

# FOCUS CARER

ISSUE  
65

Autumn  
2008

Focus Carer is for all carers and people working with carers in Scarborough/Whitby/Ryedale  
Produced by Scarborough and Ryedale Carers Resource - your local Princess Royal Trust Carers Centre



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**Carers Resource news... Carers Resource news... Carers Resource news...**

## Welcome to the Autumn edition of Focus Carer

The new National Carers Strategy was launched in June. On pages 8 – 10 you will find information about the Strategy and we would really encourage you to think about what it means for you. Please complete and return the questionnaire on page 11 so that we can continue to campaign for what local carers want from national and local government and from the Health Service.

On pages 13 – 15 we have a new feature giving diary dates for opportunities for carers to receive advice and information or get involved in groups and activities. Please let us know if you find this helpful.

If you live in Ryedale and would like to come to a new carers group starting on September 29th please contact Yvonne. There are more details on page 5 and we would welcome anyone who feels that this group would be for them – if you know other carers who would benefit from being involved please spread the word or bring them with you.

Finally as this is my last editorial I would like to thank all of you who read Focus Carer. Please keep your comments and contributions coming!



### Scarborough & Ryedale Carers Resource Carers Resource Lunch and Annual General Meeting

**12.30pm, Wednesday 15th October 2008**  
**Westborough Methodist Church,**  
**Falsgrave, Scarborough**

- Have some lunch and chat to other carers
- Wander through our 'Market Place' to find out about the different services we can offer
- Talk to our staff and Trustees to find out how Carers Resource can help you

**Lunch will be at 12.30pm**  
**followed by a short AGM at 1.00pm**  
**1.30pm – 3.00pm tea and coffee and time**  
**to browse and chat.**

*This venue has disabled access, is easy to reach by public transport and has nearby parking. A loop system will be available.*

**If you would like to attend please contact Lynn Hall on**  
**Tel. 01751 473727**



## Flower Power

Unscramble the following 10 words to reveal 10 flowers...

1. G S P D R O A N A N
2. S E R O
3. Y P N E O
4. T C N H A Y I H
5. G Y H R A E N A D
6. G F V E L X O O
7. I N R T C O N A A
8. L A L W O F W R E L
9. S P C W I L O
10. P U T I L

(answers on page 15.)

**Carers Resource news... Carers Resource news... Carers Resource news...**

## Farewell to Suzanne Carr

***Having managed Carers Resource for over 7 years, Suzanne leaves us at the end of August to embark on another challenge. Her new post is that of a Community Programme Manager, employed by the PCT working in York, Scarborough & Whitby. She will be working with a small team to encourage healthy eating and physical exercise thereby improving mental well being.***

Trustees, staff and volunteers paid tribute to Suzanne's service at Carers Resource with a dinner at the Cayley Arms, Allerston on 19th August.

Duncan Webster, Chairman of the Board of Trustees, said "Suzanne has been a big part of Carers Resource and the organisation has grown considerably under her stewardship. We will miss her undoubted influence that comes from being a respected member of the local carers community" Suzanne said "I am going to miss the whole Carers Resource team – staff, volunteers and Trustees and I have learnt a great deal from so many carers who dedicate their lives to caring for friends and family members"

The Board of Trustees is now looking to appoint a new Chief Officer and is making some changes to the roles and responsibilities of the



staff team. The focus will continue to be on delivering services to our clients and ensuring we obtain sufficient funds to provide our services!

***Interviews for a new Chief Officer will be held in October and in the meantime Elizabeth Richards will be the Acting Manager.***

### Local News



## Mobility & Access in Pickering

Brian Baker, a Pickering Town Councillor, would really value hearing from carers with any comments they may have regarding their experiences of mobility and access problems in Pickering Town.

This could be because of physical disabilities, sensory impairments or any other disabilities.

***If you feel able to pass on your feedback, Mr Baker can be contacted by calling 01751 473633.***

## Helmsley Carers Group

***Members of Helmsley Carers Group met for a Summer Lunch at the Walled Garden conservatory café on July 18th. A relaxed meal in pleasant surroundings was accompanied by chat and laughter, enjoyed by all who attended.***



# Giving Carers a Voice...

## Influencing Cancer Services

***Julie has been working hard to recruit carers and ex carers of people with cancer so that the views of carers can be included in discussions about the planning and development of local and regional cancer services. Here she describes the progress that has been made.***

When investigating existing partnership work with local cancer services I found there was an established group - the Cancer Patient Involvement Group (PIG), meeting at Scarborough Hospital on a monthly basis. The group is facilitated by Liz Hill, a MacMillan nurse and group members were attending regional task groups as part of the Yorkshire and Humber Cancer Network. One group member also went to the local Cancer Locality Board and provided a carer and service user perspective on the development of services in this area.

