

Do you know about online Petitions?

No.10 Downing Street Have a Website where you can have your say! Number10.gov.uk have a site dedicated to online petitions called E-Petitions, which get delivered directly to Downing Street.

There are a number of petitions relating to carers issues, including amongst others Cares Allowance. The more people sign up the more impact they will have. Go to: petitions.number10.gov.uk if you want to join in.

Tell the next government it's time to support carers by signing a letter to the next Prime Minister. The main carers' benefit is worth just £1.52 an hour, well short of the minimum wage of £5.73. Carers are paying a heavy price - no money, no breaks. Carers UK are passing a letter for carers rights to the new government after the elections if you want to sign it go to: www.carersuk.org/Newsandcampaigns/ltstime/Signhere

The Carers Poverty Protest Petition is available to sign online. The purpose of the petition is to call upon the Government for Carers' Allowance to be payable to all carers who provide over 35 hours of care per week, and that Carers' Allowance should also be disregarded as an income for all other benefits. If you haven't already signed our paper copy then go to: www.gopetition.com/petitions/end-carer-poverty.html and show your support.



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Revealed! Health bodies are failing carers

Alarming new research carried out by The Princess Royal Trust for Carers (PRTC) and Crossroads Care (CRC) has revealed that approximately £40m of the £50m allocated by the government for carers support is failing to reach carers.

80% of new monies given by government to Primary Care Trusts (PCTs) in 2009/10 have not been used to provide carers' breaks as was intended.

These findings come despite the government's announcement in June 2008, that through the National Carers Strategy £150m would be given to PCTs to provide breaks for carers over two years (April 2009-11). The research shows that the majority of the 81 PCTs out of 130 who responded to a Freedom of Information request are clearly failing to prioritise carers' needs with indications that they are choosing to spend the money elsewhere, in some cases to cover deficits.

Carole Cochrane, Chief Executive at The Princess Royal Trust for Carers says: "We are alarmed and disappointed at these research findings. Once again, the recognition of carers and their significant contribution is not seen as a priority by local health trusts, even though the country's six million carers already save the government an estimated £87 billion a year through caring at home.

Doncaster

The research showed that Doncaster PCT received a government allocation of £313,824 and there is no published information on how that has been spent. Other PCTs have used the funding fully on carers breaks. Some have even exceeded their spend by investing additional funding,

for example according to a PRTC and CRC survey Stoke on Trent PCT were allocated £282,002 and spent £922,793 on breaks for carers.

DPfC will be contacting Doncaster PCT to find out where the money has been spent, and where the £627,647 allocated for 2010/11 will be spent. We will keep you up to date with our findings.

Pressure

The PRTC wants to put pressure on Primary Care Trusts to spend the remaining £100m on carers breaks and not filling funding voids and to ensure that all PCTs publically report on what they have done with their allocation and what services they are providing to meet the needs of carers.

We are asking carers to write a letter to their MP asking him or her to write to Andy Burnham MP, Secretary of State for health, asking him to intervene.

You could also write to the Chief Executive of Doncaster PCT Annette Laban voicing your concerns.

Her address is Park Lodge, St Catherine's, Tickhill Road, Balby DN4 8QN.

New Carers Credit

Carers Credit is a new National Insurance credit available from 6th April 2010 for people of working age who are caring for 20 hours or more each week.

It will help carers who are not working or are low earners to protect their future State Pension entitlement.

It will also count towards State Second Pension, which provides an additional State Pension for low and moderate earners

Welcome to DPfC

We would like to wish a warm welcome to our two new outreach support workers. Barbara Barratt joined us in November and is covering West Doncaster. Rahel White joined us in February and is covering the East of Doncaster.

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.

Did You Know?

We have three collapsible beds that we can loan out to carers free of charge. A small deposit is required

Do You Wish to Continue Receiving the DCNewsletter?

If you would like to stay on or join our newsletter mailing list **please let us know now** by phone, email, post or in person at our main office. You can also receive the DCN by email. We are a charity with limited funds and in addition we like to do our best environmentally. Please contact us
Tel: **01302 531333**
dpfc@doncastercarers.org

What is Personalisation?

