survey of Adult Carers in England, 2009/10, a new survey of carers known to councils with adult social services responsibilities, which received 35,000 responses.

Together the reports provide more detail than ever before about the typical profile of a carer.

Do you have news for us?

If you have any news about events, information or offers that would be of use to carers please let us know and we'll try to include it in future newsletters.

Smell of jasmine 'as calming as valium'

The sweet smell of jasmine is as good as valium at calming the nerves with none of the side effects, according to new research.

Inhaling jasmine oil molecules is said to transmit messages to a brain region involved in controlling emotions, and tests showed mice calmed dramatically when their cage was filled with

jasmine scent, causing them to cease all activity and sit quietly in a corner.

Professor Hanns Hatt said the results published online in the Journal of Biological Chemistry can "be seen as evidence of a scientific basis for aromatherapy".

Keep in touch by text

Help us to keep in touch with you by text. We'd like to keep you up-to-date with reminders about our events and support group meetings via text messages.

Call the Carers Line on 0800 988 5462 or email your mobile phone number to helpline@prtberks.plus.com. Please ensure you leave your name and first line of your address.

The Caring Network



The Princess Royal Trust
for Carers

The Princess Royal Trust Carers Service is a network member of The Princess Royal Trust For Carers. There are 144 independently managed Carers Services across the UK affiliated to the Trust, which was created on the initiative of HRH The Princess Royal in 1991. At that time people caring for family members or friends with disabilities and chronic illnesses were scarcely recognised as requiring support.

Date set for Carers Service AGM

The Princess Royal Trust Carers Service Annual General Meeting will be held on 21 October. Invitations to Members of the Service will be sent out nearer the time.

It's All About YOU!

a new project for carers in West Berkshire

A new course run by The Princess Royal Trust Carers Service gave the carers who took part opportunities to find different ways to relax and the chance to meet new people.

In May, 18 carers descended on Thatcham Baptist Church on Monday evenings to take part in an eight week course, which provided workshops on health, nutrition, the law and benefits.

An undeniable feature of the evenings was laughter, alongside activities such as African Drumming, circle dancing and crafting.

One carer got more than she bargained for when she discovered a frog inside her free pot of basil as part of healthy eating!

New friendships have been formed and a new network of peer support may arise from this course.

QUOTES FROM PEOPLE ON COURSE.

"It has been great to be here and just be, without having to explain."

"A really supportive and non judgemental group."

"I realised I wasn't alone."

"A really enjoyable and informative course. Thank you."

Making a will or setting up a trust for a loved one with a learning disability.

Are you worried about how your family member with a learning disability will manage financially when you are not around to support them?

Mencap have organised FREE 2 hour seminars for parents and carers, with information and advice provided by a specialist local solicitor. A session is being held in Newbury on Monday 13th September from 12.30pm – 2.30pm. To book a place, call Gina on 020 7696 6925.

Goodbye from André



It is with much regret that I am leaving The Princess Royal Trust Carers Service at the end of September. Unfortunately, it has not been possible to find continuation funding for the Health & Wellbeing project which, in my opinion has been invaluable to many of you. In the short time I have been here I have enjoyed meeting many of you, and providing events and activities that I have tried to make interesting, worthwhile and beneficial. I hope you found them enjoyable and supportive.

Best wishes and good luck for the future from André.

Join us to mark World Mental Health Day 2010



Specialist Mental Health worker Catherine Cox

The Princess Royal Trust Carers Service is celebrating World Mental Health Day 2010 by holding an open day on Friday October 8.

The event will be held at our new offices at St Giles House, 10 Church Street, Reading from 11am – 3pm.

Carers of people with mental health problems and professionals working in mental health are welcome to drop-in and stay for as little or as long as they like.

Catherine Cox, our specialist mental health carers worker, will be available to talk about the support she is able to offer to carers in Reading, Wokingham and West Berkshire. Other staff will also be on hand to answer your caring questions.

