



The Carers' Voice



Supporting and Informing Carers in Barnet

Winter 2009



A very Happy Christmas from all at Barnet Carers Centre

Annual Quiz Night Fun!

You are invited to join us for 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.

Doors open at 6pm.

Call 8343 9698 to book or for more information.

Carers Representative

From time to time, there are issues upon which local services wish to consult or more generally discuss. If you are interested in being involved, as a Carer, please contact Caroline Powls at the London Borough of Barnet on 020 8359 4366. She is the Service User and Carer Participation Officer and works Monday to Thursday. Caroline would like to hear from you and can tell you more about the role of a Carers Representative.

Don't forget all our details are on our website:
www.barnetcarers.org

Barnet Carers Centre Pioneering Service: Extended Opening Hours

Barnet Carers Centre is the first Princess Royal Trust Carers Centre in the UK to offer extended opening hours. We are now open on Monday to Thursday from 9:00am until 9:30pm. This new, innovative development means that we are able to offer wider access to Carer support services for those unavailable during the day. We are also open on Fridays, 9:00am – 5:00pm.

Phone or drop into the Centre to access services including: counselling, support groups and welfare benefits advice. Please contact the Centre for further details.

**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

Registered Charity Number 1057539

Our Centre Services

*Barnet Carers Centre provides a wide range of services
Please call the Carer Support Team for more details on 020 8343 9698.*

Telephone Helpline – 020 8343 9698

Monday to Friday 9.00am - 5.00pm.
For information and advice about any issues affecting you as a carer. Our friendly Carer Support Team offer practical help as well as emotional support.

Daily Drop in

Come and talk through any problems or concerns with a member of our experienced Carer Support Team. 9.30am - 4.30pm daily.

Relaxation Day

Come and pamper yourself and enjoy a light lunch. First Friday of each month. 10.00am - 3.00pm at Christ Church N12. A £5 donation is requested.

Relaxation Evening

Come and enjoy a range of therapies at our Relaxation Evenings. These take place at Barnet Carers Centre on the 3rd Wednesday of each month between 6.30pm and 8.30pm. A donation of £4 is requested.

Carers Get Together

Meets every Thursday at the Centre.
10.30am - 12.30pm for coffee, tea and biscuits.

BYCAS Clubs and Outings

Barnet Young Carers and Siblings run regular outings and clubs in Barnet. Please phone and speak to Gary Smith at the Centre on 020 8343 9698.

Counselling

Come and talk to a trained counsellor in a non-judgemental, confidential setting.
Phone us to find out more. A donation is requested.

Arts and Crafts Group

Meets every Tuesday at the Centre.
12.00 - 3.00pm. Come along and be creative.

Welfare Benefits Surgeries

Held at the Centre on the evenings of the first and third Monday of each month
6.00pm - 8.00pm and every Thursday
10.00am - 12.00pm. Please phone to make an appointment.

Carers Break Fund

The Centre has access to funds to help you have a break. Please speak to the Carer Support Team for details.

New Out of Hours Service

We are now open Monday to Thursday from 9.00am - 9.30pm and 9.00am - 5.00pm on Fridays. Call 8343 9698 for more details.

Older Carers and Carers of Older People Group

Meets on the First Tuesday of each month at the Centre from 11.00am - 1.00pm. This group is for Carers who are over 60 or caring for someone over 60. Please call Fiona for more information.

Kenwood Walking Club

Second Tuesday of each month 10.00am - 3.00pm.
Meet at the Centre. Call to book your place.

Mental Health Carers Support Group

Meets on the 1st Thursday of every month, 6.30pm - 8.00pm at Barnet Carers Centre. Call Anna for more details.

Multicultural Carers Support Group

Meets on the last Wednesday of each month
11.00am - 1.00pm at Barnet Carers Centre. Please call Nahida on 020 8343 9698.

Carers of Adults with Physical and Sensory Impairment Support Group

Meets on the last Tuesday of each month, from 6.30pm - 8.00pm at Barnet Carers Centre. Call James Evans on 8343 9698 for more details.

Carers Hospital Discharge Service

This is a Barnet Hospital based service, identifying Carers and offering them support and information.
Contact Daniel Newland on 07954 271625 or ring the Centre.

Former Carers Group

Held on the first Monday of the month, a chance to come and meet with other people in a similar situation. 1.00pm - 3.00pm. Call to confirm details as times of outings vary.

BYCAS 'Time4us' Service

The 'Time4us' Service provides support and advice to young people who are living with the effects of substance abuse within their family. For more information contact Michael on 8343 9698.

Details of all our services and events can be found on our website; www.barnetcarers.org

Dear Readers,

Well winter is upon us once more and we look forward to our usual full calendar of events for this time of year including: Carers Christmas Coffee Morning, Christmas Lunch and our Annual Quiz in



January. Details of all the events are in the 'Dates for Your Diary' on page 6 which you can now cut out and keep so that you don't miss anything!

