

If you care,
we care.

Carers Support Centre
Bristol & South Gloucestershire



Carers News

FREE • £1.50 when sold

Issue 80 • Summer 2019



#carersweek Mon 10–Sun 16 June

The aim of this year's Carers Week campaign is to highlight the physical and mental strain felt by unpaid carers.

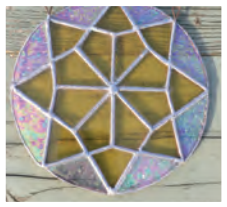
The 'Art' of Caring

Carers Week 2019 highlights the physical and mental strain felt by unpaid carers. Almost $\frac{3}{4}$ of carers in the UK suffer mental ill-health as a result of caring.

Locally, a group of carers have put together an innovative exhibition called The 'Art' of Caring. They have used their art to find ways to relax, to express how they are feeling and release the stress of caring. The exhibition also aims to highlight the amazing

work that carers do, looking after the people they love. The installation includes paintings, prints, pyrography, photography, stained glass and poetry.

We have invited councillors, commissioners and carers leads from the local authorities to attend the launch. The exhibition is free so do pop in during the week if you can, to have a look. There will be 'meet the artists' events and workshops throughout the week.



“When it all gets too much,
and I need my space
I just close my eyes,
go to my special place
When it feels like,
the world's in my face
I just close my eyes,
go to my magic place.”

Tuesday 11 – Saturday 15 June

Tues–Fri, 10am–5pm Saturday–10am–3pm **Free entry**

SPACE, 6 West St, Bristol, BS2 0BH

The full programme is available on Carers Support Centre's Facebook page: www.facebook.com/CarersBSG/ or call **0117 958 9989**

SPACE Bromford.

Carers Week Celebration Event

Thursday 13 June

Our annual Carers Week celebration takes place on Thursday 13 June from 10am–1pm at The Vassall Centre. The event includes a range of workshops, information stands and a delicious lunch. See the flyer enclosed for details or contact Dennis Agodzo:

📧 DennisA@carerssupportcentre.org.uk ☎ **0117 958 9902**

Inside this issue

Training **4**

Carers groups **7**

LD carers **11**

Young carers **12**

New discounts **14**



2 Message from the CEO

Welcome to the summer edition of Carers News

What does digital mean to us and the carers we support?

Whether we like it or not increasingly more services are moving towards what is often described as “digital” or on a “digital platform”. The recent NHS long-term plan specifically mentions ‘screen-based consultations at home, rather than hospital out-patient appointments – which can be difficult to attend.’

Whilst we are acutely aware that many people are “digitally excluded” for many reasons, we cannot stand still as an organisation and need to consider how we tackle the very real issue of delivering “more for less”.

We want and need to reach out to more local carers. However, we cannot do this without either additional resources (funding) or delivering services differently (digitally).

Clearly, we need to move forward in this area, however, we also want to reassure you that we will not leave anyone behind either, and therefore for us digital will always be “as well as” rather than “instead of”.

We need to consider everything we do as a charity, from how we support carers, to our communications, to fundraising, to back office functions. In fact, it’s hard to think of an area where digital isn’t involved.

It’s a struggle to find a clear definition and shared understanding of what digital actually is. However in my view it means “exploring and integrating different approaches, across the whole organisation, to continue delivering more services to more carers.” When planning digital projects, it’s easy to start in the middle with for example ‘we need to deliver online assessments’. However, before we do this we need to go back to the start and identify if this is actually the most essential thing, and why. What are the needs of carers, our staff team and volunteers? What other technology do they currently use? We can then begin to map out the changes we need to make to serve carers in the best way, and what outcomes they want to achieve.

We want to be carer led in our thinking around this and therefore we will be starting with you as the potential “users” of any new digital services.

To this end we would like to hear from carers who would be interested in joining a focus group, either physical (face-to-face) or virtual (online) to discuss how you currently use the Internet, and if not what barriers there may be to accessing digital support services. If you would like to discuss this further, please contact info@carerssupportcentre.org.uk

Study shows older men feel ‘excluded, overlooked and cut-off’

With increasing numbers of older men experiencing loneliness, a new report published in April calls for a better understanding of how to tackle the growing public health challenge.

As previously reported we have been involved in a study, led by the University of Bristol which highlights the issues faced by older men, many of whom describe feeling socially excluded, overlooked, and ‘left out of things’ – all of which have a range of negative impacts.

The project focused on older men from seldom-heard groups, including men who were carers for loved ones, and with our support researchers at the University of Bristol interviewed 111 men, aged between 65 and 95.

For male carers, whilst the companionship of the person they cared for routinely inhibited feelings of loneliness, the caring experience isolated them from others, such as diminishing time spent with friends.

A key finding, which researchers hope will influence policy makers, was that men valued groups that facilitated emotional and social ties with other men.

Here at Carers Support Centre we are looking to explore specific activities aimed at older male carers, the first of these being cookery classes. If you are interested in finding out more about this, please contact Debbie Williams on **0117 958 9988** or email Training@carerssupportcentre.org.uk

Staff goodbyes

We say goodbye to South Gloucestershire Assessment Worker Carla Thomas, Laura Murgatroyd on CarersLine, as well as Jess Heinemann from the Employment team. We thank them for their excellent work and wish them all the best for the future.

Keith Sinclair, Chief Executive



The right help for you – have you had your Carer's Assessment?

As a carer you have a right to an assessment.