There will also be the chance to enjoy some complementary therapies and light refreshments.

On-site parking is available. Please let us know if you plan to come along. Call the Carers Line on 0800 988 5462 or email helpline@prtberks.plus.com and leave contact details including a mobile telephone number and we will send you a reminder nearer the time.

We look forward to seeing you on October 8.

* World Mental Health day is an international event aimed at raising awareness of the importance of mental health and well-being, to increase community awareness about mental health issues and to encourage people to look after their mental health.

Carers Service is on the move...

The Princess Royal Trust Carers Service, alongside several other local voluntary and community organisations including the Citizen's Advice Bureau, will be moving into the town's Broadway House sometime in September.

The former Vodafone building near the Clock Tower in Northbrook Street was purchased by Greenham Common Trust last year and has recently undergone a complete refurbishment to create a modern suite of offices, conference and

meeting rooms, consultation rooms and kitchen facilities. A lift has also been installed to make it fully accessible for disabled people.

Our telephone number and email addresses will remain the same and we will update you with full details of the move in our next newsletter. We are very much looking forward to this exciting change and also to welcoming carers to drop-ins and events that we will be able to hold there.

Important Contact Information

The Princess Royal Trust Carers Service provides a number of services and support groups.

The Princess Royal Trust Carers Service - West Berkshire

Arcade House, The Arcade, Bartholomew Street, Newbury RG14 5AD Tel: 01635 49109
Carers Line: 0118 950 5177
Web: www.carers.org/berkshire

Contact: Christine Eeley, Support and Development Manager,
Email: christine@prtcarers.plus.com

Contact: Catherine Cox,
Mental Health Carers Support Officer,
Email: catherine@prtberks.plus.com

Contact: Jayne Mohseni
Older Carers Support Officer
Email: jayne@prtcarers.plus.com

Newbury Crossroads

Arcade House, The Arcade,
Bartholomew Street, Newbury RG14 5AD.
Tel: 01635 30008

West Berkshire CAB Carers Advice Service

The Health Centre, Bath Road, Thatcham,
Berkshire. Tel: 01635 864245

Alzheimer's Society - West Berkshire Branch

The Slater Centre, New Greenham Park,
Newbury RG19 6HN. Tel: 01635 500870
Contact: Chreanne Montgomery-Smith,
Support and Development Officer, email:
alz.support@pop3.hiway.co.uk
Contact: Gill Brown, Co-ordinator, email
alz.coord@pop3.hiway.co.uk

West Berkshire Disability Alliance

Tel: 01635 49701, Email: info@wbda.org,
Web: www.wbda.org, Contact: Mick Hutchins

Stroke Care for Newbury and West Berkshire

Contact: Judy King, Family Support.
Tel: 01635 861666

West Berkshire Neurological Alliance

2 Clayhill Crescent, Newbury RG14 2NP
Tel: 01635 33582, Fax: 01635 567177
Website www.wbna.org.uk Contact: John Holt

MS Society Newbury and District

Contact: John Holt (Chair), Tel: 01635 33582
Email: JohnMHoltBSc@aol.com
Contact: David Campbell
(Hon. Sec.) Tel: 01635 248653
Email: davidjvcampbell@yahoo.co.uk

Parkinson's Disease Society Newbury and District

Tel: 01635 869532,
website www.parkinsons.org.uk

Newbury Mencap Family Adviser

Enborne Gate, Enborne Road, Newbury.
Tel: 01635 41464/569875

PALS (Partnership for Active Leisure Scheme)

Email: coord1@palsweb.org.uk
Website: www.palsweb.org.uk

West Berkshire Council Community Care

Avonbank House, West Street, Newbury,
RG14 1BZ

Berkshire West Patient Advice and Liaison Service (PALS)

57-59 Bath Road, Reading, RG30 2BA
Tel: 0118 982 2829.
Email: pals.berkswest@berkshire.nhs.uk
Contact: Jo Cozens, PALS manager