



Have You Heard?

NHS Direct launched a new helpline this year...

Credit Crunch Stressline:
0300 123 2000
8am-10pm, 7days.

The credit crunch has hit people in lots of ways; job insecurity, redundancy, and debt. Money problems can cause feelings of distress. **The NHS Credit Crunch Stressline** puts you in touch with trained health advisers, who can help with practical advice or point you in the right direction to get the help you need.

DPfC can also support carers who are being affected by money worries. We can offer a listening ear and ensure you receive a **full benefits check**. Ring our Help-line and see how we can support you: **01302 531333** Or you can email: dpfc@doncastercarers.org.uk Or visit our web page: www.doncastercarers.org.uk

Flu Jabs for Carers

Government policy is that the flu vaccine should be offered to people who are in receipt of Carer's Allowance, or the main carer for an elderly or disabled person whose welfare may be at risk if the carer falls ill, or the carer has health problems of their own.

The flu vaccine will be given on an individual basis at your GP's discretion depending on your need.

Carers Rights Day Is the 4th December

The theme for this years national Carers Rights Day is...

'Caring for your income and pension'

According to Carers UK 1 in 3 carers report that they are missing out on vital benefits as a result of not finding out about their entitlements and nearly 60% thought they had missed out for over three years. Carers felt this had an impact on their pension entitlements, quality of life and health and well being.

Did you know: *One year's Carers Allowance is worth £2,500 per year and by not claiming this also means missing out on contributions towards your pension. In today's price's this is a minimum loss of £52 per year towards your pension*

Means tested benefits worth up to £6.26 billion go unclaimed every year. Disability Living Allowance (DLA) claimants have missed out on £200 million.

To ensure carers in Doncaster do not miss on their entitlements DPfC are holding numerous information sessions via their **Free Christmas Café's for Carers** throughout December in various localities throughout Doncaster.

Why not come along to one of the Christmas café's. You can enjoy our festivities and at the same time find out your entitlements. You can bring the person you care for – All are welcome. Alternatively, you can drop-in at one of

our Outreach sessions we hold in various areas around Doncaster. Details for the **Free Christmas Café's for Carers** and our **Outreach sessions** are on page 4.

We also host Coffee Mornings all year round (more information can be found on page three). This coming year we are looking to hold more in and around Doncaster. The first in this new venture is **Esquires Coffee Houses** - recently opened on Wheatley Hall Retail Park. They have very generously agreed to host a monthly coffee morning for us starting in the new year. We are hoping to launch this additional Coffee Morning and our new partnership with Esquire Coffee Houses in January. Esquires are also offering carers a Privilege Discount Card, giving 20% off Esquires coffee and speciality drinks. Contact our main office for your card.

Is this you?

According to the 2001 census there are 32,000 carers living in Doncaster!

- Nearly 15, 000 combine work with unpaid caring, of these,
- 900 people work full time and also care for 50+ hours per week.

If so contact us on 01302 531333 to find out how we can support you.

Planning Ahead

For every week Carers Allowance is paid, you are credited with a National Insurance contribution. This helps protect your entitlement to State Retirement Pension.

Read more on **page 2** about carers and State Retirement Pension.

this issue

Carers Rights Day **P.1**

Carers Rights **P.2**

Happenings at The Centre **P.3**

DPfC Out and About **P.4**

Did You Know?

We now have three collapsible beds that we can loan out to carers free of charge.

A Big Thank You for Your Generous Donations

As a charity with limited funds we are always very grateful for any donations. Below are some of the recent donations we have received.

Mrs McQuaid kindly donated £188.63 of the collection money from her late husband Mr Dennis McQuaid's funeral. Mr McQuaid will be sadly missed by all staff and carers from the coffee morning.

Frank Loundes a former carer and one of our volunteers saves his loose change which he donates to us his last donation came to £13.50.

How you can 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 at our coffee mornings to raise funds for outings etc.

Unwanted **mobile phones** working or not are another good source of raising some extra money.

If anyone has an unwanted gift or mobile phone they would like to donate please drop them off at our main office or ring us on 01302 531333 to arrange collection.

Please Let Us Know

If you would like to be added to or taken off our Newsletter mailing list, or your contact details have changed.

