

# Carers News

Supporting Carers in Peterborough

News



Can  
you  
put  
a  
price  
on  
care?

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December  
2011

Peterborough  
Carers Centre  
has been  
providing support  
for Carers of  
all ages in  
Peterborough for  
over 20 years.

FREE



# How much are Carers Worth? Putting a price on care...

source - [www.carersuk.org](http://www.carersuk.org)



## Valuing Carers 2011

Carers UK published their survey on Valuing Carers. There are over 6 million carers in the UK.

- The economic value of the contribution made by carers is a remarkable £119 billion per year

- This is equivalent to :  
£2.3 billion per week  
£326 million per day  
£13.6 million per hour  
£18,473 for every carer in the UK

Many carers feel very strongly about their contribution to society, which they still feel goes unrecognized. Instead of being supported they find their own individual needs are ignored and overlooked. They have to fight for everything they need and often find the support available is insufficient or very poor. Carers are providing the bulk of community care and they deserve respect, training information and support when needed and they should be treated as professionals as they are the ones caring 24/7.

## Carers UK Recommendations are:

1. Government to take into account the economic value carers are making to society;
2. Protect funding for Social Care services and ring fence money for carers.
3. Take into account the impact and the needs of carers in the caring role.
4. Produce a clear strategy for improving carers incomes, through the improvement of benefits for carers and the person they care for.
5. Government should work alongside employers, the Third sector, community groups, schools and Public Services to ensure carers are identified, recognized and supported throughout society.

It's time to stop emotionally blackmailing carers and support them. What would happen if all carers gave up tomorrow? The country and society would not cope. Carers are the hidden backbone of community care and they need to keep shouting louder and louder, keep writing to your local councilors, MP's and Government, keep on reminding them of your contribution to society and of any problems you come up against in your caring role.

62%

Proportion of carers who have no savings

45%

Proportion of carers depressed about their finances

## Take part in activities or events to help carers!

Carers UK has a range of activities which you can get involved in to help raise much needed funds for carers. From action and adventure challenges to raising money locally, taking part in a raffle or even running the London Marathon! If you need advice or support with your fundraising activities, please contact us on [020 7378 4952](tel:02073784952) or email [fundraising@carersuk.org](mailto:fundraising@carersuk.org).

Whatever you decide to do we would love to hear about it!

Email your stories and pictures to [fundraising@carersuk.org](mailto:fundraising@carersuk.org).

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# The Saturday Drop-in Service

Pop in for a cup of tea and a chat, or If you need help with any paperwork we can help.

Many of you have asked to have a drop-in on a SATURDAY, so here are the dates for next year:

4th February 11 -2pm

21st April 11 -2pm

16th June 11 -2pm

8th September 11 - 2pm

17th November 11 - 2pm

Please give Christine Atkinson a call to book a time.  
01733 342683



## MANAGING SOMEONE'S AFFAIRS

The Carers UK website has a useful section on their website regarding managing someone's affairs, it is specifically for:-

- ▶ people who look after someone aged over 16
- ▶ people who look after someone who lives in England and Wales.

It's for people who look after someone who may not be able to make some decisions for themselves - often referred to as mental capacity. This may be because of dementia, learning disabilities, brain injury or reasons connected with mental illness.

### The key points are:

People should be supported to make their own decisions wherever possible. If the person cannot make a decision, that decision must be made in the person's best interests.

As a carer you have the right to be consulted about any best interest decision made by professionals, such as social workers and health staff.

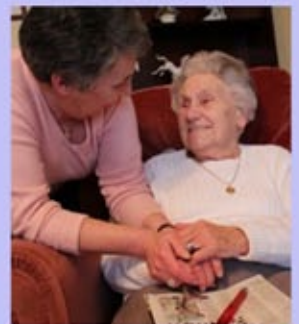
Please visit [www.carersuk.org/help-and-advice/](http://www.carersuk.org/help-and-advice/) for more information and advice.

JOIN FOR FREE

[www.carersuk.org](http://www.carersuk.org)

Online support forum  
24/7, regular news  
updates, and advice  
and information  
about caring

Tel 020 7378 4999



### Care Calculator

Carers save the UK £119 billion a year.

How much is your care worth?

On average I care:

hours a day.

**CALCULATE**

## HOW MUCH IS YOUR CARE WORTH?

The Carers UK website has a **CARE CALCULATOR** that claims to work out how much your care is actually worth. Give it a go, you may be surprised.

Sign up now to show your support and they'll send you a free email information pack on what help is available in your local area and from Carers UK. You'll also get monthly updates offering information, support and campaign news.



# It's that time of year again

## That Time Of Year Again

How fast time seems to go. It's been a very busy year with case work, meetings, trips and activities.

"New ideas for activities for next year will be welcomed with open arms."  
Email, drop me a line or call.

In a review of the carers centre work from January 2010 to December 2010, Debbie and I had completed the following:

- \* 62 x Disability Living Allowance
- \* 9 x Attendance Allowance
- \* 18 x Carers Allowance
- \* 9 x Community Care Allowance
- \* 214 x Home visits
- \* 61 x Carers assessments (to be forwarded to NHS Peterborough)
- \* 30 x Emergency Respite application forms



These are just some of the types of work we carry out on a daily basis. We have also arranged and supported many activities, day trips, raised awareness of carers, taken part in training days, worked alongside other organizations, such as NHS Peterborough, Children's services, Crosskeys, primary and secondary schools, and other Voluntary Organisations. The Sitting Service also continues to provide respite for carers with the dedicated support of volunteers.

