



CARERS WEEK 2011 The True Cost of Caring

Carers Week 2011 is taking place between 13–19 June.

If you're a carer, you'll know only too well what being a carer can cost you - not simply in terms of financial hardship, but also in relation to your own health, the emotional stress, and the breakdown of long established social networks and friendships - simply because you have to focus your time and energy in other directions.

The government and Wakefield Council also realise the economic value of carers; with figures of £87 billion nationally, and over £500m in Wakefield being quoted as the annual amounts which carers save the state.



Carers Wakefield & District is aiming to draw this to the attention of more people and professionals during Carers Week 2011. It aims to identify more carers who simply don't realise the organisation is there to help. The week also gives carers the opportunity to relax, enjoy themselves, meet with other carers, and hopefully find out a little more information to help them cope.

Carers Wakefield & District will be launching the week early with a Family Fun Day and Information Marketplace at Sandal Rugby Club on Saturday, 11 June between 11am and 3pm. There will be lots of activities and entertainment for both children and adults, craft stalls, and information and giveaways from the organisations attending. There will be bacon sandwiches in the morning, a barbecue in the afternoon and the bar open throughout the day. All that's needed is some sunshine!

Throughout the week there are other things happening around the district including a walk at Lotherton Hall, information in Ossett Town Hall to coincide with market day, and coffee and cakes in Normanton. You can see a detailed programme of what's happening on page 2.

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What's happening in the district to celebrate **Carers Week?**

Day	am	pm	eve
Saturday 11/6/11	Carers Fun Day and Information	Carers Fun Day and Information Marketplace – Sandal Rugby Club	
Monday 13/6/11	Wills/Trusts Presentation *	Information Event – Outwood Memorial Hall	
Tuesday 14/6/11	Information Event - Ossett Town Hall Carers Coffee Morning – King Street Coffee and chat – Pontefract Carers Group	Information Event - Ossett Town Hall Coffee and cakes - Normanton	
Wednesday 15/6/11	Lotherton Hall walk and picnic*		Astronomical observatory visit*
Thursday 16/6/11	Benefits Presentation*	Carers Across Cultures lunch *	
Friday 17/6/11	Information Event - Hemsworth Library	Demonstration Station – Wakefield Food Market Ackworth Carers Group – Fish 'n' Chips Lunch*	

Beauty treatments are available throughout the week. Please contact Carers Wakefield & District on 01924 305544 for further information. All items marked * must be pre-booked.

Beware of cold callers

Beware of cold callers offering services and help for cash. If you are unexpectedly contacted by a company and are suspicious, please do not hesitate to report it by contacting **Social Care Direct** on **0845 8 506 506**.



YooDo Sports

Set up by Leonard Cheshire Disability, **YooDo Sports** is a new service to help encourage and enable people with a disability to take part in more sports and activities, and to make them more accessible.

The scheme is for anyone over 18, whatever their ability or fitness level. It is based on recruiting volunteers to partner anyone with a disability who wants to take up sport. You can participate at your nearest leisure centre, community club or even the local park. Log onto **www.YooDoSports.com** to register and check out the range of sports and activities available near you, or call **08456 717 173** for more information.

The **BIG KNIT** is back!

For the eighth year running, Age Concern Wakefield District is participating in The Big Knit. Once again, ACWD is calling on all knitters to help by knitting small hats to raise money for charity. The hats will sit on innocent smoothie bottles on sale in Sainsbury's and Boots across the country from November 2011.

For each knitted hat, innocent will donate 25p, with all money raised going towards services for older people across the Wakefield district. Interested knitters can contact Mandy Mason on 01977 552114 to get a simple hat pattern, or you can donate double knit wool at 7 Bank Street, Castleford WF10 1JD.



Digital Switchover is on its way

The way you receive signals for your TV is changing. In **September 2011**, analogue television services for households in the district will be switched off and the whole of West Yorkshire will be served solely by a digital signal.

It will mean viewers will have a greater choice of TV channels and a better service for those who are partially sighted or have hearing difficulties.