A Carer's Assessment will help you think about the ways that caring affects your life. It also looks at anything you would like to change to be able to continue to do things that are important to you and your family.

Your physical, mental and emotional wellbeing will be at the heart of this assessment.

The person you are caring for doesn't need to be getting support themselves from the council.

To find out more call CarersLine.

Let your doctor know you are a carer

Make sure your details are added to the carers' register at your GP practice. In most cases the surgery will:

- provide you with a free flu vaccination
- offer you a Carers Health Check
- be flexible with appointment times, for both appointments for yourself and/or the person you care for
- share information about the condition of the person you care for (with their consent).

We're on Facebook and Twitter.



You can now follow Carers Support Centre on **Facebook** and **Twitter**. Just go to our website to follow the links. You can tweet us @CarersBSG

Improving the lives of carers

In April more than 70 carers of people over 55, or with a long-term condition, attended an event organised by the Health Integration Teams (HITs) of Bristol Health Partners.

The event was an opportunity for carers to:

- find out what support is available
- share experiences of being a carer
- tell the HITs and partner organisations what support carers need
- get involved with the work of the HITs to help improve the lives of carers.



Carers gave feedback to help improve local service delivery

The HITs took away a wealth of input and information from carers, to help inform them of their work. We were delighted to support the planning and facilitating of this valuable event.

Staff changes



Emese Babenyeczne Szalma (left) joins us as Fundraising Support Worker. In the last 7 years she has been working for a market research company. She is very excited to be working at Carers Support Centre.

Marylin Crump is moving from her role as Sitting Service Coordinator to become Volunteer Coordinator. Meanwhile **Pauline Edwards-Samuels** is moving from Volunteer & Training Coordinator to Wellbeing Services Manager.

Volunteer Celebration 2019

We have almost 200 invaluable volunteers working with us. In February we took the time to show our appreciation with a special Chinese New Year themed celebration event. Interested in helping us do things like give essential information to carers in GP surgeries, provide carers with a break through our South Glos Sitting Service, or help young carers have fun? See our website for details on how to join us as a volunteer.



Volunteers were able to enjoy a session of Chinese crafts

4 Training

We welcome Debbie Williams into her new role as Training Coordinator

Debbie has previously been working at Carers Support Centre providing admin support to the training, volunteering and communications team. She said: *I'm really excited about taking up this role and having more contact with carers. If you have any questions about our courses or workshops please do get in touch with me.*"



Free carer courses

All our 3-5 week courses are run in partnership with the NHS and facilitated by our trainer Gill Deacon.

Caring with Confidence

Tuesdays at Carers Support Centre, Fishponds
September 24 and October 1, 8, 15, 22 2019
1.30 – 3.30pm

This course will help you build a better understanding of what services are out there for you. It aims to increase your confidence in making decisions, working with professionals and getting the practical support you need. It also teaches techniques to deal with stress and emphasises the importance of looking after yourself.

"I thoroughly enjoyed this course, it was excellent."

Caring and Understanding Dementia

Wednesdays in Hartcliffe, South Bristol
November 6, 13, 20, 27 and December 2019
10am – 12pm

This course is for anyone caring for someone with dementia and aims to give a better understanding of dementia and its effects. Carers can feel more confident in making decisions about their caring role and managing their own health and wellbeing.

"I enjoyed meeting other carers, gathering information about the various forms of dementia and smiling together!"

Nutrition and Dementia

Thursdays in St Werburghs
June 6, 13 and 20 2019
10am – 12pm

Are you caring for someone with dementia? Concerned that their eating habits are changing? Struggling with food preparation and meal planning? This 3-session course can help. We will be looking at why those with dementia often struggle with eating, drinking and food preparation, and how you can help, encourage and support.

Caring with Confidence for Parent Carers

Wednesdays, Kingswood
June 19, 26 and July 3, 10, 17 2019
10.30am – 12.30pm

Parent carers asked us to provide a course specifically for them; we have been able to develop this course with their needs in mind. This new course will help parent carers build a better understanding of what services are out there. It aims to increase confidence in making decisions, working with professionals and getting the practical support you need. It also teaches techniques to deal with stress and emphasises the importance of looking after yourself.

"I feel more informed, not so alone and have helpful information to share with my Mum who is also a carer."



We offer a number of workshops to help you with the everyday stresses of caring

Free workshops

Mindfulness *part 1*

**Thursday 9 May in Aztec West
South Gloucestershire
10am – 1pm**

Introducing participants to techniques that focus on being 'in the moment', relaxed and receptive. You will be taught simple techniques you can continue to practice together at home, with the person you care for or on your own.

Mindfulness *part 2*

**Saturday 21 September in Aztec West
South Gloucestershire
10am – 1pm**

This follows on from the first workshop, and is only open to those who take part in the May session. This session allows you to practice new and old mindfulness meditations. We will also look at the benefits of mindfulness and ways to fit it into the busy everyday lives of carers.

Dealing with stress and relaxation skills

**Wellbeing workshop for older BAME adults
Friday 31 May 2019 at Carers Support Centre,
Fishponds
10am – 12pm**

This is the first of a series of wellbeing workshops for Black, Asian & Minority Ethnic carers, aged over 50, and living in Bristol. These are being delivered in partnership with Oasis-Talk. Future workshops will include: living mindfully, managing low mood and improving self-esteem, anger management, and anxiety and panic management.

