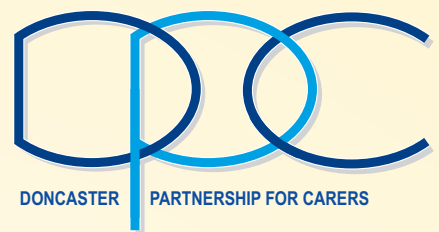


Doncaster Carers Newsletter



June/July/August 2009

Carers are the UK's Secret Service

Carers Statistics

- 1) There are almost Six Million Carers in the UK¹
32,000 Carers in the Doncaster Borough
- 2) One in eight adults in the UK is a carer¹
- 3) 3 million people juggle work with caring responsibilities for a disabled, ill or frail relative or friend¹
- 4) The main carer's benefit - Carers Allowance - is £50.55 for a minimum of 35 hours, equivalent to £1.34 per hour (increasing to £53.10 in April 2009)
- 5) People providing high levels of care are twice as likely to be sick or disabled²
- 6) Every year 2 million people take on new caring responsibilities³
- 7) 1.25 million people care for more than 50 hours per week¹
- 8) 58% of carers are women 42% are men¹
- 9) 1.5 million carers are over the age of 60¹
- 10) Carers unpaid contribution is worth £87 billion each year yet the decision to care can mean a commitment to future poverty. Many give up an income, future employment prospects and pension rights to become a carer⁴

Taken from the Carers UK publication (1 Census 2001 2 In Poor Health, Carers UK 2004 3 In the Know Carers UK 2006 4 Carers UK / University of Leeds)

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 - 12 pm contact Debbie Osborne tel: 01302 531333

The forum held an Information Day on Friday 27th March 2009 at Doncaster Corn Exchange. Over 20 organisations had stands offering information to support carers. The forum would like to thank Mick Maye, who runs the cafeteria in Corn Exchange, for his usual generosity in supplying free refreshments and his staff for all their hard work.

Carers Week 2009 8th - 14th June



Doncaster Partnership for Carers wish to invite carers living in Doncaster to a **Garden Party** on Wednesday 10th June 2009, 11am - 3pm at 74 Church Lane, Bessacarr. There will be various stalls, Information stands, refreshments and entertainment.



Doncaster Partnership for Carers - Fundraising / Donations

Collapsible beds - We now have three collapsible beds that we can loan out to carers. Two new beds were donated by a family to thank us for the support they received and to help other carers in a similar situation.

Amnesty Box - If anyone has any unwanted Christmas / Birthday gifts they would like to donate we would be very grateful. These gifts are used as raffle prizes at our coffee mornings to raise funds for outings etc.

Unused mobile phones - We are collecting unwanted mobile phones (working or not) to raise funds. If anyone has an unwanted gift or mobile phone they would like to donate please ring our office 01302 531333 and we will arrange for them to be collected.

Doncaster Metropolitan Borough Council (DMBC) has 2 caravans available to carers. To access the caravans carers need to have a Carers Assessment. Anyone wishing a carers assessment can call DPfC 01302 53133 or DMBC ACT team on 01302 737391

A National Information, Advice and Support Service **Help Line** was launched 1st April 2009 to support carers:

0808 802 02 02

The line operates Mon-Fri 8am-9pm and Weekends & Bank Holidays 11am-4pm. Carers can also access information through the website www.nhs.uk/carersdirect

Are you

- ❑ A mum, dad or carer of a child, or young person 0-19 years of age, with a disability or additional needs?
- ❑ Fed up or frustrated with the services you are receiving?
- ❑ Want to make a positive difference to the way services are delivered in Doncaster?

The parent participation forum is a group of like-minded parents who strive to make a difference. Those who make the decisions on what services for children with a disability or additional need are offered in Doncaster will hear our voice

Have your voice heard

For further details please contact Natalie Thompson on **01302 862125**

Home Library Service

- Problems getting out and about
- Difficulty in carrying
- Caring for someone else

If you enjoy reading and any of the above apply to you, we may be able to help.

We can deliver books or stories on tape to your door free of charge.

