

## Spending Review Impact on Carers

The Comprehensive Spending Review in October 2010, set the budgets for Government Departments until 2015. There were a number

of significant announcements around the social care and benefits systems which will affect many carers.

An additional £2 billion funding for social care shows that the Government has listened to the concerns of carers, disabled people and many organisations including DPfC. Although local authorities still need to prioritise social care, to avoid cuts to care and support services, which may lead to people giving up work to care.

The biggest impact emerging from the spending review seems to be on welfare benefits. It is unclear how much the universal credit system will effect carers income.

The benefits cap of £500 on couples or £350 for single adult households could have a devastating impact on families who care. This may force carers to give up their caring responsibilities, which would ultimately cost the state more.

DPfC will have more to say on this issue as details emerge.



### In this issue

Carers Rights Day P.1

Census 2011 P.2

Happenings at the Centre P.3

DPfC Out and About P.4

## Millions of Carers Gained New Rights

### People caring unpaid for disabled people gained new rights under the Equality Act 2010

The new rights will mean that carers cannot be directly discriminated against or harassed because they are caring for someone who is disabled.

Imelda Redmond CBE, Chief Executive of Carers UK, said, "We often hear of situations where carers have been treated less favourably by employers, overlooked for promotion, or not allowed the flexibility they are legally entitled to in work. Around 3 million people currently juggle work with care and these rights could make a big difference. The employers that we work with through Employers for Carers are already supporting carers better in the workplace and have found real business benefits as a result - saving both money and keeping valuable staff - as well as improving carers lives.

She added, "Carers UK has fought for and won many rights for carers over the years, but this is a significant step forward that many carers have been waiting for.

The new rights also protect carers where they are provided with a worse service than someone who isn't caring for a disabled person. It also includes protection where carers are discouraged or prevented from using a service because they are caring for a disabled person.

### Carers Rights Day Friday 3 December

Carers Rights Day is all about Carers getting to know their rights and claiming what they are entitled to.

This year Carers UK and Doncaster Partnership for Carers (DPfC) will be focusing on the Equality Act 2010 and informing carers about what new protections for carers in the Equality Act will mean for them. Anyone wanting to know more should come along to DPfC's Information Open day on Friday 10th December.

## DPfC Christmas Information and Open Day

### Come and join in the festive fun!

On Friday 10th December at the Carers Centre 74 Church lane, Bessacarr, 11am - 3pm we are opening our doors to invite carers to come for a Christmas treat!

This is DPfC's annual Information & Open day with a FREE buffet lunch, refreshments, entertainment. The topic of the day is the new Equality Act 2010.

Joining us on the day will be the Mayor Mr Peter Davis and Deputy Mayor Ms Patricia Schofield. Come along find out what the Equality Act means for you, meet new friends, be entertained and have fun!

For more information call 01302 531333



## Thank You for Your Generous Donations

Recent donations include: Freemasons donated £800 see back page for more details.

DPfC relies on fundraising and donations to continue activities for carers. Have you got any good ideas to help us raise funds?

## 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 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 the Carers Center or ring us on 01302 531333 to arrange collection

## New Requests!

### Got any spare wool lying around?

Please donate it to a good cause. We have a volunteer who knits gifts for us to sell to raise funds.

## Are you or anyone you know having a clearout of CD's DVD's or GAMES?

We can use unwanted items to generate extra revenue. The disks have to be original copies with the correct case/inserts, and in good condition. (light surface scratches are acceptable)

## Borrow a Bed!

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

## Census 2011... Help Shape Tomorrow!

The next Census takes place on 27<sup>th</sup> March 2011 and the information gathered is used to plan a wide range of public services.

The Census needs to provide an accurate count of the population as councils receive funding from government based on their total population, making it vital that everyone is included. Every person missed off the Census means a loss of funding to that council area for a period of ten years.

The 2011 Census again asks a question about any carer role that individuals undertake, particularly about the number of hours per week that are involved. Anyone who is a carer in a household other than their own can help the process by checking that a Census form is completed for the person they care for.

The actual process this time will be a little

different to the last Census. Beginning in early March Census forms will be delivered by Royal Mail to every household. The form can be completed and returned in the post-paid envelope or the details can be recorded online on the special 2011 Census website. There will be online help, telephone helplines and guidance to completing the Census will also be available in many different languages.