Stress Management

**Wednesday 31 July at Carers Support Centre,
Fishponds
10am – 12.30pm**

This workshop will help you recognise some of the signs of stress, give you an opportunity to share your experiences and show you some techniques you can practice.

Cookery workshop for male carers

We plan to run this workshop in the summer and are keen to hear from any male carers who would be interested in attending. To find out more please contact Debbie.



Our courses teach you important skills to help you in your caring role

Working with BBC Radio Bristol

In February, we invited Carolyn Milford, from BBC Radio Bristol's John Darvall show, to come in and explain how the radio process works and meet some carers and hear their stories.

Participants took it in turns to be interviewed, talking about their own experiences of caring. It was very helpful to have feedback from Carolyn who advised that when carers are interviewed on the radio they need to be clear about their own situation and how much personal information they are prepared to provide.

Carolyn said: *"Please pass on my thanks to the carers for being so open and honest when sharing their stories about the realities of being a carer. I left feeling completely in awe and inspired!"*

She was so impressed by the group that she asked 2 of them to go on the show to put questions to Toby Savage, the leader of South Gloucestershire Council.

One carer highlighted their struggle to have any quality-of-life as looking after their mother is a full-time job, and their need for additional support hours. Another suggested that the council might investigate the possibility of providing carers with free bus passes, for times when they need to travel without the person they care for too. The Leader of the Council promised to follow up on both of these issues.

All our training and workshops are FREE

All training needs to be booked in advance. Please contact Debbie Williams:

☎ 0117 958 9988

✉ Training@carerssupportcentre.org.uk



Summer Raffle and cream tea

The Friends of Carers Support Centre have been busy organising the summer raffle and a cream tea fundraising event.

You are warmly invited to come and treat yourself to a cream tea and sandwiches on Tuesday 25 June, and you are welcome to bring the person you care for. Tickets cost £6 per person and must be bought in advance – see details on page 16.

We'd be delighted if you could support our raffle and we've enclosed a book of raffle tickets for you. If you are able to sell more tickets please do get in touch – every little helps! This year, there are 3 main prizes plus a whole host of smaller prizes. The raffle will be drawn at the cream tea.



- **1st prize:** short break in a luxury caravan in Cornwall
- **2nd prize:** overnight stay for 2 at the Harbour Hotel Bristol
- **3rd prize:** £100 shopping voucher

If you would like more tickets, please contact Maria:

☎ **0117 939 2562**

✉ info@carerssupportcentre.org.uk

The Friends are a small group that welcomes more members

If you can help us out at any of our events, or you've got new ideas about how to raise funds, we would be very happy to hear from you.

Margaret Nash: ☎ **07712 345 732**

✉ Friends@carerssupportcentre.org.uk

Fundraising Thanks

Thank you to everyone who has generously donated funds to help us support carers, including: Nisbet Charitable Trust, Pixiella Trust, N Smith Charitable Settlement, Reuben Foundation, Burges Salmon Charitable Trust, James Tudor Foundation, Fulmer Charitable Trust, Sunrise Foundation, Bromford, Stella Symons Charitable Trust, Rotary Club of Bristol Breakfast Trust Fund, The Hilary Awdry Charitable Trust, Masonic Charitable Foundation, Harapan Trust, The Dove Trust (Crowe Clark), National Citizen Service group, Chipping Sodbury Baptist Church, Hanham Methodist Church, Gordano Valley Tangent Club, Dodington Parish Band, The Henbury Singers, Whitechurch Securities, Avon Gorge Hotel, DAC Beachcroft LLP, McColls Newsagent, Waitrose Westbury Park, Cruickshank Motors Ltd, and Co-op. Thanks also to Ms Gill Dann who kindly donated £500 from her father, Douglas Collinge's will and the individual donations we receive as thank yous for our support.

Lottery Winners

January D Crump, WD Reardon, Joyce Hayes, Mary O'Connell, Hazel Hiscox

February W Gregory, P Edwards-Samuel, Maurice Palmer, Mrs G M Grimes, Elaine Gibson

March Beryl Carter, G M Grimes, Rebecca Hussey, Rachel Obi, Maurice Palmer

April Jennifer Keeling, Margaret Joan Adnams, Cynthia Mason, Elizabeth Cross



A team of rowers, including 3 young adult carers, are picking up the paddle to race at the Dragon Boat Festival in Bristol's Harbourside. They are raising important funds for young carers. You can cheer on our young racers on Sunday 9 June, at the start of Carers Week. You can also sponsor them here: www.tiny.cc/DBR-YC-2019

A Gift for future carers

Would you like to help us improve services for carers in the future? By leaving a gift to Carers Support Centre in your will you can help us to help more carers. Contact us to find out more:

☎ **0117 939 2562**

✉ info@carerssupportcentre.org.uk

Whilst Carers Support Centre facilitates a number of support and activity groups for carers (see page 15), there are many other local groups that are run independently or supported by other organisations. Here we provide you with a snapshot of what's out there so you can see if these might suit you.

Most carers groups meet every month and are an important opportunity for peer support and to receive information and advice. You may want to attend a group that meets close to you or a group that's for carers of someone with a specific disability or long-term condition.

What you can gain from attending a group:

- Meet carers in similar situations for mutual support and ideas on how best to manage your caring role
- A safe place to discuss problems or anything you may want to share with others
- Information on local services and support, including from guest speakers
- Take part in enjoyable activities and social events
- Time away from caring

We collate a list of independent carers groups we keep on our website. You can find this list on pages 9 and 10 of this issue of Carers News. Why not tear it out and stick it to your fridge or noticeboard? Alternatively, you can call CarersLine for latest details.

