



C.C.S.G. Newsletter April 2007



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The Carers Support Group C.C.S.G has changed it's phone number, the new contact number is 07807 210913 our e-mail address is remaining the same: ccsg.group@hotmail.com

From April our meeting place for the coffee mornings will also change, they will still be on the second Wednesday each month starting at 11 am but will be held at Egerton Court, Arthur Street Hindley.

We have included a map with this newsletter.

Last month we included a form for you to sign if you wanted to keep receiving the newsletter, after April you will only get the newsletter if you have signed this form or sent us an e-mail giving us your permission.

Carers Allowance Troubles

Because of the national minimum wage rise in October many carers who are also earning a wage could lose their Carer's Allowance and will no longer be eligible to claim it.

Those affected may have to reduce their working hours to less than 16 per week to bring them back under the threshold, but they would then lose out on tax credits.

At the moment there are an estimated 40,000 people who earn a wage and receive Carer's Allowance.

This situation should be alleviated in April when the earnings threshold for Carer's Allowance is due to rise, meaning those affected will again be able to claim it. However, if the minimum wage rises again next year, carers will once more be placed in the position of losing Carer's Allowance in October and having to re-apply in April.



On the 30th of March we are sadly saying goodbye to Mike Mills, Mike has been with Crossroads since day one in Wigan and Leigh and when you think of Crossroads you think Mike Mills, Mike is leaving due to the pending merger with St Helens, we all have a lot to thank Mike for, not only for his dedication to Crossroads but also for all the free time and help he has given to so many people and groups, we would all like to wish Mike well for the future, the support group would also like to thank him for all his help and support and for giving us a good home.

Purple Grape Juice.

It is the most effective of all fruit juices at preventing heart disease and cancer, according to research.

A glass of purple grape juice a day is the most effective of all fruit juices at preventing heart disease and cancer.

Scientists have found it had a high concentration of antioxidants, chemicals which help to neutralise unstable oxygen molecules called free radicals, these molecules can harm cells, playing a role in everything from ageing to cancer.

It has long been known that fruit contains antioxidants called polyphenols, but researchers at Glasgow University wanted to see how much remained once fruit had been turned into juice.

They tested 13 types from a supermarkets, including pomegranates, grapefruit, apples, pineapples and tomatoes, a mixture of non-concentrate and concentrated varieties.

A drink made from purple Concord grapes had the greatest level of antioxidants, with cloudy apple, tropical and cranberry juices coming in next.

Generally the darker juices were best and purple grapes having the highest levels of polyphenols, according to the study.

The winning juice, Welch's Purple Grape, was made from a variety of grapes known as Concord which are native to North America. These contained as many antioxidants as Beaujolais red wine, the next best drink was Copella's cloudy apple juice.

The researchers said that it might not just be the amount of antioxidants, but also the type contained in a juice, that determine its potential health benefits.

If you have something you would like putting on the website contact me on ccsg.group@hotmail.com

Patients will be able to use mobile phones in hospitals within weeks after ministers admitted they can be used safely.

Health service trusts banned the phones because of concerns that electromagnetic radiation would interfere with medical equipment, now the Department of Health says mobiles can be used except near some specialist equipment.

It could mean an end to the bedside calls from private company phone lines that can cost patients and relatives up to 50p a minute.

Health Minister Andy Burnham has said that as technology has moved on it is right that we update guidance on mobile phones to reflect that, patients and staff should be able to use mobile phones, where it is appropriate and subject to medical and privacy considerations.

He sees no reason for trusts to have an outright ban on mobile phones especially in communal areas and updated guidance will make that clear, although NHS trusts will be responsible for formulating their own policy on mobile phone usage.

We have put a new guide on the books and guides page of the website called Making Decisions the guide covers the mental capacity act and is a guide for family, friends and other unpaid carers, it also outlines the law under the act. www.wigancrossroads.org

Don't wait until your in crisis to get help.

If you're finding it difficult to cope as a carer, don't wait until a crisis before asking for help.

The first thing you should do is to get assessed as a carer.

Contact your council and they will organise to have a chat with you, probably in your own home.

Your council will assess the whole situation and work with you to draw up a plan.

You will probably be entitled to a care allowance and there could be other benefits waiting for you to claim them.

Your council will also help to ensure that the person you're caring for is receiving all benefits that are due them.

The home of the care user could be adapted to make caring easier.

Other carers may be sent in to help, or the care user could be taken off to a day centre from time to time, to give you a rest. You could even be helped to take a short break. CSCI Copywrite.

From 6th April 2007, the right to request flexible working has been extended to carers of adults as well as parents of young or disabled children. Flexible working patterns can allow employees to manage both work and their caring responsibilities, and include:

- flexible starting and finishing times
- compressed working hours
- annualised working hours
- job sharing or part-time working
- homeworking and teleworking
- term-time working

Carers of people with severe learning disabilities in Halton will have their respite time slashed following the reduction in size of the Runcorn respite centre.

The Croft respite centre in Halton Village is due to close for up to eight weeks to undergo work to transform it from a six-bed unit to a four-bed unit, the Commission for Social Care Inspection raised concerns regarding space at the centre. Following a study by Halton and St Helens Primary Care Trust, the owners of The Croft, have had to make a decision to cut the number of beds by two.

If you are a long term sufferer of pain and find it difficult to get the right information you need this website might help,

www.controlpain-livelif.com

The site tells you about the sort of tests your doctor might carry out and information about a wide range of treatment options, they say that if you understand pain, you can work together with your doctor to find ways you can keep pain under control, they cover a wide range of complaints and conditions.

