

If you care,
we care.

Carers Support Centre
Bristol & South Gloucestershire



Carers News

FREE • £1.50 when sold

Issue 81 • Winter 2019



© Tina Gue

Over the summer, we hosted 2 weeks of arts activities for young carers, working in partnership with Create Arts Charity (with thanks to funding from British Land). Read more about young carers on page 12.



Marie Curie offers support for carers

We are delighted to be working in partnership with Marie Curie to offer carers near Gloucester Road, Bristol local access to support and information. In a first for the charity, Marie Curie has transformed one of its shops to include a walk-

in support centre for people living with any type of terminal condition and their carers.

We are working with shop staff to set up a monthly carers' café. This will run on the first Monday of every month from 10.30–12 midday from 4 November.

The friendly informal sessions will be a chance to chat to other carers or join a discussion on topics such as welfare benefits, carers wellbeing and local support services. There will also be someone to talk to in confidence about your caring role and to answer your questions.

Marie Curie provides free, confidential and practical assistance to anyone affected by terminal illness.

Whether it's questions on day-to-day care, wanting to better understand symptoms or treatment, financial information or you just need someone to talk to.

Terminal illnesses include (but aren't limited to) cancer, Chronic Obstructive Pulmonary Disease, Parkinson's, MS, Dementia. If you are looking after someone who has an illness they will probably die from Marie Curie is there to help.

☎ Marie Curie support line **0800 090 2309**

🌐 www.mariecurie.org.uk

Inside this issue

Our first patron **3**

Winter wellbeing **7– 11**

Young carers **12 – 13**

Courses and workshops **14**

Support and activity groups **15**



2 Message from the CEO

Welcome to the winter edition of Carers News

This has been the most difficult decision for me to make in my working life. However after 14 thoroughly rewarding and enjoyable years as Chief Executive Officer (CEO) of Carers Support Centre (CSC), I will be moving on in December, to take on a new challenge with a charity that supports children with disabilities to reach their potential.

I am extremely proud of all we have achieved here together as a team and feel privileged to have worked with so many talented and dedicated individuals, both now, and throughout my time at CSC.

The organisation is in a great position for a new CEO to come in and continue to move forward, identifying and supporting more carers in Bristol and South Gloucestershire.

In summary, I have loved my time at CSC and have met and worked with so many inspirational carers along the way. You are all amazing and I wish you and CSC all the best for the future.



Adult Community Health Services – Bristol, North Somerset and South Gloucestershire

As you may know, Sirona care and health were recently appointed to deliver integrated Adult Community Services across Bristol, North Somerset and South Gloucestershire from 1st April 2020. Bristol Community Health (BCH) has been providing these services in Bristol, as a social enterprise, since October 2011.

We understand that the BCH Board will be considering a range of options and will make further decisions on the future of the organisation over the next few months.

We are in contact with Sirona to ensure that carers are equally high priority to them as they were for BCH, who we have worked in partnership with for many years. More information will be provided when available.

Better Care Stronger Communities Funding Consultation

In order to meet their savings target, South Gloucestershire Council (SGC) have proposed that part of their spending reduction should come from funding to the voluntary sector. A reduction of £138,800 per annum (17.55% of the overall budget) will be implemented from 1 April 2020, with the current funding coming to an end on 31 March 2020. Final decisions will be made in relation to this budget in late 2019.

Our funding, to support both adults and young carers in South Gloucestershire, comes from this budget too. We have been working hard to ensure that the voices of carers are heard by responding to the consultation which has taken place over the summer.

We are really concerned that carers continue to be disproportionately impacted by cuts to public funding, as both service users in their own right (carers support) and as services reduce for the people they support. Carers increasingly have to pick up the deficits in health and social care services, and we feel that these cuts will further impact on them and their health and wellbeing.

We have made the point that carers' services should be protected, given that they save the local health and social care economy £502 million per year. In other words, if all the carers in South Glos decided not to provide care anymore, this is what it would cost to replace this.

We will provide you with a further update once we know the outcome of this consultation.

Carers Innovation Fund

This is new government funding of £5 million. It aims to identify and promote creative and innovative services to ensure that carers are: better recognised and connected; better able to juggle working and caring; better able to look after their own health and wellbeing.

We are working in partnership with other carer centres in the South West to develop a funding bid for digital services that will give carers fast access to the resources they need. We hope to enable carers to connect with each other, register for information, ask questions and even complete a light touch assessment from their home, workplace or on the move.

Goodbyes

After six years as a trustee, we say farewell to Wendy Gregory who will be stepping down at our November board meeting. On behalf of the organisation, I would like to thank Wendy for the time and expertise she has given to the organisation and wish her all the very best for the future. We also say goodbye to Johnny Dadds, Nathalie Coquery, Lucy Woodman, Holly Thomas and Caroline McAleese. 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).

