

IF YOU NEED US

If you need some information, are not sure where to go for what, or just want to talk to us, you can usually contact us between 9am–5pm Monday to Thursday on 01509 631783, or you're very welcome to call into John Storer House to see us between 10am and 12 noon Monday to Thursday when our Browsing Area is open. We have a touch screen computer with access to Leicestershire Care On Line, a variety of leaflets and a quiet area for talking. At other times, if we're not in the office, please leave a message at reception and we'll contact you as soon as we can.

CONTACT US

Nita Patel and Joanne Clarke
Charnwood Carers' Service
Voluntary Action Charnwood
John Storer House
Wards End
Loughborough
Leics.
LE11 3HA

www.voluntaryactioncharnwood.org.uk

nita.patel@voluntaryactioncharnwood.org.uk
joanne.clarke@voluntaryactioncharnwood.org.uk

We welcome feedback about what you would like to see in this newsletter – do you have any contributions you would like to make – any thoughts or tips?

If you:

- would like this newsletter in a different format i.e. large print
- know someone who would like to receive information from the Carers' service
- no longer wish to receive our newsletters
- would like to be taken off the database

Please phone us on 01509 631783 or write to us FREEPOST at Charnwood Carers' Service, FREEPOST LE5918, Loughborough, Leics. LE11 0BR



01509 631783



March/April 2010

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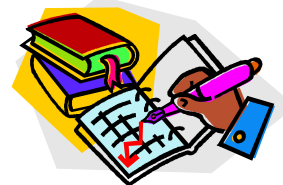
Charnwood Carers' Service News Update

THE FUTURE FOR CHARNWOOD CARERS' SERVICE

You're probably all very aware that Leicestershire County Council has now set its budget for the 2010/2011 financial year and that this has been a very difficult process as a result of stringent efficiency targets. The council needs to ensure that front line services to vulnerable people are maintained, but has to make efficiencies due to reduced settlements from Central Government and the commitment to keep Council Tax increases to a minimum.

We have now been notified that the budget for Charnwood Carers' Service for 2010/2011 will be maintained but not increased and that our current agreement will expire on 31st March 2011. During this period, a review of all services will be carried out and if it is decided to terminate any services, a notice period of 3 months will apply.

We feel that all of this points to a carers' service that may be operated quite differently in the future. We'll keep you posted...



REPORT FROM OUR CARERS' FORUM March 2010

Around 25 carers and members of various local organisations joined us for our latest Carers' Forum at John Storer House in Loughborough, when Kirsten Wood and Kay Hewitt from Latham and Co. talked us through the complex subject of Power of Attorney. This was a subject of great concern to a lot of those present who had many interesting questions for our speakers. The debate continued over refreshments when there was also a chance to meet and chat with carers from around the Borough. Our thanks to Kirsten and Kay who managed to make some very complicated procedures understandable.

If you would like a copy of the notes from the meeting, please get in touch with us.



We'll be hosting more forums at venues around the Borough using topics and issues you have suggested – look out for dates and details in future newsletters and please let us know if there's something you'd like discussed.

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Loughborough Group Meet at John Storer House

Thursday 6th May -
Fingers and Thumbs clay modelling

June— Carers' Week

Thursday 1st July—to be confirmed

Shepshed Group Meet at Charnwood Road Community Centre

Tuesday 20th April -
Visit to Garendon Park

Tuesday 18th May -
Di Deacon Caring with Confidence

Tuesday 15th June—Carers' Week

Sileby and District Group Meet at The Boat Inn, Barrow On Soar

Thursday 29th April -
Surprise! Surprise! and Di Deacon
from Caring with Confidence

Thursday 27th May—to be confirmed

June—Carers' Week

**Richmond Park St Georges Trust
in Loughborough
Holiday Apartment**

14th–20th June 2010



The draw for this year's holiday at the Richmond Park Holiday Apartment in Norfolk made at our last Carers' Forum, was won by Colin Denham—congratulations Colin!



CARER'S CREDIT—NEW!

From 6th April, carers will be able to build up a full basic State Pension based entirely on National Insurance credits. The new Carer's Credit, not to be confused with a benefit payment, will ensure that those people who are caring for more than 20 hours a week are able to build up qualifying years towards their pensions. Applications can be made on form CC1 which can be obtained along with further details from the Carer's Allowance Unit, Palatine House, Lancaster Road, Preston, Lancashire PR1 1HB, or the Benefit Enquiry Line tel: 0800 882 200 or download from www.direct.gov.uk

We're busy planning a series of events for Carers' Week in June.

We will hold our annual Carers' Cuppa on Monday 14th; a chance to get together over tea and cakes with other carers. We have invited the new Mayor and there will also be information stalls to browse.

If anyone would like to get fit, we'll be visiting a leisure and fitness centre with lunch afterwards.

On a more relaxing note, we're planning a lovely afternoon at a local Hotel doing some beaded jewellery making.

We have the opportunity to join

North West Leicestershire Carers Information Service's trip to Gardeners World Live at the NEC in Birmingham, on Friday 18th June. The price of £25.50 for adults and £23.50 for 65+ includes return coach, your entry ticket and Free entry to the BBC Summer Good Food show. Carers admitted free if bringing the person they care for, but will still need to pay £3.50 towards transport.

In order to secure the above tickets, please let us know if you are interested in the trip by Thursday 22nd April. If demand continues after this date, we will try to organise additional tickets and transport.

Caring with confidence training

We hear so many good things from carers who have attended previous “Caring with Confidence” training sessions, that we’re delighted to let you know that the CLASP team are returning to Loughborough in May and June.

Venue: Loughborough Leisure Centre, Browns Lane, Loughborough, Leics. LE11 3HE

Dates (all Fridays 10am—1pm):

Finding Your Way	14th May
Caring and Coping	21st May
Caring and Me	28th May
Caring and Communicating	4th June
Caring and Resources	11th June
Caring Day to Day	18th June
Caring and Life	25th June

If you’d like further details, please contact Di Deacon at CLASP – the Carers Centre tel: 0116 2510 999 or e-mail di@claspthecarerscentre.org.uk or ring us here on 01509 631783 and we’ll put you in touch.

If distance learning might be more convenient for you, read on...

Working in partnership with Caring with Confidence, National Extension College has developed seven self-study workbooks for carers, allowing you to work at your own pace, in a place and time that suits you.

What do I get?

When you register for this programme you will receive seven full colour workbooks which you can work through in your own time.

You can opt for a personal mentor who will contact you when your materials arrive and be available to support you through the programme. Once you have registered and received your materials, you will have access to an online support site where you can talk to other carers and contact the NEC team. The course is not assessed but you can opt for a certificate when you complete each workbook.

Why study with NEC?

National Extension College is an education trust set up to help people fit learning into their lives. NEC has run several carers’ projects offering flexible learning opportunities to carers.

With NEC you can:

- Enrol at any time
- Work at your own pace
- Receive mentor support
- Talk to other carers

How do I register?

For more information and the opportunity to register on the programme please go to:

**www.nec.ac.uk/caringwithconfidence
Tel: 01223 400393**