

Have You Heard About The State Pension Changes?

On 6 April 2010, the way you qualify for a State Pension changed.

The State Pension age for women will start to rise from 60 to 65 between 2010 and 2020, to be equal with men.

Both women and men will need only 30 years of NI contributions and/or credits to get a full basic State Pension. So carers can have gaps in their NI record and not get a reduced basic State Pension.

Home Responsibilities Protection (HRP) will be replaced by weekly credits for parents and carers caring for 20 hours a week or more. The carers credit counts towards your contributions for the years you claim it.

Please contact DPfC for more information on
Tel: 01302 531333



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Carers Week 14 20th June "A life of my own"

2010 is the tenth year that carers week has been held in its current format. Over 100,000 carers take part in the thousands of activities held in every part of the UK. The theme 'A life of my own' will enable carers to talk about many parts of life that most of us take for granted. Things like going on holiday, a meal out, family occasions, even just chilling for an evening with no worries or responsibilities. Doncaster Partnership for Carers is supporting Carers Week this year by organising a Garden party. This is a free event where carers can: relax, enjoy good company, entertainment and refreshments. At the same time they can find out how

local services can support them in their caring role. The event is taking place at our Carers Centre, 74 Church Lane, Bessacarr, DN4 6QD on Wednesday 16th June 11am- 3pm. Sue Hudspeth from Dpfc said "Many carers in Doncaster suffer due to a lack of understanding about what they do, some don't even recognise themselves as carers. This has a real and negative impact on their health, finances, working, social life and general wellbeing. Our annual Garden Party is one of many activities and services that Doncaster Partnership for Carers provide to support carers and make their lives as easy as possible"

Carers Week Dates for Your Diary

Tue 15th & Fri 18th Boat trip – Fully Booked

Wednesday 16th 11am- 3pm Garden Party at DPfC 74 Church Lane Bessacarr All Welcome

Wednesday 16th 4pm AGM - after the garden party at DPfC All Welcome.

Friday 18th 9am- 5pm Launch of Carers Emergency Card Event - Outside Primark

Carers Emergency Card Scheme

Carers may worry about what would happen to the person they look after if the carer is involved in an accident or emergency. The Card can offer carers "piece of mind". If a carer is involved in an accident or emergency the phone number on the card is phoned by whoever is present, then the Monitoring Centre phone the nominated contacts given. If they are not available an agreed contingency plan will be put in to place. The Card will be Launched during Carers Week. Please contact Dpfc for further details on 01302 531 333.

Sealed Bid Auction of Mobility Scooter

The family of the late Marguerite Ferris kindly donated a Mobility Scooter, to help us raise funds. It is in excellent condition/working order and will be sold as seen. The Scooter is available to view at our centre (74 Church Lane), if you require any further information contact DPfC on 01302 531333. Anyone interested in bidding for the Scooter please send their offers in a sealed envelope marked Scooter Bid f.a.o. Julie Harlington at DPfC by Friday 30th June. The highest bidder will be contacted on Thursday 1st July 2010.



Thank You for Your Generous Donations

Recent donations include:
The family of the late Marguerite Ferris who kindly donated £125 and the Mobility Scooter to enable us to raise further funds.
Mr Millward who kindly donated £50.
Mrs Riley who kindly donated £40.
Mrs. McQuaid, a former carer saved her loose change totaling £8.11, which she kindly donated to us

How you can help us

We run an **Amnesty Box** all year round where people can donate unwanted gifts or bad buys. These gifts are used as raffle prizes at our coffee mornings to raise funds for outings etc.

Unwanted **mobile phones** working or not are another good source of raising some extra money.

If anyone has an unwanted gift or mobile phone they would like to donate please drop them off at our main office or ring us on 01302 531333 to arrange collection.

Did You Know?

We have three collapsible beds that we can loan out to carers free of charge. A small deposit is required

Could Door 2 Door help you to get out?

If you find using public transport difficult then Travel South Yorkshires' Door 2 Door services could be helpful. Each service will pick you up from your home and can take you around your local area and beyond.

For enquiries phone: 01302 342400

A Tribute to Marguerite Ferris



Marguerite Ferris was one of the founder members of DPfC in 1992 and on our Board of Directors 1999-2008. Marguerite passed away in Nov 09, she will be a great loss to DPfC and sadly missed by all of us. She was a dedicated board member, and during her term as chair worked extremely hard. Marguerite was also a carer herself looking after her son Lee, who had special needs, and later her husband Douglas. She used her skills and knowledge she had gained as a carer to help others. Marguerite was highly thought of by all who have worked in the organisation throughout the years. She will be remembered fondly by all her friends here at Doncaster Partnership for carers.