Remember if you need to relax and unwind you are welcome to come along to our Relaxation Days and Evenings for a therapy and a

chance to socialise. Details are on this page under 'Our Services' Wishing you all a very Happy Christmas and New Year.

We look forward to seeing you next year.

Happy reading,
Fiona Jones

Centre News

Meet the New Staff!



Dorota Grzesko
BYCAS Multicultural
Support Officer



June Maya
Senior Carers
Development Officer

Mental Health Carers Support Group

Meets once a month at the Centre, 6.30pm - 8pm. The first Thursday of the month:

3rd December 2009 - Open group discussion with mince pies.

7th January 2010 - Supportive Family Training with Jeffrey Breslaw

4th February 2010 -

Jewish Care Mental Health Carers Service

4th March 2010 - Fenella Lemonsky, Expert by Experience

Call Anna Cymbalist on 8343 9698 for more details.

You Are Not Alone...

Calling all Physical & Sensory Impairment Carers! The PSI Carers Support Group is on the last Tuesday of every month 6.30pm – 8.00pm. It's your opportunity to come and discuss any problems you're facing in a relaxed setting, meet other Carers who are experiencing similar circumstances to your own and hear about issues and developments affecting you and your cared for. Future talks will be given by the British Polio Fellowship and British Heart Foundation amongst others. Do come along to Barnet Carers Centre and join us. Call James Evans on 8343 9698.

BYCAS Holiday to Woodrow High House



This summer sixty two BYCAS kids and families spent a wonderful week at Woodrow High House in Buckinghamshire. I was lucky enough to spend a day with them and saw both children and their parents enjoying time together away from all the normal everyday chores like cooking and housework.

It was wonderful to see them spend quality time together enjoying a variety of activities including; swimming, raft building, It's a Knockout, arts and crafts and a fancy dress disco at the end of the week!

It was an unforgettable experience for both parents and young Carers and their siblings.

"What I liked the best was watching the children enjoying themselves."

(A happy parent)



A big 'thank you' to everyone who was involved!
Fiona Jones

**Barnet Carers Centre and
Barnet Care and Support Service (BCASS)**



These two local charitable organisations, with Carers at the heart of their work, have been working closer together, especially over the past two years. Although they have always viewed themselves as “sister” organisations, a plan to become one organisation has been underway particularly over the past nine months.

To prepare for the future and to ensure that Carers are given the best all round support, in spring 2009, talks began to focus more seriously on becoming one organisation based in one location. There were a number of checks and legal matters that needed to be undertaken before the decision was finalised, and in due course it was agreed to progress the plan. There remain a small number of bureaucratic and administrative tasks that are yet to be completed, however by spring of next year it is envisaged that all the necessary work will have been dealt with and the home care service, now operated under the name of BCASS, will come under the full management of The Princess Royal Trust Barnet Carers Centre. In the meantime, during the latter part of September 2009, BCASS relocated to Global House in North Finchley and is working hard alongside everyone else at the Carers Centre. New IT and telephone systems have been installed and the floor space has been altered to accommodate everyone.

We are now settled and working alongside one another very well, systems are being streamlined in time for when the services of each organisation will be fully integrated.

The aim from the beginning of this project has been to be able to provide Carers in Barnet with a truly comprehensive and high quality service. We are aware that the number of Carers is increasing and the level of responsibility for many is also increasing. Our new high quality service will be designed to meet this situation.

If you have any comments or would like to know any more details, please contact the Chairman or Chief Executive of Barnet Carers Centre at Global House.

WILL YOU HELP US CARE FOR CARERS?

Often choosing to become a Carer can mean a life of poverty, isolation and ill health. In 2008 Barnet Carers Centre helped over 4,500 Carers. Will you help us reach out to more Carers?



£10 could help towards the cost of counselling for Carers

£15 could help towards taking young Carers on an outing

£50 could help towards the cost of a much needed break for a Carer and their family

If you wish to help your local Carers Centre to support Carers in Barnet please complete the form below and return it with your donation in the freepost envelope provided to: Barnet Carers Centre, 3rd floor, Global House, 303 Ballards Lane, London, N12 8NP.

Please accept my donation of £5, £10, £15, £50 (please circle one amount).

Title Name

Surname

Address

.....

.....

Postcode

I enclose a cheque / postal order / CAF voucher made payable to Barnet Carers Centre (please delete as appropriate).

Tick here if you have not yet signed up to Gift Aid.

Through Gift Aid any donation you give will be worth 28% more, at NO extra cost to you. Barnet Carers Centre will be able to claim 25p for every £1 you have given in the last six years, and any future donation you may make. The Government will add an extra 3p, so Barnet Carers Centre will receive 28p for every £1 donated.*

*To qualify for Gift Aid you must pay income or capital gains tax.