The Switchover Help Scheme can help you make the switch to digital TV.

They can also help you convert your TV to digital if you:

- are aged 75 or over, or
- get or could get Disability Living Allowance, Attendance Allowance, Constant Attendance Allowance or Mobility Supplement, or
- have lived in a care home for six months or more, or
- are registered blind or partially sighted.

For more information, or to apply for help please contact the Switchover Help Scheme.

Freephone: 0800 40 85 900

Post: Freepost, Switchover Help Scheme



get set for digital

Textphone (minicom): 0800 40 85 936

Email: info@helpscheme.co.uk

Website: www.helpscheme.co.uk

Alternatively you can visit the Council's dedicated website at **www.wakefield.gov.uk/digitalswitch**.

Avoiding scams

There are always people who use clever and persuasive tactics to try and make money on the back of something new, like Digital Switchover. If you think you've been deceived, or paid a deposit to a trader you're now worried about, or suspect there's a rogue trader working door-to-door in your area, please call the Consumer Direct helpline on **08454 04 05 06**.

Visit the new Age Concern Wakefield District website www.acwd.org.uk



DIAL Wakefield needs your support

DIAL Wakefield urgently needs your support to help them continue delivering support to ill and disabled people in the district.

What can you do?

- Become a volunteer and give a few hours or days per week
- Become a trustee and give just a few hours per month to help manage the organisation.
- Become a 'friend of DIAL' and give what time you can to help raise funds to let DIAL volunteers and staff continue their good work.
- Make a donation and give what you can to help DIAL continue operating.

Remember that every little helps. Contact DIAL Wakefield on telephone 01977 723933, minicom 01977 724081 or email advice@dialwakefield.co.uk.

Showcase of services in your community supporting social care

Please feel free to drop in anytime at any of the following events:

Wakefield Council invites you to attend our networking events with voluntary and community sector services, to help you find out what is available in the district.

Wednesday 14 September, 10am-1pm
Knottingley Sports Centre, Knottingley

Thursday 7 July, 10am - 1pm
Jubilee Hall Community Centre,
Lupset, Wakefield

Thursday 10 November, 10am-1pm
St Swithun's Community Centre,
Eastmoor, Wakefield

The events will:

- include a marketplace of stalls from voluntary and community sector service providers that operate within the district
- provide you with a chance to find out about the services available in your community, and how to access them to meet your needs
- give you the opportunity to have your height and weight measured, and receive support and advice from health trainers if required.

No booking required.

If you require more information about the events, please contact Hazel Brook, Third Sector Contract Development Officer on **01924 306842** or hbrook@wakefield.gov.uk

Wellpoints on hand to help you get healthy

Help is on hand for residents wanting to lead a healthier lifestyle, thanks to the placement of three Wellpoint health kiosks across the district. The kiosks are free to use, and provide information on things such as your blood pressure, whether you are the right weight for your height, tips on healthy eating and local healthy living services.

The Wellpoints are part of TAP (Three Areas Project) into Change4Life, a major scheme joint-funded by NHS Wakefield District and Wakefield Council, which aims to encourage people to eat well, move more and live longer. The kiosks can be found at:

- **Kinsley and Fitzwilliam Resource Centre, Kinsley**
- **Lloyds Chemist, 25 The Square, Airedale**
- **Wakefield Market's Food Hall**

The Wellpoints have easy to use touch screen instructions and a full test only takes about five minutes. They don't replace medical professionals and can't diagnose conditions, so anyone concerned about their readings should visit their GP. Local pharmacists and NHS Direct can also provide health advice.

You can find out about this and more TAP into Change4Life services by visiting www.wakefielddistrict.nhs.uk/change4life. For health advice, reassurance and information by phone or on the internet, contact NHS Direct on **0845 4647** or visit www.nhsdirect.nhs.uk



IT Can Help provides computer support

If you need help with your computer, look no further than IT Can Help. IT Can Help works in partnership with **AbilityNet**, the UK's leading provider of expertise on computing for people with any type of disability.