Tel: **01302 531333**
dpfc@doncastercarers.org

Did You Know?

Carers have a legal right to:

- ask their employer for flexible working if they care for a relative or for someone who lives at the same address.
- take (unpaid) time off work for dependants in cases of emergencies.
- a carers assessment – which has to take account of a carers wish to work.

Carers Assessment

The Carers Assessment is an opportunity to explore your caring role and the impact it is having on you. A Carers Assessment will look at:

Health

Do you have any health problems?
Do you feel you get enough sleep?
Do you feel you are suffering from stress, anxiety or depression?
Does the person you care for have problems you find hard to deal with?

Time to yourself

When was the last time you had a whole day to yourself to do just what you wanted to do?
What happens to the person you care for when you go on holiday?
Are you able to take a holiday?

Your Feelings

Do you feel your needs are overlooked?
Do you have someone you can talk to about how you feel?

Do you feel you don't have a choice about caring?

Do you ever feel afraid of the person you care for?

Housing

Do you live with the person you care for? Is this a problem or is it okay? Are problems created for you because the person you care for cannot manage in their home? Such as, climbing stairs, having a bath, their behavior annoys their neighbours.

For Working Carers.

If you are having difficulties at work due to the pressures of caring a Carers Assessment's is an opportunity to discuss how you are managing to balance your work with your caring role.

Let us help untie your time.



We can order & collect your repeat prescriptions from the surgery and have your medicines dispensed and ready for collection at one of our Pharmacies closest to your home.

Repeat Prescription Order & Collection
contact your local Weldricks Pharmacy for details.

WELDRICKS PHARMACY

Hi Weldrick Ltd trading as Weldricks Pharmacy
Hi Weldrick Ltd Reg off: Leaside House Railway Court, Doncaster, DN4 5FB weldricks.co.uk

This Advertising Space Could Be Yours!

We have advertising space which is available to buy for a small fee.

If you are interested please ring Sue at DPfC



Find us on **Facebook**

Doncaster Partnership for Carers is now on Facebook

For those of you who have an account on Facebook why not become a fan??

LOCAL NEWS

Personalisation of Health Services

Doncaster have been chosen to pilot personalisation in health care this came in to effect in September.

Carers Against Poverty

Looks like we will be marching again next year anyone interested please contact Debbie on 01302 531333.

Carers Strategy Group

An away day was held in October to look at how the group can move forward. An update of progress will be in the next edition.

Free Travel For Carers of Disabled People

Carers can travel free when accompanying someone who has a Mobility pass. To find out if the person you carer for qualifies for a Mobility Pass contact us on our Helpline.

Hospital Parking Charges To Be Phased Out

Health Secretary Andy Burnham MP pledged that hospital parking charges for in-patients in England will be phased out over the next three years. The idea is for patients to be given a permit for the length of their stay, which friends and family could use when visiting.

SUPPORT GROUPS AT DPfC CENTRE

The Parent Support Group

Meet on the first Wednesday of the month
10am – 12noon

All parent carers are welcome. Meet other parents experiencing the world of special needs education, health and social care services. Share your knowledge and learn from others, make new friends. DPfC staff will be on hand to offer advice and support

DAS

Meet on the second Tuesday of the month
10am – 12noon

This group is run by parent carers of children with Autism and offers information and support in this specific area

DONCASTER CARERS FORUM

The Carers Forum meets bi monthly on the third Wednesday of the month
10am – 12noon at DPfC.

The next two meeting are in January & March

DPfC ACTIVITIES PROGRAMME

Experience activities whilst meeting other carers and sharing experiences and supporting each other.

'Crafts from different Cultures'

Tuesdays 1.30 – 3.30

Experience crafts from around the world such as henna painting, batik, printing etc.

Skills for Carers

Wednesdays 1.30 - 3.00

Alternative Therapies

Thursdays 10.00 – 12.00pm

Try your hand at making bath salts and potpourri etc.

Carers Coffee Mornings

Are you caring for a relative or friend?

