

Crossroads Carers Support Group

Newsletter Spring Issue 2014

Registered Charity
Number 1123043

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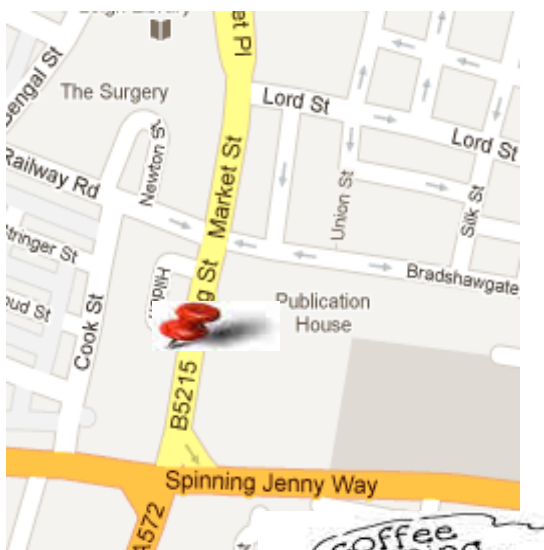
E-mail: ccsg.group@hotmail.com



Welcome to our Spring Newsletter

I would like to wish everyone a Happy New Year and I hope this year will be a good one for us all. I am sure the Group would like to thank the committee members who have worked hard over the last year.

I have enjoyed Editing the Newsletter over the last year and would welcome any feedback or ideas for forthcoming Newsletters for this year. It is after all a Newsletter for carers by carers.



WHY NOT COME ALONG TO OUR INFORMAL COFFEE MORNING
AT KINGSLEIGH METHODIST CHURCH, KING STREET, LEIGH
AND ENJOY A WARM WELCOME AND AN OPPORTUNITY TO CHAT

WE OPEN AT 11. A.M. Wednesday 12 th March

Wednesday 9th April

Wednesday 14th May

Website address: www.ccsgsupport.com

CHRISTMAS MEAL



Thank you to all the carers who attended our Christmas meal at the Woodside Inn Leigh. Everyone enjoyed the meal and thanks to the staff for their service and to Father Christmas who made an appearance.



See you all next year.

HEALTH

Reducing stress for parent carers and their families

Support organisation **Contact a Family**, has a new website section for carers, families and friends, offering useful 'stress busting' tips, including advice and personal stories from other carers. Visit www.cafamily.org

Complaining about care

If you are dissatisfied with the services you receive from any Statutory, voluntary or private social care service provider, apart from complaining directly to your service provider, you can also complain to the Commission for Social Care Inspection (CSCI)
CSCI Tel: 0845 015 0120
Email: enquiries@csci.gsi.gov.uk

Personal Health Budgets

Personal health budgets are being introduced by the NHS to help people manage their care in a way that suits them. From April 2014, anyone receiving NHS continuing healthcare will have a right to ask for a personal health budget.

A personal health budget is an amount of money to support your identified health and wellbeing needs, planned and agreed between you and your local NHS team. The aim is to give people with long-term conditions and disabilities greater choice and control over the healthcare and support they receive.

Personal health budgets work similar to personal budgets that many people are already using to manage and pay for their social care. Together with your NHS team (such as a GP) you will develop a care plan. The plan sets out your personal health and wellbeing needs, the health outcomes you want to achieve, the amount of money in the budget and how you are going to spend it. You can use a personal health budget to pay for a wide range of items and services, including therapies, personal care and equipment. This will allow you more choice and control over the health services and care you receive. You don't have to change any healthcare or support that is working well for you just because you get a personal health budget, but if something isn't working, you can change it.



9th April Annual General Meeting

On Wednesday the 9th of April it will be our Annual General Meeting at Kingsleigh Methodist Church in Leigh and I hope to see all our members there. We are hoping to invite other organisations on the day who will provide information relevant to carers.



