

The Princess Royal Trust Knowsley Carers Centre



Summer 2010



Carers Question Time

We celebrated 'Carers Week' this year and thank (from left to right) Steve O'Connor Carers Commissioner, Pat Faulkner of the Princess Royal Trust for Carers, Jackie Harris Chairperson of Knowsley Carers Centre, MP George Howarth and Nita Cresswell the Commissioner for Community Services for giving their time and commitment to answer carer's questions at the Carers Forum on Friday 18 June 2010.

Hello and Welcome to our summer newsletter for all carers in Knowsley. We celebrated 'Carers Week' this year and thank MP George Howarth for giving his time and his commitment to answer carer's questions at the Carers Forum on Friday 18 June. We are fortunate to have his ongoing support especially with his busy work schedule. It was also interesting that all three parties in the recent UK elections

made a mention of carers which proves that carers are very much on the government agenda and finally after years of campaigning becoming a priority. This year's theme was 'A life of my own' and you can read all about some of the activities we had on offer during the week in this newsletter. We have now settled into our new building and there are new arrangements for access. The lift has been moved to the reception

Come along to one of our Support/Coffee Groups Sessions

Kirkby – every Friday 10.30am - 12.00 noon 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 - venue to be arranged.

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.

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.

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area which gives carers easy access to the first floor.

Alternatively you can access the Carers Centre via the front door especially if you are coming by public transport. Carers who visit for the first time are really pleased with the new Carers Centre and the services and facilities on offer.

Thank you to all the carers who volunteered to drive the minibus and completing the MIDAS training. Thanks also to Andy Smith from the 'Kirkby Christian Fellowship' who has helped us with all the necessary documentation and procedures to get the minibus out on the road and also training volunteers to act as drivers. Some trips have already taken place and carers enjoyed a day out at 'Haydock Races' on the Princess Royal Trust race day which took place in May.

We are also pleased to report that we have now moved into the new Raven Court Building in Halewood which has many more amenities and is the heart of Halewood. We hope that carers in Halewood will visit us in the new building which will be fully operational in July. We say goodbye to students Karen, Chantelle and Seline who have completed their student placements at the Centre and we hope that it has been beneficial for their future work as social workers and has given them a good insight on



the experiences of carers and carer's issues.

We have found that so often carers miss out on great opportunities because they have not read the newsletter. Please find time to sit down, make yourselves a brew and read the itinerary for the next few months. If you need to know more, pick up the telephone and speak to one of our staff.

If you have sadly lost the person you care for and no longer wish to receive this newsletter and other correspondence please, please inform us about your change of circumstances so we can update our records and stop causing you any further distress.

We are always pleased to welcome your letters, ideas and questions and hope to see many more of you either visit here or our new home in Raven Court Halewood.

Knowsley Community Messaging

Who to contact : Community Messaging Administrator

**Safer Knowsley Partnership
Telephone: 0151 777 6217**

Receive local information via Community Messaging and keep yourself updated about crime issues in your area.

The Safer Knowsley Partnership is working with local communities to make Knowsley a safer place to live, work and visit.

Reducing crime and disorder

Community Messaging is a new message alert system which links the Safer Knowsley Partnership and the community by providing up to date, relevant and timely crime information to our members within Knowsley. Join Knowsley Community Messaging

BLUE BADGE SCHEME

The Blue Badge Scheme is an important service for people with severe mobility problems that enables badge holders to park close to where they need to go. The scheme operates throughout the UK, and is administered by local authorities who deal with applications and issue badges. Call Knowsley council for details on how to apply or visit your One Stop Shop.

and we can inform you by email, text or voice message to your mobile or landline telephone about local crime issues, crime reduction advice, appeals for witnesses and other specific information relevant to where you live or work.

If you have any information about crime in your area, the Community Messaging System will allow you to reply to our messages confidentially, all from the comfort of your own home!

How to register

To register or to find out more visit www.knowsleycommunitymessaging.org or call the Community Messaging Administrator on 0151 777 6217.

RADAR (NKS) National Key Scheme

The RADAR National Key Scheme (NKS) provides special keys for registered disabled people to access locked public toilets around the UK.

For further information, please contact: RADAR National Key Scheme, 12 City Forum, 250 City Road, London EC1V 8AF.

