

The Princess Royal Trust Knowsley Carers Centre

Winter 2009



“SANTA DASH”



"Dominic (Carers Support Officer) and Tony (Social Work student) will join in the annual Santa Dash through Liverpool City centre to raise funds for Knowsley Carers Centre Hardship Fund (see page 10 for further details)".

*A Very Merry Christmas
and a Prosperous 2010*



ADHD Knowsley Attention Deficit Hyperactivity Disorder

Are you a parent or guardian of a child with ADHD?

The sessions are held in
Knowsley Carers Centre, 143 Bewley Drive, Southdene, Kirkby

17TH December 2009

21ST January 2010

25TH February 2010

18TH March 2010

Between 10.00 am 12.00 Noon

Days Out

Coffee Mornings
with Guest Speakers

Coffee, tea &
snacks provided

Short Residential
Breaks

Leisure Activities

No Creche facilities at present

You can get the 227 bus from Huyton or Kirkby Station
which stops right outside the centre.

Contact:- Julie, Nicky or Sharon - Email: ADHDknowsley@gmail.com

WELL-BEING THERAPIES

If you would like a massage,
please telephone **0151 549 1412**
to book your place. Sessions are
held at:

**Kirkby – 10am start,
1.30pm last client**

Weekly on a Thursday at the
new Centre on Bewley Drive

**Huyton – 2pm start,
3.30pm last client**

First and Third Wednesday at
Longview Shops



**Halewood – 10.30am start,
12noon last client**

Second Wednesday of the
month in the One Stop Shop

Please inform us if you cannot make your massage appointment.
This service is very much in demand. Some carers are simply
not turning up and depriving other carers on the waiting list.

Welcome and Season's Greetings

Hello to all carers in Knowsley and welcome to our winter and Christmas edition of the Carers Centre newsletter.

I always enjoy this part of the year and enjoy the Christmas decorations especially the grand displays from street to street which seem to get bigger and better as the years go by.

Reflecting back on 2009 it has been a good and exciting year for us especially with our Reaching Communities success and the move to our new premises. More and more carers are coming forward for help and support

We have now settled in our new building and everybody who visits are impressed by the modern décor and wonderful facilities we can now offer.

We are also pleased that many younger carers are now getting more involved and some are holding their support groups at the Centre. We are going to look at more services for our younger carers and would appreciate any suggestions.

For those of you who regularly receive our newsletter allow me to encourage you to read on, as we aim to keep you informed of carer's issues, changes and developments and also of social outings and activities which have taken or will be taking place.



I would like to finish 2009 by wishing all the staff, our management committee, carers, friends and last, but not least the Health and Social Care Department in Knowsley who have helped us this year, especially with our move to new premises showing their commitment to carers in Knowsley.

**“A Merry Christmas
and A Prosperous 2010”**

Don't forget!!!!

Those who have not already done so, now is the time to prepare for the colder months ahead by making an appointment with your GP for your flu vaccination.

Helen Rigby, Manager

Flexible Working for Carers

The Government has stepped up its action to raise awareness of flexible working rights for carers. New figures indicate 82% of adults are not aware that those with caring responsibilities are legally entitled to request flexible working. More than a third of people surveyed had caring responsibilities which could make them eligible to ask.

Harriet Harman MP, Minister for Women and Equality, said: “This

Government recognises the importance of this family care, and those who go to work as well as care for older relatives. That is why we brought in the right to request flexible working for those who care for older and disabled relatives”.

More information on making a flexible working request, please go to www.direct.gov.uk and click on the ‘Caring for Someone’ section.

Benefits Advice Surgeries

Do you think you may be not accessing the right benefits?

Don't know where to go for help?

Knowsley Carers Centre are pleased to announce that we will be offering benefits advice around the Borough. This will include a home visiting service.

Telephone 0151 549 1412 if you need help.

DEMENTIA

Dementia: an increasing problem as UK population ages. Why we should all have a Lasting Power of Attorney

The UK population is growing older. Many are facing the problem of parents, relatives, or close friends finding it difficult to deal with everyday issues such as; telephone calls, filling in forms, handling savings and paying bills. The list goes on and the simple everyday tasks are often difficult to deal with.

Sometimes, the problem is due to a loss of mental capacity, caused by Alzheimer's or Dementia. Other times, it can just be the problems of old age – restricted mobility, hearing loss or impairment of vision. It could even be an accident or debilitating illness, which can affect old and young alike. It's not just the older generation that needs help; it can be a problem for young people too.

