

Caring across Cheshire West and Warrington



Suzanne, second left, was the inspiration for the charity ball held back in July at Abbeywood Estate.



So much has happened since our last edition, not least the milestone of adding the 10,000th carer on to the database in this our 20th year! We are very pleased with this achievement but we know we have a long way to go, considering there are 60,000 carers in Cheshire West and Chester, and Warrington boroughs. If you know someone who is a carer, but doesn't receive support from the Centre, do pass on our details.

In the summer we had a formal celebration of our 20th year with our first fundraising ball. It was held at Abbeywood Estate, and was the brainchild of one of our parent carers, Suzanne Booth who cares for her son Jacob. Jacob helped to raise money so that the ball could take place. It was a wonderful evening - the weather was beautiful, the grounds were stunning, the food was great and everyone, carers and staff and their friends and family, had a brilliant time. Best of all we managed to raise over £800 on the night! The ball was also featured in the October issue of Cheshire Life! We would love to repeat the occasion next year so be ready with your dancing shoes.



Cheshire and Warrington Carers Centre has, since it was established in 1994, been a network partner of The Princess Royal Trust for Carers (and more recently Carers Trust since 2011). We are of course an independent organisation set up to provide support information and advice for carers living locally in Cheshire East, Cheshire West and Chester and Warrington. However to reflect the increased awareness of Carers Trust nationally we are proposing to change our name to Cheshire and Warrington Carers Trust in 2015. This will have no impact on the services we deliver but will demonstrate how we belong to a national network of organisations supporting carers. The past few months have seen a considerable growth in the number of carers making contact with the Centre and the range of services we can now offer can make a real difference to the lives of the 60,000 carers living in Cheshire West and Chester, and Warrington. However we are always keen to hear from carers to learn how we can improve our existing services and develop new services to better support carers in the future. In January and February we will be holding a small number of focus groups to ask carers their views and to plan for the next few years. If you would like to be involved please do let us know. In the newsletter you will see mention of Carers Rights Day. This is an opportunity for carers to raise their profile and for organisations to learn a little about the impact caring can have upon someone's life. We will be holding a number of events in Cheshire West and Warrington - please see pages 3 and 4 for more information.

David Harvey

Welcome to new staff

On behalf of the Centre, we welcome two new staff since the last edition. Lesley Thomson is our new GP Carer Link worker across Chester, Ellesmere Port and Neston, and Andrea Davies is our new Emergency Card co-ordinator. Both will be based at our new Bluecoat office from November.

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Cheshire and Warrington Carers Centre cannot be held responsible for any errors, omissions or amendments to the information provided in this newsletter.

Lasting Power of Attorney

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STEP
Society of Trust and Estate Practitioners

www.completewills.co.uk

Could you contribute? We always welcome your feedback, stories and suggestions so please contact Fran Miller with your contributions on 01606 333125 or fran@cheshirecarerscentre.org.uk

We welcome features from other organisations and are happy to discuss advertising options.



Carers Rights Day this year falls on Friday 28th November and to mark the occasion we invite you to an event at Wincham Hall. The event will start at 10am and finish at 1.30pm. There will be a key note speech from Carers Trust, along with mini pamper sessions for carers, lunch and simple health checks, as well as information stands from other organisations offering services for carers.

The aim of Carers Rights Day this year is to:

- * Increase carers' take up of benefits
- * Make sure carers know their rights
- * Guide carers towards practical support
- * Raise awareness of the needs of carers

To book a place at this event please call 0800 0850307. There is ample parking at the venue. If you need transport on the day, please let us know.

Flu Clinic a Success in Barnton!



Gill Osment, GP Carer Link worker with Vale Royal Clinical Commissioning Group has been busy supporting GP surgeries over the last few weeks, helping Vale Royal surgeries to raise awareness of carers amongst their patients and encouraging carers to register themselves at their surgery. Oakwood Medical Centre in Barnton has increased the number of carers registered there by more than 50% in just four months. The above photo shows Drs. Harding, Luty and Singleton, all from Oakwood, getting in on the act! If you are a carer and are not already identified as such at your local surgery, please contact Lesley Thomson (West Cheshire CCG) or Gill Osment (Vale Royal CCG).

Health and Wellbeing Day

With the themes of Carers Rights Day in mind, yet focusing on carers' health and wellbeing, we will be holding another event at **Mollington Banastre Hotel on Thursday February 26th 2015**. There will be a key note speaker, basic health checks, information on healthy eating, pamper sessions for carers, information stands and a free lunch. The event will start at 10am and finish after lunch at 1.30pm. To book your place please call 0800 0850307.