Our first patron

The Trustee Board are delighted to announce that former Bath and England rugby union player Gareth Chilcott has agreed to become the organisation's first patron.

Gareth lives locally and cared for his wife up until 2015, when sadly she passed away, having lost her battle with a brain tumour, aged 55. We are looking forward to working with Gareth and more information will follow once he returns from the Rugby World Cup in Japan.



Bristol consultation on carers services

In October, Bristol City Council (BCC) will formally launch a consultation relating to Carers Services. They are seeking carers' views on the services they receive currently and what these should be in the future. Your feedback will help to shape the Carers Strategy and influence what services and support they commission in the future.

BCC want to hear from as many carers as possible, including those who are not currently receiving services. A Carers Strategy helps everyone to agree: what we all want to achieve for and with carers; what is most important; how we can make things better; how we can get as many people and services as possible to 'think carer'.

The consultation will be on BCC's Consultation & Engagement Hub <https://bristol.citizenspace.com>

BCC will also be running 3 consultation events where carers and others can come and give their views. These will be held across the City – in the North (13 November), in the South (20 November) and Central (14 November). Further details, when available, will be advertised on their consultation page and on our website.

If you would like more information about these events, are interested in attending, or do not have access to the internet and would like a paper copy of their consultation survey please contact BCC:

📧 carerscommissioning@bristol.gov.uk

☎ **07880 179218**

Free flu vaccinations

With the autumn season upon us, it's time to think about protecting yourself from flu. Carers are eligible for a free flu vaccination from their GP practice. Each practice is organising flu clinics or appointments that carers can access during October and November.

A flu vaccination protects you and the person you care for from the risk of flu and its complications.

Flu can be more severe in certain people, such as those aged 65 and over, and children and adults with an underlying health condition or a weakened immune system.

We work closely with GP practices to promote and encourage carers to register with their GP, ensuring they are offered a free flu vaccination. If you are not sure if you are registered as a carer with your surgery, please contact them.

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

Carers take issues to MPs

We ran 2 surgeries over the summer for adult and young carers with Bristol MPs Thangam Debonnaire (Bristol West) and Kerry McCarthy (Bristol East). They were productive and satisfying sessions.

Thangam Debonnaire MP said in her blog following her surgery: *"I was so pleased to work with Carers Support Centre to hold a constituency surgery specifically for those with care-giving responsibilities...I met people who ... in addition to providing care and support are having to navigate complex benefits systems, find secure long-term housing, and – in some cases – experience frustrating delays with the Home Office to clarify their immigration status. It shouldn't be like this...I'm pleased that there are ways I can help as your Member of Parliament... If, for example, you have an application for benefits that you haven't heard back about – I can contact the government department on your behalf to find out what is happening. If you are challenging a decision made by the Department for Work and*

Pensions or the Home Office, I can support and write to the relevant department urging them to reconsider the case. If you are struggling to obtain assistance with care for a relative, or treatment for a health condition, I can contact the NHS and advocate on your behalf..."

Mike cares for his sons with learning disabilities. He said, "I'm so grateful for the support Thangam Debonnaire has offered and would highly recommend to other carers that they speak to their MP. That's what they are there for. She understood and isn't like the MPs you sometimes see on TV!"

Abdi, who attended the surgery in St. Werburghs, said: *"I'm a teenager with grown up responsibilities! I recently had a chance to meet the local MP where we discussed my role as a young carer and other things. I wish I could win the lottery and help young carers so more children would get help, support and have the chance to go on trips and most importantly help my mum and my brother."*



Maria attended Kerry McCarthy MP's surgery. She said, *"After some time of searching for somebody who would listen and actually help, Carers Support Centre, who have been amazing to that point, threw me a lifeline by giving me the information to be able to book a session with Kerry McCarthy. Being able to speak with Kerry has allowed me to voice many of my concerns about the care my daughter receives. Being the voice for my daughter is so important as she is non-verbal with complex needs."*

Remember, you don't need to wait for a carers' surgery to meet with your MP. You can go along to one of their regular surgeries.

Award winning parent carers

South Glos Parents & Carers has won a national award for Excellence in Parent Carer Participation. They were nominated as part of CONTACT's 'Together at 40' celebrations, and were presented the award by Minister for Children and Families Nadhim Zahawi during a ceremony held at Westminster.

Rachel Trueman CEO, said *"We are thrilled to have won this award. Our passion and our drive are to see service improvements for our community and to make sure that we are fully involved in the process. Over the past 10 years we have been working really hard to build trust and relationships*

with education, health and social care services, with the sole aim of working co-productively together in mutual understanding towards positive change. We have had successes but there is still a lot of work to be done.