It has a network of over 200 volunteers who provide free computer support to disabled people in their own homes and other locations, such as day centres and residential homes. Volunteers are recruited with care, have undergone checks and carry IT Can Help identity cards.

If you have a disability and need IT help, they aim to respond quickly and are able to solve most computer issues.

Visit www.itcanhelp.org.uk or call 0800 269545 for more information.

More visually impaired people to get DLA

From April 2011, the test for higher rate mobility component of Disability Living Allowance will be extended to those with a 'severe visual impairment'.

This includes people who have a certificate from a consultant ophthalmologist or have an eye test by a registered optometrist or orthoptist, that states:

- they have visual acuity of less than 3/60
- if they have visual acuity of 3/60 or more, but less than 6/60, a complete loss of peripheral field and a central visual field restricted to no more than 10 degrees in total.

RNIB says that this should cover all those people who have no perception of light, perception of light only, perception of hand movement or a visual acuity of 3/60 with a total or extensive loss of field.

The Department for Work and Pensions (DWP) is doing a review of visually impaired people to see if they are eligible for the higher rate, and may contact people to assist them with applying.

Bereavement Support and Advice: *The Bridge Project*

The Bridge Project supports bereaved people over the age of 50 across the district. It has now been running for over 20 months, providing both practical and emotional support. Feedback has been very favourable from those who have accessed this free and confidential service.

The service is delivered through mutual support groups, drop-in information and advice sessions (related to bereavement), home visits (time limited) offering one-to-one support, and advocacy.

Current groups and venues:

Mutual Support Coffee Group, Tuesdays 11am – 12pm

Age Concern Wakefield District, 7 Bank Street, Castleford

Information and Advice, Mondays 9.30am – 10.30am

Mutual Support Groups, Mondays 10.30am – 12pm
Pontefract Public Library (Community Room, First Floor – lift access if required)

Information and Advice, Wednesdays 1pm – 2pm

Mutual Support Groups, Wednesdays 2pm – 3.30pm
Quaker Meeting House, Wakefield

Referrals can be made by the client themselves or by family, friends or health professionals (with the client's permission).

To find out more, please contact the Bereavement Team at Age Concern Wakefield District, 7 Bank Street, Castleford, WF10 1JD on 01977 552114.

The project is delivered by Age Concern Wakefield District (in partnership with CRUSE Bereavement Care and Carers Wakefield & District).

LINK: the health and social care watchdog for Wakefield district

Wakefield District LINK is a network that brings together local people, organisations and groups who want to improve health and social care services.

LINK gives everyone the chance to express their views and experiences of services. They would particularly like to hear from more social care users and professionals.

The LINK (Local Involvement Network) works with the NHS and Council, but because it is independent, is able to take a critical look at services being provided. LINK is involved with a wide range of issues, and carries out a variety of activities such as visiting care homes, looking at the new hospitals, GP services, and mental health services. By finding out what people think, the LINK investigates issues and when necessary, uses its legal powers to hold services to account. LINK is open to anyone who lives, works or uses health and social care services in the district.



By joining the LINK you will get a quarterly newsletter, invitations to meetings and events, questionnaires, surveys and polls about local health and social care services, and information and consultations on changes to local services. Most of all, you get your chance to have your say.

For more information you can call 01924 374188, email wakefieldlink@shaw-trust.org.uk or visit www.wakefieldlink.co.uk.

Over the next year, all LINKs in the country will be transformed into the new government funded organisation called HealthWatch. HealthWatch will retain the existing responsibilities of the LINK with proposed additional functions and funding, to provide complaints advocacy services and support individuals to exercise choice.

National Falls Awareness Week: 'Watch Your Step'

The following events have been arranged to mark National Falls Awareness Week, which takes place from 20-24 June 2011:

- **Tuesday 21 June**, 10am-2pm, the Demonstration Station, Wakefield Market's Food Hall
- **Wednesday 22 June**, 10am - 3pm, Langthwaite House, South Kirkby
- **Thursday 23 June**, 3pm - 7pm, Highfield House, Castleford

There will be interactive displays to help people appreciate the link between vision and falls, a dispensing optician and NHS therapists on hand to give advice, exercise tips and demonstrations, and food tasting sessions.



