

Crossroads Carers Support Group

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Registered Charity Number 1123043



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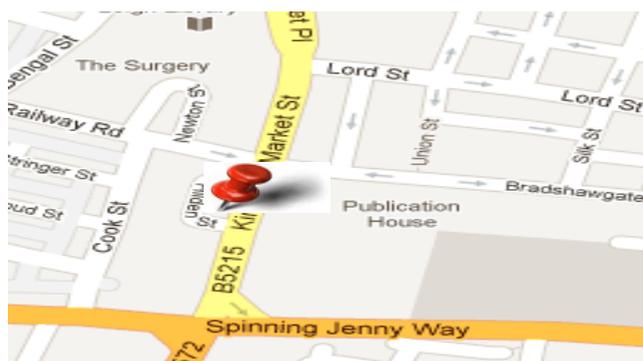
Welcome to our new spring Newsletter. I hope you are all well.
A new season and lets hope warmer weather.
We are looking forward as a Group to providing new
Opportunities for our members over the coming year.

ANNUAL GENERAL MEETING

It was wonderful to see so many of our members who attended our AGM on the 8th of April and made the day such a success.

See Page 2.

The Committee was formed. Meet them in our next issue.



WHY NOT COME ALONG TO OUR INFORMAL COFFEE MORNING

AT KINGSLEIGH METHODIST CHURCH, KING STREET, LEIGH

WE OPEN AT 11. A.M.

WEDNESDAY 13TH MAY

WEDNESDAY 10TH JUNE

WEDNESDAY 8TH JULY

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ENJOY A WARM WELCOME AND AN OPPORTUNITY TO CHAT

Website address: www.ccsgsupport.com

Annual General Meeting 2015

It was wonderful to see so many of our members who attended our AGM and made the day such a success.

It has been a positive year for our group in difficult times. There is limited respite opportunities in the Borough for carers and we are the only group that offers weekend breaks for young carers.

In August we took 24 young carers to the PGL outward bound centre. Can I thank Andrew, Barbara, David, Janet, Mike and Nicola for giving their time up.

We will be arranging Day trips and respite weekends in the near future. Watch this space.

I would like to say a very big thank you to all the members of the committee for all their hard work over the last year.



Three young carers
Winning a raffle prize



Josh (young carer) gave feedback to members about his Weekend away at PGL.

He thanked the volunteers from CCSG and the PGL leader Tristan.

He said;

“I had a brilliant weekend. I enjoyed the giant swing, raft building, quad biking, archery and climbing.”

“It was a brilliant weekend and when can we do it again”.



Janet Burtonwood presents a flower arrangement to Bridget Whittle who was instrumental with a group of carers setting up C.C.S.G.

MONEY MATTERS

A Will Is Not Enough!

Douglas Murray, Estate Planning Practitioner at Collective Legal Solutions

Preparing for the future involves more than just writing a Will.

The right advice could help you protect what you've worked hard for, ensuring an inheritance for your loved ones.

Long-term care fees

According to the Dilnot Commission in 2010 more than 45,000 homes are sold each year to fund care, with one in 10 people (or one in five couples) shouldering care costs of at least £100,000. The rules are changing in 2015, but they are complex and few are expected to really benefit – planning and protecting what you've worked hard for has never been more important.

Without an Enduring or Lasting Power of Attorney in place, a long, complex, intrusive and expensive court process awaits your loved ones to gain control of your affairs. What next?

Planning for the future requires far more than just writing a simple Will.

If you fail to plan effectively, there could be little left to pass on.

Members of CCSG can receive further information or a free home consultation with me by simply calling Collective Legal Solutions on 0800 110 5221 and quoting 'DM1401'.

CARERS ASSESSMENT

Do have new rights as a carer. From April 2015 you will be entitled to a carer's assessment where you appear to have needs, which matches the rights of the person being cared for.

This is different to the current situation where you have to show you provide 'regular and substantial' care to be entitled to a carer's assessment.

From April 2015 carers will also be entitled to support if they meet the eligibility criteria, unlike the current situation where the local authority have 'power' to provide support to carers (which means it doesn't have to).

You do not lose any rights you currently have as a carer.

If you would like an Assessments & the Care Act factsheet you can download a copy from the Carers UK website. <http://www.carersuk.org/help>