Many groups are open to all carers to just show up, but it's recommended you contact the group facilitator to check before you go.

Carers Group and Singalong Group

Our groups are held each month in Frampton Cotterell. The Singalong Group is run by local volunteers and the **Carers Group** is facilitated by Rona. Carers come along with the person they look after who may have all kinds of conditions, including physical disabilities, dementia and those who have suffered from a stroke. The group is small and informal and there is lots of chatting and sharing, as well as games and a break for tea and biscuits.

The **Singalong Group** is open to anyone, although many carers and former carers attend. Each month, Carol and Mel who run the sessions choose a different theme. There might be songs from the shows, songs for the different seasons or old favourites. They start each session with a warm-up and some 'getting to know you' songs, which are often funny and include actions. Carol and Mel accompany the singing with piano, guitar and ukulele. It's great fun and everybody who goes along enjoys it enormously.

We encourage you to contact us if you would like to come along to either of these groups. You are welcome to try out either and hope that you will like what you see and decide to come back!

Rona Volkmer



Groups are a great way to get information and support

© Carers Trust

8 Independent carers groups



Space for Carers toured a cheese factory together. "Say cheese!"

Space for carers

Come and join us at our friendly, relaxed and free monthly carers group. A break from duties for a couple of hours is often all it takes to "recharge one's batteries", whether visiting somewhere of interest or just chatting with friends. In South Bristol, a group of carers meet on a regular basis to relax and chat with others in a similar situation. All being carers, there is an understanding when one of the group is unable to make the meeting, someone feels a bit low, or when something has happened to lift one's spirits.

The group has a very varied programme of events with guest speakers, getting out and about, or simply sitting and enjoying a cup of coffee and a natter. Over the last two years the group has enjoyed a number of outings including a walk around Bristol Docks, a visit to a garden centre, and a tour of a cheese factory. Centre-based activities have included hand massage techniques, an introduction to mindfulness, cookery demonstrations, diet and nutrition information, and a variety of arts and crafts activities. Lesley Allwood-Coppin

Henleaze Group North Bristol

Our group has been running for 9 years in Henleaze. Over that time, dozens of people have come to the group and found it a great place to relax and meet others in similar positions. It was apparent from quite early on that people's experiences of caring were very different, so one of the purposes of the group has always been to enable people to share information. We have invited speakers to talk about a variety of issues – health, legal, mobility etc – been for afternoon tea, and pub lunches – and have had theatre trips. In the main, however, the function of the group is to give people an opportunity to share their experiences in a friendly supportive environment. It is not a large group and different kinds of carers come from all over. Coffee, tea and biscuits are always available, and you are welcome to drop in for a while or come for the whole two hours. A warm welcome awaits you. Why not give us a try? Monica Rudstone



New! Fishponds Carer Cafe

Carers Support Centre has launched a new carers group meeting at Kingfisher Cafe in Fishponds on the third Wednesday of each month from 2–3.30pm.

The carers café is aimed at carers over 50, but all carers are welcome. We will treat you to your first cuppa each month. You might then choose to treat yourself to one of their delicious cakes while you are there!

Caroline who supports the group, says "This is a great chance for you to have a break from your caring role and take some time for yourself. The cafe also has a lovely vibe and are now offering a loyalty scheme with special benefits for Carers Emergency Card holders." For more information and to book, contact Caroline McAleese:

📧 carolinem@carerssupportcentre.org.uk

☎ **0117 958 9989.**

This is part of the Considerate Friends project which is funded by Bristol Ageing Better.

Please note these groups are independent and not run by Carers Support Centre and this may not be a comprehensive list. Please ring the contact given for more information and to check details.

	Location	When	Contact
ALL CARERS	Emersons Green – Mill House, Emersons Green Way, Bristol BS16 7AE	1st Thursday 2–4pm	Cathy Truman 07979 896064
	Yate – Yate Library, Large Meeting Room, Yate Shopping Centre, W Walk, Yate BS37 4AX	1st Tuesday 10–12pm	
PARENTS OF DISABLED CHILDREN	Kingswood – Kingswood Community Centre, New Cheltenham Road, Kingswood BS15 4FS <i>Drop-in for parent carers to meet with other parent carers</i>	CONTACT FOR DETAILS Weekly drop-in, Thursday mornings term time only	team@sglospc.org.uk 01454 501 009
	Mangotsfield – Mangotsfield Time Out (carers support group run in partnership with Resound) Blackhorse Road, Bristol BS16 9BP	CONTACT FOR DETAILS Monthly support group 9.30–11am	
	Hanham – Hanham Baptist Church Hall, High Street, Hanham BS15 3QY <i>Little Treasures stay and play group for parent carers and their children with additional needs. Suggested donation £3 per family</i>	CONTACT FOR DETAILS Weekly drop-in, Thursdays 10–12pm term time only	
DEMENTIA SUPPORT GROUP	Filton	2 nd Weds 1.30–3pm	Alzheimer's Society 0117 961 0693
	Yate	PLEASE CONTACT FOR LOCATION DETAILS 2 nd Monday 1.30–3pm	
	Thornbury	3 rd Tuesday 2–4pm	
MENTAL HEALTH CARERS SUPPORT GROUP	Filton – Upper Horfield, Community Trust, Eden Grove BS7 0PQ	1 st Wednesday 6.30–8.30pm	Steve Forge sglosmhcarers@yahoo.com 07768 318 215
	Yate – Yate Library, Large Meeting Room, Yate Shopping Centre, W Walk, Yate BS37 4AX	3 rd Tuesday 2.30–4.30pm	
	Kingswood – Kingswood United Church, 11 Moravian Road BS15 8LR	2 nd Monday 10.30–12.30pm	
TIME FOR CARERS	Various locations – Various social and craft activities for South Glos carers to enjoy a social life and break away from the person they care for	£5 annual membership fee Most events are free	Contact Alison Allan 07597 278 204 time4carers@gmail.com
BRISTOL & AVON CHINESE WOMENS GROUP	Bradley Stoke – The Jubilee Centre, Savages Wood Road, Bradley Stoke BS32 8HL	RING FOR DETAILS	Yan 0117 955 4486
SOUTH GLOS CHINESE ASSOCIATION	Bradley Stoke – Leisure Centre, Fiddlers Wood Lane, Bradley Stoke, Bristol, BS32 9BS	Thursday 11am–1pm	Wayne Song 01454 612 458 Weijie_song2003@yahoo.co.uk
CARERS GROUP & SING-ALONG	Frampton Cotterell – The Beacon Room at Zion Church, Woodend Road BS36 3HY GROUP – for carers and the person they care for	GROUP 2 nd Wednesday 2–4pm	Rona Volkmer 01454 886 925 Jane Bradbeer 01454 775 786 Office 01454 776 618
	SING-ALONG – open to all but many carers and former carers attend	Sing-along 4 th Wednesday 2–3.30pm	

