

Caring across Cheshire West and Warrington



West meets East!

A group of 20 carers from across Cheshire East and Cheshire West and Chester took part in a Residential Learning Break during November, to take time out from their caring role and to meet other carers in a similar situation. During the overnight stay carers were able to learn more about photography, enjoy a spa treatment, and took part in a session on caring with confidence and looking after carers' own health and wellbeing. *"an enjoyable stay.....looking after just me."*

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Strictly Tea Dance-ing!!



Welcome Message from the Chief Executive Officer

Welcome to the first edition of the Carers Centre newsletter for 2014. As a result of changes to funding and to better reflect the local areas, we have decided to produce 2 different versions of the newsletter, one for Cheshire East and one for Cheshire West and Chester and Warrington. This version for Cheshire West and Chester and Warrington is sent out to more than 5000 individual carers as well as to GP practices, libraries and to appropriate organisations and groups to maximise reach.

However the 2011 Census shows us that there are more than 60,000 carers across the two boroughs so we still have a long way to go. If you would like to be added to the mailing list, please do let us know.

Towards the end of March, the Carers Centre is running 3 health and wellbeing events across Cheshire West to help promote the importance of carers looking after their own health needs. We have 180 places available so please do come along. (see page 5 for more details)

We are always keen to listen to the views of carers and those working with carers and enclosed within some newsletters is a simple evaluation form. If your newsletter doesn't include one and you would like to take part in helping to shape our services in the future, please either phone the office on 01606 333125 or email advice@cheshirecarerscentre.org.uk and we will send or email you a copy.

David Harvey, Chief Executive Officer

Winsford Luncheon Clubs

From March, Winsford Luncheon Clubs will be held at The Old Star, Swanlow Lane, Winsford CW7 4BL, from 11am until 1pm. Please ring Jayne on 01606 212097 to book your place. Dates as follows:

Mon 10th March

Mon 7th April

Mon 12th May

Mon 9th June



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



A big thank you to Vale Royal Lions who have enabled us to hold a Tea Dance to help us with our 20th anniversary celebrations. So get your dancing shoes on and come and join us!

Friday May 9th
St John's Church Centre
Hartford

1.30 - 4.30pm

Music, dancing and afternoon tea
Book your place on 0800 0850307

Dorothy Jump, one of the volunteers and a trustee of the Centre, has set up a petition at www.change.org regarding DLA. The petition is campaigning for the right for people to keep their indefinite claim even during the transition from DLA to PIP (Personal Independent Payment) - her argument being that for those people, their condition will never improve. If you'd like to support Dorothy's petition, please visit www.change.org and type in her name in the search facility.

change.org

Could you contribute? We always welcome your feedback, stories and suggestions so please contact Fran Miller with your contributions on 01606 333125 or fran@cheshirecarerscentre.org.uk

We welcome features from other organisations and are happy to discuss advertising options.

Caring at Home course

Do you want to find more information to help you in your caring role, want to meet new friends who understand what it is like to be a carer, and enjoy a relaxing lunch and listening to relevant speakers? If so, this could be the course for you!

The next Caring at Home course will be held at: **Wharton Library, Wharton, Winsford** starting on **Thursday 27th February for 7 weeks from 11am to 2pm.**

Each week there will be a chance to find out more information from organisations including the Alzheimer's Society, British Red Cross and The Stroke Association.

If you live in or around Winsford and would like to book a place, or ask for more information, please call Kate on 01606



Waitrose

A big thank you to **Waitrose Northwich** and all of you who chose us as their charity in their green token scheme - we received £275 which we will use to fund activities for carers.

Fundraising update

Since our last newsletter we have raised more than £5,000 in Cheshire West and Chester which we are very proud of - we've had an Abba night, a Fashion show, Halloween Disco, bag packing and craft fayres. Mark Jump, son of one of our trustees, even spent the whole day on Valhalla at Blackpool Pleasure Beach to raise much needed funds! In the pipeline we have a clothes recycling scheme so if you have clothes (in good condition) that you would like to donate, we will raise money for the centre - the more clothes we get, the more money we'll raise.

Are you a carer in need of a break?

You could be awarded a Carers Personal Budget to give you a break from your caring role. You could receive up to £500 to spend over 6 months if your application is successful.