If so, please feel free to come along to our coffee mornings. They are held twice a month on the **2nd and 4th Wednesday**

10am–12 noon, at DPfC, 74 Church Lane, Bessacarr (directions and contacts details overleaf). We also hold a coffee morning at Esquires Coffee Houses, Wheatley Retail Park, Wheatley Hall Rd on the **1st Wednesday of each month 9.30 – 11.30am**

Coffee Mornings are informal, informative and fun. We invite guest speakers to keep you informed of services that may be of use to you, hold a raffle and it is an ideal opportunity to meet new friends and share your caring experiences with other carers. Our friendly staff are always on hand for support and advice.

Dates	Presentations
January Wednesday 13 th	Carers Xmas Lunch (Fully Booked)
January Wednesday 27 th	Stroke Team – F.A.S.T
February Wednesday 3 rd @ Esquires	
February Wednesday 10 th	To be confirmed
February Wednesday 24 th	Distraction Burglary
March Wednesday 3 rd @ Esquires	
March Wednesday 10 th	To be confirmed
March Wednesday 24 th	Carers Forum

Carers Corner

c	a	r	e	r	k	s	h	j	w
j	b	w	f	o	g	h	e	t	b
h	r	t	u	m	h	a	k	r	x
t	e	e	a	n	d	r	g	o	k
p	e	d	b	l	e	e	h	p	h
i	t	r	u	w	k	n	p	p	w
n	n	e	d	r	u	b	n	u	r
f	u	n	g	w	d	b	s	s	h
o	l	o	g	a	r	d	e	n	s
r	o	g	n	i	n	i	a	r	t
m	v	e	t	s	v	h	e	l	p

Word Search...Take 10

Try and find these ten words hidden somewhere in the grid.

- | | |
|----------|-----------|
| Care | Share |
| Talk | Support |
| Unburden | Volunteer |
| Garden | Help |
| Training | Inform |

A Carers Story 'Rollercoaster' by Gail Orridge

My rollercoaster began when mum had a heart attack, leading to a major heart operation. We were a close family and we managed to smile through the heartache. Then my father started being ill on and off, at the time doctors had no idea it was bowel cancer. With the strength of our family bond, we took it in our stride. Dad then became very ill and passed away leaving my mum, brother and me devastated.

Mum was eventually diagnosed with full blown lung cancer, and after returning early from a family holiday because of mums illness, I never went back to work. I cared for her over the months, until she passed away in Sheffield Cancer Hospital. I am now looking for employment and have taken the first steps by volunteering at DPfC, to gain experience.

If you feel you have a story to tell about your experience as a carer. Please contact Paula at DPfC

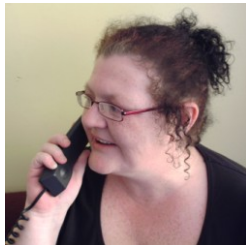
DPfC Helpline

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



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

74 Church Lane

Bessacarr, Doncaster, DN4 6QD

Tel 01302 531333

Email dpfc@doncastercarers.org.uk

Web www.doncastercarers.org.uk

Drop-in Outreach Venues around Doncaster

North	Askern Library Station Road	1 st & 3 rd Friday of the month 10.30-11.30am
	Redmond Centre High Street, Carcroft	2 nd & 4 th Friday of the month 9.30-10.30am
South	Mayflower Medical Practice Station Road, Bawtry	1 st & 3 rd Monday of the month 9.30-10.30am
	Carers Coffee Morning 74 Church Lane, Bessacarr	2 nd & 4 th Wednesday of the month 9.30-10.30am
East	Armthorpe Library Church Road	2 nd Monday of the month 3.30pm-4.30pm
	Thorne Library The Vermuyden Centre, Fieldside, Thorne	3 rd Monday of the month 3.30-4.30pm
West	Tandem Café The Linney Centre	2 nd Thursday of the month 3.00-4.00pm
Urban	Rest a while Priory Place	1 st Tuesday of the month 10.30-11.30am
	39 Club Waterdale Shopping Centre	4 th Wednesday of the month 1.00-2.00pm

Free Christmas Café for Carers



2nd December 10am-12 noon at Redmond Centre, Carcroft

4th December 10am-12 noon at Stirling Street Centre, St James Street

8th December 9-11am at Chequer Road Baptist Church, Chequer Road

9th December 11am-3pm at Doncaster Partnership for Carers, Bessacarr

16th December 9.30-11.30am Esquires Coffee House, Wheatley Retail Park, Wheatley Hall Road

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.



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