Tel: **020 7250 3222**

Email: radar@radar.org.uk

Web: <http://radar-shop.org.uk>

'Caring with Confidence Reunion'



Carers Julie Wilson, Sharon Mitchell and Mary Estall (seen here from left to right) were amongst a number of carers from Knowsley who attended the Caring with Confidence reunion held in the Adelphi Hotel. Carers from various Centres across the region met to enjoy a social event and celebrate completing the seven week course

New Leisure Facilities!

Knowsley Council are developing a range of new high tech leisure facilities for its residents in Huyton and Stockbridge Village, to match the existing facilities in Kirkby and Halewood.

Accessibility is key in these new centres with the Knowsley Leisure and Culture Park on Longview Drive, Huyton boasting an array of facilities to ensure people with limited mobility can fully utilise the swimming pools and other areas.

The pools will have ramps and steps to meet a range of access needs as well as a moveable floor. Other facilities will

include a Spa, 120 station fitness suite, dance studios, café and a large sports hall which can host events and exhibitions.

The Knowsley Leisure and Culture Park and Stockbridge Community Centre are due to open in Autumn 2011, in plenty of time for Knowsley to participate in the 2012 Olympic celebrations. For further information on the range of leisure facilities available in Knowsley go to www.activeknowsley.com or contact your leisure centres direct On 0151 443 2200

CARERS CENTRE NEW VOLUNTEERS



Ann Burke



David Dalziel



Yvonne Castell



Paul Mulligan

A Carers Reflection

Going to Lancashire College is like taking you into a serene place when you have been living in chaos for a long time. I was able to think, read and nap, which I am unable to do at home and that was very precious. It is very comforting to know there is at least someone to talk to at Knowsley Carers who actually understands the stress of being a carer. That is priceless.

Jill Coropoulis

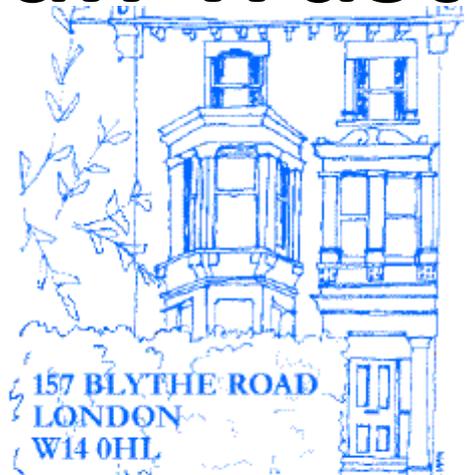
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The Kiloran Trust

Taking a Break

You need to take an occasional break. Often this is hard to organise if you are caring on your own and have no family or friends to take over. You may also get into the habit of not having time off or you may feel strongly that you are the only person who can do the caring job. The person you care for may also make things difficult by refusing to let anyone else do the caring. These problems need to be resolved because having time off, even just for a few hours is important. Respite care is available for carers, one option is:

Kiloran offers full time carers a 5-night break in their West London House. The House has 4 en suite spacious bedrooms. It is informal,



friendly, warm and relaxed. You will have the freedom to come and go as you please, with the use of your own front door key.

For more information, and to apply ring Kiloran Trust on:

020 7602 7404,

Email: KILTRUST@AOL.COM

Website: www.kilorantrust.org.uk



A number of carers volunteered their time to help staff distribute the last edition of the newsletter. Our thanks go to all involved.

Mersey Tunnel (Liverpool-Wirral)

People who get the higher rate of the mobility component of Disability Living Allowance, the highest rate of Attendance Allowance or the mobility supplement of a war pension can use the tunnel free of charge.

Request an application form for a 'Fast Tag' by email, telephone or post, or download it from the website. You can also collect a form in person from Mersey Travel centres.

The Mersey Tunnels
24 Hatton Garden, Liverpool, L3 2AN

Telephone: 0151 330 1702

Email: tag@merseytravel.gov.uk

SLIMMING WORLD ARE COMING TO THE CARERS CENTRE

Are you interested in eating healthy and losing some weight? We are currently looking into setting up a slimming world at our Carers Centre in Bewley Drive.

Vouchers from your GP may be available.

Slimming World on Referral gives GPs, nurses and other health professionals the opportunity to offer free membership of a local Slimming World group to those patients who they feel would benefit. Referred patients attend at no cost to themselves for an initial 12-week period; the cost to the NHS is subsidised by Slimming World.

