

Carers News

Do you provide unpaid care for a relative, friend or neighbour who is unable to manage without your help due to sickness, age, disability or substance misuse?

- Carers News is a great place to find out about everything that's going on to support carers in Manchester
- Carers News is for carers and people working to support carers
- Carers News makes it easy for you to get the right information at the right time.

Find peace of mind – in your pocket!

Would you be happier to leave the person you care for if you knew that, should the unexpected happen, someone would be there to step into your shoes? If so, it's time to get your very own Emergency Card...

The Emergency Card scheme was launched across Manchester as part of Carers Week 2007, and we are pleased to report that there has been some great progress! Since June, Manchester Carers Centre has received literally hundreds of enquiries and applications for the card. It is hoped that as we move into the new year, at least 500 carers across the city will have a card in their pocket, ensuring peace of mind and the knowledge that, should an emergency occur, the person that they care for will be in safe hands. In the event of an emergency, the card gives information about your needs, as well as the needs of the person you care for, to be accessed by services that can help. The card instructs whoever finds it to call a telephone number and quote the personal ID number printed on the front of the card. The team at the end of the line will then be able to organise care for you and the person you care for as specified by you on your application form. This service is provided 24 hours a day, seven days a week.

Manchester Carers Centre and Manchester Carers Forum continue to raise awareness of the scheme with carers, professionals, and the emergency services. In addition, the Carers Strategy Team has been involved in consultations and training events with health and care team staff to ensure that the scheme continues to thrive.

If you are a carer and would like to apply for your FREE Emergency Card, simply contact Manchester Carers Centre on 0161 835 4090 to request an application form, or ask your care manager to refer you to the scheme during your carers assessment.



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MANCHESTER CITY COUNCIL



Afro-Caribbean Care Group For The Elderly

Hilary Hazel is the Carers Support Co-ordinator for Manchester Afro-Caribbean Care Group for the Elderly. The group provides a service that is culturally sensitive and responsive to the needs of every carer as an individual.

Hilary can assess each carer's needs and help them to access services, such as respite care. The great services that Hilary provides are already making a big difference to carers' lives. One carer couldn't wait to let us know how ACCGE had helped them:

“Being a carer is a serious business. As I continue from day to day I'm realising that the task can sometimes be frustrating and very tiring. Meeting other carers and getting the chance to go away on a weekend break with ACCGE has been restful and refreshing. I have enjoyed the time I've had to get to know the other members of the group and to take part in activities. I am very grateful to the people who work towards these weekend breaks.”

Hilary is keen to ensure that as many carers as possible receive help.

Her contact details are:

**Hilary Hazel,
Afro-Caribbean Care Group for the Elderly,
Claremont Resource Centre,
Rolls Crescent,
Hulme,
Manchester M15 5FS
Tel: 0161 226 6334 on Mondays, Wednesdays and Fridays.
Home visits can be provided.**

New initiative introduced for long-term health issues

Do you care for someone with a long-term chronic disease?

Are you struggling to find enough information about their condition, let alone know where to go for advice?

Help is now at hand! Manchester City Council and Manchester Primary Care Trust have introduced an exciting new initiative called Information Prescriptions. They will guide carers to information that will help them to manage long-term health conditions in the people that they care for. The prescription services can provide information on:

- Explanation of conditions and treatments
- Local and national support groups
- Access to health services
- Access to social care
- Welfare rights and benefits
- Employment
- Housing support
- Other useful contacts to help you manage the condition.

If you are a carer for someone and would like more facts about Information Prescriptions, the team would be delighted to hear from you.

**Tel: 0161 205 7321
Email: informationprescriptionteam@manchester.gov.uk**

A right royal celebration at Manchester Carers Centre

Her Royal Highness The Princess Royal visited the new-look Manchester Carers Centre on 5 October 2007 to help mark its tenth anniversary by launching Carers in the City – an exciting project being run by the Centre to empower carers to speak out and raise awareness of their issues.

During Her Royal Highness' visit to the Centre, three carers from Manchester shared their stories and the Princess had the chance to meet with carers and listen to their personal experiences of caring.



RB Photography, Preston

Her Royal Highness The Princess Royal officially opened Manchester Carers Centre in 1997, so this was the perfect opportunity for her to see how services have developed over the past ten years, and how the Centre continues to support Manchester's carers.

The Carers in the City project gives *you* the opportunity to voice your story and to support other carers and carers', organisations in Manchester. The project will be produced in a range of formats

and mediums – television, audio, print etc.