We decided not to duplicate existing work and instead to encourage a greater carer input into the Cancer PIG. With this in mind, carer Linda Allen has started to attend the meetings and an existing group member Nancy Greenway has received support from the project to attend events. If you would like to join this group you will be made welcome – but it doesn't aim to provide support for carers or people with cancer. Instead the group focus solely on representing local citizens at key meetings where the development of services is debated or planned and influencing the development of local services.

The project has also sponsored carers to attend the following events:

- Ex-carer Nancy Greenway and carer Jane Ford were sponsored to attend the National Cancer Conference in Hull in April 2008. They both felt this was worthwhile and informative and geared to the needs of carers and service users. The day included relaxation sessions as well as opportunities for discussion on experiences of cancer services and planned developments arising from the National Cancer Strategy.

- In November last year carer Roger Keeling and his wife attended the 'Cancer Rehabilitation Measures Workshop' in Leeds, in support of Cancer PIG member Alison. While finding it interesting Roger felt that the event was aimed at service providers – there was a lot of jargon and reference to key strategies, so it was difficult to follow. However he gathered a range of information for us, which is available to other carers – just contact us here at Scarborough and Ryedale Carers Resource if you would like to know more.

- Nancy Greenway and Roger Keeling visited the newly opened Castlehill Cancer facilities in July – special tours were organised for the public and several members of the Scarborough Cancer PIG made the trip to look around. I will update you on their first impressions and thoughts in the winter edition of Focus Carer.

So far, 10 people have volunteered to join in consultations relating to cancer services – of these, 8 live in and around Scarborough. I would be pleased if carers in the Whitby area and Ryedale would consider volunteering to be consulted, or to attend key meetings and events as this would strengthen carer representation of these areas. It is clear that the experiences of carers living in rural towns and villages can be very different to those living in Scarborough.

***If you are interested in finding out more about our involvement in cancer services please contact Julie at Carers Resource on 01751 473727 or email [Julie@carersresource.net](mailto:Julie@carersresource.net)***

local news... local news... local news... local news... local news...

## Ryedale Counselling Service launches two new services

*Ryedale Counselling Service is pleased to announce the launch of two new specialist services from its centre in Malton.*

The counselling service, which has been providing emotional support to people in Ryedale for over a decade, is now offering a free confidential **Telephone Counselling Service** to the people of Ryedale. The Telephone Counselling Service works in a similar way to face to face counselling, but the counselling sessions are conducted over the telephone for people who find it difficult to meet in person. To book a Telephone Counselling assessment session please ring us on **01653 696833**.



**Greater help is now also available in Ryedale for adults who have experienced childhood sexual abuse.**

A surprisingly high number of adults seek counselling because they have experienced sexual abuse as a child, and Ryedale Counselling Service is delighted that it has attracted funding to be able to offer these clients up to 20 sessions rather than the usual 6 or 8 sessions that are available to the majority of clients.

***Both of these specialist services are available to adults of 18 years and upwards who live in Ryedale. People who are interested in accessing either of these services are welcome to contact Ryedale Counselling Service on 01653 690124. Clients may self-refer or may be referred by their Doctor.***

**Scarborough & Ryedale Carers Resource**

### Open Meeting for Carers in Ryedale

Are you a carer living in Ryedale?

Do you feel on your own in your caring role?

Would you like to meet others in a similar situation?

***Monday 29th September  
from 10.30am to 12 noon***

***at Carers Resource, Outgang Road, Pickering***

Come along and tell us if you would be interested in being part of a new carers group, what you would hope to get from it, if you would like talks, training, therapies or just a place to relax for a while with others who understand the stresses of caring.

At the moment groups already exist in Ryedale for carers of people who are over 65 years of age; have mental health problems; have dementia; have cancer.

We would like this new group to be for people who are caring for people who are not covered by these groups.

Refreshments will be provided but we need to know how many people we are hosting.

***If you would like to come along please ring, write or email Yvonne at Carers Resource, Outgang Road, Pickering YO18 7EL on 01751 473727 or email: [yvonne@carersresource.net](mailto:yvonne@carersresource.net)***

**pontins holiday... pontins holiday... pontins holiday... pontins holiday...**



## Meeting a Royal Visitor...

**Every year during Carers Week The Princess Royal Trust for Carers organises a holiday for carers and their families at Pontins in Blackpool. This year the 3 families from our area were joined by Yvonne Murphy, Support and Information Officer, who has written a poem about her memories of a great week to add to those of our local holiday makers!**



*"Thank you for putting us forward for a lovely holiday at Pontins in Blackpool. We all had a really good week... We could spend time relaxing and having fun as a family."*



*"It was really nice for me having a coffee and a chat with other carers. As a carer I feel that I don't get a chance to sit and have a good natter about how I'm feeling and I do just get on with it all."*



