

P1 Information session spring 2013

P2 Carers Emergency Contact / Carers Rights Day / New facilities in Frenchgate

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P4 Doncaster Carers Centre info page

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Irwin Mitchell is proud to sponsor the Doncaster Carers Newsletter

Housing Benefit Changes

Housing Benefit is changing and a restriction is being introduced on the number of rooms in a socially rented home which will be covered by Housing Benefit.

Carers will not be allowed an extra bedroom on the basis of not being able to sleep in the same room as their partner due to illness or disability.

This means that someone providing care to their partner will not be entitled to Housing Benefit for an extra bedroom but someone who has engaged a care worker to provide overnight care will be able to have another bedroom for them.

If you are a carer and this change will affect you, the Carers Centre would like to hear from you

Information Sessions January - March

<p>JANUARY</p>	<p><u>Power of Attorney</u></p> <p>What is it?</p> <p>How do I acquire it?</p> <p>Do I need it?</p>	<p>Wednesday 30th 2.00 to 3.30</p>
<p>FEBRUARY</p>	<p><u>Personalised Budgets</u></p> <p>What is it and how do you access a personalised budget?</p> <p>Can carers have their own Personalised Budget?</p> <p>What are the advantages and disadvantages of personalised budgets?</p>	<p>Tuesday 26th 2.00 to 3.30</p>
<p>MARCH</p>	<p><u>Healthwatch</u></p> <p>What is Healthwatch, how is it different from LINK</p> <p>What will Healthwatch do for me</p>	<p>Tuesday 26th 2.00 to 3.30</p>

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Carers Lunch

Carers kicked off the new year on the 16th January when thirty nine Carers from Wednesdays OPEN HOUSE sessions met up at Doncaster Trades and Labour Club for a meal and a chat. They hadn't seen one another since early December so it was nice to meet up and find out what everyone had been up to over Christmas. The meal was paid for by the DPfC Carers Activity Fund which the carers themselves help to raise funds for. The meal was lovely and the staff made everyone feel very welcome. We will be going back later in the year.

During the meal OPEN HOUSE volunteers were presented with a small gift to say thank you for all the hard work they do over the year helping the sessions run smoothly.



Carer's Emergency Contact Scheme for Doncaster Residents

The Carers Emergency Contact Scheme offers peace of mind that the adult you care for will be looked after in an emergency. The carers emergency card is credit card sized. It is used as an instant source of identification in case the carer has an accident when they are out.

The Carers Emergency Contact Scheme

- Helps carers feel more supported
- Carers feel less anxious about going out
- Can give carers peace of mind that their situation is understood
- Offers support 24 hours a day

If you are a carer and would like more information or an application form contact:

Doncaster Carers Centre 01302 637566

Age UK Doncaster 01302 812827

Doncaster Council 01302 736000

Carers Rights Day

Carers Rights Day took place on the 30th November; the theme was getting help in tough times.

There was a national focus on helping carers access the right financial support, getting the right help, and making the most of technology. With the rising cost of living, salary freezes and job losses many families are struggling to make ends meet, with the additional cost of caring, families affected by illness and disabilities are often the hardest hit.

Staff from Doncaster Carers Centre, were on hand at Doncaster Talking Shop in the High street to offer free help and advice on carers rights and to make carers more aware of the support that may be available to them.

Changing Places Toilet now OPEN at Doncaster Frenchgate Centre

The new toileting facilities, known as the Harper Suite are now open!!

In order to gain access please collect the key (radar key is not being used) from the Information Desk opposite BHS. It is situated on level 2, accessed by the lifts near the food hall. Inside the facility is a height adjustable bed, H tract hoist (please provide your own sling), privacy curtain, height adjustable basin, wash dry toilet. The facility has ample room to move and will hopefully be used and appreciated by many! Please return the key back to the Information Desk where a cleaner will immediately refresh them so that it is perfect for the next user, if you could also leave any comments you have to make it more user friendly (The Frenchgate are more than happy to hear your views and encourage your help to make it better).

