

Welcome to the Autumn / Winter Edition of the Carers Newsletter



Advice All

Caring about Carers

A carer is someone who looks after a family member, partner or friend in need of help because they are ill, frail or have a disability.

At Wired we may be able to support you with your caring responsibilities by offering information, advice or support.



In this edition of our newsletter you will find articles about **National Carers Rights Day** which is **28th November 2014**. This year's theme is **Looking after someone? Know your rights**

Every year, more than 2 million people become Carers. Many struggle to navigate the maze of services and entitlements and miss out on financial and practical support. It's not just people who are new to caring – even those who have been caring for years sometimes aren't aware of their entitlements.

Caring can present all kinds of challenges. We want every carer to know where to turn for advice, information and support, whether in their local community or online.

Carers Rights Day raises awareness of the needs of carers with the public, decision makers and professionals, helping to realise a vision of a society that respects, values and supports Carers.

To mark this year's National Carers Rights Day we are working in partnership with the Department of Work and Pensions by offering Wirral Carers an information update on the current welfare system which may help you or the person you care for.



Come along on Friday 28th November to the Visitors Centre, in Birkenhead Park 10am until 1pm. Places are limited so please do not book unless you can attend on the day. **You can reserve a place by telephoning the Carers Helpline on 0151 670 0777 Monday to Friday 9am until 4.30pm or emailing: carersbreaks@wired.me.uk**

The Carers team at Wired would like to take this opportunity to wish you a very Happy Christmas and Healthy 2015.
(see back page for useful numbers for the holiday season)

NEWS FLASH – Carers Fortnightly Bulletin.

We have listened to your views regarding emails we send you. From December 2014 we will be sending a fortnightly email Bulletin with news, information and updates.

If you would like to be added to our email list, please drop us a line with your name, address and email to adminasst5@wired.me.uk

WIRRAL Short Breaks Practice & Procedures Consultation

Department Adult Social Care and Clinical Commissioning Group have reviewed their practice and procedures in relation to the provision of Short Breaks where an Adult Social Care assessment has been completed. This draft guidance will introduce a standardised approach to providing this support.

We are now consulting on the guidance, meetings will be arranged and advertised, and we would welcome your attendance and feedback.

view the guidance [here](#) or for a hard copy contact **0151 670 0777**

If you would like to comment on this please send to adminasst5@wired.me.uk or by tel: 0151 670 0777. We will collate your comments and pass them on to the person responsible.



Boost for Carers from rise in allowance threshold

The government announced that from April 2015, the earnings threshold for Carers' Allowance will be raised to £110 a week.

This is a rise of £8 on the previous limit of £102. The change means that more people will have the opportunity to work part-time and still be eligible for the full £61.35 a week Carers' Allowance.

Carer's Allowance is a non-contributory benefit available to people who have given up the opportunity of full-time paid employment in order to provide substantial care, of at least 35 hours a week, to a severely disabled person.

Carers are vital to the wellbeing and independence of thousands of people. The number of carers is increasing. In the 2011 census, 5.8 million people in England and Wales identified themselves as carers, compared with 5.2 million people in 2001.

For more information visit www.gov.uk



Carers Employment Support Service

Do you need help with job search?

Would you like advice and support completing job applications?

Do you need advice on interview techniques?



If you are looking to find employment we may be able to offer you support, advice or guide you with one to one help. Here at the Wired Carers Hub and Resource Centre we can offer you practical tips and advice in completing application forms, compiling a C.V and support in interviewing techniques.

Please call into the Carers Hub at the Wired Resource Centre in Birkenhead (next to B&M and Asda) between 10am and 1pm Monday to Friday or call the Carers Helpline 0151 670 0777 9am until 4.30pm Monday to Friday to make an appointment.



Rank Group partnership funds new grants

carerstrust for carers

Adult carers can apply for a new range of grants to support them in their caring roles. The grants are funded by money raised through the partnership between The Rank Group and Carers Trust launched earlier this year. They are distributed through the Carers Trust network of carers centers and schemes who provide carers with practical and emotional support, information and advice in relation to their caring role.

