

## CARERS WEEK 2011

As usual our Garden Party held in Carers Week was a huge success, with carers enjoying the sunshine and gaining information all at the same time!!

Carers got together, old and new, for a relaxing day, with numerous information stalls attending giving Carers the opportunity to gain further knowledge to aid them in their caring role (pictured top right)

Therapists were on hand to give out free treatments, both Liza Jipson and Julie Hurd gave up their time free of charge to pamper carers on 'their week'.

We would like to thank all those who attended and made our day successful, but special thanks goes out to our Volunteers who worked throughout the day non-stop.

And finally congratulations to our luckiest carer of the day Sue Shield who won numerous prizes on our raffles along with the food hamper from the North West Development Trust (pictured bottom right).



Irwin Mitchell is one of the largest and most experienced personal injury law firms in the country. Our award winning service ensures that clients not only receive effective and practical legal advice but also assistance with rehabilitation, case management, specialist equipment, accommodation and financial concerns.

Irwin Mitchell is dedicated to providing **FREE** education on legal issues to health and social care professionals; we provide a wide range of topics including 'A Patient's Right to Refuse Treatment', 'Effective Record Keeping', Reducing Risk and Improving Patient Safety' and 'The Mental Capacity Act 2005 The Story So Far'

For more information and a list of the topics we cover email: [alex.tilbury@irwinmitchell.com](mailto:alex.tilbury@irwinmitchell.com)

To discuss specific training requirements for your team, including alternative topics, please contact: **Alex Tilbury** on **0114 274 4337**.

### LAUNCH OF BME CARERS KONNECT CLUB

The new Carers Konnect Club was launched on the 19<sup>th</sup> July 2011.

The event was attended by various ethnic groups who all said they thoroughly enjoyed the day. Rosemary Stephen talked about the different ways we can support the group (pictured right). For those who couldn't make it this group is to be Carer led with many activities and trips out planned for the future!!



Also join us on ...



# Carers UK National Carers Summit 2011

Carers UK have announced this year's National Carers Summit date. It is to be held on Thursday 3<sup>rd</sup> November 10am to 4pm, at Clifford Chance, Canary Wharf, London.

In previous years the summit has seen a variety of Government Ministers and Politicians face a multiple of questions from an audience of carers.

The event is for carers and former carers, you don't need to be a member of Carers UK however priority is usually given to their members as this event is usually oversubscribed.

To book a place, visit [www.carersuk.org/get-involved/national-carers-summit-2011](http://www.carersuk.org/get-involved/national-carers-summit-2011)

## Fundraising and Donations.

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

### How can you 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

## Borrow a bed!

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

### Blue Badge Reforms

Major reforms to the Blue Badge Scheme disabled parking system, which helps 2.5 million disabled people, are being implemented. The measures, which started to come into force from April, include:

- Providing local authorities with an on-the-spot power to recover badges that have been cancelled and misused
- Shared administration between authorities - including an online application facility - resulting in faster renewals, reduced abuse and operational efficiency savings of up to £20 million a year.
- Wider use of independent mobility assessments to determine eligibility.
- Extending the scheme to more disabled children under three and severely disabled Armed Forces personnel and veterans; and removing residency requirements for disabled service personnel and their families who are posted overseas on UK bases.

The maximum cost of the badges goes up from £2 to £10.

Visit [www.direct.gov.uk](http://www.direct.gov.uk) for more information

### Would you like to attend workshops on caring for someone with dementia?

The programme is run by The Alzheimer's society and is for anyone caring for a person with a diagnosis of dementia and aims to offer structured information to inform and support the caring role. Carers do not necessarily have to live with the person with dementia.

There will be a simultaneous discussion/activities group in an adjacent room for the person with dementia that you care for.

Alzheimer's Society staff or volunteers will facilitate this group.

**For further information contact:  
The Alzheimer's Society on 01709 580543**



**Frank Lowndes**

**23/07/1933 22/07/2011**

On Friday the 22<sup>nd</sup> July DPfC lost a dear friend Frank Lowndes

He first came to DPfC when we were based at the Lansdowne Centre for support in his caring role for his wife Jeanette in the mid nineties. He soon became an active member of the Doncaster Carers Forum campaigning for more recognition for carers. He also volunteered at the Carers Coffee Mornings which were held at the centre and when we moved in 2007 to our present base in Bessacarr, Frank came with us taking on the role of volunteer gardener and odd job man as well as continuing with his role at Coffee Mornings.