Carers who have received a Carers Personal Budget have used the money to have an overnight stay in a hotel, complementary therapies, start a training course, or even buy equipment related to their hobbies!

"Thank you again...I feel more balanced and able to face the challenges ahead".

To find out if you would be eligible for a Carers Personal Budget, please contact either Anne-Marie, Denise or Kathy on 01606 212097.

If you would like to get involved in, or donate to any of these events mentioned on our fundraising page, or if you have a fundraising idea of your own, please call Jayne Carr on 01606 212097 or email jaynec@cheshirecarerscentre.org.uk



Manchester
Neuro Physio

Realise your potential

Manchester Neuro Physio provide a high quality private **neurological physiotherapy** service throughout Greater Manchester and Cheshire. We commonly help people with a wide variety of conditions who have been discharged from the NHS with "no rehab potential" or who have "plateaued" go on to achieve their goals.

Please call and speak to one of our therapists to find out how we can help you.



- Home visits
- Clinic visits
- Hydrotherapy
- Gym visits

0161 905 1363

www.manchesterneurophysio.co.uk

£10 OFF INITIAL ASSESSMENT - quote 'carers magazine' when booking

Focus on Carers in Warrington

Firstly, I'd like to welcome you to our page in the newsletter, and thank you for your support over the past 8 months. Our service in Warrington is still in its infancy but going really well, with very positive feedback from carers who have accessed the service so far.

Planning Event

On 24th January a small group of carers

met to review the services offered so far and to help plan for the future. A big thank you to all the carers who attended and gave their valuable input, as well as those who fed back independently as they were unable to attend on the day. The event reinforced the view that carers need recognition, have someone to talk to, and opportunities to take a break from their caring role. Carers were also asked to help prioritise some proposals for future work. Those seen as highly beneficial were... Caring with Confidence courses and Luncheon clubs, together with opportunities to get together for mutual support.

Tuesday Open Office

Carers can drop in on a Tuesday for a coffee and a chat with the Carer Services co-ordinator between 10-12 (appointments available outside of these times - please ring to arrange).



Working in partnership with The Warrington Collegiate we are offering carers in Warrington a relaxation voucher - carers can apply for a card which will give each carer up to £30 in hair and beauty treatments or complementary therapies at the college. Carers in need of a break and some valuable "me" time will definitely benefit!



Luncheon clubs

Lunch clubs are now being held at the Barley Mow, 29 Old Market Place, WA1 1QB on the 1st Wednesday of every month, the next one is on Wednesday 5th March from 11am - 1pm, where the speaker will be from Warrington Speak Up Advocacy.

Lunch clubs are an informative, sociable and a relaxing break away from your caring role. Each club will have a different speaker on a relevant topic, usually chosen by the carers who attend. The clubs are friendly and welcoming, so why not come along? Please call Jayne on 01606 212097 to book your place.



What is Caring with Confidence?

This 7 week course is for carers aged 18 and above, and aims to improve support for carers.

Caring with Confidence will:

- Help you build on your strengths as a carer
- Give you the opportunity to share experiences and learn from others in a similar situation
- Give you useful information, ideas and tips
- Help you decide what you might like to change about your caring role
- Provide travel and relief care costs for those who need it



The course lasts for seven weeks but don't worry if you can't make all the sessions - come along to the first session "Finding your Way". This will help you look at what matters to you, and decide which other sessions you might want to do.

The course starts on Thursday 27th February at the Quaker Meeting House, on Buttermarket St. If you would like to book your place on this course, or ask for more information, please ring Eleanor at the Warrington office, or call the helpline.

Contact details for Warrington office: **01925 248465**
warrington@cheshirecarerscentre.org.uk

Make sure you're getting the best energy deal !

To make sure you're getting the best deal for your gas and electricity, there are a number of things you can do. If you have access to the internet, one of the simplest ways is to look at www.uswitch.com and compare deals across all suppliers.

