

Crossroads Carers Support Group (C.C.S.G.)

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Registered Charity Number 1123043



Available Online

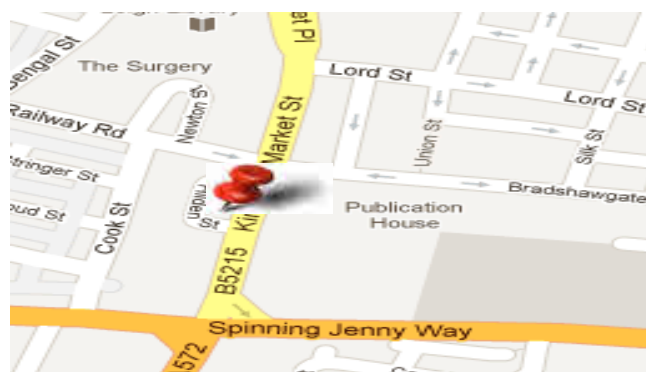
On behalf of all of the committee I would like to wish all our members a

HAPPY 2016

Why not join us at one of our coffee mornings.

What can you expect?

- A friendly welcome on arrival.
- Opportunity to get to know others and share experiences.
- Free refreshments.
- Time to socialise, make new friends.
- Entertainment, quiz or an activity and a raffle.



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AT KINGSLEIGH METHODIST CHURCH, KING STREET, LEIGH

WE OPEN AT 11. A.M.

WEDNESDAY February 10TH

WEDNESDAY March 9TH

Wednesday April 13TH



Website address: www.ccsgsupport.com

Skipton Weekend Break

What a great weekend we had at the Rendevous Hotel in Skipton. A welcome break for a group of our carers. We had a couple of raffles and a quiz which members on the right couldn't wait to start.



We visited Ostletwislte Mill on the way to Skipton for lunch and shopping.

There was time for shopping in Skipton before relaxing back at the Hotel.

We called at Boundary Mill before heading home.

CARERS RIGHTS DAY

CCSG was there on the day giving out information on carers rights Wigan Coucil, Wigan and Leigh Carer's Centre and Wigan and Leigh Young Carers have joined together to create a Carers Discount Card for Carers in the Wigan Borough. A wide range of shops, services, restaurants And gyms are taking part. Discounts vary but are usually between 10- 30 %.

To receive your discount card and a list of participants and discounts Simply register with Wigan and Leigh Carers Centre.



GUARDIAN ANGELS



YOU'RE INVITED!

To pass this referral card to anyone with Dementia in the borough of Wigan. This entitles them to 2 free Guardian Angel devices of their choice to protect them when out alone.



PROGRAMMING DAYS: TUESDAYS AND FRIDAYS
TIME: 10:00AM - 12:00PM
WHERE: PROSPECT HOUSE, 32 BOLTON ROAD, ATHERTON, M46 9JY

Find out more info at:

www.dementiabuddy.co.uk - help@dementiabuddy.co.uk - 01942 888990

Official Partners:



C.C.S.G. Tel: 07807 210913



Christmas Party 2015

I think I can say what a great Christmas Party we had at the Whistling Wren in Leigh.

Below are some photos of the day.

I hope everyone had a nice Christmas and are looking forward to a Happy New Year.



MONEY MATTERS

Every year, more than two million people take on a new caring role. Many struggle to navigate the maze of services and entitlements, and miss out on financial and practical support as a result. It's not just people who are new to caring even those who have been caring for years sometimes aren't aware of all their entitlements. Earlier this month a report from Carers UK and the University of Sheffield found that 6.8 million people who provide unpaid care for a disabled, seriously-ill or older loved one in the UK save the state £132 billion a year close to the cost of a second NHS.

Legal Rights for Working Carers

The Work and Families Act 2006 and the Employment Rights Act 1996 give working carers rights to help them manage their work and caring role, including the right to request flexible working.

* Right to request flexible working

Flexible working patterns can help employees manage their work and caring responsibilities. Flexible working can include: compressed or annualised working hours; term-time working; job-sharing; part-time working; homeworking or teleworking. You have the right to request flexible working if you have 26 weeks continuous employment and:

* you are a parent of child aged under 17, or a disabled child under 18 (child must receive DLA/PIP)

* you are a carer. Under the Act the definition of carer is that you must be or expect to be caring for a spouse, partner (who you live with), civil partner or relative, or live at the same address as the adult in need of care.

ACAS has produced a booklet *The Right to Apply for Flexible Working* which is available via its web site www.acas.org.uk



Approaching retirement?

Not sure what to do?

Talk to us about Pension Wise – a free and impartial government service providing guidance and information on the new pension freedoms.

pensionwise.gov.uk

For an appointment call: 0300 330 1001



Please remember to tell us if you move or change your e-mail address, We won't know if you don't tell us and you won't get the newsletter or any other information from the group

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YOUR HEALTH MATTERS

Getting help

If you're not sure which NHS service you need, call [111](tel:111).