"Our community is our motivation. Without our community giving their time and energy attending our events, completing our surveys and giving us their views, winning this award would not have been possible."



Considerate Friends film

Considerate Friends has made a film to promote its work, which you can see on our website. This group of carers is on a mission to encourage local services in Greater Fishponds to be carer-friendly. Their next visits include Thingwall Park allotments, Brunel Fitness Centre, Frenchay Quaker meeting house and Frenchay Village Museum. The project ends next Spring, but it's not too late for you to get involved. You must be either over 50, or caring for someone over 50. For more details contact Dennis Agodzo:

✉ DennisA@carerssupportcentre.org.uk

☎ 0117 958 9902



Melanie



Ruth

Ruth and Melanie speak out in the new **Considerate Friends** film – see it on our website.

Visit to Blaise Castle for Carers Over 50

Wednesday 30 October, 1.45pm – 4pm.

Blaise Castle Estate, Kings Weston Road, Lawrence Weston, Bristol, BS10 7QS

Why not come and join us for a tour of Blaise Castle Estate followed by a cuppa and sweet treat in the café! There will then be time to have more of a look around the beautiful grounds of Blaise Castle Estate.

This trip is funded by Bristol Ageing Better and is part of the Celebrating Age Festival. Therefore, we are prioritising places for carers aged 50 and over. To book, contact Dennis Agodzo:

✉ DennisA@carerssupportcentre.org.uk

☎ 0117 958 9902



Welcomes



Diane Jenkins has joined the board of Trustees. She has first-hand experience of caring over a long period and was a carer representative for many years, and instrumental in developing the Bristol Carers Strategy. Diane said

“The need for a financially sustainable charity, that is relevant and fit for purpose has never been more essential and necessary. We must be an organisation that can continue to support carers in the way carers have told us they want – and which they deserve.”



Denise Williams has joined us as the Carers Assessment Worker for South Gloucestershire. She has over 20 years' experience of operational management in primary care in the NHS. This includes a patient champion

role for 6 GP practices in East Bristol, where she was connecting patients with community and voluntary sector services. She also works for Age UK where she helps run an activity day centre, and is one of our GP Link volunteers at the Falldon Way surgery. She helped care for her dad who had vascular dementia.



Tracey Lathrope is working at the BRI as our Hospital Carer Liaison Worker. Tracey has worked for Headway Bristol for the last 5 years where she was a hospital and community navigator. She enjoyed supporting patients and their

families on the wards and helping them navigate medical pathways. Tracey also has a background in mental health support and will be facilitating our mental health carers group with Maria Day (see details on page 15).



Lay Hine has joined the team as our new Carers Breaks Coordinator. She formerly worked for the charity Sense, where she ran conferences for NHS finance staff and helped set up a Buddying Programme for adults with

learning disabilities.



Luke Knee is the new Carers Support Officer for South Gloucestershire. He has worked in health and social care for 12 years, mainly supporting adults with learning disabilities and mental health conditions. Most recently he

worked for The Care Forum as an advocate and then as the Senior Worker for Healthwatch Bristol and South Gloucestershire. He has worked with carers in many of his support roles and has caring responsibilities in his personal life.

Blue Badge scheme extended



The Blue Badge scheme, which helps disabled people park closer to their destinations, has now been extended to people with "hidden disabilities". This includes people with learning disabilities, autism and mental health conditions.

Entitlement to the Blue Badge is now extended to those who score 10 points under the **Personal Independence Payment (PIP)** mobility test of being "unable to undertake any journey because it would cause overwhelming psychological distress to the claimant".

The new criteria now includes people who:

- cannot undertake a journey without there being a risk of serious harm to their health or safety, or that of any other person
- cannot undertake a journey without it causing them considerable psychological distress
- have very considerable difficulty when walking (both the physical act and experience of walking).

To apply for a Blue Badge visit www.gov.uk/apply-blue-badge

South Gloucestershire

☎ **01454 868004**

Bristol

☎ **0117 922 2600** (this is the main switchboard number)

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.

Could you be a volunteer befriender?

Do you think you could support other carers by sharing your knowledge? Do you have good listening and communication skills? Many carers are isolated and talking to someone who understands can really help.

We are looking for reliable, sensitive people to provide regular contact with a carer (by phone or email) for 30 minutes every 2 to 4 weeks. Get in touch for more information:

Marilyn Crump, Volunteer Coordinator

☎ **0117 958 9906**

✉ volunteering@carerssupportcentre.org.uk

Friends of Carers Support Centre

The Friends group has had a busy summer period organising and supporting events for Carers Support Centre. We organised an Afternoon Cream Tea at Vassall Centre which was well received. It made for a very pleasant sociable afternoon of chatting and eating. We were very grateful to Barry who played his calming guitar throughout the event – this made the event so relaxing. Staff and volunteers donated a wonderful selection of home-made cakes and both Tesco (Staple Hill) and Asda (Longwell Green) donated all the scones. Many thanks to all.