Local solicitors St Helens Law say “Often solicitors are approached too late for a Lasting Power of Attorney to be entered into, which leaves the family with a high

cost, time consuming and onerous application to the Court of Protection for a Court of Protection Order”.

“A Lasting Power of Attorney (LPA) should be entered into before it is too late! It is a much cheaper alternative to set up and is free from the on-going expense and administrative procedures and limitations set out in the majority of Court of Protection Orders. Once the initial costs of the LPA being drawn up and then registered have been met, there are no further costs”.

The instructions for LPA are taken from the person wishing to appoint an attorney to act on their behalf. The document can be drawn up and then put away until a later date when it is required. It does not need to be used immediately or even at all (if it is not needed) but having the document ready is an important aid to putting your affairs in order.

“Very few of us can predict what will happen to us in the future and it’s a good idea to have an LPA in place should the need for it ever arise”.

In providing instructions for the LPA, people choose who their attorneys are. They can decide whether they act alone, together, or alone in some matters and together in others. A person can also dictate when the LPA is to be used and can limit the matters that can be dealt with and state what should be taken into account when the attorneys are exercising their powers. In short, an LPA is made to personal instructions and gives the attorneys as much, or as little, control as is desired.

The cost of making an LPA, and registering it, so that it is ready to be used is currently £250.00 + VAT and a disbursement of £120.00 payable to the Office of the Public Guardian. It is important to note that unlike the old Enduring Power of Attorney, the Lasting Power of Attorney cannot be used without registration.

If you become unable to manage your affairs and do not have an LPA, the alternative is a Court of Protection Order. A Court will decide who should manage your affairs and what powers they have, the fees are fixed by the Court. For a basic Court of Protection Order to be taken out, the fee, up to the granting of the Order, is currently fixed at £825.00 + VAT. There are also disbursements to be paid £400.00 is payable to the Court on submitting the application, there are also fees for a medical assessment, approximately £75.00 to £200.00. If there are any particular issues to deal with, such as the sale of a property, further permission is needed from the Court and extra costs are involved. There are also on-going fees, administrative duties and accounts to be submitted to the Court.

St Helens Law adds “It is not an easy subject to deal with at any time but being prepared and having a Lasting Power of Attorney in place, just in case, causes less heartache and costs considerably less”.

If you would like more information on Lasting Powers of Attorney, Wills, Probate or any other legal matter contact Nikki Barnes at St Helens Law on 01744 454 433.

Take Good Care of Yourself

On 22nd October Knowsley Carers Centre held a Health Awareness Day. Information and advice was provided on a range of health issues including mental health, alcohol use and cancer screening. A delicious, healthy buffet was served and the Community Cooks Team demonstrated how to make a quick and nourishing soup for the winter months. Armchair exercises were demonstrated by Wendy from the IKAN Team and officers from the Fire Service were on hand providing advice about how to minimise fire hazards in the home.



JACKIE HARRIS MEETS PM



from left to right Sarah Brown, George Howarth(MP), Cllr Jackie Harris, Beverley Harris and Prime Minister Gordon Brown

"Cllr Jackie Harris our chairperson being recognised for all her community involvement at a reception at 10 Downing Street".

The Knowsley Cancer & Information Support Service (KCISS)

The Knowsley Cancer Information Support Service is a free, friendly, confidential service that provides information and support to anyone affected by or living with cancer. The service can be used at any time from diagnosis, during treatment, or even after treatment has finished.

Ann Turtle, the Service Coordinator says 'If you have any worries or questions about anything to do with cancer, whether it's about yourself or a relative or friend, or you just want to find out more about preventing cancer, do come and see us. We can point you in the right direction to find practical, emotional or financial support. You don't need an appointment and you can talk to one of the Macmillan Information Specialists face-to-face.'

The locations and times for the Knowsley drop in centres are:

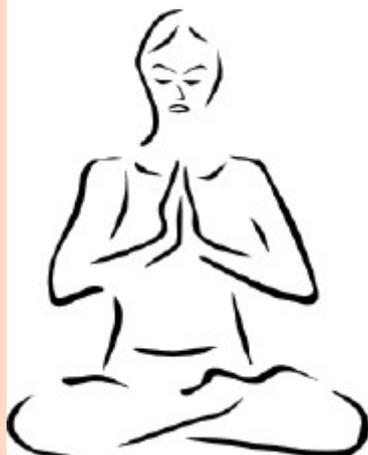
Kirkby One Stop Shop
Municipal Building,
Cherryfield Drive, Kirkby,
Knowsley, L32 1TX
Every Wednesday | 10.00 - 15.00