Carers can apply for grants towards the cost of:

- Essential household items such as cookers and washing machines
- Courses which will help carers to acquire new skills, and help them to return to work or overcome isolation in their caring role
- Driving lessons or other transport-related costs which will help carers in their role, e.g. to take the person they care for to hospital appointments

Carers Trust Network Partners can also apply for funding to set up group activities, such as relaxation workshops, day trips or courses that will benefit carers.

Carers can apply for grants from the Rank Cares Grant Funds through their local Carers Trust Network Partner. Find details of your [local Network Partner](#). Only carers living in an area covered by one of our Network Partners, and who are registered at a Network Partner, are eligible to apply for these grants.

For more information tel: 0844 800 4361 / email: info@carers.org or visit www.carers.org

THE BIG EVENT - A showcase of health and social care services from across the Wirral for people of all ages

WHEN: Thursday 4th December | 10.00am – 4.00pm

WHERE: The Floral Pavilion Theatre, Marine Promenade, New Brighton, CH45 2JS

The **BIG EVENT** is open to all. The **BIG EVENT** will provide a showcase of health and social services from across the Wirral for people of all ages.

Explore what health, social care and education services are on offer for you, your friends and family. Knowing what is out there gives you more choice and therefore more control over what support is right for you.

The **BIG EVENT** will provide clear, comprehensive, accessible and up-to-date information about local provision and how to access it.

The Floral Pavilion is a fantastic, fully-accessible venue for The **BIG EVENT**. Tea and Coffee and hot food will be provided and the popular Floral Café will also be open.

On the day

Music, refreshments, 'taster' therapy sessions, freebies, interactive health checks and a free gift for every child!

For general enquiries:

Contact Karen Crampton at Community Action Wirral on 0151 353 9700



Wirral Clinical Commissioning Group



Can we remind you all about the Carers Identification & Short Breaks - have you had yours yet.? If not ring the Carers Helpline for more information. 0151 670 0777. Monday - Friday 9.00-4.30pm or email: carersbreaks@wired.me.uk

**Patient Advice and Liaison Service (PALS)
Provided to NHS Wirral by Wired**

www.wired.me.uk | 0844 880 1500 | PALS - 0800 054 2137

The Patient Advice and Liaison Service also known as PALS provides a service to help people to sort out any concerns they may have about the care they are receiving, and guiding them through the different services available from the NHS. The service can help sort problems out without the need to make a formal complaint. The service covers:

GPs Pharmacies Opticians Dentists

PALS Offer advice and support to patients, their families and carers, help to resolve problems quickly, listening to concerns, ideas or queries. PALS can arrange for patients to meet with the GP, Dentist, Optician or Pharmacist and accompany them to the meeting if required to resolve an issue. They also pass on compliments about services. The service can be contacted on the PALS helpline 0151 647 4251 or the Freephone number 0800 054 2137. The PALS service is provided to Wirral CCG by Wired and the team are based in Upton.

Just Can't Wait!

The holder of this card has a medical condition and needs to use a toilet quickly.



Please help

Bladder & Bowel Foundation

Finding a toilet when out and about continues to be a priority for many people affected by a bladder or bowel problem, and unfortunately remains one of the reasons why so many cut down on social activities or even stop going out altogether. Our 'Just Can't Wait' toilet card uses what is considered to be a universally acknowledged image for a toilet. This generic image should help limit any embarrassment and ensure there is no confusion about the purpose of the card. It may also go some way to helping holders of the card find and access toilets in situations where English may not be the first spoken language.

For more information telephone: 01536 533255
email: info@bladderandbowelfoundation.org
or visit Bladder and Bowel Foundation



Healthwatch would like to hear your stories. Good or bad they would like to know.

Your stories could help to improve local health and social care services.