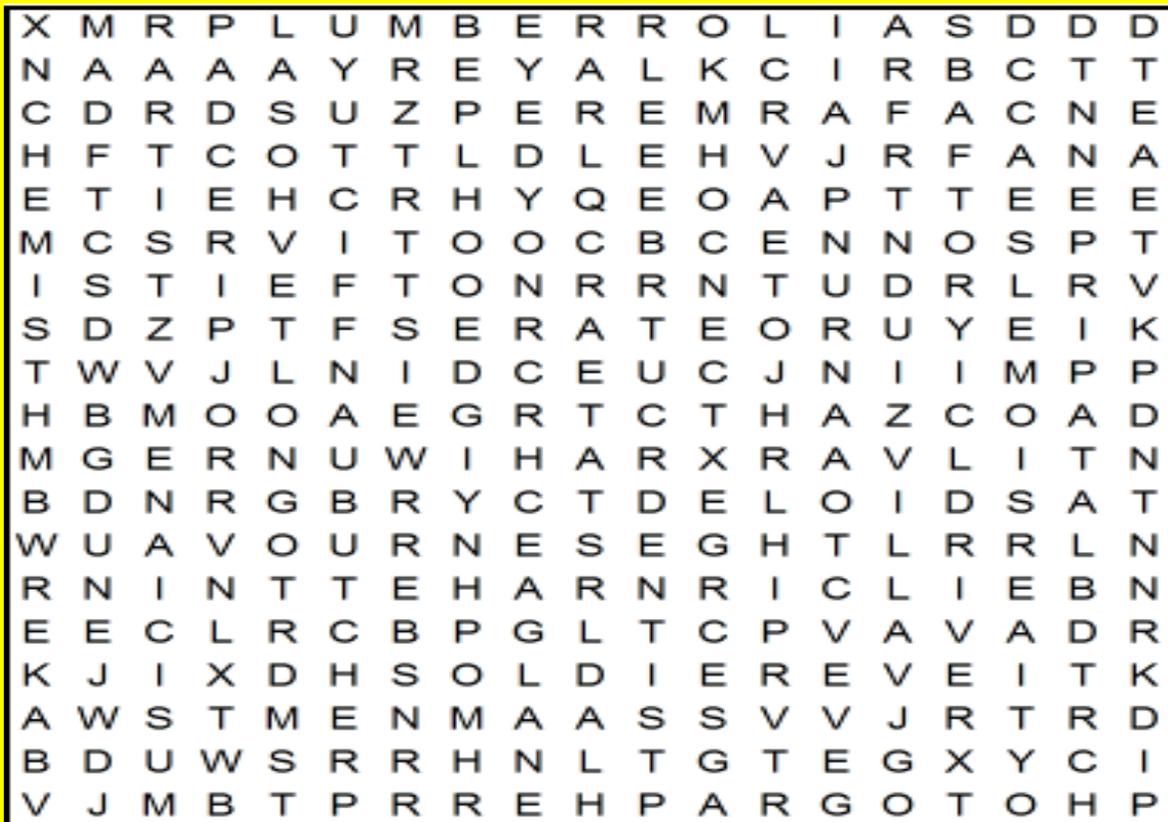
Funding News

C.C.S.G. Would like to thank Adactus Housing.
Their Neighbourhood Fund provided much needed
I.T. Equipment for the Group.

Pictured left is Samantha Hornsby from Adactus Housing
presenting the equipment to members of C.C.S.G.



Wordsearch Just For Fun



ACCOUNTANT, ARCHITECT, ARTIST, ASTRONAUT, AUTHOR,
BAKER, BRICKLAYER, BUILDER, BUTCHER, CARPENTER,
CHEMIST, DENTIST, DOCTOR, DRIVER, ELECTRICIAN, FARMER,
FIREFIGHTER, GLAZIER, HANDYMAN, JOURNALIST, LAWYER,
MUSICIAN, NURSE, PHOTOGRAPHER, PILOT, PLUMBER,
POLITICIAN, SAILOR, SCIENTIST, SOLDIER, TAILOR, TEACHER.

NOTICEBOARD

From Child to Adult :

Disability Transition and Family Finances

A useful guide as young disabled people turn 16, 17, 18 or 19 years of age. The guide can be downloaded from www.workingfamilies.org.uk in the Waving not Drowning section of the site.

Free online course for carers: flexible and adaptable to fit into your training and support programmes

Open University have developed an online course with and for carers. Caring Counts is a Free self - reflection and planning course. The course features the stories and experiences of a range of carers from very diverse backgrounds and caring circumstances, who share their lives in text and on film. Users have the option of completing a series of quizzes to gain a digital badge marking their achievement in completing the course.

Who is Caring Counts for? This course is for carers of any age and at any stage in their life or caring role. Although developed in Scotland, it is very relevant for carers across the rest of the UK.

Please spread the word

Caring Counts is available at: www.open.edu/openlearnworks/course/view.php?id=1688

Community Showcase

Thursday 11th June 2015

10.00am to 2.00 pm

Wigan Youth Zone, Wigan

Come along to find out what organisations and activities there are in the local area. The event will include interactive activities that you can join in with on the day.

For more information contact the Carers Centre on 01942705959



Information & advice
Refreshments
Demonstrations
Craft Activities

DEMENTIA CAFE

**Held on the 1st Tuesday of the month
10.30 - 12.30 at the Diamond Club
(Off Old Road) Ashton In Makerfield**

**Just turn up and ask for Pauline Blackie
who will introduce you to the group**

Guide to Buying Care

The Carers Trust has launched a series of guides to support carers and families of people with care needs, to help them to know what to look for when purchasing care. You can view the guides, frequently asked questions and check lists at www.carers.org

YOUR HEALTH MATTERS

The Carers Trust and the Men's Health Forum have recently carried out research to find out more about the experiences and needs of male carers and to help raise awareness of the fact that male carers may not be getting the support they need.