The Halewood Centre
Roseheath Drive, Halewood, L26 9UH
Every Monday | 10.00 - 15.00

Lyndale
Knowsley cancer Support Centre
40 Huyton Lane, Liverpool, L36 7XG
Every Tuesday | 10.00 - 15.00

If you would like further information about the Knowsley Cancer Information and Support service please contact Ann Turtle on 07824597907 or ann.turtle@knowsley.nhs.uk

Yoga Classes



Why not try something new in the New Year. Come and try out the yoga sessions at Knowsley Carers Centre. Yoga is a good way to relieve stress while at the same time improving your strength and flexibility. The exercises can help you to relax, improve your breathing and enable you to meditate. Sessions will be conducted by Beverley Mc Donald a qualified yoga teacher and are suitable for absolute beginners. So don't get yourself tied in knots, try some yoga instead. Call us on 549 1412 to book your place.

Our Day Out to Chester Zoo



(Some of the Carers who visited Chester Zoo)

On Wednesday 14th October, carers visited Chester Zoo, fortunately the weather was on our side and stayed sunny and dry the entire day. We set off early for a full packed day and by 3.30pm when we were leaving both Matt's and my legs and feet were aching from all the walking we had endured. Throughout the day, carers took advantage of the Café Tsavo and the Ark Restaurant for their refreshments and lunches.

The Zoo houses over 7000 animals, more than 400 species of rare, exotic and endangered wildlife. Car-

ers were happy to walk round and some even took the Monorail to catch sight of the Zoo from a higher ground.

Various talks by Zoo staff were given during the day and two of them we listened to were the Chimpanzees and Tigers. Both of which were very informative and enjoyable.

The feedback received was really good with some comments from carers including:

“ Really enjoyed”

“The trip was very good, everyone had a good time”

RESPIRE TO BAGDEN HALL

Over the autumn the Princess Royal Trust for carers were given several respite breaks from Classic Lodges UK. Knowsley Carers were selected to go to Bagden Hall in rural West Yorkshire in September. The hotel was situated in beautiful grounds with a lake and 9 hole golf course and the facilities were superb. The staff could not have been more helpful and nothing was too much trouble for them.

The four carers who were invited all enjoyed different aspects of the break.

which is well known as the setting for Last of the Summer wine, and we all made our way to both Sid's café and Nora Batty's house and along the way



'At Sid's cafe' L-R Jack, Julie, Compo, Ann, Matt

Ann enjoyed the Yorkshire Sculpture Park which we went to on the only wet day we had, still the drizzle didn't spoil the morning. Elsie enjoyed Holmfirth

Jack managed some impromptu whisky tasting. We also had a mornings shopping in Huddersfield which Julie really liked, and we enjoyed walking around the hotel's calming landscape. We were there with carers from Bridgend and Cheshire and it was nice to meet new people. Everyone had an enjoyable and relaxing time, and it made for a much needed break from people's caring roles. Hopefully we will be able to offer this again next year.

Matt Eabry, Carer Support Worker



On Thursday 29th October, I attended an event organised and facilitated by Knowsley Link, at Kirkby Christian Fellowship, concerned with the Big Care Debate. I attended this event primarily in my capacity as a Student Social Worker on placement at Knowsley Carers Centre, but also as a carer to my father.

I had limited knowledge of the Big Care Debate prior to attending the day but have now gained a personal and professional perspective on the major changes planned by the New Labour Government that will affect each and everyone accessing Health and Social Care in future years. That realisation as a nearly 43 year old male and embarking on a career as a Social worker was frightening.

The day itself was well organised and attended with relevant information and thought provoking exercises carried out in a group setting. As carers, (and a lot of them were present at this event) it was an opportunity to shape the services that could have an important impact on them as carers and the person they look after.

This summer the government launched plans for a National Care

Service contained in a green paper called *Shaping the Future of Care Together*. The government's plans would be the biggest change to modern day social care of adults in the UK. People with care needs will be helped to stay as independent as possible. Services will be individually tailored to the needs of the carer and the person they look after. To make this happen, radical change is needed in the way care for adults is paid for. *Shaping the Future of Care Together* offers three options for how the country and individuals will pay for care. These proposals are designed to make paying for care fairer.

Our views on these options are vital, to make sure that care is paid for in the right way for future generations. That is why it was important to join the Big Care Debate and have your say.

