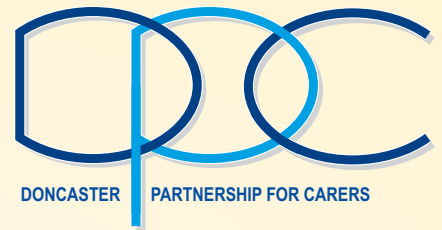


# Doncaster Carers Newsletter



November 08

## Who is a Carer?

Carers are beginning to be recognised for the vital and dedicated work they do:

- The local authority has a duty to inform carers of their right to an assessment of their needs.
- GP surgeries should hold a register of their patients who are carers
- In June the government announced its 10 year Carers Strategy - 'Carers at the heart of the 21<sup>st</sup> century families and communities

Yet we are still coming across people who do not recognise themselves as a 'carer'.

Last week we received two such referrals, one was from the Mayflower Medical Practice and the second was from Doncaster Job Centre.

So what do we mean when we use the term 'Carer'?

Carers are **not**

- People who work in care - care worker's, medical staff, community workers
- People looking after children who do not have a disability or life-limiting illness

So who is a 'carer'?

***Carers are ordinary people wives, husbands, partners, parents, family members and friends who gives help, support and care for a someone who relies on their help, this may be due to frailty, illness, physical, sensory or learning disability, a mental health problem or addiction***

Taking on a caring role can happen to anyone.

- Three in five people will end up caring for someone at some point in their lives.

The 2001 census showed that there 32,000 carers in Doncaster and of that 17,000 received no support.

If you can relate to the above and feel you would like some support yourself.

Someone:

- You can talk things over with who understands
- With a knowledge of local services and support available
- To support you when dealing with people in health and social care, who ensures your views are taken into account and can help you prepare for and attend meetings

Come along to one of our events in December and find out how we can help you or if you would like support or more information you can ring our help-line.

All events will be held at our building: **74 Church Lane, Cantley, DN4 6QD**

<b>Carers Christmas Party</b>	<b>Wednesday</b>	<b>10<sup>th</sup> December</b>	<b>11am - 2pm</b>
<b>DPFC Open Day</b> Professionals working with carers and carers)	<b>Thursday</b>	<b>11<sup>th</sup> December</b>	<b>11am - 3pm</b>
<b>AGM</b> (Open to general public)	<b>Thursday</b>	<b>11<sup>th</sup> December</b>	<b>4pm</b>

Help-line: 01302 531333

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

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

## THE JUGGLING GAME FOR CARERS

(Juggling paid work with unpaid care)

### IS THIS YOU?

- There are 32,000 people in Doncaster caring for family, friends or neighbours who have an illness, disability or frailty. Nearly 15,000 combine work with unpaid caring. Of these, 900 people work full time and also care for 50+ hours a week.
- **1 in 5 people** give up work to care. Many others struggle to continue in work and their health suffers. Some carers may choose to give up work. Other carers may feel they have no choice. The impact of this can be loss of income and pension, social isolation and social exclusion.

### **'INFORMATION IS KNOWLEDGE AND KNOWLEDGE IS POWER'**

Knowing your legal rights as a carer will help you make informed decisions. It is also important that you know how to access advocacy support so that you can access the services you need.

#### The law says YOU have a: -

- Right to leave from work to deal with emergencies and caring crises
- Right to request flexible working arrangements
- Right to a carer's assessment - which has to take account of a carer's wish to work
- Right to access education, training and employment

### WHAT SUPPORT CAN I GET?

#### Carer's Assessment

A carer's assessment is your opportunity to talk about how you are managing to balance work and caring. If you are considering giving up work, ask for a carer's assessment. If you think your job may be at risk because of the pressures of caring, the Council will need to look at what help it can provide to enable you to continue working. To find out if you are eligible for a carer's assessment contact:

- The Adult Contact Team at Doncaster Council: Telephone 01302 737391

#### Other Support Services

- Doncaster Partnership for Carers - a local independent registered charity that offers support services for adult carers: Telephone 01302 531333, [www.doncastercarers.org.uk](http://www.doncastercarers.org.uk)
- Barnardo's Young Carers' Service - a national independent registered charity that offers local support services for young carers and their families: Telephone 01302 858697
- Advisory Conciliation Service and Arbitration - an organisation that offers advice and support on employment issues: Telephone ACAS Helpline 08457 474747 [www.acas.org.uk](http://www.acas.org.uk)
- Council's Community and Carers Development Team 01302 737071

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### HOME FIRE SAFETY THE FACTS

Unfortunately people die every year in their own homes from the effects of fire.