We ran the Tombola stall at the Vassall Centre Summer Fayre. It was a busy day but was thoroughly enjoyed by all – stallholders and customers alike. We have also held raffles at events, sold at car boot sales and other smaller fundraising activities.

Coming up...

The Friends group is supporting the Trustees Fundraising Group, who are organising an Autumn Ball at The Marriott Hotel. This is the first event of its kind for the charity. Ticket sales have gone well and the event is now sold out!

We will be running a Christmas present stall at the Carers Rights Day event on 21 November and we look forward to meeting many of you there.

We are hoping to arrange a 'Choirs at Christmas' fundraising event in The Mall at Cribbs Causeway. We will post details onto social media.

If you are interested in joining our keen volunteers in the Friends Group, or would just like to find out more, please do get in touch! We would love to hear from you.

✉ Friends@carerssupportcentre.org.uk

☎ **07712 345732**

Margaret Nash (Chair, Friends of CSC)

Thank you to everyone who has generously donated funds to help us support carers, including: Fulmer Charitable Trust, Burges Salmon Charitable Trust, Mercedes-Benz of Bristol, King Richard I Preceptory no. 341, Medlock Charitable Trust, William Hancock Trust Fund, Carers Trust, Rotary Club of Thornbury Trust Fund, CAMRA Bristol & District Beer Festival, Girls' Brigade, Osborne Clarke, The Henbury Singers, Royal Edward Lodge No 4140, Avon Gorge Hotel, Whitechurch Securities, Focus On Design, Co-op Local Community Fund. Thanks also to Mr Gordon R Hobbs from Keynsham Baptist Church who kindly donated £380 in memory of Mrs Val Stephen and the individual donations we receive as thank yous for our support.

Winter can be a difficult time. When your time is already stretched, the shorter, darker days can make it feel impossible to do something for yourself. However, it is important to do things to take care of yourself too.

We've put together some ideas that might help. Whether you have 15 minutes or a few hours to spare, hopefully there is something here that feels right for you.

NHS online fitness studio

Research shows that physical exercise can boost self-esteem, energy, mood and sleep quality. Of course, exercise also helps you to remain physically healthy and prevent diseases like heart disease, diabetes and strokes. You don't have to go to the gym to exercise!

The NHS has created an online fitness studio to help you exercise at home using techniques from aerobics, pilates, yoga and more.

Try following some of their videos – they range from just 15 minutes to 45.

www.nhs.uk/conditions/nhs-fitness-studio/

5 ways to wellbeing

Evidence suggests there are 5 simple steps we can all take to improve our mental wellbeing.

- **Be active:** going for a short walk or doing some exercise at home – you don't have to go to the gym!
- **Connect:** spend time with others and share experiences.
- **Give:** are there other enjoyable ways you can use your caring skills?
- **Take notice:** be mindful of what's around you.
- **Learn:** try something new.

Accessible days out at indoor attractions

Days out aren't only for the summer. There are plenty of accessible indoor attractions in the local area. Most visitor attractions should offer free entry to a carer with the person they care for. Remember to take your Carers Emergency Card with you. Most places will accept it as proof you are a carer to gain a discount or free access.

Many visitor attractions have made real efforts to make sure they are accessible. But check before you set out, to find out about access and entry arrangements.

AccessAble – is a website dedicated to helping you find places like restaurants, cinemas and attractions that are accessible for you and the person you care for.

www.accessable.co.uk

Find out where you can get a discount with your **Carers Emergency Card**, including ideas for days out and relaxation and therapies.

www.carerssupportcentre.org.uk

0117 939 2562

CEA Card – is a scheme available at many cinemas that makes it easy for carers to have a free ticket when they attend with the person they care for. Many cinemas also have 'autism friendly screenings'.

www.ceacard.co.uk

01244 526 016

National Trust – their website has clear guidance on access arrangements for all their houses, gardens and parks. The carer of a disabled visitor (with a physical or mental disability) can go free of charge, on request. To save having to 'request' free entry, the disabled visitor can apply for a free 'essential companion card'. To apply for a card email or phone the National Trust.

enquiries@nationaltrust.org.uk

0344 800 1895



© National Trust

8 Chasing the Winter Blues



© Golden Hill Community Garden

What's on where you live

Sometimes you don't have to go very far to do something a little bit different. Here are some of the ways that you can link into what's going on in your local community.

City farms and community gardens – there are around 25 local projects and each is a fantastic opportunity to take some time out. Why not visit to take advantage of the restorative enjoyment of being in a natural environment? These are community-oriented spaces which are free to visit. They also often run courses and workshops.