I was able to have my say along with the other people at this event and all of this information will be fed back to the government as part of this debate. The Big Care Debate consultations end on Friday 13th November and the future of care via a National Care Strategy will soon be in place, whether it will be fair, simple and affordable remains to be seen.

Further information at www.careandsupport.direct.gov.uk
www.carers.org/news/the-big-care-debate-kicks-off,4984,NW.html

Tony Ely –Student Social Worker

DIARY DATES

If you wish to take part in any of the listed excursions, please contact Knowsley Carers Centre on 0151 549 1412 with your details at least two weeks before the event. Priority will be given to carers most in need of a break.

Date

Venue

*To be confirmed Jan 2010
Friday 12th February 2010
Tuesday 23rd March 2010
To be confirmed Jan 2010*

*Theatre Trip
Pamper Day
Mersey Ferries
Tai Chi & Yoga*

Support/Coffee Groups Sessions

Kirkby – every Friday 10.30am until 12noon at the new Carers Centre, 143 Bewley Drive, Kirkby (the old KHT building).

Huyton – the first and third Wednesday of each month 2pm-4pm at the Knowsley Works Shop, (Longview shops), Hillside Road, Huyton

Halewood – the first and third Thursday of each month 10.30am-12noon in St Mary's Centre, Hillingden Avenue, Halewood.

If you would like to speak to one of our Carers Support Workers or require more information about the Coffee Groups, please contact the Centre on **0151 549 1412**.

**Join us
for our
Christmas
Celebration**



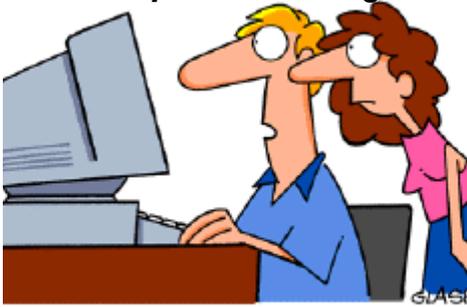
Food and Entertainment will be provided, including raffles, bingo and a quiz.

This Special event is taking place on Wednesday 16th December 2009 here at 143 Bewley Drive, Kirkby 11.00am—3.00pm.

Transport and care can be arranged.

This event will be by invitation only as we have limited space.

Beginners and Intermediate Computer Training



"THE COMPUTER SAYS I NEED TO UPGRADE MY BRAIN TO BE COMPATIBLE WITH ITS NEW SOFTWARE."

We have been asked by some carers to help organise training to help them in their search for work or just to learn a new skill. We've been successful in getting the funding and are now pleased to announce that the training started in September. Each course has six sessions where you will have the chance to practice old skills and learn some new ones. Where required, you will get help looking for possible jobs and completing the application forms. You will get the chance to practice your interview skills and get positive feedback to help you improve your chances.

This course could be just what you are looking for!

There will only be a few people on each course so the tutor will have plenty of time to give you 1:1 support and to make sure the work you are doing is at the right level for your needs. The sessions will be relaxed and fun. No prior knowledge or qualifications are needed. If you're interested then telephone the Centre on: **0151 549 1412** to put your name down as places are limited.

Transport can be arranged

“SANTA DASH”

Please support Dominic and Tony in the 2009 Santa Dash to raise money for the Knowsley Carers Centre Hardship Fund.

If you wish to sponsor us on this '5K FUN RUN', please pledge your amount using the slip below and return it to Knowsley Carers Centre Bewley Drive, Kirkby, L32 9PE

Name: _____

Address: _____

Pledge Amount: _____

Any amount large or small will be greatly appreciated.

CENTRE OFFICIALLY OPENED BY MAYOR



(left to right) Sheena Ramsey, CEO of Knowsley Council, Jan Coulter, Director of Health & Social Care, Cllr. Jayne Aston, Cllr. Ron Round, Cllr. Jackie Harris, Cllr. Dave Smithson, Mayor of Knowsley

WHAT IS CARING WITH CONFIDENCE?



If you are looking after a friend or relative, Caring with Confidence can help you to make a positive difference to your life and that of the person you care for. Aimed at improving support for carers aged 18 and over, this course aims to develop your caring knowledge and skills.