You can receive this Newsletter by email. If you would like to receive it by email you can Let me know by emailing the group at ccsg.group@hotmail.com or Telephone me on 01942870364

Just For Fun

AVAILABLE NOW - CLASSES FOR MEN OPEN TO MEN ONLY

Note: due to the complexity and level of difficulty, each course will accept a maximum of 8 participants. Lunch will be provided as will instructions as how to take lunch from its packaging without a woman to hold it for you.

DAY ONE

TOILET ROLLS - DO THEY GROW ON THE HOLDERS? Roundtable discussion

DIFFERENCES BETWEEN LAUNDRY BASKET & FLOOR Practising with hamper

DISHES & CUTLERY; DO THEY LEVITATE/FLY TO KITCHEN SINK OR DISHWASHER BY THEMSELVES? Debate amongst a panel of experts

REMOTE CONTROL Losing the remote control - Helpline and support groups

LEARNING HOW TO FIND THINGS Starting with looking in the right place instead of turning the house upside down whilst shouting

DAY TWO

EMPTY MILK CARTONS; DO THEY BELONG IN THE FRIDGE OR THE BIN? Group discussion and role play

IS IT GENETICALLY IMPOSSIBLE TO SIT QUIETLY AS SHE PARALLEL PARKS? Driving simulation and anger management

LIVING WITH ADULTS; BASIC DIFFERENCES BETWEEN YOUR MOTHER AND YOUR PARTNER Role playing and slideshow

HOW TO BE THE IDEAL SHOPPING COMPANION Relaxation exercises, meditation and breathing techniques

REMEMBERING IMPORTANT DATES & CALLING WHEN YOU'RE GOING TO BE LATE Bring your phone to class

GETTING OVER IT; LEARNING HOW TO LIVE WITH BEING WRONG ALL THE TIME Individual counsellors available

RECIPE CORNER

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Start by preparing the potatoes. Boil them for about 10 to 15 minutes until they're soft, then drain them and mash with a little milk.
3. To make the sauce, mix the milk, low-fat spread and flour in a small pan and warm over a medium heat. Stir continuously until the sauce starts to bubble and thicken.
4. Pour the sauce over chunks of fish in an ovenproof dish, then top with mashed potato and sprinkle the cheese over the top.
5. Bake in the centre of the oven for 30 minutes, until the top is golden brown. Serve with broccoli.

You can use any kind of white fish, such as cod or haddock, or even salmon to make this tasty and filling fish pie. Salmon is a good source of vitamins A and D. Serves 4 Time: 60 minutes

Fish Pie Ingredients

- 700g potatoes, peeled and diced
- 4 fillets of haddock (or any kind of white fish or salmon)
- 425ml 1% fat milk
- 25g low-fat spread
- 25g flour
- 25g reduced-fat strong hard cheese
- 320g broccoli (to serve)



BENEFITS

Need help with Loan Sharks

Call the 24/7 confidential hotline **0300 555 2222**
Before loaning money from someone, check they are licensed at:

**Consumer Credit Register on 020 7211 8608,
Monday to Friday 9:30am to 4pm**

10% discount – Pictures to Share

Carers Trust is offering a 10% discount on products to support carers of people with dementia, through their partnership with Pictures to Share. Pictures to Share is the leading UK specialist providing books, DVDs and pictures for people with dementia. They are designed to make communication easier, reduce boredom, depression and isolation, help with difficult behaviour, encourage reminiscence and provide an enjoyable activity. To view the products and claim your 10% discount visit the Carers Trust website: www.carersenterprises.org

Free Rail Travel

If the person you care for is eligible for a Disabled Person's Railcard, which allows them a third off the price of rail tickets, a Carer or anyone else travelling with them will also get the discount. Certain criteria must be met to qualify for the rail cards which are issued for either a one year or three year period. For further information see webpage

<http://www.disabledpersons-railcard.co.uk/>

telephone 0845 6050525 (7am—10pm Monday to Sunday) or email disability@atoc.org

Why not take a look at www.gov.uk/energygrants-calculator

to check what money and other help you maybe able to access to reduce your energy costs.