10 Carers groups run independently in Bristol

Please note these groups are independent and not run by Carers Support Centre and this may not be a comprehensive list. Please ring the contact given for more information and to check details.

	Location	When	Contact
SPACE FOR CARERS GROUP	Knowle – Bristol Community Links, Langhill Avenue, BS4 1TN	2 nd Monday 10–12pm	Mandy Panes 07872 543661 mandypanes@yahoo.co.uk Kelly Meek 07471 797800
ALL CARERS	North Bristol – Coffee Bar, Bradbury Hall, Waterford Road, BS9 4BT	2 nd 4 th Thurs 10–12pm	Monica Rudstone 0117 942 6095
ALL CARERS	Clifton – Clifton Library, 13 Princess Victoria Street, Bristol BS8 4BX	3 rd Weds 11–1pm	Selma selmaeaton@gmail.com
RETHINK MENTAL HEALTH CARERS	North Bristol – Dorian Day Unit, Southmead Hospital, BS10 5NB	1 st Thursday 6–7.30pm	Please contact Margaret Price on 07967 811 146 Margaret.price@rethink.org Karen.allen@rethink.org if you would like to attend
	Petherton – Petherton Carers Support Group, Petherton Resource Centre, BS14 9BP	3 rd Wednesday 6.30–8pm	Please contact Margaret Price on 07967 811 146 Margaret.price@rethink.org Karen.allen@rethink.org if you would like to attend
	Bristol – Bristol Siblings Group, St Pauls	A peer to peer support group where siblings can share their experiences, access relevant information, learn new coping strategies and above all realise they are not alone.	2 nd Thursday 7.30pm
ALZHEIMER'S SOCIETY (CARERS OF PEOPLE WITH DEMENTIA)	Westbury-on-trym – The Methodist Church, Westbury Hill, Westbury-on-Trym, Bristol BS9 3AA	Last Monday 2–4pm (Not Bank Holidays)	Please contact Alzheimer's Society 0117 961 0693 or the Dementia Wellbeing Service 0117 9045150 Some groups may have a waiting list
	Bedminster Down – Bedminster Down Ex Service Club, Winford Grove, Bristol, BS13 7DY	2 nd Weds 6.30–8pm	
	Fishponds – Alzheimer's Society, Verona House, Filwood Road, BS16 3RY	3 rd Weds 7–9pm	
DEMENTIA WELLBEING SERVICE	Lawrence Hill – Boardmill Social Club, Avonvale Road, Redfield, Bristol, BS5 9RU	4 th Thursday 10–12pm	Dementia Wellbeing Service 0117 9045150 or the Alzheimer's Society 0117 9610693
HEADWAY BRISTOL CARERS (CARERS OF THOSE WITH HEAD INJURY)	Frenchay – Headway Centre, Frenchay Beckspool Building, Frenchay Park Road, Bristol, BS16 1LE	1 st Tuesday Bi-monthly	Call Tracey Lathrope on 07741 652915 or email Tracey.Lathrope@nbt.nhs.uk
HEADWAY CARERS COFFEE MORNING	Frenchay – Frenchay Quaker Meeting House, Beckspool Road, Frenchay, Bristol, BS16 1NT	4 th Tuesday 10.15am – 2.15pm	Call Tracey Lathrope on 07741 652915 or email Tracey.Lathrope@nbt.nhs.uk
CRAFTING COMMUNITY FREE ART CLASSES FOR CARERS IN THE BRISTOL AREA	Old Market – Space, 6 West Street, Bristol, BS2 0BH	Every Other Wednesday	space@theislandbristol.com
SOUNDWELL MUSIC SUPPORT GROUP FOR CARERS	Soundwell's Music Support Groups for carers are a chance to take a break, meet other carers and create some sounds and music together. There's no need for any musical skills or experience to take part.	1 st Monday 11.30am – 12.30pm	Kim Roberts 07938 679667 kim.roberts@soundwell.org.uk

Demands on LD carers are unrelenting

We have 2 specialist workers who support carers of adults with learning disabilities (LD) across Bristol and South Gloucestershire. In the past this work was funded by statutory services, however since April 2018 we have had to find this funding ourselves from alternative sources. This costs us £45,000 per year; and we are extremely grateful to the charitable trusts who have supported us so far. In the last year, funds from John James Bristol Foundation and James Tudor Foundation have helped us towards the costs of delivering this vital specialist support. We will continue trying to raise funds to keep this valuable service going.