AGE Concern Wakefield District

NHS Wakefield District

Enabling disabled people at Wildcats



The Wakefield Trinity Wildcats Disabled Supporters Association (WTWDSA) is pulling out all the stops to get as many disabled folk as possible down to the ground on match days, as the club looks forward to the future under new ownership.

A number of volunteers will shortly be undertaking RNIB training in order to offer live audio description commentary of games to visually impaired supporters. They have also just successfully gained funding to launch a new buddying scheme. 'Never Watch Alone' will help fans with a learning disability or other disability, who ordinarily wouldn't be able to get to games, to be 'paired up' with an able-bodied buddy to help them out.

The association is also aiming to work closely with the club's new management to ensure disabled facilities are as good as possible in the present stadium and top class in any future new build. This links in with a third initiative of a park and ride facility for disabled fans; certainly an urgent need while the club stays at its present Belle Vue ground, which cannot accommodate the demand for disabled parking bays.

However, just as for all voluntary organisations, it's all about raising awareness, and generating funding to achieve its goals. A kind benefactor has recently sponsored a player - Josh Griffin - in their name. Josh scored nine times in the first match of the sponsorship, providing great promotion of WTWDSA.

WTWDSA will have a stall at the Carers Week Fun Day at Sandal Rugby Club on Saturday, 11 June 2011. Come along and find out more. Alternatively you can email WTWDSA@yahoo.co.uk, or talk to Chris at Carers Wakefield & District on 01924 305544 to find out more.

Mailing List

For any changes to the mailing list, (names coming off or going on), please contact DIAL at the address below as they are the only organisation that deals with the mailing list.

The views expressed in this newsletter are those of the individual contributors and should not be assumed to represent those of the agencies listed below. The editor is not responsible for claims made in any advertisements printed in this newsletter. All readers are advised to check with the advertisers before replying to them.

DIAL (Disabled Information and Advice Line)

Highfield House Resource Centre, Love Lane,
Castleford WF10 5RT

Email: advice@dialwakefield.co.uk

Tel: **01977 723933**

Minicom: **01977 724081**

Fax: **01977 724081**

Carers Wakefield and District

25 King Street, Wakefield WF1 2SR

Email: info@carerswakefield.org.uk

Website: www.carerswakefield.org.uk

Tel: **01924 305544**

Wakefield Council

Family Services, County Hall, Wakefield WF1 2QL

Email: sc_sspublicinformation@wakefield.gov.uk

Website: www.wakefield.gov.uk

Tel: **01924 305941**

NHS Wakefield District

White Rose House, West Parade, Wakefield WF1 1LT

Email: communications@wdpct.nhs.uk

Tel: **01924 317645**

Age Concern Wakefield District

7 Bank Street, Castleford WF10 1JD

Telephone Main Office: **01977 552114**

Fax: **01977 518549**

Email: admin@acwd.org.uk

Quiz

Win a £10 Boots Voucher

If you would like the chance of winning this prize, simply complete the answer slip and send it to: Andrea Aisbett, Room 217, County Hall, Wakefield WF1 2QL.

Closing date is 29 July 2011.

Congratulations to J Brunt of Wakefield, the winner of the Spring 2011 quiz.

Summer Quiz questions

1. What is the name of the hospital in TV's Casualty?
2. 'Albatross' is a term used in which sport?
3. How many goals did Geoff Hurst score in the 1966 World Cup final?
4. Which bear in A.A. Milne's books loves honey?
5. On which main river is Bristol situated?
6. The song 'How Deep Is Your Love?' is featured in which film?
7. How many wives did Henry VIII divorce?
8. The twins represent which signs of the Zodiac?
9. Who in the world would be called a 'Jock'?
10. Red sky at night is whose delight?

1

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Name

Address

Tel No.

We would like to hear your opinions about Helping Hands. What do you like/dislike? Have you got any suggestions for future editions?

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