Cheshire and Warrington Carers Centre

ANNUAL GENERAL MEETING

All are welcome to attend

Light lunch, tea and coffee provided

Wednesday 5th November
12.30 - 2.30pm

Cuddington and Sandiway Community Centre, Norley Road

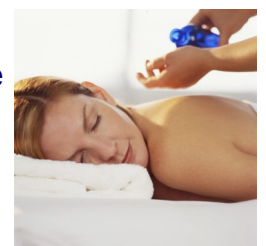
Keynote speaker: Andrew Cozens CBE
Chair of Carers Trust

Please do let us know if you'd like to attend on 01606 333125

Did you know....?

The Northwich office now has a therapist, Claire Faulkner, who comes in every other Monday from 1-4pm and can give a variety of therapies. Indian head massage, neck, back and shoulder massage or reflexology are all on offer and can easily be booked by ringing the Northwich office on 01606 333125. Each therapy lasts one hour and understandably she gets booked up quite quickly so do ring and reserve a slot for you - the perfect way to grab some "me" time!

Therapies will begin again in the Chester area once we are up and running at the Bluecoat which we are hoping will be mid November.



Focus on Carers in Warrington

Our Carers Support Co-ordinator Eleanor Jones is based in Warrington on Tuesdays and Fridays. If you would like an appointment please contact 01925 248465.

Tuesdays Open Office

We run an open office every Tuesday where our carers support co-ordinator is available to speak on a one-to-one basis between the hours of 10am and 12noon. Appointments can be made at other times if this is not convenient.

Relaxation Vouchers

Working in partnership with The Warrington Collegiate we offer carers in Warrington a

Relaxation Voucher whereby you are able to have a hair or beauty treatment at the college up to the value of £30 per carer. This is a great way to unwind and have some valuable "me time".



Young Carer residential trip



In November, thanks to funding from Carers Trust, we are taking a small group of young carers on a residential break to Barnstondale, Wirral. We hope to be able to repeat this in early 2015. For more information please contact EI.



~ Dates for your diary ~

Halloween themed Drop In!

On Tuesday 4th

November we will be having a Halloween themed Drop In at The Gateway with no tricks, but lots of yummy treats between 10am – 12 noon.



This year Carers Rights Day is on Friday 28th

November. To mark the occasion in Warrington,

we have organised a Carers Pamper day at The Gateway between 10am and 1pm. Please contact Eleanor for more details.



Trip down Memory Lane

Come and join us as we take a tour of the town and learning about its history. Meet at The Gateway at 1pm on Tuesday 2nd December - among other things we will visit a history exhibition exploring World War One.



Gateway Snowman Festival 8th-19th December!

We are taking part in The Gateway's first Snowman Festival - it is a way for local organisations to celebrate the Winter season by building their own snowman and displaying it in the Gateway for everyone to enjoy. This will be a great way to showcase what we do to the general public - as always if you have any suggestions on how we should build our snowman, contact Eleanor and she will be happy to hear from you!



Christmas shopping and gift wrapping: Tuesday 16th Dec, meeting at The Gateway at 10am then back to the Gateway for gift wrapping and a light buffet.

Snow White pantomime: Friday 9th January 1.30pm Parr Hall. Limited spaces so please call Eleanor to register your interest.

New Year New Start event: Tuesday 20th January 1-3pm at The Gateway in partnership with CAB, Job Centre Plus and WVA.

Luncheon clubs

Don't forget that every 1st Wednesday of the month there is a free lunch for carers, run by Jayne Carr. Most of the meetings will be held at the Quaker Friends Meeting House on Buttermarket St. but please do check the venue when you ring to book your place.

Each luncheon club will have friendly faces, a speaker, and most importantly, a yummy free lunch! Next dates for lunch are:

November 5th, December 3rd, January 7th, February 4th and March 4th. Each lunch will run from 11am-1pm.

Please call Jayne on 01606 212097 if you wish to book a place.



Carers Day Mollington Banastre



The first of our two annual Carers Days was a resounding success this year, helped in no small part by the beautiful weather and hotel grounds at the hotel. This was the first year we chose an outdoor activity and it couldn't have gone better. Falconry and archery were very popular on the lawn and quite a few carers got to see beautiful birds of prey up close. Carers had the choice of beauty therapy, swimming, relaxing in the garden, jewellery making or health eating demonstrations. Feedback from carers has been overwhelmingly positive so thank you for all your responses on the day.

Three Chester carers enjoying one of the many luncheon clubs, run by Jayne Carr. Take a look at the inside back page for more details of future lunch clubs.



A very happy June Preston collecting a cheque on behalf of the Centre from Asda, as part of their token scheme in Winsford. Thank you Asda!

Declutter and raise money!