🌐 www.farmgarden.org.uk

☎ **0117 923 1800**

Community Navigators Bristol offers free signposting and support to people over 50 and for people over 18 with a learning disability who want to get more involved in their community. Friendly, trained navigators get to know you and find out what's important to you. They will share information about what's happening locally to help you get involved in the things you're interested in. This might include meeting people, rekindling old hobbies, becoming more active, volunteering or learning something new. You can refer yourself.

🌐 www.communitynavigators.org.uk

One You – Community Connectors has been recently relaunched as One You. It is there for South Gloucestershire residents to get information on a wide range of health issues. The service can help you stress less, be smoke free, drink less, eat well, move more and

watch your weight. There are also handy tools to help you check your own health online, and even the actual age of your heart.

You can also get one-to-one support from a trained practitioner near where you live to help you make positive connections.

🌐 oneyou.southglos.gov.uk

☎ **01454 864005**

LinkAge Network – has an amazing array of information to offer people over 55 across the region. This includes cooking courses at city farms, film clubs, walking, tennis, coffee meetings, discussion groups, tai chi and more. They produce local What's On listing guides (mostly for Bristol areas).

🌐 www.linkagenetwork.org.uk

☎ **0117 353 3042**

Friends Ageing Better – is a membership scheme for over 50s in Bristol. Members receive access to special events and discounts in local shops. They hold regular catch up cafes across Bristol.

☎ **0117 440 4301**

Walking for Health – contact them to find a walking group in your area.

🌐 www.walkingforhealth.org.uk


☎ **0117 352 1283**

Feed the birds

Research shows that watching wildlife can have significant benefits for mental wellbeing.

Due to Britain's passion for putting out birdfeeders in our gardens, the country has the healthiest population of garden birds in Europe. Winter is the perfect time to be feeding birds as natural food sources become scarcer.

Learn how to make a simple DIY birdfeeder at home and take notice to find out what birds are visiting your garden. Giving a little time to feeding birds can have real positive effects on wildlife and lift your mood. You can use the RSPB's online bird identification tool to find out who's visiting your garden.

 www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/

Make your own fat cake bird feeder

- Mix some oats, unsalted peanuts, breadcrumbs and sultanas (or other kitchen scraps).
- Melt some lard or suet in a pan and add the dry mix and stir well (1 part fat to 2 parts dry mix works best).
- Make a hole in the bottom of a yoghurt pot and thread through a length of twine or string, then pack the pot with your warm fat mixture.
- Place in the fridge overnight to set, then cut through and peel away the pot. Tie a big knot at one end of the twine to secure the cake.
- Hang the cake in a tree or shrub and wait for the birds to come and feast.

Note: It's important **not** to use cooking fat or meat juices and avoid salted peanuts, margarines, vegetable oils, milk, desiccated coconut and any mouldy food – these are bad for birds!



© RSPB Ben Andrew

Transport

Sometimes transport can be a big hurdle to getting out and about with the person you care for. We've put together some information that might help.

Buses


The person you care for can apply for a disabled person's bus pass or they may qualify for an older person's bus pass. If they need someone to travel with them, they can apply for a companion bus pass which allows you to travel free.


If you live in Bristol, see: www.bristol.gov.uk


If you live in South Glos, see: www.southglos.gov.uk

Trains

A disabled person's railcard gives a third off the ticket price. If you travel with them you will also get a third off. The person you care for may need more practical support to manage at a station and you can request help in advance. You can book assistance by phone or online with the company directly or centrally here:

 disabledpersons-railcard.co.uk/travel-assistance/

 **0345 605 0525**


 **0345 6010132** textphone/minicom


Blue Badge parking

Disabled people can use a Blue Badge to park in places that other people can't (see page 6).

Kingswood Community Transport


They provide a Dial a Ride service to residents in South Glos. They have a Doctors Shuttle service, providing trips to hospitals, doctors surgeries and dentists. They run regular trips to major shopping centres. Contact them for membership details.


 www.kingswoodct.org.uk

 **0117 961 6016**

Green Community Travel

They provide affordable and accessible travel for individuals and groups who are unable to use public transport and would otherwise have no other way of getting around. Individuals can register with their ring and ride service, which includes evenings and weekends. They also offer day trips to garden centres and local tourist attractions. Contact them for membership details.


 www.greencommunitytravel.co.uk

 **01454 228706**

Accessible Transport 4U

This is a community interest company that offers door to door accessible transport. The service is open 365 days a year 24:7. £36 Life membership plus pay per journey.

 www.accessibletransport4u.org.uk

 **0117 965 7449**

10 Chasing the Winter Blues

Bristol Community Transport

They have accessible services for those who find it difficult to use public transport. These include Dial a Ride, Door to Door, Community Buses and scheduled local bus services. They also organise day trips and a Dart Shopper Service to local shopping centres. Annual membership costs £5 and journeys are free with a bus pass.

www.bristolcommunitytransport.org.uk

☎ **0117 902 0157**



© Community transport Chris Bahn

Accessible toilets

A Radar key gives you access to accessible toilets all over the UK. You can buy one from the Vassall Centre for £5 (please ring to check availability):

☎ **0117 965 9630**

In South Gloucestershire you can get one key free of charge from any of the council's 'one stop shops'.