Properly fitted working smoke alarms will help you and your family, to escape safely from your property, in the event of fire.

A smoke alarm isn't just an early warning. It's your only warning.

The chances of waking up to a fire in your home without a working smoke alarm are almost zero.

Having a working smoke alarm in your home will dramatically increase your and your family's chances of survival and escape should a fire occur in your home.

#### SOUTH YORKSHIRE FIRE AND RESCUE SERVICE RECOMMEND THAT YOU:

- Fit at least one smoke alarm on every floor level of your home. These should be placed in the hallway and landing levels
- Test it on a weekly basis
- Change the battery every year, or, better still fit a 10 year battery life smoke alarm.

To arrange a **FREE** home fire safety check and the fitting of **FREE** smoke alarms where appropriate.

**CALL THE COMMUNITY SAFETY HOTLINE ON 01142532314**

## Services to support Carers

**Doncaster Partnership for Carers (DPFC) - Supporting Adult Carers living in Doncaster**  
Tel: 01302 531333

### Care 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](mailto: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

**New Beginnings** open morning for carers first Friday in the Month 01302 571240  
[www.drughub.co.uk](http://www.drughub.co.uk)

**Barnardo's, Doncaster Young Carers Service**  
Tel: 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 Coffee Morning Dates** for next three months at St Wilfrid's 10am - 12pm

Dec 08	10th	11am - 2pm Christmas Party	
Jan 09	14th	Christmas Lunch	
Jan 09	28th	Coffee Morning	
Feb 09	11th	&	25th

**DPfC - Christmas Card Competition. Winner Andrea Mason pictured with the winning entry**



**Andrea's drawing will be used for our Christmas card and calendar, which will be given to carers and our colleagues working in health and social care.**

**Support for people who have served in the Armed Forces, or a dependant.**

Poppy Support welfare service offers financial, emotional and social support to anyone who has served in the Armed Forces, or a dependant.

For more information call the Legionline: 08457 725 725. 10am - 4pm, Mon to Fri.

[www.britishlegion.org.uk](http://www.britishlegion.org.uk)

They also provide a free dedicated handy-person service 'Poppy Calls' to those who are unable to carry out small repairs and minor alteration to their home.

Tel: 01480478 031

## Together Information Exchange

The Together Information Exchange (T.I.E) is Doncaster's register of children with disabilities, and it offers support, advice and information to families of children with various disabilities.

T.I.E is for children and young people 0 - 19 years of age with varying disabilities (physical, learning and medical disabilities) and in mainstream or special school education.

T.I.E. can also provide home visits to provide one-to-one support and help to fill in Disability Living Allowance application forms.

For more details or to register your child you can either:

Contact details: Mandy Ellis, Information Project Worker, T.I.E, Carr House Centre, Danum Road, Doncaster, DN4 5HF. Tel: 01302 735875, e-mail: [mandy.ellis@doncaster.gov.uk](mailto:mandy.ellis@doncaster.gov.uk) or

Complete an on-line membership form at: [www.doncaster.gov.uk/tie](http://www.doncaster.gov.uk/tie)

## Training dates for carers

### Carers in Employment

25 <sup>th</sup> February 09	1 - 3pm
25 <sup>th</sup> March 09	1 - 3pm

All training will be carried out at our main building St Wilfrid's. If anyone would like to book a place or require further information please contact Debbie or Sue on 01302 531333

**Outreach surgeries.** From 1<sup>st</sup> January 09 we are changing the way we deliver this service. All current surgeries will cease on this date. We will keep you informed of new developments in our next edition

## Fundraising

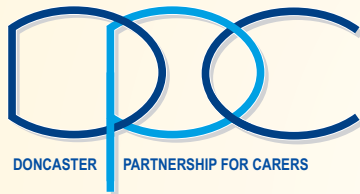
We are always looking at ways to boost our funds and hope you can support us by donating to any of the following:

**Mobile phones** - we would appreciate if you could donate your old mobile phone that we can exchange for cash.

**Amnesty box** - we have set up an amnesty box where you can donate any unwanted gifts.

**Christmas Raffle** - we are holding a raffle that will be drawn Thursday 11<sup>th</sup> December prior to our AGM. There numerous prizes and tickets are £1 each

**Frank Lowndes** - has very kindly donated £66.57 that he had saved by collecting 5 pence coins



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)

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

**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	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



### 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 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.

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.