Carers Poverty Protest Review

Debbie Osborne reports back on her journey to No.10 Downing Street.

Carers came from all over England and Wales to hand in a petition asking for Carers Allowance to be paid at a decent level, and means testing of the allowance for carers on benefits. Their one aim was to make sure Carers voices were heard at No.10 Downing Street and in the Houses of Parliament. In all 110 carers made the journey to London, representing approximately 831,000 carers around the UK. The march started at 12.15pm from Trafalgar Square as protesters headed towards Richmond Terrace, into the 'Protest Pen' and began chanting making sure passers by knew why they were there.

At 1.20pm David Borrows MP and Tim Farron MP arrived to escort a selected group of carers and their representatives to hand in the 1500 strong petition to No.10.

Then it was off to the houses of parliament for a group of 10 carers to meet several MPs for questions and answers session. Hywel Francis MP addressed the group on the importance of the 3R's RECOGNITION



RESPIRE AND RECOMPENCE AND HIS SUPPORT FOR THE Carers UK Manifesto. As chair of the All Parties Carers Group he also talked about the need for Parties to work together to bring about change for carers. All agreed funding would HAVE to be found to ensure better services, more support and financial inclusion of carers in the future.

Carers felt the protest had been productive, and that it was imperative they should continue to raise awareness by going back next year bigger and louder

PCT Carers Funding Allocation Update

DPFC have received a reply from Annette Laban (Chief Exec of Doncaster PCT) regarding the PCT funding (copy available on request) Whilst the reply answers in part some of our concerns it does not give a full break down of how the 2009/10 allocation of £313,824 was spent or how the PCT intend to spend the 2010/11 allocation of £627,647. She confirmed that £196,000 was spent on 62 individual carers in 09/10 through Continuing Health Care processes but does

not say how much this budget had increased from 08/09

Specific services within Mental Health and Learning Disability are detailed in the reply, however some of these services were provided in 08/09 and there is no information on budget increases in 09/10 from 08/09 DPFC will continue to ask questions on behalf of the carers of Doncaster regarding the spend of the Carers Respite allocation to Doncaster PCT and will keep you updated

Carers Summer Coffee Mornings

Are you caring for a relative or friend?

If so, you are invited to our coffee mornings. We have one twice a month on the **2nd and 4th Wed 10 12 noon** at DPfC, 74 Church Lane (directions overleaf). There is one at Esquires Coffee Houses, Wheatley Retail Park, Wheatley Hall Rd on the **1st Wed of each month 9.30-11.30am**. There is also now one at the Redmond Centre, Carcroft

on the **2nd Friday of the month 9.30-11.30am**. Coffee Mornings are informal, informative and fun. We invite guest speakers to keep you informed of services that may be of use to you and it is an ideal opportunity to meet new friends and share your caring experiences with other carers. Our friendly staff are always on hand for support and advice.

Dates	Location & Presentations/Activities
June Wednesday 2 nd	Esquires
June Wednesday 9 th	DPfC
June Friday 11 th	Redmond Centre
June Wednesday 23 rd	DPfC- DVD- Distraction Burglary Advice
July Wednesday 7 th	Esquires
July Friday 9 th	Redmond Centre
July Wednesday 14 th	DPfC
July Wednesday 28 th	DPfC- Police Warden- Safety in the community & home
August Wednesday 4 th	Esquires
August Wednesday 11 th	DPfC
August Friday 13 th	Redmond Centre
August Wednesday 25 th	DPfC- Age Concern- Passion for Life

DPfC ACTIVITIES PROGRAMME

Experience activities whilst meeting other carers and sharing experiences and supporting each other.

Caring with Confidence

7 week course starting June/July
A free programme for carers to help them make a positive difference to their lives and the lives of the people they care for. Contact DPfC to put your name on the list.

Crafts from different Cultures

Tuesdays 1.30 - 3.30
Experience crafts from around the world such as henna painting, batik, printing etc.

Alternative Therapies

Thursdays 10.00 - 12.00pm
Try your hand at making bath salts and potpourri etc.