Another useful site is

www.moneymadeclear.fsa.gov.uk

this site gives impartial information on money matters, this is a no fees site, just the facts, this is a good site, tells you about all kinds of things we have to deal with every day, we have included a link to this site on the links page of our website. www.wigancrossroads.org

Commission for Social Care Inspection

Complain about a care home or care service

If you would like to make a complaint about social care services provided through a local council, you need to contact your local council directly.

Your local council is legally required to have a complaints procedure about the social services it provides. The C.S.C.I. will encourage you to tell the care service provider your concerns so they can put things right.

They understand that some people are worried about sharing their concerns and complaints with providers. In these cases, you can contact C.S.C.I. What they will do is:

They will write to you to confirm that they have received the information you have given them.

They will then look at the information and decide how to respond.

They are responsible for making sure that providers meet the regulations and standards that apply to them.

If the provider is not meeting those regulations and standards, they will take further action. They may ask the provider to investigate, or they may look into it themselves.

What happens next?

If they find evidence that the provider has not met the regulations, they will tell them what they must do to put things right.

They use their inspection powers to find the information they need to make these and other decisions.

How long will it take?

They will aim to complete their enquiry within 20 working days. If they are not able to do this, they will keep you informed of what is happening and why.

Who else can help?

If the care you are receiving is paid for by your local council, you may be able to use the statutory social services complaints procedure.

Speak to their complaints manager, who can tell you how to do this. (C.S.C.I copywrite)

Disabled child Families Live in Poverty

The Institute for Public Policy Research has just published a report and found that 29 per cent of people with disabled children lived in poverty in 2002/3 compared with their non-disabled counterparts and 21 per cent of all households.

The study suggested that if the number of disabled children continues to increase at the same level that it did between 1975 and 2002, it will rise from 770,000 in 2002 to 1.25m by 2029.

The Carers Support group are planning day trips out to the Lake District and also a trip to Chester Zoo, you can put your name down now by either phoning on 07807 210913 or by e-mailing ccsg.group@hotmail.com (It's up to you to book)

Pound of Cheese and a plaster cast please

People will be able to combine a trip to the supermarket with a visit to the doctor under plans being announced by Tony Blair.

The Prime Minister will call for high street giants like Tesco, Boots and Virgin to bid to run GP surgeries on their premises.

Doctors would be encouraged to open the clinics from 8am to 8pm, in line with the opening hours of many supermarkets.

The contracts for running the surgeries would be worth £225 million over five years.

Critics have accused the Government of destroying patients' access to GPs by allowing family doctors to opt out of out-of-hours working.

The plans are part of a drive by the Government for greater use of GPs surgeries for treatment, including offering people minor procedures at their local clinic instead of at hospital.

NHS Direct is already available by phone, on the web and on Sky Digital. Now, you can also get the best bits of NHS Direct straight to your Freeview box.

The new service is absolutely free for anyone who has Freeview in their home. All you have to do is pick up the remote and go to Channel 108.

The NHS Direct Interactive service on Freeview will provide you with the latest news on current health issues, answers to common health questions and feature articles about long-term health conditions.

They also have advice on looking after yourself, including topics such as eating well, exercising and giving up smoking, you'll also be able to find general information about NHS services.

C.C.S.G's shared objective is to provide a welcoming and sympathetic environment for carers. So why not give us a ring on 07807 210913 or email us on ccsg.group@hotmail.com or you could join us at a coffee morning.

New legislation introduced on 4 December 2006 means that disabled people have, for the first time, the right to be treated fairly and the right for reasonable adjustments, on buses, coaches, trains and taxis. The new law will also apply to car hire and breakdown services.

The legislation extends Part Three of the Disability Discrimination Act (DDA) 1995. It means that disabled people have the right not to be treated unfairly on buses, trains and taxis and for transport providers to make their services user-friendly to disabled people. This closes a major loophole in the law. Previously, a disabled person could be refused entry onto a bus or train merely because of their disability or long term health condition. There are time limits for when all the above has to be in effect, you can read the full document on the DRC's website or on the books and guides page of our website: www.wigancrossroads.org

Without the right support caring can seriously damage your health, whether it is exhaustion through lack of sleep, a bad back through heavy lifting or a heart condition through many years of caring without a break. 625,000 carers suffer mental and physical ill health as a direct consequence of the stress and physical demands of caring. It is important that carers look after their own needs as well as the person they care for. A support group could be one answer, why not try C.C.S.G, come to a coffee morning, and they are free.

Did you know.

While humans and most species are divided into only two sexes, mushrooms contain over 36,000 sexes, and that The Blue Whale's tongue weighs more than an adult elephant.

The Three Towns Operatic Society
Are presenting Johann Strauss's
The Gipsy Baron at
Lowton Civic Hall 15th - 19th
May 2007.

Tickets are £7.00 & £9.00 and
concessions are available,
for tickets and more information
phone 01942 883722

A woman was trying hard to get the ketchup to come out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. "It's the minister, Mommy," the child said to her mother. Then she added, "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."

The Carers Support Group can now offer extra visits from Crossroads care support workers as support in case of bereavement, this is not bereavement counseling, it is in the form of additional visits to help and offer support during times of loss.

For more information contact Crossroads or the support group on 07807 210913

C.C.S.G. 
Community Foundation
for Greater Manchester

Coffee mornings.

All coffee mornings start at 11.am on the second Wednesday of every month at Egerton Court, Arthur Street, Hindley.

Your welcome to join us.

Don't forget if you want to keep receiving the newsletter you will have to let us know by writing in or e-mailing us.

ccsg.group@hotmail.com

If you have anything you would like to see in the next newsletter, a poem or a story, an article, your favourite recipe.

Please E-mail it to:

ccsg.group@hotmail.com

or contact us on 07807 210913

All the views expressed in the publication are individual and not necessarily the view or policy of Crossroads, the Crossroads support Group or its supporters.

Editor. John Booth.

Building the future together-In partnership with Wigan Council.