We say a very big thank you to all our volunteers who help us to provide the services and also to Neneway Coaches. Jenny is always patient and takes great care of our passengers. Robert sings along to the songs with a little help from Jeanette Porter.

**Many, many thanks; your support is much appreciated.**

Wishing all our carers, volunteers, staff and all other colleagues we work with a very merry Christmas and peaceful New Year.

# All the best for 2012!



# Some useful organisations:

ASSIST UK 0161 238 8776  
(Disability Living Centres) [www.assist-uk.org](http://www.assist-uk.org)



Good Access Guide 01502 566005  
(Accommodation, leisure & Independent living) [www.goodaccessguide.co.uk](http://www.goodaccessguide.co.uk)



Livability 020 7452 2000  
(Supported living, colleges, holiday accommodation) [www.livability.org.uk](http://www.livability.org.uk)



Living Made Easy 0845 130 9177  
(Advice on daily living equipment) [www.livingmadeeasy.org.uk](http://www.livingmadeeasy.org.uk)



Backcare 0845 130 2704  
(Information and support on back care) [www.backcare.org.uk](http://www.backcare.org.uk)



Law Centres 020 7842 0720  
(Legal advice for disadvantaged people) [www.lawcentre.org.uk](http://www.lawcentre.org.uk)



The Parliamentary Ombudsman 0345 015 4033  
(Independent investigation for the public into Government departments) [www.ombudsman.org.uk](http://www.ombudsman.org.uk)



## Carers Sub Group Meetings

30th January  
2nd April  
21st May  
23rd July  
24th September  
19th November



All meetings are from 2pm - 3:30pm at PCVS Carers Centre.

For more information please contact Christine Atkinson on 01733 342683 [christine.atkinson@pcvs.co.uk](mailto:christine.atkinson@pcvs.co.uk)



# **Bridging the Gap of Distance Caring**

One of the key changes in recent times is that family moves all over the country and world, so there is a rise in long distance caring.

Distance caring can affect your:-

- ▶ Health
- ▶ Work
- ▶ Finances
- ▶ Relationships with the cared for
- ▶ Relationships with a partner

Anxiety and stress affects health. Work hours need to be changed, holidays used to visit the cared for, there are financial implications of the cost of travel or losing income due to doing less work and going from full time to part time.

Carers have said: "The fact is that the reality of life today is caring at a distance and working is here to stay. Caring is everyone's business."

## **Top 5 impacts of caring at a distance**

1. Petrol , car servicing and insurance
2. Living with a packed case, ready for the off
3. Not recognized by professionals, as you're not around
4. Massive phone bills
5. No plans of your own e.g. holidays



# Working Groups At PCVS

The Carers Centre is situated in the PCVS office,  
3 Lincoln Court,  
Lincoln Road  
Peterborough  
PE1 2NP

**Carers Drop-In** – Christine Atkinson

Every Monday 1.30 – 3.30 pm

**Parents Together Drop-In** – Sarah Hillier and Nicola Preston

**Support for parents with children who have learning disabilities**

Every Monday 10- 11.30 am

**The Newsflash Group** – Ruth Williams

December 8th 1-3 pm (Learning Disabilities)

**The Network** – Ruth Williams

1st December 12.30 – 2.30 pm (Learning Disabilities)

**Feel safe Group** – Ruth Williams

5th December 12.30 – 2.30 pm (Learning Disabilities)

**Friendship and Social Group** -

12th December 11-1 pm (Learning Disabilities)



Carers & Advocacy

Carers & Advocacy



Peterborough  
CVS  
Council for Voluntary Services

CVS



Volunteer  
Centre

Volunteer  
Centre



Shopmobility

Shopmobility



Direct Payments

Direct Payments

**Coming soon: a Saturday drop-in for carers**

For more information on any of the above please call  
01733 342683



01733 342 683



[www.pcv.s.co.uk](http://www.pcv.s.co.uk)

# Christmas Recipes

Jamie Oliver Eat Your Heart Out

## Christmas Cocktail (lovely)

1/2 cup brandy  
2/3 cup water  
2/3 cup pineapple juice  
1 pint cream soda  
2 cups ginger wine  
Crushed ice

Mix together, put in ice and serve



## Spicy Pubble and Squeak cakes

Spring onions  
Potatoes  
Cabbage/ sprouts  
Any left over veg  
2 tsp curry powder  
Butter

Add butter to pan, add veg and curry powder. Fry until crisp. Serve with either boiled rice or humous, or finish off under grill with cheese over the top.

Quick and easy!



## Dates for your diary - Don't forget..

Wine & Cheese Evening - 5 - 9pm  
on 20th June and 16th August  
National Carers Week starts on 20th June!  
Massage Your Body Training on 13th June  
Pamper Day on Saturday 18th February  
Pub Lunches on 18th July and 12th December



## Useful Telephone Numbers

Peterborough City Council - 01733 747474  
Council Tax & Housing Benefit - 01733 452241  
Bus Timetables - 0871 200 22 33  
Family Information Service - 0800 298 91 21  
Housing Options - 01733 864064  
National Domestic Violence Helpline - 0808 200 0247  
Register Office - 01733 864646



## The Carers Partnership Board

20th February  
23rd April  
11th June  
13th August  
15th October  
10th December

All meetings take place  
in the Sorrento room  
at the Fleet in Fletton

for more information contact  
Debbie Galagher on 01733 758603