Adult Social Care is undergoing a transformation known as personalisation. Under the old system professionals made the decisions about what kind of support individuals needed and who would provide it. Personalisation puts the individual at the centre by giving choice and control over the support they receive. Under the new system individuals will receive a personal budget, enabling them to design and purchase the support needed based on their own needs and wishes instead of having to fit into existing services.

NHS Doncaster

Doncaster has been selected to pilot Personal Health Budgets (PHBs) within continuing healthcare and mental health for 3 years.

Who are the Personal Budgets for?

PHBs are for any adult who has social care needs and is eligible for help from social care services.

NHS Doncaster is also working to make PHBs possible for people with ongoing health needs.

To find out more about personalisation contact DPfC on 01302 531333

A Belated Christmas Lunch for Carers

On Wednesday 10th Feb 2010, DPfC Coffee Morning Carers finally had their Christmas Lunch. The lunch was booked for 13th Jan, but due to the snow it was cancelled. It was strange having Christmas lunch in February, especially on arrival hearing 'Happy New Year'. It was a joyous lunch, as some people hadn't seen others since before Christmas, so it was a rowdy lunch as well! As the meals came out most

were pleasantly surprised, as it had been so long since the meals were ordered (Nov 09). For a certain few who at the time of filling in the menu were 'going to be good' and chose the fruit option, there were cries of oh no! The food was beautiful, and the atmosphere was special, so really DPfC Carers Coffee Morning Christmas Lunch can be held anytime of year, as it was the people who were there that made it.

DPfC in Partnership with Dial

Are you a carer and do you need welfare benefit or financial advice?

Doncaster Partnership for Carers is working in Partnership with Dial Doncaster to provide an Express benefits/financial advice service for Carers. **You can only access this fast track service through DPfC.** Contact us if you think we can help you. **01302 531 333**



Carers Forum Info Day

Doncaster Carers Forum gives carers living in Doncaster a collective voice, and ensures their views are heard in service policy and planning, they meet bi-monthly see pg.3 for details.

The forum is holding an information day on **12th March 2010** at the Corn Exchange Building Market Place Doncaster 10.00-1.00. A variety of stalls will be on hand to give advice and information to the general public around caring for a relative or friend.

Total Wellbeing Day

Tuesday 23rd Feb, 23rd March, 20th April

Drop-in café 10am – 3pm

Twilight café 4.30 – 7.30pm

at SYCIL in Kirk Sandal



Information on health and well being issues and taster sessions such as reflexology, massage, reiki and aromatherapy ect.

For more information call 01302 892949

www.sycil.org.uk



DPfC is now on Facebook

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

Carers Coffee Mornings

Are you caring for a relative or friend?

If so, you are invited 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 and it is an ideal opportunity to meet new friends and share your caring experiences with other carers.
Our friendly staffs are always on hand for support and advice.

Dates	Presentations/Activities
March Wednesday 3 rd @ Esquires	
March Wednesday 10 th	D.A.R.T.S
March Wednesday 24 th	Carers Forum Talk
April Wednesday 7 th @ Esquires	
April Wednesday 14 th	D.A.R.T.S
April Wednesday 28 th	Enduring Power of Attorney Talk
May Wednesday 5 th @ Esquires	
May Wednesday 5 th	
May Wednesday 5 th	Cancer Information & Support Talk

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.

Alternative Therapies

Thursdays 10.00 – 12.00pm

Try your hand at making bath salts and potpourri etc.

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 meetings are in January & March

The Doncaster Carers Strategy

Is at present being reviewed if you would like further information please contact Debbie 01302 531333

Local Support Groups

If you would like information on local carers groups in Doncaster please contact our help line 01302 531333

Carers Poverty Protest

The Carers Poverty Protest is scheduled to take place in London on the 3rd March 2010. The protest march is starting in Trafalgar Square at 12pm and moving on to Richmond Terrace opposite Downing St.

The aim of the Protest, as well as reminding the incoming Government that we are not going to go away, is to hand in a petition asking for an increased Carers Allowance to be paid to all carers of 35 hours plus per week and the allowance to be a disregarded income in respect of all other benefits...