Or you also order one online:

www.radarkey.org

Changing Places Toilets

Standard accessible toilets do not meet the needs of all people with a disability. Changing Places toilets provide extra equipment and space, including a changing bench and hoist. You can find registered toilets and a map on their website.

changingplaces.uktoiletmap.org

'Just can't wait' toilet card

The Bowel and Bladder Community produce a card, using the universally acknowledged WC signage. It can give peace of mind knowing that you can use the card to explain why you need to access a toilet quickly, without having to actually say what's wrong. They also produce a phone app to help you locate the nearest public facilities.

www.bladderandbowel.org

☎ **01926 357220**

Our activity groups

We run monthly activity groups for carers. These are small, informal and friendly. Why not find out more and give one a go?

Theatre Club

Join us for a visit to the theatre. We get discounted ticket prices and see shows in small friendly groups. Performances coming up:

Sat 7 Dec, 2.30pm

Shirley Valentine at Alma Tavern

Sat 22 Feb, 7.30pm

Pure Queen at Redgrave Theatre

Enjoy being creative?

Join our small, friendly carers' craft group in Downend. We meet on the second Monday of each month, 2–4pm. Materials and instruction are provided, and no experience is needed.



Try some winter reading?

We run a friendly carers' book discussion group in Emersons Green. We meet on the third Monday of each month, 11.30–12.45pm.

Find out more from Stacey Vallis:

activities@carerssupportcentre.org.uk

☎ **07742 291 073**

Disclaimer!

We've put together this information from different sources, much of it from the Internet. We believe it to be accurate, but please do check with each of these providers.

Susan Cox is 68 and cares for her husband who has advanced MS. Until recently Susan felt like she had no time for herself, but recently she started going to a local ping pong group for the over 50s.

"I care for my husband full-time. When you start caring it's easy to neglect yourself. I don't have many chances to go out, but I recently decided to try a ping pong group in my local community centre. It's only an hour a week, but it makes such a difference and I thoroughly enjoy it. It was the first time I'd been out without my husband in a very long time so I was wary, but everyone was so friendly and now I always look forward to it."

There's about 10 of us who go, men and women, and we have a cup of tea and play a bit of ping pong. It's just a bit of fun – you don't have to be fit. It's so nice to get out of the house, get to know other people and get some fun exercise. It makes me feel a lot better and I've gained a hell of a lot from it."

Ping Pong for over 50s is run by Bristol Charities at Henbury and Brentry Community Centre.

Find out more:

 www.bristolcharities.org.uk


 **0758 427 9487**



Rob McSporran cares for his partner who has dementia, diabetes and arthritis. He has been going to a monthly music group for carers run by Soundwell Music Therapy Trust in South Bristol.

"I've been going to the group since it started in April. It is very good, and just a pity it's only once a month! I love music of all kinds... rock, jazz, classical...and caring for someone, especially with dementia, can be very isolating, so it is good to connect with other people. Don't be intimidated if you don't have any musical ability, you don't need to be talented. It's great to be able to just go along and make noise and let go."

It's free and you can go along and try out interesting instruments from around the world, take a break, meet other carers, be creative and express yourself! Find out more:

 www.soundwell.org

 **07938 679 667**



Young Carers Festival



20 young carers were able to attend this year's Young Carers Festival, thanks to funding from Sunrise Foundation. They all had a great time, made new friends and enjoyed having a break from caring. We asked them what the best thing was about the festival, and some of their feedback included: 'Making friends' 'The freedom of being able to walk around' 'Being with similar people and not having to explain my life' 'I got a chance to do activities I didn't think I could do.' 'It was my birthday and it was really fun.' 'Because it lets you be yourself'.

My Mental Health

Young Carers Voice (YCV) has been working on the My Mental Health Project (funded by Carers Trust) since the beginning of 2019. They are producing a film to highlight the need for professionals to provide support to young carers with their mental health.

This will premiere at an event they are organising on Young Carers Awareness Day 30 January 2020. At the event they will host workshops for professionals from Health, Social Care, Education, Youth Services and Mental Health.