We will also keep working with decision makers in statutory services to recognise the particular needs of LD carers. We want them to include this specialist support in future commissioning. In the meantime, we are reviewing the service and have sent a survey to LD carers so they can help shape the service going forward. We are reviewing the kind of support carers have received and found helpful, what would make the service better, and what they think they might need in the future.

The current service provides both practical and emotional support to carers, which includes:

- one-to-one casework
- assessments
- advocacy
- specialist information provision
- lunchtime discussion meetings.

Service users are also supported to help influence local provision, and to respond to local and national consultation.

In the last year, we have supported 160 carers and their families. This included:

- improving family finances
- improving emotional well-being and resilience
- improving access to services
- training and employment for the person they care for.

When carers contact us, we help with a whole range of issues. These can include:

- accessing social care and assessments
- helping to talk to professionals
- providing emotional and peer support
- planning for the future
- getting a break.

In the last 12 months, we helped 47 carers access a statutory Carer's Assessment resulting in £10,900 of Local Authority grants towards a break. And we helped 18 carers to apply for benefits which they didn't know that they were eligible for – between them, over £100,000 in benefits has now been awarded. We also helped carers to access charity grants for household goods and to take a respite break.

National research (Public Health Observatory, People with Learning Disabilities 2015 report) shows that demands on LD carers are unrelenting, and even more pressing compared to the situation for all carers:

- 51.4% spend 100+ hours per week caring, compared to 38.1% for all carers in England
- 74.3% have been caring for more than 20 years, compared to 20.1% for all carers
- 30.2% were not in paid employment, compared to 20.5% for all carers
- 87.4% of carers live with their LD family member, compared to 73% for all carers.

If you are an LD carer and want support, you can contact:

Tracy Holder (South Gloucestershire)
TracyH@carerssupportcentre.org.uk
☎ 0117 958 9904

Chris Chart (Bristol)
ChrisC@carerssupportcentre.org.uk
☎ 0117 958 9970



Chris Chart (right) meets with learning disability carers in Bristol to discuss what matters to them

12 Young Carers and YACs

Telling MPs what matters

Young carer Hanna went to an event at the Houses of Parliament hosted by Carers Trust. She said *"The event was all about getting MPs to sign pledges to make sure young carers receive the support they need in school. Young carers spoke to MPs about their concerns that Ofsted could remove them from the named groups in need of support."*

At Hanna's request the event was attended by local MPs Thangam Debboniare and Kerry McCarthy.

Thangam Debboniare has since written to the Minster for Schools and Ofsted about the proposed changes. She has also submitted two written questions to the Government:

- about the need to improve identification of young carers
- asking what the Government is doing to ensure Local Authorities are meeting their statutory duty to provide a Transition Assessment for Young Adult Carers.



Hanna and Thangam Debboniare

Caring Hero Award

We nominated 3 young carers, Kai, Ellis and Nashaun, for the Bristol Young Heroes Awards. We were so chuffed that Kai won the Caring Hero Award. What a fantastic achievement! The award was presented by Joe Sims, Broadchurch actor. We are so proud of all of our nominees. All the carers we work with are remarkable young people. You can watch the nomination video on the Young Carers facebook page.



Ellis, Kai and Nashaun

New staff

Vicki Houselander is the new Young Carers in Schools Development Worker. Vicki is a qualified youth worker and her previous job was with South Glos Council in the Family and Young People's Support Team. She is really enjoying her new role and feels passionate about making a difference to young carers' experiences in school.



New Free Family Days Out

All young carers and their families registered with us have access to free family days out. These include Bristol Zoo, Bristol Aquarium, We the Curious, Avon Valley Country Park, Jump Indoor Play and, NEW for 2019, Puxton Park and Noah's Ark Zoo Farm. Contact us to book.



Young carers have enjoyed fun days out at Puxton Park. Why not visit free with your family?



Young Carers has a Facebook page to share useful information with young carers, their families, professionals and anyone else who supports young carers! Please 'Like' our page Young Carers – Bristol & South Glos

Young Carers and YACs 13



Contact us on 0117 958 9980, YoungC@carerssupportcentre.org.uk
or text us on 07821 258 383

My story

Catherine is 15 and lives in Bedminster. She started caring for her sister when she was 10 after Kayleigh had a long stay in hospital. Her sister has chronic pancreatitis, type one diabetes and autistic spectrum disorder (ASD).

Catherine goes to a Youth Moves group and recently won the Environmental Hero Award at the Bristol Young Heroes Awards. She has joined Young Carers Voice (YCV) as she wants to raise awareness of young carers' issues and improve support for them.

Catherine described her usual day:

"When I get up I make sure that Kayleigh has all the right things in the right places and make sure that the door is locked for her bunny to come downstairs. If we are going out, I will bring her the clothes and shoes she wants and sometimes I help get Lexie ready, her diabetes assist dog.