An adviser will ask you questions to assess your symptoms and then give you the advice you need, or direct you straightaway to the best service for you in your area.

Did you know that BT's 195 directory enquiries service is free for anyone who isn't able to read or hold a telephone directory, due to illness or disability? People can apply for this free service by calling 0800 587 0195 between 9am and 4:30pm Mon-day to Friday, to request an application form.

The form will need to be countersigned by a medical professional who knows the applicant, they may be your doctor, nurse or other medical practitioner.

Change4Life Sugar Swaps app

The Change4Life Sugar Swaps app is designed to show quickly and easily how much sugar is in the food and drink you're having. Just scan the barcode and see how much sugar it contains.

- See how much sugar is in a product
- Keep track of the last 10 products you've scanned
- Share the amount of sugar in things via Facebook

[Download from iTunes](#) [Coming soon to Google Play](#)

Hospital Passport

This document is intended to assist hospital staff to provide people on the Autistic spectrum with the best possible healthcare whenever they visit hospital. See the link below or call National Autistic Society on 07435 970 301 <http://www.autism.org.uk/living-with-autism/out-and-about/my-hospital-passport.aspx>

Parkinson's UK has a new booklet called Thinking about Advanced Parkinson's, with Information and advice on living with or caring for someone in the later stages of the condition. Call 0845121 2354 or download it at <http://www.parkinsons.org.uk/content/thinking-aboutadvanced-Parkinsonsbooklet>

CAN YOU REGISTER AS A BLOOD DONOR

Residents of the borough are being asked to register as a blood donor. NHS Blood & Transplant is calling on 100,000 new volunteers to show their support in a way that really matters by signing up.

Each blood donation can save the lives of up to three people. If you are 17 or over, visit www.blood.co.uk or call 0300 1232323 to find out if you are eligible to donate, register as a donor and book an appointment.

MENTAL HEALTH AND WELLBEING DIRECTORY

This section is a dedicated online directory for Mental Health and Wellbeing Services, activities and Groups. If you are looking for help, then the aim of the Mental health and Wellbeing directory is to help people find their way through the maze of mental health and wellbeing options.

This site should be useful if you are looking for yourself or to help a friend or family member.

More details at www.5boroughpartnership.nhs.uk/our-mental-health-and-wellbeing-directory

YOUNG CARERS

National Apprenticeship Scheme

0800 0150 600.

www.apprenticeships.org.uk

Skills Solutions

Skills Solutions is the largest work-based learning provider in Greater Manchester, and is one of the largest providers of Apprenticeships in the North West. Call them on **0161 233 2656** to see if they have an apprenticeship that's right for you.

Looking For WORK

Wigan Youth Zone 01942 612061

Enterprise and Employability Youth Worker Sikander Ali
From our dedicated Enterprise Suite he runs our job clubs, CV workshops, application and interview training and apprentice opportunities.
Wednesday Drop In 4-8 pm. Cost 50p

National Careers Service

0800 100 900.

www.nationalcareersservice.direct.gov.uk

HELPLINES

Childline 0800 111 ,For Anyone aged 18 or under who wants to talk day or night talk about any problem. You can make up a name, they keep everything private and it doesn't show up on BT 'telephone bills'.

Samaritans 0345 909090 For anyone in distress or suicidal. They will listen day or night and keep everything private.

Talk to Frank 0800 776600 Yes Confidential advice or information for anyone with a drug problem, their own or someone in the family e-mail: frank@talktofrank website: www.talktofrank.com

Alateen

Alateen is for teenage relatives and friends of alcoholics. Alateen is part of Al-Anon.

For details of local Alateen meetings contact 0207 7593 2070. Website: www.al-anonuk.org.uk/alateen

Brook Confidential sexual health advice to the under 25's 01942 614390

If you would like to donate to the Group

Please go to <https://www.justgiving.com/ccsg> or scan code here

This is our Just Giving web-site donations page.

Your donation big or small will help us to continually improve and expand our support to carers.



FUNDRAISING

Thank you to Pauline and Andrew for Raising £91 by holding a raffle. Thanks to those who donated prizes for the day.



If you would like to register with the Group please fill in the form below and post it back to us or hand it in at one of our Coffee Mornings.

CROSSROADS CARERS SUPPORT GROUP REGISTRATION FORM

CARERS DETAILS

Name:		
Date of birth:		
Current address:		
Postcode		
Email:	Phone:	Mobile:

CARED FOR DETAILS

Name	
Address:	Date of birth:
What kind of care is provided and how often:	

Who do you care for? What is your relationship to them?

GP NAME AND ADDRESS

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HOW WOULD YOU LIKE TO BE CONTACTED BY US

Telephone:	Post:	Face to Face:	Email:
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DO YOU WANT ANY SPECIFIC INFORMATION

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Signature	Date:
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