Another way is to call your current supplier and ask them for their best deal. They must tell you the best deal for you. This can often be enough to save money. They will then write to you confirming your new tariff. If you want to change provider, follow these simple steps:

Switching to a new supplier

- Contact the new supplier to agree a new energy deal
- Make sure you confirm what deal you would like, eg 'fixed rate' (a rate that will stay the same for a fixed amount of time), 'dual fuel' (if you have both gas and electric from the same supplier)
- Tell your existing supplier that you are switching to a new supplier
- You will be sent a contract – check it's correct and check the date you change supplier
- Make sure you have paid all outstanding bills with your current supplier –existing supplier may block the transfer otherwise
- Take a meter reading on the day you change supplier so you can check your final bill – keep a record of this reading in case the amount is disputed later on

In case of problems ring your old or new supplier or Citizens Advice Consumer Service on 08454 04 05 06 – remember you have a right to cancel your new contract within a 14-day cooling off period

Health and Wellbeing Events

West Cheshire Clinical Commissioning Group have commissioned The Carers Centre to deliver 3 events across West Cheshire that will focus on carers' health and wellbeing. Each event will be similar, just the locations will change. The events will be held on the following dates:

- | | |
|---------------------------------------|---|
| Monday 24th March | Crowne Plaza Chester |
| Thursday 27th March | Brooke Mollington Banastre, Mollington |
| Monday 31st March | Nunsmere Hall, Tarporley Rd, Northwich |



Each event will enable carers to take a break from their caring role – there will be an inspiring motivational speaker and an information marketplace which will allow carers to access information on healthy eating, smoking cessation, as well as services available to them locally in their role as a carer. There will be the opportunity to have a basic health check, to try different kinds of exercise, and to have a complementary therapy taster session. Lunch and refreshments will be provided, all in a relaxing and welcoming environment.

If you would like to book your place or for more information, please call 0800 0850307. Be sure to specify which venue you would like to attend. If you have difficulty with transport and/or relief care, please call as we may be able to help.



3L Care Nursing
Community
Interest
Company

3L Care is a new not for profit care home in Winsford providing Respite, Short

Breaks, Day Care and Residential Care to people aged 16 years and over with Complex Health Needs, Acquired Brain Injury and associated Physical and Learning Disabilities. We base our care around what matters to you & your family, so we keep things simple and focused on what you want, giving you peace of mind knowing that we are delivering good quality care with dedicated and friendly staff. We will help the person you care for feel safe and make sure they have fun too. We will work with you, the carer, to make sure you feel involved.

We can provide high levels of care, including, seizure management, gastrostomy care, oxygen therapy, medication administration and tracheostomy care. We haven't forgotten the fun things too, so come & enjoy a swim, watch a film in our cinema room or relax in our sensory room; we go out and about, we bake cakes, we have pamper sessions, and listen to music! Call 01606 215 395 or email info@3lcare.co.uk for more information.

Looking Forward Group & Activities

Age Appropriate
activities for people
with learning
disabilities



Conleton Group
Monday 9.30am-1.30pm

Northwich Group
Friday 9.00am-1.00pm

**Day/Evening
Social Groups**
Across Cheshire
(transport included)

**Make friends,
improve social and life skills
and most of all have FUN!!**

Some of the things we do...

Dine Out • Drama

Dancercise/Groove • Self Defence

Make Healthy Meals • First Aid

Bowling • Arts/Crafts • DJ Workshops

If you have Direct Payments or a self directed budget,
Looking Forward is the service for you!

For more information call Michelle on 07511 189331 or

email: looking.forward@btinternet.com



Lasting Power of Attorney £199 + VAT*



Home Visit Service Available

- Who will handle your affairs if you are unable to do so?
- Accident, illness, eventually old age could render you incapable!
- A Lasting Power of Attorney ensures you choose who acts on your behalf.

* Drafted, Certified, Registered at the office of the Public Guardian. A court fee up to £110 may apply when registering.