Everybody's view is important

download the leaflet [here](#) or for

more information tel: 0151 230 8957
email: info@healthwatchwirral.co.uk or visit
www.healthwatchwirral.co.uk



COMING SOON - NEW SERVICES

Location: Lonsdale Centre,
Seabank Road, Wallasey

Range of adult (18+) services – affordable, private care
Training for carers - including statutory training
Dedicated therapy room - holistic therapies, massage, etc for carers and the care for
Hairdressing at affordable rates for carers and the cared for
Small conference and training facilities including catering discounted for non-profit organisations

Contact us on 0151 630 4017 or
email admin@lonsdaletrustwallasey.org.uk

Do you have mobility issues? Do you care for someone who has mobility issues?

Shopmobility is a scheme that loans manual and powered wheelchairs and powered scooters to members of the public who have limited mobility. These can be used to visit facilities in the local area. Staff and volunteers will help you to decide what equipment to hire and ensure that you receive training to use it safely

Anyone with limited mobility can use this service, so whether you have a permanent impairment, have broken your ankle or are pregnant these services are available to you.

For more information contact Shopmobility on **0151 647 6162**

email: contact@wired.me.uk

web: www.wired.me.uk/Shopmobility.asp



If you have a scooter/power chair you no longer need and would like to donate it to us please contact us on **0151 647 6162**

mencap Wirral Wirral Mencap is providing a range of services and opportunities for people with a learning disability and their families, including

- Social Clubs and Activities
- Personal Development Opportunities
- Information and Support Service for families
- Supported Volunteering Placements

For more information call **0151 666 1829** or see the website www.mencapwirral.org.uk



About the CEA Card

The Cinema Exhibitors' Association (CEA) Card was introduced in 2004 in response to requests from both cinemas and organisations representing disabled people.

The card was developed under the auspices of the CEA's Disability Working Group, comprising representatives from the major circuits and film distributors, independent exhibitors and several national disability charities such as Action on Hearing Loss, the RNIB and the National Deaf Children's Society, along with the CEA's specialist disability advisers.

What does the CEA Card entitle me to? **Answer:** The CEA Card allows you (cared for) to obtain ONE free ticket for the person (Carer) who is accompanying you to enable you to visit the cinema, by providing the assistance you require as a result of your disability, provided you purchase an applicable full price ticket for yourself for the same performance of the same film in the same auditorium. The free ticket is provided on the assumption that the person who accompanies you is able to provide you with appropriate assistance (this might include assisting you in moving around the cinema including finding and taking a seat; helping you evacuate the cinema in the event of an emergency; accompanying and/or assisting you in using the cinema's toilets; assisting you in purchasing refreshments).

For further information please visit www.ceacard.co.uk or contact our help desk: Tel: 0845 123 1292 Minicom: 0845 123 1297 Email: info@ceacard.co.uk



Headway Wirral can offer Information and support to people affected by Acquired Brain Injury, their families and carers.

We provide 2 weekly Drop In opportunities and a Social Support Group for those who have suffered a brain injury and want to socialize in a friendly and supported environment.

We also offer one to one support for carers and families on request.

**For more information Tel : 0750 697 5261
Email: headwaywirral@hotmail.co.uk
www.headwaywirral.org.uk
<https://www.facebook.com/HeadwayWirralGroup>**



Wirral Mind Courses
November & December
2014 - there are still
places available.

The Learning for Growth Project is a valuable community resource helping hundreds of people to achieve better mental health. To request more information please call 0151 512 2200 or click [here](#) to access the course information or visit www.wirralmind.org.uk

Please note that telephone applications cannot be accepted

Useful Contact Numbers for the Holiday Season	
Emergency Social Services Team	0151 677 6557
NHS Direct	0845 4647
Police (none emergency)	101
Samaritans	0845 790 90 90

If you visit www.wirralcarers.co.uk and have any ideas or feedback please contact us. We do appreciate hearing from you. The views and suggestions in this newsletter are those of Individual contributors and not necessarily supported by Wired. Wired cannot accept responsibility for goods and services mentioned in this newsletter.