If you would like to know more about the next census let Doncaster Partnership for Carers have the details and these can be passed to the local Census staff.

You can also go to the Census website [www.census.gov.uk](http://www.census.gov.uk)

## The Government to Review Carers Strategy

Before the end of the year the Government is to refresh the Carers Strategy with a view to producing a plan for 2011 to 2015.

The carers strategy sets out the government's short-term agenda and long-term vision for the future care and support of carers.

The rejuvenated carers strategy will set out the key activities which the government - working in partnership with local authorities, the NHS, the voluntary sector, local communities and carers - will focus on from April 2011 onwards. Views were sought by central government on the key priorities, supported evidence of good practice and what factors will have the

greatest impact on improving carers lives in the next four years. Doncaster council and DPfC have both responded, giving their views on the future of carers needs.

Taking into account the governments review, Doncaster carers strategy group is now reviewing Doncaster carers strategy. They are looking at a completion date of the end of December 2010, to be able to incorporate the updated national strategy due in December.

## Our Youngest Volunteer Celebrates Award!

Ashlea Osborne is a volunteer at DPfC, on Thursday the 28th October she received a Free Press Pride in Doncaster award for Outstanding Young Person of the Year at

Keepmoat Stadium. Ashlea, who has cerebral palsy, attained this award for the work she does at Doncaster Partnership for Carers and also for helping her mum look after her younger brother who also has cerebral palsy, and her 3 year old sister.



Photo by Liz Mockler

## Next Years Carers Against Poverty Protest

The annual national CAP march is currently being organised with support from DPfC.

This protest is organised by carers from all over England, and Wales in protest at the financial burden put on carers due to their caring role and lack of suitable respite.

Carers, cared for and representatives of carers groups and organisations come together in London to march on Number 10 and petition the Prime Minister on the financial burden felt by carers due to their caring role. The protestors then go on to the Houses of Parliament to meet MP's taking part in a debate with carers. In the past these debates have been very lively with all the Doncaster MP's either attending the debates or meeting their constituents in private.

Doncaster carers have a reputation of being the most 'lively' protestors. Dpfc are fund raising to take a coach of carers from Doncaster. Anyone interested in taking part in the next protest to contact Debbie.

## Local News

### Are you carrying too much weight? Is it affecting how you feel about yourself or is it affecting your health?

For overweight adults, losing 5 – 10% of your weight can have significant health benefits. Doncaster NHS has a new adult weight management service called Healthy Weight Solutions. It offers free advice and support for people with a BMI of 25 or more who are motivated to lose weight.

There is an option of group support or individual support. Both options are free and offered in a variety of locations in the Doncaster area. More information can be found at [www.doncasterpct.nhs.uk](http://www.doncasterpct.nhs.uk) or call Healthy Weight Solutions on 0800 917 6264

### Would you like to exercise but are restricted by a medical condition?

Doncaster have an Exercise for Health Referral Scheme which is aimed at helping people improve their health and well being by becoming more active. It is specifically for people who do not currently participate in regular physical activity. The scheme aims to provide you with the support and advice to exercise safely and appropriately. It is designed with the individual, to meet your specific needs and preferences. It takes place in local leisure centres, and participants receive a 50% discount on standard session prices. Further information can be found at [www.doncaster.gov.uk](http://www.doncaster.gov.uk)

## Carers Coffee Morning and Events Dates

You are invited to our coffee mornings which are informal, informative and fun. 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	Times	Venues (Presentations/Activities)
Wed 1st Dec	Cancelled	Esquires Coffee House, Wheatley Hall Retail Park
Fri 10th Dec	11am-3pm	DPfC Carers Centre - Open & Information Day
Fri 10th Dec	Cancelled	Redmond Centre, High St, Carcroft
Wed 5th Jan	9.30-11.30am	Esquires Coffee House, Wheatley Hall Retail Park
Wed 12th Jan	12pm	Table Table Restaurant - Christmas Lunch
Fri 14th Jan	9.30-11.30am	Redmond Centre, High St, Carcroft
Wed 26th Jan	10am-12pm	DPfC Carers Centre
Wed 2nd Feb	9.30-11.30am	Esquires Coffee House, Wheatley Hall Retail Park
Wed 9th Feb	10am-12pm	DPfC Carers Centre
Fri 11th Feb	9.30-11.30am	Redmond Centre, High St, Carcroft
Wed 23rd Feb	10am-12pm	Dpfc Carers Centre

### SUPPORT GROUPS AT DPfC CENTRE

#### 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.



### DPfC DISCOVERY PROGRAMME



#### Carers Mental Health & Wellbeing

What gets you up in the morning? These sessions will help to find out about you, what you like, how you manage your time, money and your caring role. They will give you the tools to improve how you manage all of the above whilst also giving you the chance to meet other people in a caring role.