SUPPORT GROUPS AT DPfCCENTRE

The Parent Support Group

Meet on the first Wednesday of the month
10am - 12noon
All parent carers are welcome. Meet other parents experiencing the world of special needs education, health and social care services. Share your knowledge and learn from others, make new friends. DPfC staff will be on hand to offer advice and support

DAS

Meet on the second Tuesday of the month
10am - 12noon
This group is run by parent carers of children with Autism and offers information and support in this specific area

Doncaster Carers Forum

The Carers Forum meets bi monthly on the third Wednesday of the month
10am - 12noon at DPfC.
The next two meetings are in May & July

LOCAL NEWS

Firefly Express Launch

The Firefly Club, a local charity for Cancer awareness and support have announced the launch of their Firefly Express. The Firefly Express is a new people carrier which will transport cancer patients to regional treatment centres. It was made possible by their involvement with Channel 4's show. The Secret Millionaire.

Local Support Groups

If you would like info. on local carers groups in Doncaster please contact our help line 01302 531333.

Summer Garden Party

Please feel free to join us on Wed 16th June at our main centre (74 Church Lane) for our annual Summer Garden Party. There will be a free buffet lunch and refreshments, as well as entertainment, information stands and stalls. We look forward to seeing you there on the day.

Carers Corner

Handy Tips Q&A

Q Do you enjoy reading but don't like losing your place when you put the book down?
A. Use a paperclip beside the last line you read. It marks the page and where you got up to.

Q Do you use a teapot but don't like pouring the cold tea down the sink?
A. Use the cold tea to water your plants. It recycles the water and your plants will thrive.

Q Do you need a jacket potato in a hurry?
A. Microwave on high for five minutes, then bake for 20 minutes at 225°C until the skin is crispy.

Have Your Say!

The Doncaster Carers Newsletter is for you. If you have anything you want to share with other carers please send us your suggestions. This could be a few words about your own experiences of your caring role, a poem, a drawing etc.

Contact Paula at DPfC or email pwITHERS@doncastercarers.org.uk

DPfC Helpline

Tel 01302 531333

Mon- Fri 9am- 5pm

Except for bank holidays.

Out of hours we have an answer machine for you to leave a message



Who we are

Doncaster Partnership for Carers (DPfC) support adults living in Doncaster who care for a family member, partner or friend who cannot manage without their help because they are ill, frail, have a physical disability or a mental health problem.

All our services are **free** and **confidential**.

We help carers with:

- Information
- Accessing services
- Complaints
- Training
- Attending support groups
- A listening ear
- Language support
- Meeting other carers
- Volunteering

We can also give you a 'voice' in health and social care service planning arenas.

Contact us

74 Church Lane

Bessacarr, Doncaster, DN4 6QD

Tel 01302 531333

Email dpfc@doncastercarers.org.uk

Web www.doncastercarers.org.uk

Drop in venues around Doncaster

Monday	Thorne Library The Vermuyden Centre, Fieldside, Thorne	3rd Mon of the month 3.30pm 4.30pm
Tuesday	Rest a while Priory Place, Doncaster	1st Tues of the month 10.30 11.30am
Wednesday	Esquires Coffee House Wheatley Hall Retail Park,	1st Wed of the Month 9.30am 11.30am
	Forestgate Tickhill Road Hospital	2nd Wed of the Month 1pm 2pm
	Carers Coffee Morning 74 Church Lane Bessacarr	2nd & 4th Wed of the month 9.30am 10.30am
	Denaby Main Opportunity Centre, Woodlands Way	3rd Wed of the month 9am 10am
Thursday	39 Club Waterdale Shopping Centre	4th Wed of the month 12.00 1.00pm
	Tandem Café The Linney Centre, Balby	2nd Thur of the month 3.00pm- 4.00pm
Friday	Mayflower Medical Practice Station Road, Bawtry	1st Fri of the month 9.30am 10.30am
	Redmond Centre High Street, Carcroft	2nd & 4th Fri of the month 9.30am 10.30am

Meet the Outreach Team



NORTH
Kerry
Osborne



EAST
Rachel
White



WEST
Barbara
Barratt



SOUTH
Rosemary
Stephen

Articles printed in the Doncaster Carers Newsletter do not necessarily reflect the view of Doncaster Partnership for Carers Ltd. **PLEASE NOTE:** That whilst every care has been taken to provide accurate up-to-date information, no responsibility can be accepted for error or omissions in this issue, neither does the inclusion of any service imply any kind of recommendation.

Directions By Car

From the St Ledger (racecourse) roundabout exit onto Bawtry Rd (A638). Stay on Bawtry Rd (A638) until you pass the Punches Hotel, at these traffic light turn left into Church Lane. When you come to a staggered junction, continue ahead on Church Lane, we are on the right.

Bus Route

Catch the bus (brown line) from stand A5, get off at the Water Tower Lane bus stop. Church lane is the road opposite the water tower and we are on the right.



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