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 Strategy for Bristol

Bristol City Council (BCC) has been reviewing the Carers Strategy and has decided to produce a separate one for young carers. This will ensure young carers needs are addressed. To begin the process Carol Watson, Head of Adult Care Commissioning and Carers Lead for BCC, attended YCV to hear what young carers thought should be the priorities. Once the draft strategy is produced, YCV will work on a 'young person friendly' survey to consult young carers across the City and produce Bristol's very first 'Young Carers Strategy'.





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



Our biggest theme park trip to date! 38 young carers visit Alton Towers over the summer!

New team members



Ali Karavias – Bristol Senior Young Carers Development Officer (Maternity Cover)
My background is in supporting children and young people with social, emotional and mental health needs. I have worked in schools, CAMHS and the community over the last 5 years. As someone with a personal experience of caring, I am incredibly passionate about supporting young carers!



Chris Chart – South Glos Keyworker
I have been working for the Young Carers Team since 2017. I started working with young carers in Bristol and in July 2019 moved to work with young carers in South Gloucestershire. My background is in youth and community work and working with young people and families.



Lauren Anthony – admin apprentice
I'm excited to be starting my apprenticeship in the young carers team. I really enjoyed business studies in school and felt I would be well suited to this new role. When I finish my apprenticeship I'd love to have a future career within the team. In my spare time I enjoy relaxing at home listening to music and caring for my two guinea pigs, Gerald and Clive.

My Story, by Casie

My name is Casie. I am 12 and I live in Yate. I care for my twin sister Chloe who has Autism and ADHD. I help keep her calm, and have to do lots of things around the house so that my mum can keep Chloe safe.

When Chloe has a bad night sometimes I sit awake with her so she doesn't get scared or hurt herself. My mum tells me not to but I still do it because I want my mum to have sleep, because she cares for my dad as well. He has brain damage.

I help Chloe with her homework and I stay in with her because she isn't allowed to go out to play with our friends on her own. Chloe sometimes hurts me when she gets really angry but I just try and keep her calm and sit with her until she calms down. I help my mum look after my dad too. I cook and help around the house.

Being a young carer affects me because I can't do the things normal kids do like go out to play with my friends or chill out and have fun. I have to do so much helping at home. It makes me feel sad sometimes because I can't be normal but I like to help my mum as well.

The best thing I have done with Young Carers so far is a trip to Magdalen Farm. I had so much fun and I could just be me... without having to do jobs for Chloe or help look after her or help my mum and I could play and have friends. And not get hit by Chloe.

To all young carers, I would like to say that I know how you feel and we all have to deal with a lot. But I want you to know you are not alone. We have each other and we have the Young Carers team to give us a break and if we need someone to talk to. So please don't feel alone.



14 FREE courses and workshops for carers 2019/2020

FREE

Some of these courses and workshops are filling fast but it is always worth putting your name on the waiting list. Where demand is high we will try to run the course or workshop again soon.

Carer courses

Caring and Understanding Dementia

Wednesdays in Hartcliffe, South Bristol
November 6, 13, 20, 27 and December 4 2019
10am–12pm

Tuesdays in Yate, South Gloucestershire
February 25 and March 3, 10, 17 and 24 2020
1pm–3pm*

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

"I enjoyed getting information that is relevant to my situation now and for the future. I also enjoyed sharing information with other people in the same situation."

Caring with Confidence

Fridays in Thornbury, South Gloucestershire
January 24, 31 and February 7, 14 and 21 2020
10.30am–12.30pm*

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.

Thornbury Golf Centre is offering a free round of golf to carers who attend this course should you wish to play. This offer is valid in the afternoon following the course.

"An excellent course full of information with a lovely atmosphere. Essential for any carer."

Workshops

Everyday First Aid for Carers

Tuesday 5 November 2019
Long Ashton, South Bristol
10.30am–12.30pm

Monday 9 March 2020
Longwell Green, South Gloucestershire
10.30am–12.30pm

This workshop covers scenarios including what to do if someone is choking, unconscious or bleeding, and how to treat a burn or fracture. It will also help you spot the

warning signs of a heart attack or stroke, and give you the tools to step in and act.

"I'm going away feeling more confident about having a go."

NEW WORKSHOP Caring about Food – cookery for male carers

Tuesday 12 November 2019 in
Henleaze, Bristol
10am–1.30pm

In this new workshop for male carers, Jacques Hann, an experienced community chef, will take you through how to make nutritious food simply and quickly. You will make a starter and main course with the opportunity to enjoy eating with others in the last hour (or take it home if your time is limited).



Mindfulness

Tuesday 18 February 2020 in Stoke Bishop,
Bristol 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.

"This workshop helped me to find strategies for positive responses in stressful situations."

Writing for Wellbeing

Thursday 5 March 2020 in Eastville, Bristol
1.30pm–4pm

Writing can help relieve stress and put you in a more positive frame of mind. This workshop will discuss two short pieces of writing: about a carer and about wellbeing. You will be encouraged to write your own pieces and share these if you would like to. This workshop is run by Marilyn Reynolds, who is experienced in relaxation techniques.