If you are interested please call 0151 549 1412 for more details.

Carers Awareness Training



Staff from GP practices across the Borough attended a Carers Awareness Training session held in the Centre recently. The training helps professionals to broaden their knowledge of carers issues.

'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**



Computer Taster Day

Monday 12th July 2010 - 10.00am – 4.00pm

Following numerous requests we are offering carers the opportunity to book in for a 30 minute session to help with any queries you may have around computers.

To book your place please contact the Centre on 0151 549 1412

It would help us greatly if you can let us know what your query may be e.g. how to set up an email account, how to do online shopping etc so that the Facilitator will know what help you need on the day.

Places are limited

Flower Arranging Courses

Due to the success of the last course, we are again running Flower Arranging for Beginners.

Thursdays from 2.30pm – 4.00pm

Unfortunately we only have room
for 10 carers. To book your place
Telephone: 0151 549 1412



MONEY BOX



Time for a Fair Deal in our Community

Given the current world wide financial crisis, it might not seem such a bad thing to be financially excluded. The truth is however, that those who are excluded tend to pay a very high price.

Save the Children Fund * has shown how the poorest in our communities – by definition the financially excluded – actually pay a 'poverty premium'. In other words they pay more for a range of goods and services than those who are not financially excluded.

The following examples serve to highlight the economic impact on individuals and families. These are; Major household goods or fridges/ cookers etc purchased through companies such as Brighthouse can cost up to three times the normal retail price and embroil people in long term costly hire purchase arrangements.

Lack of a basic bank account can result in people paying up to 10%

of the value of a cheque simply to get it cashed. It can also mean the difference between being able to get a job or not – with employers generally insisting on paying wages in to an account

Lack of access to affordable credit can result in people paying interest rates that are truly staggering. The Provident typically charges 270% APR as do Shopacheque and others.

Knowsley Mutual Credit Union is a financial service cooperative owned and run by its members. It offers a range of easy savings. The main one being a share account against which members can borrow and which carries free life cover.

Members who have saved can get loans at an interest rate of 12.6% APR. Equal to 6.5p in the £ when paid back over 1 year. (The Provident charges 80p in the £). For some who are not in a position to save but need a loan we can provide an 'instant access' loan repayable at 26% APR. (subject to being in receipt of Child Benefit) Working in partnership with Coop Electrical we enable people access to affordable goods such as cookers and washing machines.

We want to start a conversation involving as many in the local community as possible. We want to question the taken for grantedness that permits and accepts wholesale extortion. We will not only challenge those companies

that carry on these practices but also other local businesses who promote the sub-prime sector lenders as a means of credit for selling their own their goods and services.

Terry Egan Development/Financial Inclusion Worker Knowsley Mutual Credit Union

*Save the Children Fund-The Poverty Premium 2008

EARNINGS LIMIT INCREASE

In April the earning limit for Carers Allowance rose from £95 to £100. This means you can now earn up to £100 (after certain deductions) and still be eligible for Carers Allowance.

Carers UK is campaigning for a radical reform of carer's benefits and specifically wanting any earnings limit to be tapered to reduce the barriers for carers who are able to work.

INDEPENDENT LIVING FUND CHANGES

The Independent Living Fund (ILF) has changed its rules so only people working 16 hours a week or more can apply for help.

The ILF awards payment to severely disabled people to support the cost of their care enabling them to live independent lives. To get payments you have to meet certain conditions and from May 1 those rules are changing. The 21,000 people currently receiving support will continue to get it. However they are only accepting new applications from disabled people working 16 hours a week or more. Also, the ILF will increase the threshold sum that local authorities are required to meet in order to access ILF funding from £320 to £340 per week. This new £340 threshold will also apply if existing users want an increase to their care package.



Carers Week Celebration



Thanks to Radio Merseyside Carers across Knowsley enjoyed a hair, nail, toes and face event. Carers had a professional makeover from hairdresser Lucy, nail technician Sarah and beautician Mary. Julie who cares for her son Gary, said after her makeover *'I feel wonderful, the girls were lovely, I feel like a million dollars'*.

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 of sessions can 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 line on: Free phone **0800 073 3871**

Thursday June 17th Carers Week



Carers and staff enjoy a 'Strawberries and Cream Tea' event in the Sensory Garden at their new home in Bewley Drive, Kirkby.