If it is a rest day and we are staying in, I fetch her blankets and pillows that make her comfortable while she is downstairs. Throughout the day I bring her snacks, drinks and painkillers.

When we have meals I bring them in to the living room for her. In the evening I help my mum find anything Kayleigh needs to go to bed like her insulin and needles. I help carry her stuff back to her room and make sure that it is in the right place.

It can make me very tired and sometimes if I haven't done something right it feels like I have failed her. Because I can get so tired sometimes I can't concentrate at school. Not all the impacts are bad I guess. I have become quicker and stronger. My memory is good because of having to remember what painkillers were taken and when. Plus I feel I am a better person. I am a more understanding person because of the things I have to do."



Catherine receives her Young Hero Award

YCV raise school awareness of young carers

Young Carers Voice (YCV) have been making a film highlighting their experience in schools and the support they need. We've been working in partnership with Boomsatsuma Film Company and Fairfield High School, which recently achieved a Young Carers in Schools Award.

The film aims to help schools raise awareness of young carers, improve identification and shows how they can support young carers. YCV has designed a leaflet to go with the film and young carers have received training to help deliver assemblies and staff training in their schools. These brave young people will be visible in their schools,

helping to spread the message and make the experience in schools better for all young carers.

The film is being sent to all schools in Bristol and South Gloucestershire to encourage them to take part in the Young Carers in Schools Programme. Since it was launched in 2017, 37 schools have signed up to the scheme; and we hope this film will encourage more schools to take part.

Our thanks go to Quartet Community Foundation for funding from the Youth Social Action Fund to produce the film.



New Carers Emergency Card discounts

As well as using your card in an emergency situation you can also use it for discounts on services across Bristol and South Glos simply by showing your card.

230 discounts available

There are 230 discounts available on days out, relaxation/therapies and in cafes and restaurants.

For a list of all traders taking part in the scheme click 'discounts' on the Carers Emergency Card page of our website or call CarersLine. If you have any feedback on the scheme contact Lisa Saunders:

☎ **0117 958 9907**

✉ lisas@carerssupportcentre.org.uk

You can now use your card for a discount in the following places in Old Market:

25a Old Market

Coffee, cake & cheese toasties
10% off all food & drink
25a Old Market Street

Bagelicious

Take away bagels & coffee
10% off all food & drink
24 Old Market Street

Bike Maker

Bikes – sales & repairs
10% off services & repairs
14 West Street

Bristol Vintage

Vintage & collectables
15% off all shop items
15 West Street

Jokoto Tailoring

Alterations, mending, bespoke clothing tailoring & dry cleaning
10% off alterations & mending (dry cleaning excluded)
22 West Street

Montys

Ercol furniture and collectables
10% off furniture
20 West Street

Old Market Plants

Specialist plant shop, indoor plants, indoor design & homewares
10% off handmade products (excluding designer makes)
48–50 Gloucester Lane

Pretty Wild

Flowers for delivery, weddings & events. 10% off fresh flower bouquets collected in store.
12 West Street

Tiffin Time Ltd

Fresh lunches (caters for allergies/intolerances, vegan, vege & meat choices). 10% off all food & drink
13 Midland Road

Caring can be tiring and also take its toll physically.

There are many therapies and relaxation discounts available. These are the latest practitioners to offer a discount:

Bath Rd Pain Clinic

Osteopath
Buy 4 osteopathy treatments & get 5th free
29 Brislington Hill, Bath Rd, Brislington, Bristol BS4 5BE

Bristol Chiropractic Sports and Family Clinic

Chiropractor – general & sports injuries. 10% off all treatments.
2 Kellaway Avenue, Westbury Park, Bristol, BS6 7XR

How do you apply for a Carers Emergency Card?

The card ensures the safety of the person you care for, if you have an accident or emergency and also gives you access to all the discounts. It is free to apply for. For full details on applying visit the Carers Emergency Card page of our website or call CarersLine.



Jamie and Ruth at Old Market Plants said, "We get comments about what a green and interesting space we have and for that reason cater for every budget to make sure it's accessible to everyone. We welcome anyone seeking a bit of change of scenery and recognise how tough it is to get a break as a carer. But we know that small moments and small worlds can help in coping with bigger things."

All support groups (unless indicated) are drop-ins, so there is no need to book: just turn up.