Frank was an invaluable member of the volunteer team and would support staff by attending information events with them; he loved interacting with the public, and will be dearly missed at these events. He was very passionate about carers getting the support they needed both whilst they were caring and when their caring role came to an end. After his wife Jeanette died, he became a member of the Carers Strategy Group representing former carers; he also became active in other areas such as the Doncaster 50+ group and the DMBC Reading Panel.

Frank was a warm, generous, kind person and everyone at DPfC will miss him.



# What's new at the Centre?

## Aromatherapy Course

WEA will be running an Aromatherapy course at the Carers Centre.

Learn how to use Essential Oils Safely in the Home. Try Basic Massage Techniques to use on Friends & Family. Blend Essential Oils to produce individual Fragrances.

Courses will begin in September, dates yet to be confirmed.

## Massage Therapies

DPfC in partnership with Harmonise will be offering therapy sessions at a charge of £8 per 20 minute session.

**For more information on all of the above contact Carol at the Centre on 01302 531333**

# WIN A MOBILITY SCOOTER!

In association with FACES UK

Life Mobility have a fantastic competition for you to win a brand new "Warwick" mobility scooter to the value of £1800.00!!!!

Life Mobility supply Stairlifts , Bathlifts, Wheelchairs and many more living aids to help independent living, outside and inside the home. Located in the popular Market Town of Thorne, Life Mobility are able to offer FREE home demonstrations on all their mobility products.

The mobility scooter was kindly donated by Faces UK a charitable organisation working with different sections of society, the elderly, youth and children.

So, whether you already use a mobility scooter or your thinking of purchasing your first, maybe a relative needs that extra assistance to visit friends or help with the shopping, simply answer the question below, enter your details and post to the address given. Who knows you could be driving a new luxury mobility scooter very soon, GOOD LUCK!!!

QUESTION: What charitable organisation donated the scooter to Life Mobility?

ANSWER.....

Name.....

Address.....

Post Code.....Contact Tel No.....

E-Mail.....

The winning entry will be notified no later than 30.08.2011 and a suitable presentation date will be arranged. Post to: **Life Mobility, 50 King Street, Thorne, Doncaster, DN8 5BA.**

You can also enter via email, answer question and contact details to: [info@lifemobility.org.uk](mailto:info@lifemobility.org.uk)

## Carers Corner

### DID YOU KNOW??

Someone who cares for 24 hours a day throughout the year is saving the UK £157,680.00

Someone who cares for 12 hours a day throughout the year is saving the UK £78,840.00

Someone who cares for 6 hours a day throughout the year is saving the UK £39,420.00

Source: Carers UK July 2011

*The man I love is still in there  
Though more often, harder to find  
I love him, not all the days of his life  
But all the days of mine*

## 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

### Drop in

**The Carers Centre**

Mon-Thurs 10am-4pm

### 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

The Carers Centre

74 Church Lane

Bessacarr, Doncaster, DN4 6QD

Tel 01302 531333

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

Web [www.doncastercarers.org.uk](http://www.doncastercarers.org.uk)

## Carers Coffee Mornings

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. Guest speakers are invited to keep you informed of services that may be of use to you. Our friendly staff are always on hand for support and advice.

### DPfC

host a twice monthly coffee morning at The Carers Centre, 74 Church Lane, Bessacarr on the **2<sup>nd</sup> and 4<sup>th</sup> Wednesday 10am - 12 noon.**

### BME Carers Konnect Club

Carers from the BME community are invited to experience a range of activities whilst meeting other carers, share experiences and support each other. Held twice monthly, on the **1st & 3rd Wednesday 10:30am to 1pm at The Carers Centre, 74 Church Lane, Bessacarr.**

### ACM

is a specialist coffee morning for people with Autism and their carers. They meet at The Carers Centre, 74 Church Lane, Bessacarr on the **2nd Tuesday of the month 10am - 12noon.**

### DONCASTER CARERS FORUM

The Carers Forum meets bi-monthly on the third Wednesday of the month 10am - 12noon at The Carers Centre



### RELAX 121

#### ESCAPE INTO TRANQUILITY

You can experience total wellbeing with a fully trained holistic creative therapist, who offers you personal 1:1 treatment.

Fully qualified in Emotional Freedom Technique. Offer a range of holistic treatments

Contact Julie on 07946 663670



Harmonize operates in the Doncaster area offering a wide range of relaxing treatments in the comfort of your own home. Tailored to suit you and your needs!

Indulge in any of the following therapies: Reflexology/ Reiki/Seichem Indian Head Massage and much more!!

**Sessions are to be held here from September at a cost of £8 for 20 minutes**

Contact Carol on 01302 531333 for more information

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



Registered Charity No. 1075455  
Doncaster Partnership for Carers is a Company Limited by Guarantee  
Registered in England & Wales NO. 3698459

