

Doncaster Carers Newsletter



May 08

Carers Pamper Day

Doncaster Partnership for Carers invited 50 carers to enjoy a day of pampering thanks to the generosity of the ladies from Soroptimist International of Doncaster

The event took place on Friday 7th March at Club 39 in the Waterdale shopping precinct. The Soroptimist ladies group who are all volunteers gave their time, provided the venue, food and paid the expenses of the therapists who were also kind enough to volunteer.

We also received funding from Choosing Health, which paid for three extra therapists

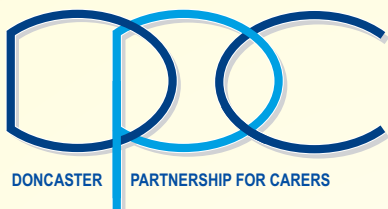
There was a variety of therapies offered to Carers such as Indian Head Massage, Quantum Touch, the Bowen Technique, alongside these, were a variety of information stands, a demonstration around healthy eating, a presentation from 'Choosing Health, a Fair Trade stall, Gentle exercise and Henna painting.



It was an extra special day for one carer; Mrs. McQuaid was celebrating her 49th Wedding Anniversary that day. Jean Bland one of the ladies from Soroptimist presents Mrs. McQuaid with a bouquet of roses.



Doncaster Partnership for Carers



DONCASTER PARTNERSHIP FOR CARERS

St Wilfrid's,
74 Church Lane,
Bessacarr, Doncaster,
DN4 6QD



Doncaster

Carers

Forum

Information

& Advice

Market Place

(outside Primark)

Tuesday 10th June

9.30am - 1.30pm

CARERS WEEK 2008

9th - 13th June

Everyone Welcome

**These events are free to
all carers living in Doncaster**

Cream Tea at St Wilfrid's

Monday 9th June

12 noon - 2.30pm

DPfC

Information Stand

Doncaster Interchange

Wednesday 11th June

9.30 - 1.30

Doncaster Partnership for Carers (DPfC)
will be launching their new website during
carers week www.doncastercarers.org.uk

Doncaster Partnership for carers

working with DIAL Doncaster

are holding a Multi Cultural Day

At St. Peter's in Chains, Chequer Road

Entertainment & Buffet Lunch

Friday 13th June 11.00am - 2.00pm

For more information and / or details contact: Doncaster Partnership for Carers on 01302 531333

Carers Week Events continued - Pamper Day for carers on Friday 13th June at the Winning Post, Moorends 10am - 2pm. There will be therapists and buffet lunch hosted by the Thorne Group for Mentally Handicapped People.

Doncaster Council is hosting an information event at the Carr House Centre on Danum Road on Friday 13th June 10 am -2 pm to highlight services that are available in the community to support carers in their caring role.

St Johns Information & Support Centre is holding Health and Well being Day on Friday 13th June 11.00am - 3.00pm. There will be exercise sessions, blood sugar checks, blood pressure checks, back care information, healthy eating ideas (TBC), health and beauty, information stands, exercise classes (TBC), benefits advice refreshments, raffle.

Services to support Carers

Caretogether, support family and friends of people with Cancer or life threatening illness. St Johns Information and Support Centre Tel: 01302 796853

Carers Services Rethink
Supports carers of people suffering with a mental health problem.
(01302) 734050/736761/ 734795

Doncaster Take Heart Tel: 07999756805 or email JMGibsonB@3mail.com

Drugs Strategy Carer Unit
Support for carers of drug users.
Tel: (01302) 312180

Parents in Partnership
Support parents with educational issues
Tel: 01302 737440

T.I.E. Together Information Exchange
Tel: 01302 736209.

Doncaster Young Carers Service would like to hear from any Young Carers who live in the Doncaster area and would be interested in speaking out about what young carers want and need from local services. Come and join the Young Carers Forum and make a difference for your area. We plan to hold a virtual meeting of the Forum (via telephone conference call) during the school summer break. To join this exciting opportunity please contact: **Barnardo's, Doncaster Young Carers Service on 01302 858697.**

Doncaster Carers Forum gives carers living in Doncaster a collective voice and ensures their views are heard in service policy and planning, the forum meets bi-monthly 10am 12pm contact Debbie Osborne Tel: 01302 531333

Doncaster Partnership for Carers (DPFC)
Tel: 01302 531333

DPFC Coffee Morning Dates for next three months of 2008. At St Wilfrid's 10am 12pm

June	25th		
July	9th	&	23rd
Aug	13th	&	27th

New initiatives that may support carers

Borough Treasure Scheme - Gives leisure opportunities for people living in Doncaster who are over 60 years old. Those who join receive vouchers for local leisure activities such as a free game of bowling at Doncaster Superbowl, discounted rates to Doncaster Little Theatre and the Greyhound Stadium, activity days at the Dome have included swimming, salsa dancing, badminton and get a healthy two course lunch for £2. To join you need to take proof of your identity to one of the council's customer Service Centres, the Mansion House or Blue Building, High Street. Further information contact Doncaster Council on 01302 736000 or visit www.doncaster.gov.uk/boroughtreasures,

Free travel for carers - If the person you care for qualifies for a Mobility Pass and in receipt of High Rate Care Component of Disability Living Allowance they can get a special Mobility Pass that allows a carer to travel with them FREE of charge. Contact Traveline for more information. Tel: 01709 515151

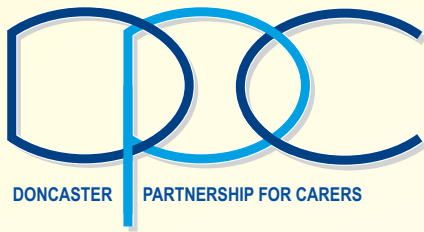
Travel discounts for people unemployed or on a low income living in South Yorkshire

Off-Peak Travel Master Pass, which costs £13.50, gives unlimited travel by bus, tram or train Monday-Friday from 9am until the end of normal service and all day Saturday, Sunday and Bank Holidays until the end of normal service. To buy a Pass go to the Travel South Yorkshire Information Centre, Duke Street and take with you a passport size photograph, proof of address and proof of the benefit you are receiving. Traveline: 01709 515151

Tax Credit rebate !!!!

If you had a child that was born between 6th April 1986 and 5th April 2003 you may be entitled to a £520-£1,040 allowance. To be entitled the child must have lived with you for all or part of 2002/2003, you will also have needed to have worked and paid tax for all or part of 2002 / 2003.

Contact your local tax office and ask about Children's Tax Credit Relief 2002/2003 or contact us on 01302 531333



74 Church Lane, Bessacarr,
 Doncaster DN4 6QD
Tel: (01302) 531333
Email: dpfc@doncastercarers.org.uk
Web: www.doncastercarers.org.uk

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.

We help carers with:

Information	Attending support groups	Speaking up for themselves
A Listening Ear	Concerns over services	Language support
Training	Having a 'voice' in health and social care service planning arenas	Accessing Services
Volunteering	Informed through our Free Quarterly Carers Newsletter (DCN)	Days out and meeting other carers

All our services are FREE and CONFIDENTIAL

Tel: 01302 531333 Monday Friday 9am - 5pm except Bank Holidays. Out of these hours there is an answer machine for you to leave a message.

How To Find Us



By Car

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

Bus Route

Catch the 57 bus (brown line) from stand A4, get off at the Water Tower Lane bus stop. Church Lane is the road opposite the Water Tower and we are on the right.

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.



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