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Manchester OT

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- ✓ Specialist Occupational Therapists
- ✓ Treatment for adults, elderly and children

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www.ManchesterOT.co.uk

promoting independence and quality of life

Carer support groups

Frodsham (2nd Tuesday of month)
11am - 1pm Frodsham Community Centre

Tuesday 11 th March	Coffee and chat
Tuesday 8 th April	Therapy session
Tuesday 13 th May	Coffee and chat
Tuesday 10 th June	Flower arranging

Winsford (3rd Tuesday of month)
10.30am - 12.30pm St. Luke's Hospice

Tuesday 18 th March	Coffee and chat
Tuesday 15 th April	Therapy
Tuesday 20 th May	Coffee and chat
Tuesday 17 th June	Flower arranging

Northwich (4th Thursday of month)
10.30am - 12.30pm Northwich Centre

Thursday 27 th February	Coffee and chat
Thursday 27 th March	Flower arranging
Thursday 24 th April	Trip - TBA
Thursday 22 nd May	Therapy
Thursday 26 th June	Coffee and chat

Chester (2nd Tuesday of month)
10am - 12noon Quaker Meeting House

Tuesday 11 th March	Home Safety talk
Tuesday 8 th April	Spring bulbs
Tuesday 13 th May	Therapy tasters
Tuesday 10 th June	Coffee and chat

Tattenhall (3rd Thursday of month)
10am - 12noon Green Room, Barbour Institute

Thursday 20 th March	Spring bulbs
Thursday 17 th April	Home Safety talk
Thursday 15 th May	Meditation
Thursday 19 th June	Coffee and chat

Ellesmere Port (last Thursday of month)
10am - 12noon Trinity Methodist Church

Thursday 27 th February	Therapy taster
Thursday 27 th March	Home safety
Thursday 24 th April	Spring bulbs
Thursday 29 th May	Local history
Thursday 26 th June	Coffee and chat

Male Carers groups

During the past year the Male Carers Support Service has identified and supported more than 50 male carers and established support groups across the borough. As part of a service redesign, moving forward from April, the service will comprise two separate elements, a support group in Chester for the west of the borough and one in Northwich for the Vale Royal area, together with one to one and ongoing support provided through the Carers Support team.

The last of the existing groups will take place for Chester on Wednesday 26th March at The Square Bottle, Foregate St, Chester, for Ellesmere Port on Monday 10th March and Tuesday 1st April at The Burley Dam, New Chester Road, South Wirral, and for Northwich, on Tuesday 4th March and Thursday 4th April at The Penny Black, Witton St. Northwich.

Details of the new groups and service will be promoted in the next edition of the newsletter. For more information, please contact the helpline on 0800 0850307.

If you would like to come along to a support group but don't want to attend alone for the first couple of times, why not consider our Circle of Friends service? We can match you to a local volunteer who will get to know you and help you to regain your confidence and feel less isolated. Jayne is the service co-ordinator - please give her a call on 01606 212097 if you would like more information.

Cheshire and Warrington Carers Centre

Our working hours are 9.00am - 5.00pm Monday to Friday. You are welcome to drop in on the days as outlined below, but for a guaranteed confidential appointment at any time during the week, please ring your local office to arrange.

**Carers Helpline 0800 085 0307 is open
Monday to Friday 10.00 am - 4.00 pm**

Cheshire West and Chester area

Northwich Office

146 London Road
Northwich
Cheshire
CW9 5HH
01606 333125

advice@cheshirecarerscentre.org.uk

Drop in Tuesday, Wednesday, Friday
10.00am-2.00pm

Ellesmere Port Office

Unit C8
Stanlaw Abbey Business Centre
Dover Drive
Ellesmere Port
CH65 9BF
0151 3560954

westcheshire@cheshirecarerscentre.org.uk

Cheshire East area

Crewe Office

Unit 14 Brierley Business Centre
Mirion Street
Crewe
Cheshire
CW1 2AZ
01270 257 331

crewe@cheshirecarerscentre.org.uk

Drop in Tuesdays and Thursdays
10.00am - 1pm

Macclesfield Office

Carers Retreat, Waters Green House
Waters Green, Sunderland Street
Macclesfield
Cheshire
SK11 6LF
01625 616 686

eastcheshire@cheshirecarerscentre.org.uk

Drop in Wednesday
10.00am - 1pm

Warrington

The Gateway Centre
89 Sankey Street
Warrington
WA1 1SR
01925 248465
07873 348571

warrington@cheshirecarerscentre.org.uk

Drop in Wednesday 10am - 1pm

Cheshire and Warrington
Carers Centre is supported by:



Cheshire West
and Chester



West Cheshire
Clinical Commissioning Group



Cheshire East
Council



Vale Royal
Clinical Commissioning Group



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