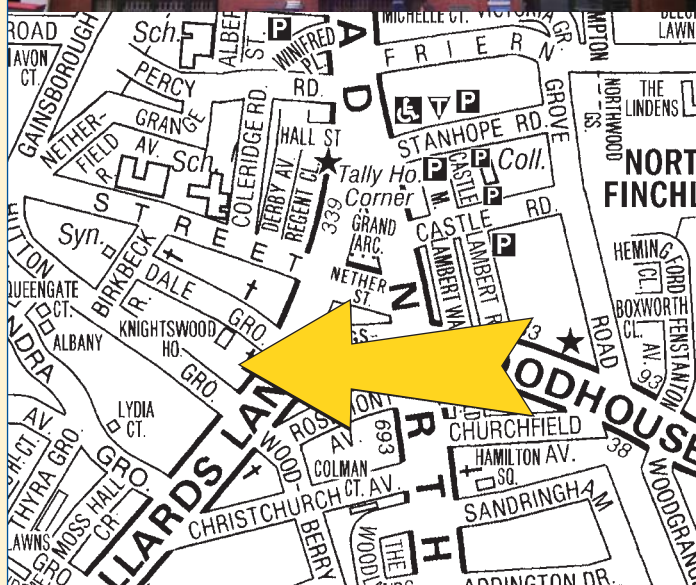
Registered Charity Number 1057539

Barnet Citizens Advice Bureau New Email Advice Service for Carers

Barnet CAB recognises that it can be difficult for Carers to access the advice they need, even in the best of times. Moreover, due to the ongoing economic problems demand from all sides for advice on welfare benefits, debt, housing, employment and other areas, is at an all time high. Whilst local advice agencies, such as Barnet CAB, are doing their best to cope with the additional demand, the level of their resources, and therefore their ability to supply the demand, are static. For Carers, who may not have the time, or be physically unable, to queue or access these services during core hours, an already difficult situation is becoming more difficult.

In order to help with this problem, Barnet CAB has applied successfully for funding from the Milly Apthorp Charitable Trust to set up a new email advice service. In the first instance this service will be targeted at Barnet based carers and will allow them to access advice by email through the Barnet CAB website. There will be an online form that carers requesting advice will need to complete, and the username and password required to use the form will be distributed to all Carers through Barnet Carers Centre and members of the Carer Support Organisations Network in Barnet. The new service will be up and running in November. Call 0844 826 9336 for more details.

If you no longer wish to receive this quarterly newsletter or for your details to be kept on our database, please contact us and let us know, our contact details are on the front page. Thank You



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 4 people.

Both have central heating, air conditioning, comfortable furnishings and drink making facilities.

Meeting Room A is £25/hour or £100 for the day.

Meeting Room B is £10/hour or £50 for the day.

Call Barnet Carers Centre on 020 8343 9698 to book or for more information.

Dates For Your Diary

December

Tuesday 1st

Older Carers and Carers of Older People Group at The Centre from 11.00 - 1.00pm. 'Caring with Confidence' taster course. This course is designed to help Carers to cope with the everyday problems that being a Carer sometimes involves. Please call Fiona on 8343 9698 for more details and to book a place.

Wednesday 9th

Carers Rights Day: Exhibition and Conference 'Caring for your Income and Pension' - The Emerald Suite, North London Business Park, Oakleigh Road South, N11 1GN, 9.30am - 4.30pm.

The day will include exhibitors and speakers including actress, former Carer and Vice-President of The Princess Royal Trust for Carers, Pam Ferris.

For more information please call Fauzia or Mike Smith on 8343 9698 or email Fauzia.malik@barnetcarers.org

Thursday 10th

Christmas Coffee Morning, mulled wine and mince pies 10.30am -12.30 pm at the Centre, no need to book. A donation of £1 is requested.

Thursday 17th

Carers Christmas Lunch

At The Penridge Suite, 470 Bowes Road, N11 1NL. The cost will be £10 per head for current Carers and £15 for former Carers and guests. It will be a help yourself carvery. The price includes all beer and wine, spirits are extra. Please call 8343 9698 to book your place.



January

Wednesday 13th

Wine Tasting Evening at The Centre from 6.30pm - 8.30pm. Cost will be £5 per head. Please bring nibbles to share if you wish. Call to book on 8343 9698.



Thursday 28th

Annual Quiz Night at:

The Meritage Centre, Church End, Hendon, NW4. Doors open at 6.30pm. Tickets are £12 each. Call to book your place.



February

Thursday 11th

Valentine's Coffee Morning at The Centre from 10.30am -12.30pm.

Snacks will be provided and a donation of £1 is requested.

Thursday 25th

International Food Coffee Morning

At the Centre from 10.30am - 12.30pm. Please bring along a dish of your choice. Call the Centre to inform us what you will be bringing. If you do not wish to contribute, a donation of £1 is requested.

Christmas Opening Hours

We will be closing at 2pm on Thursday 24th December and re opening at 9am on Tuesday 29th December.

On Thursday 31st December, we will close at 2pm.

We are closed on Friday 1st January and re open as normal on Monday 4th January 2010.

Cut out and keep