**Held at DPfC Centre**

**10th Jan & 13th Feb 1-3pm**

Contact DPfC for more details and to put your name on the list.

### SECURITY WARNING FROM DIAL

Two men have been impersonating Dial Staff and visiting residents in Intake. No member of Dial Doncaster will "cold call" all their visits are by appointment only including their van collecting for the Charity Shops. All their staff carry Photo Identity Cards.

## Carers Corner

Sometimes there are bad days when life becomes a fight,  
And all that you can do is to hang on in there tight.

Remember dawn comes after darkness,  
and the fiercest storms don't last.  
In the future this hard present, will become a distant past.

So here's a simple message, we hope that you will heed it,  
We're always here to help you, so call on us if you need it.

*Poem adapted from a poem by Howard Baker*

## The Doncaster Carers Newsletter is for you

We always welcome your contributions, letters, poems, tips, news, praise or criticism. Please contact Paula Withers at DPfC or send an email to [pwithers@doncastercarers.org](mailto:pwithers@doncastercarers.org) The deadline for the next issue is

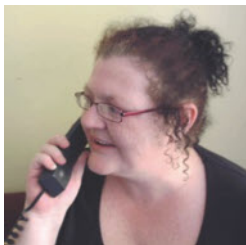
**25th January 2011**

Let us know if you change your address, or if for any reason you no longer wish to receive the newsletter. If you are not already on the mailing list and wish to be, just give us a ring. Doncaster Carers Newsletter can also be emailed to you as a pdf version.

## 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) is an independent registered charity no. 1075455. We are a non profit making organisation.

### Who we support

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](mailto:dpfc@doncastercarers.org.uk)

## Outreach Services Around Doncaster

### Wednesday

### Friday

<b>Esquires Coffee House</b> Wheatley Hall Retail Park Wheatley Hall Road <b>1<sup>st</sup> Wednesday of the month</b> <b>9.30am – 11.30am</b> Apart from 1st Dec	<b>Rest-a-while</b> Priory Place Methodist Church Doncaster <b>1<sup>st</sup> Friday of the month</b> <b>10.30am – 11.30am</b>
<b>Forestgate</b> Tickhill Road Hospital <b>2<sup>nd</sup> Wednesday of the month</b> <b>1pm – 2pm</b>	<b>The North Coffee Morning</b> Redmond Centre High Street - Carcroft <b>2<sup>nd</sup> Friday of the month</b> <b>9.30am – 11.30am</b>
<b>Carers Coffee Morning</b> 74 Church Lane Bessacarr <b>2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month</b> <b>9.30am – 10.30am</b>	<b>Also look out for us at 50+ meetings in your area, an outreach support worker will be available for anyone needing information or support.</b>

## Thank you Esquires!

As you are aware DPfC have been holding a coffee morning every 1<sup>st</sup> Wednesday of the Month at Esquires Coffee Houses, Wheatley Hall Road for nearly 12 months now. I wanted to write a short note of appreciation and thank the managing director Steve Patania, for his continued support and excellent supply of refreshments to all the carers who attend. I hope that I may speak for all the Carers that the venue Steve provides for us is well attended and that all Esquires Coffee House staff have always been very hospitable, accommodating and helpful.

*Rachel White – Outreach Support Worker*

## Freemasons Donation Received With Thanks



Arthur Begg (Master of Don Valley Lodge) and Robert Bateson (Past Master) from the Don Valley Lodge, came to one of our regular coffee mornings at DPfC Centre.

They presented Debbie Osborne with a cheque for £800, towards a carers Christmas lunch and a pamper day.

We would like to say a big thank you to the Freemasons for their generous donation.

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## 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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