WHATS GOING ON

C.C.S.G. SPRING FAYRE

**SATURDAY 26th April at
KINGSLEIGH METHODIST CHURCH
KING STREET LEIGH
OPPOSITE LEIGH BUS STATION**

10 A.M. UNTIL 4 P.M. FREE ENTRY

Come along and support us on the day.
Donations would be appreciated. Tel 01942 870364

LEIGH ARTHRITIS CARE SUPPORT GROUP

Invites you to come along to support people with Arthritis carers family & friends and we would like to meet or help others who have it to, please come to our friendly support meetings
Kingsleigh Methodist Church King St Leigh
1.30pm – 4pm Wednesday 19th March 2014
Rheumatology Nurse Pamela Johnson
Patient Centered Approach to Care, the role of a Rheumatology Nurse in the Multi Disciplinary Rheumatology Team

Leigh Prkisons Support Group

Meeting venue

Kingsleigh Youth Centre
King Street Leigh
WN7 4LR

Day

Fourth Wednesday of the month

Time 1.30pm-3.30pm

Leigh Dementia Cafe

**Leigh Cricket, Tennis and Bowling Club, Beech Walk, Leigh
On the third Wednesday of every month. 10.30 a.m. To 12.30 p.m.**

**Wigan & Leigh District Society For The Blind
Weekly Social Group meet on Tuesday Lunch time
Atherton and Wigan venues.
Call ANNE for more details on 01942 242891**

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

Young Carers and Education

Several recommendations from The Carers Trust re young carers experiences of Education include;

Schools should appoint named Carer leads to help pupils reach their potential when they are carers.

Schools should have a framework of support for young carers which is part of School policy.

Schools should have a policy and Strategy re Bullying specific to Young carers.

Schools need to identify young carers and look at the impact their caring has on their Education

When young carers are absent due to their Caring role then Schools should record this as a reason for absence.

Are you a young carer?

A young carer is someone aged 18 or under who helps look after a relative who has a condition, such as a disability, illness, mental health condition, or a drug or alcohol problem.

The majority of young carers look after one of their parents or care for a brother or sister.

They do jobs in and around the home, such as cooking, cleaning, or helping someone to get dressed and move around.

Friends of Young Carers (Wigan & Leigh)
Allan Taylor House 27 Charles Street Leigh
Lancashire WN7 1DB

T: 07546487063

E: info@friendsofyoungcarers.co.uk

*Note: We are not always in the office, please call or email us to arrange an appointment

Telephone Contacts For Carers

- Greater Manchester Police ring 0161 873 5050 Non Emergency
- For fire, police, ambulance emergencies ring 999 **Emergency**

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UTILITIES

- Gas Escapes - Transco **0800 111 999**
- Gas - Greater Manchester Fire and Rescue **01942 650 127**
- Electricity Supply - United Utilities **0800 195 4141**
- Water Supply - United Utilities **0845 746 2200**
- Wigan Infirmary Accident and Emergency **01942 822 440**

HEALTH Dental Emergency - In Normal Hours **0845 603 8504**

Dental Emergency - Out of Normal Hours **0845 603 8504**

WIGAN COUNCIL (General Enquiries) Phone:01942 244991 **Minicom: 01942 404141**

By Post: Wigan Council, Town Hall, Library Street, Wigan, WN1 1YN Web: www.wigan.gov.uk

- **Housing Benefits & Council Tax Benefit - 01942 828644** Council Tax - **01942 828696**
- **Adult Social Care - 01942 828777**
- Children & Young People's Services - **01942 486123** **Housing Repairs - 01942 705040**
- Family Information Service - **01942 828644**
- Wigan Environmental Services - **01942 404364** Adult Services out Of Hours **0161-834-2436**

Local Organisations

Age Concern Leigh - 01942 607 337 Wigan - 01942 241 972

Citizens Advice Bureau - 08701 264459

Wigan & Leigh Embrace (formerly Scope) - 01942 513 053

Think Ahead Community Stroke Group - 01942 824 888

Lowton, Golborne & Ashton Mencap - 01942 608 942

Pensioners Link - 01942 261 753

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

Please Email 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 the

support group or its supporters.

Editor. Andrew Shacklady

This service is supported by Wigan Council.



**You can access the Website
by scanning the
QR Code below.**