For more information contact:

Tel: 01302 5532336

Email: dristaff@doncaster.gov.uk

Restrictions apply

IS THE CREDIT CRUNCH BITING??



STRUGGLING WITH DEBT?
CREDIT CARDS, LOANS OR EVEN
BUSINESS DEBTS?

FACING BANKRUPTCY?
WE CAN HELP!

Call for FREE impartial advice with a personal touch

Sue Holmes Debt Consultant
0800 0461865
07738 020996



DISABILITY ADVISORY SERVICE

TO LET

Purpose-built lodge for people with disabilities at Blackpool. Spacious 3 bedroom holiday bungalow. Sleeps up to 8 people and includes an en-suite adapted wet room, toilet and shower. Ramped access.



LODGE HIRE FROZEN AT 2007 PRICES

Book before end of April '09 for 20% discount

DIAL Charity Shops

Are looking for donations of items such as:
Furniture - Clothes - Etc-a-brac etc

For further information please contact our office on

01302 327800
advice@dialdoncaster.co.uk

TRUSTEES AND VOLUNTEERS NEEDED

Do you want something valuable and interesting to do this year? Then become a Trustee or Volunteer for **DIAL** (Doncaster's Disability Advisory Service, giving information, advice and support to disabled people, their families and carers).

Trustees meet monthly to help make future decisions of the organisation. Volunteers assist in either our shops and/or office for a few hours a week. You will be paid out of pocket expenses and gain useful work experience and the satisfaction of helping others.

If this is for you then contact Mick Talbot for further details on 01302 327800.

Doorstep crime

Doorstep crime is exactly what it says, a crime committed by someone calling at your home.

It may be someone offers to carry out home maintenance such as roof and guttering repairs, tidy your garden or tarmac your drive. One thing is for sure, rogue builders or gardeners often-trick people into paying very high prices for unnecessary or shoddy work. We call these people 'Rogue Traders'. Consumer Direct (Trading Standards) can provide advice and support regarding dealing with 'Rogue Traders', contact them on 08454 040506

Other people that may call at your door pretend to be someone they are not. They appear in a number of guises, and often dress appropriate for the role they are playing and usually have a story to get your attention. Most are very convincing and extremely persuasive. These people often pose as an employee of a gas supplier or from the water board. It is important to remember that the 'Water Board' has not existed since 1998 so someone calling at your home saying that they are from the 'Water Board' is telling lies. These people are often referred to as 'Bogus Callers' **In short the best advice is if you are not sure who is calling then do not open your door.**

Every Local Authority and Utility provider can help you set up a password so any representatives from these companies will know what it is when calling. It is important you know contact details of your utility providers, Consumer Direct and the Police, details of these can be found below.

If you would like to have more advice on how to deal with unexpected callers contact South Yorkshire Police on 01142 202020 and ask to speak to your local Crime Prevention Officer or log onto www.southyorks.police.uk where you can find details of your local Crime Prevention Officer and further Crime Prevention advice.

Dealing with Doorstep Callers - Useful contact numbers:

Sainsbury's Energy, Password Scheme Details - 0800 269 450,

Yorkshire Water, Helping Hands - 0800 138 78 78, **British Gas**, Home energy care register - 0845 955 5404,

EDF Energy, Priority Services Department - 0800 269 450, **E-on**, Sales Agent verification - 0800 056 6278,

N Power, Warm Response Team - 0808 172 6999.

If you have a mobile, text the number 66101 with your postcode and a message will come back with contact details for your local Crime Prevention Officer

Doncaster Partnership for Carers Coffee mornings - are held at Doncaster Partnership for Carers, building, (address overleaf) the second and forth Wednesday in the month 10am - 12pm. Coffee mornings enable carers to have a break, socialise and make new friends. We often have guest speakers and a member of our team is always available for support and advice.

The dates for coffee mornings for the next three months are given below and also the date and times for our garden party.

June - Carers Week 10th - Garden Party,

June 24th - Bingo & Tombola

July - 8th - Raffle & Tombola,

July - 22nd - Age Concern & Tombola.