The Big Health Update!

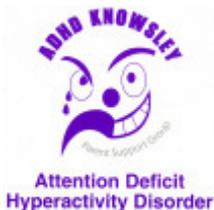
A consultation about health care services for people with learning disabilities will take place at the

Kirkby Suite on Wednesday 4th August 2010

If you would like to have your say about the services you and the person you care for have experienced, please contact stuart.sheridan@knowsley.gov.uk or call 0151 480 4090 for more information.

ADHD

Knowsley Parent Support Group



***Are you a parent or carer of a child with ADHD?
Is it a challenge?***

If the answer is yes, we know how you feel

Why not join us?

We will be meeting at the following dates and venues:

**Sunrise Centre, Church Road,
Huyton L36 5SH
10am – 12noon**

12th July 2010
13th September 2010
18th October 2010
15th November 2010
13th December 2010

**Knowsley Carers Centre, 143
Bewley Drive, Kirkby L32 9PE
10am – 12noon**

15th July 2010
16th September 2010
21st October 2010
18th November 2010
16th December 2010

Knowsley Carers Voice

We want to hear from you if:

- You look after someone in Knowsley.
- You want your voice to matter.
- You want to keep up to date with major changes that may affect you.
- You want to understand your rights as a carer.

Come along to Knowsley Carers Voice meetings and you can help to:

- Empower carers to have a voice.
- Move ideas forward.
- Discuss carer's issues with like-minded people.
- Represent carers in Knowsley.

Web: www.kcv.org.uk
Email: info@kcv.org.uk

Al-Anon Family Groups

Al-Anon family group is described as an 'established family community resource, comprising self-help groups which offer support to those suffering the emotional strain of association with a problem drinker, whether relative or friend.

Like Alcoholics Anonymous, Al-Anon adheres to a 12 step programme. In non-professional, mutually-supportive meetings, members share their experience, strength and hope with one another, gaining insight into their common problems and learning how best to improve the quality of their lives, whether the alcoholic is still drinking or not.

Attendance at Al-Anon Family Group meetings is free. Members guard their anonymity, so that the meetings provide an environment in which anyone suffering from the effects of someone else's drinking can feel able to share their problems in safety.

Al-Anon family groups will be running a local campaign, but the support is already available at the following local places:

Kirkby

Friday 1pm
Kirkby Health Suite, Cherryfield Drive, Kirkby L32 8UR - Access for the disabled

Kirkby

Friday 7.30pm
St Josephs Presbytery, Bewley Drive, Southdene, Kirkby L32 9PZ - Access for the disabled

Whiston

Wednesday 7.30pm
Methodist Church Hall, Dragon Lane, Whiston L35 3QW

Note: Not in the main hall – Go through front door, past kitchen and upstairs

For more information call Al-anon Helpline: 020 7403 0888
Website: www.al-anonuk.org.uk

facebook

We now have our own Facebook page. If you have Internet access and would like to join our group, why not look for us at: Knowsley Carers Centre. Facebook is a social networking site that connects people with friends and others who work, study and live around them. This facility will enable us to keep in contact with those people who are not able to speak to us during the working day. We will be able to advertise our events and keep friends updated on our upcoming events.

Dates for your Diary

Slimmer's World	Dates to be confirmed
Computer Taster Day	Monday 12 th July 2010
Skipton Market	Wednesday 28 th July 2010
Llandudno	Wednesday 25 th August 2010
Bury Market	Wednesday 29 th September 2010
Health Checks	October 2010

If you are interested in any of the above events then please call to express your interest.

Free Stress Management Training

Everyone has experiences that cause them stress and when you're a carer it can be that much harder to cope. There is only so much we can do to stop stress happening and the responsibility of caring means stress builds up over a period of time. This course looks at how stress affects our bodies and gives easy solutions to help reduce those effects. The course is led by Judy Cope and funded through Knowsley College. There are four 3 hour sessions with refreshments and best of all it is free.

All the other people on the course will either be carers or had that

responsibility at some point in their lives.

By the end of the course you will have a better understanding of how stress affects you and how you can help yourself to cope better.

The course will take place 9.30am – 12.30am on the following dates:

13th July 2010

20th July 2010

27th July 2010

If you would like to book a place, please contact the Centre on **0151 549 1412**.