No.10 Here We Come!

Our very own Debbie Osborne will be personally handing over the national petition at 10 Downing Street. Thank you to all of you who signed the petition. We will update you in our next DCN.

Carers Corner

P	C	R	E	O	W	T	S	L	M
A	R	D	M	H	S	S	W	E	N
S	E	I	P	A	R	E	H	T	O
P	D	T	E	A	P	F	P	O	I
R	I	T	R	F	R	A	S	M	T
E	T	S	S	O	O	C	L	A	I
S	I	M	O	E	U	R	P	O	T
S	A	H	N	L	T	M	U	S	E
U	O	T	A	U	M	O	F	M	P
R	P	M	L	S	R	P	R	T	E
E	H	A	R	M	O	N	Y	P	S

Word Search...

Find these words hidden in the grid.

- FORUM
- PETITION
- THERAPIES
- PERSONAL
- CAFE
- HARMONY
- NEWS
- PRESSURE
- CREDIT
- PROTEST

A Carers Story 'Proud Mum' by Kerry Osborne

I have three children, two of whom have Cerebral Palsy. Caring is stressful and worrying at times and rewarding at other times. I have had very stressful times, from finding out my children had the condition to seeing them get upset when they want to do something but are physically unable to do so. I have also had many rewarding times with them and they by far outweigh the stressful ones.

For example, both children attend mainstream school and both were able to go on the residential adventure holiday when they were 10. I was asked to go along with them for health and safety reasons and to give them the personal care they require. Both went and they both utterly amazed me with the things they accomplished on the holiday. I never dreamed I'd see them climbing mountains or canoeing on the lake and it was wonderful to see. Of course they needed help but even so, they did it and that's what counts.

If you feel you have a story to tell about your experience as a carer for the next DCN. 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 venues around Doncaster

Monday	Thorne Library The Vermuyden Centre, Fieldside, Thorne	3 rd Mon of the month 3.30-4.30pm
Tuesday	Rest a while Priory Place, Doncaster	1 st Tue of the month 10.30-11.30am
Wednesday	Esquires Coffee House Wheatley Retail Park Wheatley Hall Road	1 st Wed of the month 9.30-11.30am
	Carers Coffee Morning 74 Church Lane, Bessacarr	2 nd & 4 th Wed of the month 9.30-10.30am
	39 Club Waterdale Shopping Centre	4 th Wed of the month 12.00-1.00pm
Thursday	Tandem Café The Linney Centre, Balby	2 nd Thurs of the month 3.00-4.00pm
Friday	Mayflower Medical Practice Station Road, Bawtry	1 st Fri of the month 9.30-10.30am
	Redmond Centre High Street, Carcroft	2 nd & 4 th Fri of the month 9.30-10.30am

Caring With Confidence

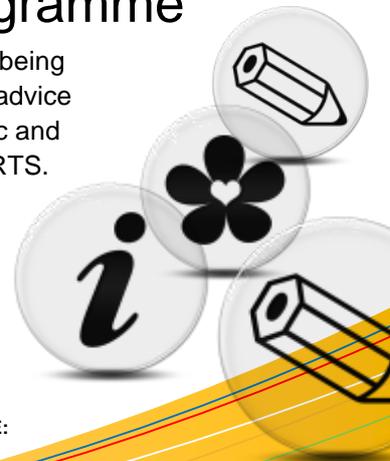


Caring with Confidence is a free knowledge and skills based programme for carers of 18 or over who live in England, funded by the Department of Health. It aims to help carers make a positive difference to their lives and the lives of the people

they care for. The Caring with Confidence programme will be running at DPfC for 7 weeks, starting with a registration day on **12th April 2010**. It will run from 10am to 12pm at our centre on Church Lane.

The Harmony Group Programme

The Harmony Group supports carers health & wellbeing through holistic & creative therapies and practical advice and information provided by DPfC/RDASH. Holistic and creative therapies are provided by SYCIL and DARTS. The Harmony Group events are taking place during February and March at various locations in and around Doncaster. Please see posters or contact DPfC for further information



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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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