For the past six months we have been collecting good quality clothes, jewellery, belts, bags, sheets, towels and paired shoes to raise money for the centre - and the more we collect, the more we will raise. We do this through an organisation called **clothesforcharity.com**. You can bring your unwanted clothes etc (no underwear, duvets or uniforms though please) to the Northwich office, or to the Bluecoat office when it is open. All donations will be gratefully received. We also recycle all our ink cartridges (no Kodak or Epson) so if you would like to bring your spent ones in to the Northwich/ Chester office, you'll be helping the Centre to raise money!

Dates for your diary

Wednesday 19th November 10 - 4

Leave from Northwich office

Christmas shopping trip to Botany Bay, Chorley - please ring helpline to book as places are limited.



Thursday 20th November 10.30am - 12noon
Northwich office



Knitting coffee morning for beginners or those who have basic skills and want to learn more. If you have some knitting you would like help with, bring it along - or just turn up to learn from scratch! Please ring 0800 0850307 to book your place.

MS Support Centre changes name to Neuro Therapy Centre

The Centre provides practical support and therapies to manage the symptoms of MS and other neurological conditions, such as Parkinson's and ME, and supports over 400 people.

This expansion of the Centre's role in the region meant that its old name no longer accurately reflected our membership and the conditions they are living with."

Centre manager Jane Johnston-Cree hopes the new name will lead to further developments for the Centre, whose services are commissioned by the West Cheshire Clinical Commissioning Group. "Our membership is increasing all the time," she said, "we now support more than 45 conditions and that list seems to be growing every day.

Changing our name will enable us to reach out to even more people who could benefit from our services and will help us to showcase the breadth of the Centre's work." The Neuro Therapy Centre is based at Units C1- C4, Brymau Estate 1, River Lane, Saltney, Chester and be contacted on 01244 678619 or info@neurotherapycentre.org.

Be in control with free online information to thousands of places to go across the UK and Republic of Ireland, including restaurants, shopping centres, hotels, hospitals and tourist attractions. Every venue featured on disabledgo.com has been visited in person by one of our specialist surveyors. Visit the website at disabledgo.com or call 01438 842710 for more info.



West Cheshire Carers' Forum

The West Cheshire Carers Forum meets bi-monthly at HQ in Chester from 11-1. Any carer who lives in Cheshire West and

Chester is welcome to attend - if transport is a problem, please let us know and we'll do what we can to get you there. The next three meetings will take place on the following dates:

November 4th
January 6th 2015
March 3rd 2015

It would be great to see you there - if you'd like to attend please call 01606 333125.

Manchester OT

Assessment, Diagnosis and Treatment of...

- ✓ Stroke
- ✓ Fractures
- ✓ Falls
- ✓ Dementia
- ✓ Amputees
- ✓ Parkinson's Disease
- ✓ Multiple Sclerosis

📞 : 0161 883 0088

🌐 : www.manchesterot.co.uk

✉ : office@manchesterot.co.uk

📍 : 17 Claremont Road
Sale, Cheshire, M33 7DZ

Additional Services Include..

- ✓ Assessment and provision of equipment
- ✓ Assistance with activities of daily living
- ✓ Report writing and treatment at home

Manchester Neuro Physio

Neurological Physiotherapy for:

- ✓ Stroke
- ✓ Parkinson's Disease
- ✓ Multiple Sclerosis
- ✓ Dementia
- ✓ Amputees
- ✓ Fractures
- ✓ Cerebral Palsy

Specialist Physiotherapy Services:

- ✓ Home Visits
- ✓ Balance Exercises
- ✓ Transfer Practice
- ✓ Aids and Equipment
- ✓ Muscle Strengthening
- ✓ Exercise Programmes
- ✓ Falls Prevention
- ✓ Carer Education

📞 0161 883 0066

✉ office@manchesterneurophysio.co.uk

🌐 www.manchesterneurophysio.co.uk

📍 Sale 📍 Manchester 📍 Stockport 📍 Macclesfield 📍 Tameside 📍 Bolton

Carer support groups

Frodsham (2nd Tuesday of month)
11am - 1pm Frodsham Community Centre

Tuesday 11th November Craft
Tuesday 9th December Mince pies!
Tuesday 13th January Brunch
Tuesday 10th February Coffee and chat
Tuesday 10th March Easter activity

Winsford (3rd Tuesday of month)
10.30am - 12.30pm St. Luke's Hospice

Tuesday 18th November Craft
Tuesday 16th December Mince pies
Tuesday 20th January Coffee and chat
Tuesday 17th February Therapies
Tuesday 17th March Easter activity

Northwich (4th Thursday of month)
10.30am - 12.30pm Northwich Centre

Thursday 27th November Therapies
Thursday 18th December Party- please book!
Thursday 22nd January Craft