The sessions are free at your local Carers Centre and help can be provided with respite and travel costs. Take a look below at what is covered over the period of the course:

- Finding Your Way
- Caring and Coping
- Caring and Me
- Caring Day-to-Day
- Caring and Resources
- Caring and Life
- Caring and Communicating



If you would like to attend Caring with Confidence training or require more information, dates and times then contact the Carers Centre on **0151 549 1412** or the Caring with Confidence telephone on: Free phone **0800 073 3871**

The next course at Knowsley Carers Centre starts Wednesday 28th January 2010, Call to reserve your place.

WINTER FUEL PAYMENTS

Every household with someone aged 60 or over is entitled to help towards their winter energy costs. Under the Government's Winter Fuel Payments scheme, you can make a claim if you had reached the qualifying age by yesterday's cut-off point. The over 60s can claim a lump sum up to £250 tax-free, while the over 80s get up to £400 (increased from £200 and £350, respectively, last year). Payments can take a few months to arrive so the earlier you apply the better.

How to claim

If you have received the Winter Fuel Payment in previous years, or receive the State Pension, you do not need to do anything, and payments will be made automatically in November or December. Anyone else will need to download a claim form and return it to the Pensions Service, or ring 08459 15 15 15. Claims must be made by 30th March 2010 for winter 09/10 payments.

Backdated payments

While you can't claim backdated payments from 2001-onwards, you can claim for winters between 1997 and 2000 inclusive.

Exclusions

You can't get a winter fuel payment if:

- You've been in hospital getting free treatment for 52 weeks.
- You are in prison.
- You are subject to immigration control and are not eligible for Government help.
- You are living in a care home.

CONFIDENTIAL COUNSELLING SERVICE FOR CARERS

Following the advertisement in our last newsletter a number of carers have now taken up our offer of free and confidential counselling.

People attend counselling with a range of issues/problems for example:

- Depression
- Anxiety
- Stress
- Domestic Violence
- Relationships within the family
- Bereavement or other loss

Sessions last approximately one hour and offer absolute confidentiality.

Carers registered with Knowsley Carers Centre are able to access counselling by contacting **0151 549 1412** to arrange an appointment. However, due to the current demand, there is a waiting list.

Fire Safety for Carers

Make sure the people you care for are safe at home.

**On Thursday 11th February 2010
10.00am - 12.00noon**

Steve Holding, Carer Training Advocate for the Fire Service, will deliver a talk at Knowsley Carers Centre, followed by a buffet lunch. Please contact the Carers Centre on 0151 549 1412 to reserve a place.

EMERGENCY CONTACTS

If you have an emergency over the Christmas holiday period you can:

- Use your emergency Card if you have one
 - Contact your GP
- Contact your local Police, and ask for Social Services
- Contact the Knowsley Access Team: 0151 443 3714
 - Samaritans: 08457 90 90 90
 - Carers Direct: 0808 802 0202
 - NHS Direct: 0845 4647

Out of hours Social Services number 07659 590 081

The Bewley Drive, Southdene, Kirkby office will close on Wed 23rd Dec 2009 and reopen on Mon 4th Jan 2010.

The South Knowsley Office
at St Mary's Day Centre, Halewood will close from:
Mon 21st Dec 2009 and re - open Tues 5th Jan 2010.

VOUCHER ALERT!

**Don't forget to telephone us on: 0151 549 1412
if you need vouchers for over the Christmas period.**

Whilst every care is taken to provide accurate information, Knowsley Cares Centre does not accept liability for any error or omission. The editor reserves the right to alter any materials for publication. The products and commercial services advertised within this newsletter are not necessarily endorsed or recommended by Knowsley Carers Centre, therefore, readers' own judgment is necessary.

Do you have an item for the 'Newsletter'?

If you can access a computer, why not type it out and send it on a disc,
(please send a hard copy also), or email it to us at:

knowsley.carers@btconnect.com

This would be a great help in the preparation by eliminating some of
the typing. We do, however, reserve the right to refuse or edit
contributions but would love to hear from you.

Wanted 8-10 fun loving carers for an exciting residential weekend

Residential Weekend at Alston Hall,
Longridge, Preston (affiliated to Lancaster College)

Friday 15TH January 2010
to Sunday 17TH January 2010

£10 donation secures your place

programme to include:
wine tasting, clay making, healthy living and Nordic walking.

Contact 0151 549 1412 to book your place.

8-10 places available so book early

'PUT A SPRING BACK IN YOUR STEP'

Back by popular demand, Crazy Feet Line Dancing.

Come and join us Line Dancing,
every Thursday 1.30pm - 2.30pm

Come and join the fun!!

Contact the Centre
to put your name down
as places are limited!

**0151
549 1412**