SUPPORT GROUPS	VENUE	TIME	MAY	JUNE	JULY	AUG	SEPT	
BEDMINSTER Third Tuesday	Methodist Hall, British Road, Bedminster, BS3 3BW	10.15 –12.15	21st	18th	16th	20th	17th	
CALLINGTON ROAD DEMENTIA CARERS First Wednesday	The Coppice, Callington Road Hospital, Brislington BS4 5BJ	10.30 –12.30	1st	5th	3rd	7th	4th	
DOWNEND Fourth Wednesday	Badminton Gardens, Beaufort Road, BS16 6FG	2–4	22nd	26th	24th	–	25th	
DROP-IN JOB CLUB for carers seeking work	The Vassall Centre, Gill Avenue, Fishponds BS16 2QQ	10.30 – 12.30	21st	26th	30th	–	24th	
HANHAM First Tuesday	Hanham Folk Centre, High Street, Hanham BS15 3EJ	1.30 –3.30	7th	4th	2nd	–	3rd	
HARTCLIFFE First Thursday	HWV, The Gatehouse, Hareclive Road, Bristol BS13 9JN	10–12	2nd	6th	4th	1st	5th	
KINGSWOOD Second Wednesday	The Park Centre, Kingswood BS15 4AR	2–4	8th	12th	10th	–	11th	
LAWRENCE WESTON Third Thursday	Lawrence Weston Community Farm, Saltmarsh Drive, Bristol BS11 0NJ	2–4	16th	20th	18th	15th	19th	
MENTAL HEALTH Second Tuesday	The Vassall Centre, Gill Avenue, Fishponds BS16 2QQ	6.30 –8.30	Call CarersLine for details					
PATCHWAY Third Tuesday	Callicroft House, Patchway Council Offices, Rodway Road, BS34 5DQ	1.30 –3.30	21st	18th	16th	–	17th	
PARENT CARERS SUPPORT GROUP CENTRAL Wednesdays (monthly)	Phoenix Social Enterprise, 5 Russell Town Avenue, Lawrence Hill, BS5 9LT	10.30 –12.30	Call CarersLine for details					
PARENT CARERS SUPPORT GROUP NORTH WEST Wednesdays (monthly)	Henbury and Brentry Community Centre, Machin Road, Henbury, Bristol, BS10 7HG	10.30 –12.30	Call CarersLine for details					
PARENT CARERS SUPPORT GROUP SOUTH Thursdays (monthly)	The Inns Court Centre, 1 Marshall Walk, Inns Court, Knowle, Bristol BS4 1TR	10.30 –12.30	Call CarersLine for details					
SOUTH WEST CARERS FOR BDP (Borderline Personality Disorder) Alternate Wednesdays	Please contact Tracey Harvey on 07922 746287 for details	7–9	Call CarersLine for details					

To join an activity group contact Stacey Vallis **07742 291 073** activities@carerssupportcentre.org.uk

To join Café Club contact Caroline McAleese **0117 958 9989** CarolineM@carerssupportcentre.org.uk

ACTIVITY GROUPS	VENUE	TIMES	MAY	JUNE	JULY	AUG	SEPT
LUNCH CLUB First Thursday	Fishponds	12.30 –2	2nd	6th	4th	–	5th
CAFÉ CLUB Third Wednesday	Fishponds	2–3.30	15th	19th	17th	21st	18th
CRAFTY CARERS Second Monday	Downend	2–4	13th	10th	8th	–	9th
BOOK CLUB Third Tuesday	Emersons Green	11.45 – 1	21st	18th	16th	–	17th
SUPPER CLUB Fourth Wednesday	Bedminster	6 – 8	22nd	26th	24th	–	25th
Theatre Club	Various	Various	Join mailing list for details				

CARERS GROUPS THAT RUN INDEPENDENTLY There are many other carers groups that run independently or are supported by other organisations. They may be of interest to you because they are local or because they are for carers of someone with a specific disability or long term condition. We do our best to keep the list updated and accurate. For a list of carers groups across Bristol and South Gloucestershire please go to our website or, if you don't have online access, contact CarersLine who will be happy to help. For this issue only, this list is also available on page 9.

Go to the web for help and advice

Remember the **Help & Advice** section of our website is your **first point of call for information.**

It contains a wealth of knowledge that is locally relevant and written by our experienced carers advice specialists.

Whether you are new to caring or have been caring for some time, many of your questions are answered here. It includes information on money and benefits, legal rights, getting out and about, Carers Assessments, getting a break, residential care, and much more.



Talk to us at your GP practice

We hold regular carers surgeries at some GP practices. This gives carers the opportunity to talk about their caring situation and find out about the different types of support available.

Phone CarersLine or check our website to find out if we are coming to your practice and on what day of the month. You can then book your individual appointment at the surgery in the same way as you would book to see your doctor.

Tickets still available for the charity concert by

Stafford Village Choir

Saturday 25th May
All Saints United Church
Longwell Green
6 pm Tickets £7

Contact Heather Thomas
☎ **07826 829 369** ✉ thomas.angelaheather@yahoo.com

Cream Tea fundraiser



Tuesday 25 June, 3pm,
The Vassall Centre, Fishponds

Tickets cost £6 per person.
Booking essential. Contact
Margaret Nash Friends@
carerssupportcentre.org.uk
07712 345 732

The Summer Raffle (see p6) will be drawn

Carers Support Centre

The Vassall Centre, Gill Ave,
Fishponds, BS16 2QQ

🌐 www.carerssupportcentre.org.uk
✉ carersline@carerssupportcentre.org.uk
☎ **0117 965 2200**

CarersLine opening times

Mon–Fri 10–1pm Mon–Thu 2pm–4pm
An answerphone operates outside these hours

If you are able to receive this newsletter by email please let us know, as this helps reduce our costs.
✉ info@carerssupportcentre.org.uk



Donation form Summer 2019

Your generous donations help us make life better for local carers. If you pay tax, you can make your donation worth an extra 25p in every £1 by completing the Gift Aid declaration.

Title _____ First Name or initials _____ Surname _____

Address _____

Postcode _____

GIFT AID DECLARATION Please treat the enclosed gift of £ _____ as a Gift Aid donation.

I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to Carers Support Centre. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Gift Aid is reclaimed by the charity from the tax you pay for the current tax year and will boost your donation by 25p for every £1 you donate.

Signature _____ Date _____

Please send your donation and this form to: Carers Support Centre, FREEPOST (RSSU-EZEA-JLLR) Fishponds, Bristol, BS16 2QQ