Neston* (3rd Tuesday of month)
Neston Community Centre 10-12
Tuesday 18th November Benefits of Reiki
Friday 12th December Xmas lunch/pamper
Tuesday 20th January Emergency card
Tuesday 17th February Making Space
Tuesday 17th March Pharmacist talk

Chester* (2nd Tuesday of month)
10am - 12noon Quaker Meeting House

Tuesday 11th November Managing your money
Monday 15th December *Carden Park lunch*
Tuesday 13th January Basic computer skills
Tuesday 10th February Making Space
Tuesday 10th March Red Cross

Tattenhall* (3rd Thursday of month)
10am - 12noon Green Room, Barbour Institute

Thursday 20th November Craft & Jewellery
Monday 15th December *Carden Park lunch*
Thursday 15th January Legal talk
Thursday 19th February Nutrition
Thursday 19th March Making Space

Ellesmere Port *(last Thursday of month)
10am - 12noon Trinity Methodist Church

Thursday 27th November Managing your money
Friday 12th December Xmas lunch/pamper

Please note changes of dates for Chester, Neston, Tattenhall and Ellesmere Port **DECEMBER support groups** - a Christmas meal is being arranged and will need to be prebooked - please call 01606 333125 to book your place.

*Groups with an * are funded by Cheshire West and Chester Council in partnership with West Cheshire and Vale Royal CCGs and form part of the R and R project.*

Circle of Friends Luncheon Clubs - all 11-1 unless otherwise stated

Ellesmere Port/Neston	Chester/Tattenhall	Northwich/Winsford
Mon 17th Nov Trading Stds	Mon 17th Nov Health/Wellbeing	Mon 10th Nov Personal Budgets
Fri 12th Dec Pamper/meal	Mon 15th Dec Pamper/meal	Mon 8th Dec Pamper/meal
Mon 19th Jan Solicitor talk	Mon 19th Jan First Aid	Mon 12th Jan Confidence build
Mon 23rd Feb Health talk	Mon 23rd Feb Pharmacist talk	Mon 9th Feb Pharmacist talk
Mon 16th Mar Drumming	Mon 16th Mar Confidence	Mon 9th Mar Drumming

Please call Jayne on 01606 212097 if you would like more information or to book a place on any of

Cheshire and Warrington Carers Centre

**Carers Helpline 0800 085 0307 is open
Monday to Friday 10.00 am - 4.00 pm**

Northwich

146 London Road, Northwich
Cheshire CW9 5HH
01606 333125

advice@cheshirecarerscentre.org.uk
Drop in Tuesday, Wednesday,
Friday 10.00am-2.00pm

Chester office (from mid Nov)

1st Floor, The Bluecoat School, Upper
Northgate Street, Chester CH1 4EE

Warrington office

The Gateway Centre, 89 Sankey St
Warrington WA1 1SR
01925 248465

warrington@cheshirecarerscentre.org.uk
Drop in Tuesday 10am - 12 noon

CHESTER OFFICE UPDATE

Although there have been some delays with the renovation of the Bluecoat School, we will be moving in during November. This will be a base for the Centre's Emergency Card service, GP Carer Link development, Parent Carer Support as well as our information, support and advice service.

To celebrate our move back in to Chester, we would like to invite you to our open day on Monday 12th January between 11am and 2pm. We look forward to seeing you there.

As yet we do not know the phone number for Bluecoat, so in the meantime please call the helpline on 0800 0850307.

The Chester team will use Bluecoat as a base for working in both Chester city and also for outreach work in Ellesmere Port, Neston and surrounding rural areas.

PARENT CARER SUPPORT SERVICE

The Parent Carer Breaks Project is a free service for all parent carers living in Cheshire West and Chester. If you would like to register yourself please give us a call (contact details for support groups below).

Northwich Parent Carers : 2nd Thursday 10.30-12.30 Northwich office

Ellesmere Port Parent Carers: 3rd Friday 10.30-12.30 St. Thomas's Church Ellesmere Port

Chester Parent Carers : 1st Wednesday 6-8pm Caldley Valley Church, Chester

We also organise a variety of leisure breaks (typically 4-5 hours) which you are welcome to attend, these range from pottery making classes to cake decorating and relaxation days.

The next Parent Carer Day will be at Portal Hotel & Spa in Tarporley on Friday 30th January 2015. There will be a choice of activities/therapies (e.g. craft, beauty therapy) in the morning and afternoon that you can choose from and also a free lunch. If you wish to attend this event please call **01606 352834** or email sarah@cheshirecarerscentre.org.uk as places are limited.

Cheshire and Warrington
Cheshire and Warrington Carers Centre is supported by:



Cheshire and Warrington Carers Centre is a Registered Charity,