This facility has been joint funded by Doncaster Frenchgate Centre and the Council's Aiming High budget

Doncaster link set to become Doncaster Healthwatch

From March 31st Doncaster link will cease to operate and in its place will be Doncaster Healthwatch .

Healthwatch will operate through two independent parts

Local Healthwatch and Healthwatch England, both being a vital part of the government's plans to give people a stronger voice and drive improvements in health and social care.

Healthwatch will play a role at both national and local level and will make sure that the views of the public and people who use services are taken into account.

Doncaster Carers Centre will be holding an **Information Event** about **Healthwatch** on

Tuesday 26th March at 2.00pm come along and find out about these changes

For further information regarding Healthwatch you can call Doncaster link on 01302 554970 Fax on 01302 554996 or visit the website at www.doncasterlink.co.uk

Welfare changes 2013

During the autumn budget under the new reforms chancellor George Osborne announced changes to welfare with most working age benefits seeing real term cuts, however the changes which will become effective from April this year will see Carers allowance and disability benefits exempt from the cuts, and will continue to rise in line with inflation to protect the vulnerable in tough economic times.

Carers allowance which is currently £58.45 a week will see a 2.2 % increase in April 2013 in line with inflation.

Bring and buy

Carers wanting a bargain came to Doncaster Carers Centre on the 5th December to take a look at items on offer in the bring and buy sale.

There were a variety of goods on sale including bric-a-brac, books, clothes, hand craved crafts, paintings, homemade cakes and a jewellery stand. The event attracted many visitors with all proceeds going towards the Carers Activity fund.



Sandringham Mobility Supports Doncaster Carers Centre

Tel: 01302 360085





Contact us:
 Tel: 01302 637566
 Mobile: 0798119117
 Email: dpfc@doncastercarers.org.uk

Doncaster Partnership for carers (Dpfc) was formed in the early 90s under the name of peace by a group of carers who came together for mutual support. We now provide a range of support services for carers living in Doncaster.

When we became a company limited by Guarantee in 1999 our name was changed. But we continue to be a carer led organisation.

Dpfc aim to empower and encourage carers in all aspects of their caring role by offering a range of emotional and practical support services.

If you are a carer living in the Doncaster area we can support you in a number of ways:
 Advocacy

- Carers consultation
- Emotional support
- Information and advice
- Social outing and breaks

Find us at:

Doncaster Carers Centre
 The Carers House
 2 Regent Terrace
 South Parade
 Doncaster
 DN1 2EE
dpfc@doncastercarers.org.uk

Winter - Spring

ACTIVITIES PROGRAMME

ACTIVITY	DAY & TIME	START DATE	PRICE
Caring with Confidence	Tuesday 1:00 to 3.00	26 th February	FREE:
Needlework made easy	Tuesday 10.00 to 12.00	26 th February	FREE: Dependant on circumstances
Neck and Arm Massage	Wednesday 10.30 – 12.30	Every fourth Wednesday of the Month Appointment only	Donation to: British Red Cross
Reiki	Wednesday 10.30 – 12.30	Every Second Wednesday of the Month Appointment only	Donation to: Carers Centre
Painting for Beginners	Wednesday 1.00 – 3.00	27 th February Phone to reserve a place (12 place limit)	FREE: Dependant on circumstances
Indian Head Massage Workshops	Thursday 10.00 to 12.00	28 st February Phone to reserve a place (12 place limit)	FREE: Dependant on circumstances
Healthy Lifestyle	Thursday 1pm to 3pm	28 st February Phone to reserve a place (12 place limit)	FREE: Dependant on circumstances

DONCASTER CARERS FORUM
 The Carers Forum meets monthly on the Fourth Tuesday of the month 1.00pm – 2.30pm at Doncaster Carers Centre



Next Meeting 26th February 2013

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Doncaster Carers Centre
Opening Hours
 Tues - Thurs 9.30am - 4pm

DPfc Enquiry Line
Tel 01302 637566
 Mon-Thurs 9.30am-1pm
 Except for bank holidays.

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

