

Voluntary Action News

Blaby District



CARERS NEWSLETTER



CARERS SUPPORT GRANT

The "Take a Break" scheme has now changed to the "Carers Support Grant". It is not only the name that has changed but also some elements of the service and all carers can now apply for a short break. The grant can be used for a variety of things i.e. sitting services or befriending for the cared for person, labour costs of physical work in and around the cared for person's home (decorating, repair work, gardening, cleaning), training related to the caring role, gym membership, driving lessons, home appliances and assistive technology.

The grant can be £100 - £250 depending on the caring situation. Carers may apply for the grant once in any financial year, but please note that carers are not guaranteed they will receive a grant. Those carers who have had the "Take a Break" this year will not be able to apply for the "Carers Support Grant". If you would like to apply for the grant and have not already done so, please get in touch with the office on 0116 2727669 where we will be able to assist you.



CARERS TRAINING PROGRAMMES

34 carers have attended training programmes and given very positive feedback on them.

Attendees have gained confidence, helping them improve their ability to express concerns to service providers and ensure that those views are listened to and acknowledged. The courses also reinforced the need for carers to look after themselves.

PAVILION CARERS...

...is a group for carers of people experiencing mental health difficulties. The group meets on the first Monday of each month from 10am - 12 noon at The Pavilion, Huncote.

The next meetings are:

- 7th December
- 4th January
- 1st February.

Why not come along for a cup of tea, a chat and even make new friends.



BLABY DISTRICT CARERS FORUM

The next forum is Wednesday 9th December 10am—1pm at The Pavilion, Huncote.

The guest speakers will be...

Mark Wykes,
Decent Homes Officer, from Blaby District
Council &
Judy Griffiths,
from the Dementia Respite Service

CARERS DROP IN

On the 1st Thursday of every month, Sandra and Ellen are at The Pavilion from 10am onwards and carers are encouraged to drop in for help, advice and information on any subject relating to their caring role or just to come along for a chat and a coffee. No appointments are necessary and there will be opportunities to speak with us confidentially if necessary. The next Drop In will be on 3rd December so join us for a mince pie!



Visual Impairment Awareness Training

Do you live with, care for, or work with someone with sight loss?

Training is **FREE** for Families, Carers, Personal Assistants in Leicester, Leicestershire and Rutland

Practical, informal and fun courses cover the following topics:

- Common eye conditions / Symptoms / Effects
- Communication / Accessible information
- Safe environments / Gadgets and equipment available
- Practical Sighted - Guiding techniques

To book a place, or to arrange training for a group, contact

Jennifer Hague at Vista on 0116 249 8819 or email

jennifer.hague@vistablind.org.uk

Cancer patients and families get extra help...

A new initiative has been launched by Macmillan Cancer Support to install advisors in CAB offices around the county to combat what it sees as a shortfall in welfare guidance for those affected by cancer.

Free assistance would be given on a range of issues including benefits, consumer matters, housing and council tax queries for those not in a position to deal with it themselves because of cancer.

South Leicestershire CAB has launched a free phone helpline
0300 456 8400

as part of the service which people can call for advice or to arrange a meeting.

Sandra, Ellen and all at VABD wish you all a Merry Christmas and Peaceful New Year.

EMERGENCY SMS SERVICE

Emergency SMS Service is an add on to the existing 999 and 18000 services that are available in the UK.

Your SMS text message will be connected to the 999 service through the text relay 18000 service.

A relay assistant will speak your SMS message to the 999 advisers, their reply will be sent back to you as an SMS message. If you send another SMS the above will be repeated.

You will need to register your phone before using the service. You can register on the website www.emergencysms.org.uk or by sending an SMS text message from your mobile phone, sending the word 'register' in an SMS message to 999.

(SMS message is another word for text message.)



16th November - The Borrowers Toy Library is holding a Singing and Activity session. 2pm at The Pavilion, Huncote. For info call 07531685889.

19 November - "4ward Strokes" meet at Braunstone Civic Centre, Kingsway, Braunstone Town, 10.15 a.m. -12.15 p.m. £2.00 (session fee) which includes tea/coffee. For further information call: 07530907712

22 November - Countesthorpe Village Hall - 7.30 pm - **Travelling by Tuba** featuring Chris Graham and Stewart Death Tickets £8, £6 concessions, from Glebe Garden Centre or Active Arts on 2776259

The opinions and comments made in this Newsletter are not necessarily those of VABD or its Trustees

Contact...

Sandra Stocks
Ellen Woodward
Carers Support Project

Voluntary Action Blaby District
The Pavilion
Sports field Lane
Huncote, Leicester
LE9 3BN

Tel: **0116 272 7669**
carers@vabd.org.uk
Opening Times: Mon - Fri
9.00am to 4.00pm

Funded by Leicestershire County Council