August -12th - Raffle & Tombola,

August - 26th - Distraction Burglary DVD & Tombola.

Services to Support Carers:

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

Drugs strategy Carers Unit
Support for Carers of drug users.
Tel; 01302 312180

Care Rethink:

Supports carers of people suffering with Mental Health problem. 01302 734050/736761/734795

Parents in Partnership

Support parents with educational issues
Tel; 01302 737440

Doncaster Take Heart Tel: 07999756805
Email: josephmichaelgibson@yahoo.com

New Beginnings open morning - first Friday in the month 01302 571240
www.drughub.co.uk

TIE - Together Information Exchange

Doncaster Register for Children with Disabilities
01302 735875

Barnardo's, Doncaster Young Carers Service
Tel: 858697

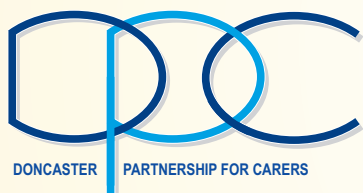
Doncaster Partnership for Carers Christmas Party & Christmas Raffle 2008

Doncaster Partnership for Carers held their annual Christmas party on 10th December 2008, at St Wilfrids. As usual all carers living in the Doncaster Borough were welcome and as in previous years this was a well-attended and enjoyable day. We would like to thank the Asda at the Dome and the Asda at Carcroft who donated food and crackers for the party.

We would also like to thank all those who donated raffle prizes for our Christmas Raffle 2008 and a special thank you goes to The Sportsman in Armthorpe who donated First prize.

Below is a list of all those who donated prizes to our Christmas Raffle.

Donated by:	Prize:	Donated by:	Prize:
Aagra	Meal for two	Mr & Mrs Bateson	6 Espresso cup and saucers on chrome rack
Andrea Mason	Bottle White Wine	Newsagents Armthorpe	400g Dairy Milk & 230g Dairy Milk Caramel
Argos	CD Player (Phillips)	R Cards	2 Christmas Candles in glasses in boxes
Black & Decker	Hand Vac Dust Buster	Rosemary Stephens	Voucher for Eyebrows & Upper Lip threading
Boots	Makeup bag containing Oil of Olay set	Rosemary Stephens	Voucher for Eyebrows & Upper Lip threading
Doncaster Bowl	2 Tickets for 4 games each	Salon 245	Women's Free Haircut
C J Wright Ltd	Double Electric Blanket	Sentiments Armthorpe	Christmas Candle
Clarks	Brown Leather Handbag	Serenity Beauty	Mini Manicure
Cook & Dine	Place Mats	Serenity Beauty	Mini Pedicure
Dennis & Biddy Wordsworth	Lavender Relaxing Oil Burner Set	Skellow Hardware	£5 Gift Voucher
DOMO Bags Etc	Red Leather Effect Handbag	Skellow Post Office	Tude Bean fun for the kids
DOMO Bags Etc	Brown Suede Handbag	Sparkle & Bling	Perfume Bottle
Dumvilles Gents barber	Haircut For Gent	Sportsman	Meal for Two
Flying Childers	Meal for 2 voucher	Stuarts Hair Studio	Man's Haircut or Hot Towel Shave
Forget Me Not	Lavender Gift Set	Sue DPFC Cleaner	Whiskey (bottle)
Frankie & Benny's	£25 Voucher	The Best One, Intake	Bottle of White Wine
G. J. DIY	Scandinavian Santa on a Polar Bear	The Flower Co.	Fresh Flower Box
Glasby Butchers	£10 voucher	The Sportsman	Weekend break for two B & B
Hyde's Florist	Floral Basket	Triskele Therapies	Mini Manicure
Joan Appleby	Votive Christmas Candles	Triskele Therapies	Mini Manicure
Lonsdale	2 Course Meal for Two	Vanessa's Hair Salon	Blow Wave Voucher
Lucky Riley	Whiskey (½ bottle)	Whittards	Tea selection
M & S	Box Biscuits	Whittards	Tea selection
M & S	£5 Voucher	Zodiex Cutting Co.	Cut & Blow
M & S	Bath Set		



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