For more information about our courses and workshops or to book, contact Debbie Williams:

☎ **0117 958 9988**

✉ Training@carerssupportcentre.org.uk

* Funded by Southern Brooks Community Partnership

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

SUPPORT GROUPS	VENUE	TIME	OCT	NOV	DEC	JAN	FEB	
BEDMINSTER Third Tuesday	Methodist Hall, British Road, Bedminster, BS3 3BW	10.15 –12.15	15th	19th	17th	21st	18th	
CALLINGTON ROAD DEMENTIA CARERS First Wednesday	The Coppice, Callington Road Hospital, Brislington BS4 5BJ	10.30 –12.30	2nd	6th	4th	–	5th	
DOWNEND Fourth Wednesday	Badminton Gardens, Beaufort Road, BS16 6FG	2–4	23rd	27th	18th Christmas meal – fully booked	22nd	26th	
HANHAM First Tuesday	Hanham Folk Centre, High Street, Hanham BS15 3EJ	1.30 –3.30	1st	5th	3rd Christmas meal – fully booked	7th	4th	
HARTCLIFFE First Thursday	HWV, The Gatehouse, Hareclive Road, Bristol BS13 9JN	10–12	3rd	7th	5th	2nd	6th	
KINGSWOOD Second Wednesday	The Park Centre, Kingswood BS15 4AR	2–4	9th	13th	11th Christmas meal – fully booked	8th	12th	
LAWRENCE WESTON Third Thursday	Lawrence Weston Community Farm, Saltmarsh Drive, Bristol BS11 0NJ	2–4	17th	21st	19th	16th	20th	
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	15th	19th	17th Christmas meal – fully booked	21st	18th	
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 07825 265 669 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 CarolineM@carerssupportcentre.org.uk

ACTIVITY GROUPS	VENUE	TIMES	OCT	NOV	DEC	JAN	FEB
LUNCH CLUB First Thursday	Fishponds	12.30 – 2	10th	7th	5th	–	–
LUNCH CLUB Third Wednesday	Yate		New group starts in January 2020. Contact Stacey for details.				
CAFÉ CLUB Third Wednesday	Fishponds	2–3.30	16th	20th	18th	15th	19th
CRAFTY CARERS Second Monday	Downend	2–4	14th	11th	9th	13th	10th
BOOK CLUB Third Tuesday	Emersons Green	11.45 – 1	15th	19th	17th	21st	18th
SUPPER CLUB Fourth Wednesday	Bedminster	6 – 8	23rd	27th	–	*	*

* dates to be confirmed

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.

Beth Calverley, Poet in Residence at South Bristol Community Hospital, has written this thank you poem for carers, which we want to share with you. She plans to read it at SBCH's Christmas concert which will be dedicated to carers. The Poem will also be given to carers during hospital admissions.

For every time you smile despite
the thought of not –
Every time you find a hidden room to crumble.
For all the hugs and weekends.
For the moments of clarity
and the moments after.
For visits loud with laughter.
For the worry that tomorrow might be harder.
The same questions asked and answered.
The slow moss of caring, like a fresh quilt on a
worn stone.
For the weight of trust and the great unknown.
For medical meetings where anchors are shaken.
For every half step taken.
For the patient drama of duty
and the gentle patter of romance.
The car rides revved on friendship.

For quick decisions and promises past.
The valiant visits
and breaths between. For the careful,
quiet unseen.
For the clothes hanging in space.
For the shock of a muddled face.
For the parties missed and choices lived.
For the squeeze of the hand that always forgives.
For the memory shared like a sudden friend.
For the buttons clicked and letters sent.
For the hope that happily never ends.
For all of this, and more, you're loved.
We know there are times when your life is stuck,
When your heart feels like a pulled rug.
But you don't have to do this alone.
We are the safe space and the nodding phone.
You are the person we want to get to know.

Lottery winners

May Cheryl Chilcott, Nancy Ellis, Joyce Hayes,
AE Black, Edna Black

June Julie Trott, Bryan Daly, Marian Grace,
Valerie Crump, Mavis Price

July Barbara Crouch, Rachel Obi, Rachel Obi,
Pat Dart, Clare Peat

August Marilyn Crump, Angela Buckell,
Lynne Griffin, Richard C Whale, Elizabeth Cross

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

Carers Support Centre

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

🌐 www.carerssupportcentre.org.uk

✉ carersline@carerssupportcentre.org.uk

☎ **0117 965 2200**

Please note new CarersLine opening hours (from 29 October 2019)

Monday – Thursday 10–1pm

Monday 2–4pm

Friday – Closed

An answerphone operates outside these hours



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 _____