More than four in ten (42%) of the UK's unpaid carers are male, dispelling the stereotype that caring is a female issue. The survey of more than 600 male carers found that:

More than one in four male carers in employment would not describe or acknowledge themselves as a carer to others, meaning they may not get the support they need at work;

Over half of the male carers (53%) felt that the needs of male carers were different to those of female carers, many citing that men find it harder to ask for help and support and that balancing work and caring is challenging, particularly if they are the main earner.

The survey also found that:

One quarter (26.3%) of men surveyed cared for more than 60 hours per week and worked;

Four in ten male carers said that they never had a break from their caring role; 56% of male carers aged 18-64 said being a carer had a negative impact on their mental health and 55% said that their health was "fair or poor";

Male carers not working due to their caring role, or who are unemployed felt especially isolated.

Male carers under 65 in England are also more likely to visit their GP than the rest of the male population, visiting four times per year – but despite this their health is often still poor and many are not identified as being male carers and so do not get support.

Caring is often regarded as a female issue but four in ten of the UK's unpaid carers are male – which means an enormous three million men in the UK...

Migraine Action

Telephone Helpline providing information and advice

0116 275 8317

Monday to Friday 9am to 5pm.

www.migraine.org.uk

A website where you can download booklets and advice sheets covering treatments, medicines, triggers and types of migraines.

NEED A TOILET

Bladder & Bowel Foundation

Finding a toilet when out and about continues to be a priority for many people affected by a bladder or bowel problem, and unfortunately remains one of the reasons why so many cut down on social activities or even stop going out altogether.

Our 'Just Can't Wait' toilet card uses what is considered to be a universally acknowledged image for a toilet.

This generic image should help limit any embarrassment and ensure there is no confusion about the purpose of the card. It may also go some way to helping holders of the card find and access toilets in situations where English may not be the first spoken language.

For more information telephone: 01536 533255

email: info@bladderandbowelfoundation.org

Therapy Tool for Vision Loss

Around one in five stroke survivors are left with some, or total, vision loss after their stroke. In November research was published into the use of an online therapy tool for helping stroke survivors with vision loss. The tool, Eye-search, helps people search their visual field better, and the research found that within under two weeks of practice, it can improve the speed at which stroke survivors can find items in a visual search. You can find out more about Eye-search on www.stroke.org.uk

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

Drinkline 0800 917828 For anyone concerned about his or her own or someone else's drinking. 9am-11pm Tuesdays to Thursdays and 9am Friday to 11pm on Monday

Carers Trust Launch Babble for Young Carers

Carers Trust have launched their new website for young carers: Babble is a place where young carers, former young carers and professionals can share their experiences and stories, get advice and generally chat with others who are in similar situations.

Young carers will be able to access information and advice to help them in their caring role, and will be able to talk directly to specialist young carers workers, who will also moderate the website and help keep everyone safe. Babble replaces YCNET.

For more information visit www.babble.carers.org

Are you a Young a Carer and have something to say for the next issue or perhaps a topic you would like information on. Email the Group or text to **07807 210913 / 01942 870364**

Useful Contacts For Carers

• Greater Manchester Police **Non Emergency Ring 0161 873 5050**
For fire, police, ambulance emergencies **Emergency Ring 999**
Crimestoppers 0800 555 111

• UTILITIES

- Gas Escapes - Transco **0800 111 999**
- Electricity Supply - United Utilities **0800 195 4141**
- Water Supply - United Utilities **0845 746 2200**

HEALTH

Dental Emergency - In Normal Hours **0845 603 8504**
Out of Normal Hours **0845 603 8504**
Wigan Infirmary Accident and Emergency **01942 822 440**
Contenance Advisory Service **01942 482497**

WIGAN COUNCIL Web: www.wigan.gov.uk

Phone: **01942 244991** Minicom: **01942 404141**

Housing Benefits & Council Tax Benefit - **01942 828644**

Wigan Central Duty Team **01942 828 777**

Children & Young People's Services - **01942 486123**

Housing Repairs - **01942 705040**

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

Think Ahead Community Stroke Group - 01942 824 888

Lowton, Golborne & Ashton Mencap - 01942 608 942

NOTES

DIRECTGOV Directgov is a great place to turn for up-to-date and wide-ranging online public information. There is a section for carers covering: Support Services & Assessments, Carers Rights, Working & Caring, Carers Allowance & much more.... www.direct.gov.uk/carers

There is also an extensive section for disabled people covering: Employment, Financial Support, Independent Living, Disability Rights, Health & Support & much more.... www.direct.gov.uk/disability

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



You can access the Website by scanning the QR CODE



JUST GIVING

Just Giving is on its way.

It is another way for your to donate to CCSG.

It allows you to make a one off donation as

well as allowing you to set up a monthly direct debit.