If you are a carer and would like to get involved, or you are interested in becoming a sponsor for the project, then Manchester Carers Centre would like to hear from you!

Please contact Gemma on 0161 835 2995, or email: gemma@manchestercarers.org.uk

Walking the Walk with Alzheimer's Society

Members of Manchester's Alzheimer's Society recently enjoyed a Memory Walk to see the sites of Salford Quays on 30 September 2007. Joining them were celebrity friends, Emma Edmondson (who plays Mel Morton in Coronation Street) and ex-GMR radio presenter, Fred Fielder.

Memory Walk is the largest fundraiser for people with dementia and their carers' and this year it is hoped it will raise well

over the £176,000 raised last year. This money will help the Alzheimer's Society to continue providing its excellent services for Manchester carers, including support groups and day trips, which are always greatly valued. The Alzheimer's Society's family support worker also effectively supports families of people with dementia and helps to identify new carers who would benefit from their services.

For further information about how the Alzheimer's Society can make a difference to you, please call Bev on 0161 203 6434.



We are currently updating our distribution list. Please tick below if you would like to:

- Remain on/be added to our distribution list for Carers News
- Receive email updates regarding carers' services
- Be contacted about having a carers assessment
- Receive information from Manchester Carers Forum
- Receive information from Manchester Carers Centre

**Please complete the reverse of this slip and return back to:
Carers Strategy Team, Room 5025, Town Hall Extension, Manchester M60 2AF**

Cut and post 

Find a taster of what's on in your area and how to join in...



Make a note in your diary – Friday 7 December is Carers Rights Day. Each year Carers UK holds Carers Rights Day with the aim of raising awareness of the needs of carers as well as guiding them towards practical support. Last year, Carers Rights Day helped in excess of 30,000 carers! The Carers Strategy Team and Manchester Mental Health and Social Care Trust are holding a fantastic event to focus on carers who look after people with mental health issues. You can take the opportunity to receive some luxurious FREE pampering, and get your hands on information about services that are there to help you.

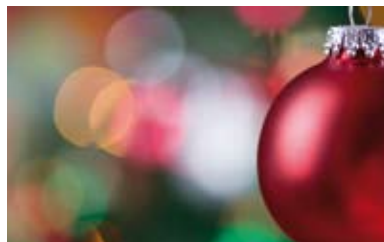
10.30am to 2.30pm

Friday 7 December, Therapy Rm, Park House, North Manchester General Hospital, Delaunays Road, Crumpsall

Pop along to the event and enjoy a FREE cup of tea and a delicious FREE lunch with other carers.

For more information call 0161 234 4254 or email: glenn.street@manchester.gov.uk

Christmas at the Carers Centre



- **Tuesday 4 December, 12 noon–2pm:** Special Christmas meeting for carers of people with addictions
 - **Tuesday 11 December:** Special Christmas meeting for carers of people with mental health issues
 - **Thursday 13 December, 10.30am–12.30pm:** Festive coffee morning
 - **Friday 14 December, 12 noon–2pm:** Festive meeting for SAFE group (parent support, ADHD)
- All events will be held at the Centre at Beswick House, Beswick Row, Manchester. Tel. 0161 835 2995**

Moodswings Service

The Moodswings group support carers who care for people with mental health problems. They run regular pamper sessions for carers offering a range of treatments, including manicures and massage. They also organise regular informative talks for carers on things such as, medication.

For the latest events contact them on 0161 953 4105.

One-off Payment Scheme

Get up to £500 for a well-deserved holiday or break from your caring role by applying for the One-off Payment Scheme.

You are able to receive this money when your care manager recognises that you need a break in your carers assessment.

To book a carers assessment simply call the Contact Centre on 0161 255 8250.

Caring For Carers course

Use your skills and gain new ones on this fantastic course designed especially for Manchester carers!

Get ready to get involved in 2008!

Contact Manchester Carers Forum on 0161 629 9859 for more info.

Crossroads For Carers

Free one-off sitting services are available if you have an appointment, want to go out with friends, or need support following a bereavement.

There is no charge for this service. For more details, call 0161 445 9595.

Request form

Name _____
Address _____

Tel _____
Email _____

Cut and post 

Please complete this slip and return back to:
Carers Strategy Team,
Room 5025, Town Hall Extension,
Manchester M60 2AF.
Telephone: 0161 234 4254
Email: glenn.street@manchester.gov.uk