*"The best bit of the week for me was meeting Princess Anne, who spoke to myself and my daughter. I was so nervous that I only said hello and goodbye. My daughter had a lovely chat with her, not phased at all. Showed her how to rollerskate."*

**pontins holiday... pontins holiday... pontins holiday... pontins holiday...**



## A Poem from Pontins By Yvonne Murphy

*A volunteer was needed  
it seemed a good idea  
To find out what's on offer  
in Carers Week each year.*

*As soon as I had got there  
and registered my status  
My talents as a porter  
were noticed by the gatehouse.*

*I smiled and chatted madly  
to anyone who needed  
A helping hand or guidance  
to reach their chalet speeded.*

*A hasty look at site plans  
helped new arrivals get in  
The jobs just seemed to pile up  
'til everyone was let in.*

*Problems with keys and parking  
bags lost, hot sun and bad mood  
Were soon just faded memory  
when faced with Pontins great food.*

*The choice was vast and tasty  
the service swift and staff fun  
With bellies full and thirst slaked  
Our holiday had begun.*

*The Bluecoats were fantastic  
with Captain Croc and his gang  
Bingo and karaoke  
in cabaret they all sang.*

*Adventureland and playpark  
the kids need no placating,  
Snooker, quad bikes and go-karts  
swimming and dry-ice skating.*

*With Blackpool on the doorstep  
the tower, pier and circus  
Mill shops at Oswaldtwistle  
and Tussauds Waxworks near us*

*The choice of entertainment  
could not be more or bettered  
Tea dances, salsa, tai chi  
And therapies unfettered.*

*With crystals, oils and massage  
relief from stress was easy  
Plus benefits advisers  
whose expertise was breezy.*

*The volunteers were willing  
to share a meal or nights out  
Escort a lonesome carer  
or talk a while 'til lights out.*

*And then so unexpected  
our namesake Princess Royal  
Graced Pontins with a visit  
and thrilled her subjects loyal.*

*With walk-about and chit-chat  
Anne charmed and valued carers  
Her presence lifted spirits  
even the chefs were starrers.*

*And then too soon 'twas Friday  
goodbyes and hugs to cheer  
But don't be sad, 'cos Pontins  
have said, "Come back next year!"*

***"It was a fantastic week from start to finish and we really did get a lot out of the week. We hope other families in the future enjoy the week as much as we did and we will remember the week with good memories."***

*"I have swapped addresses and phone numbers with a few families we met on holiday and my children have made lots of friends/pen pals. We laughed so much all week and really enjoyed ourselves. We think this week is a really good way of bringing families/carers together."*

**new carers strategy... new carers strategy... new carers strategy...**

## NEW CARERS STRATEGY ...

**“A caring system on your side.  
A life of your own.”**



***The government's new National Carers Strategy - “Carers at the heart of 21st century families and communities” was launched during Carers Week on June 10th. It is a ten year plan which includes £255m of new money for carers. The Strategy is supported by the Prime Minister and seven Secretaries of State, but what does it really mean for carers? Will the promises of new money mean the development of new local support services for carers or will this extra funding get swallowed up by government bureaucracy?***

### ***The Government's Vision for carers***

The Strategy says: “Our vision is that by 2018, carers will be universally recognised and valued as being fundamental to strong families and stable communities. Support will be tailored to meet individuals' needs, enabling carers to maintain a balance between their caring responsibilities and a life outside caring, whilst enabling the person they support to be a full and equal citizen.”

By 2018, the Strategy promises that:

- Carers will be respected as expert care partners by paid workers and be supported in their caring role
- Carers will be able to have a life of their own alongside their caring role
- Carers will be supported so that they are not forced into financial hardship by their caring role
- Carers will be supported to stay mentally and physically well and treated with dignity
- Children will be protected from inappropriate caring and be supported to learn, develop and thrive.

### ***New commitments in the Strategy***

On the whole, the Strategy is a very positive document, with a range of useful commitments backed up by new money. The government had already announced £22m for emergency planning and support for carers and the Strategy commits the government to spending the following amounts over the next two years:

*The Strategy is the “start of a process rather than the end... carers need more help and support than has been available in the past... above all we recognise the need for better support for respite and short breaks.”*

*Gordon Brown, Prime Minister*

- £150m to local Primary Care Trusts (PCTs) for flexible breaks, meeting the needs of both carers and the people they support
- Up to £38m to help carers stay in work or re-enter the job market
- £6m to ensure young carers are protected from inappropriate caring and receive support.

The strategy also promises that by 2011 the government will:

- Find ways of joining up services offered by the NHS, councils and charities
- Experiment with new ways of GPs supporting carers and try out providing an annual health checks to carers
- Improving the emotional support offered to carers
- Provide training to help people feel more confident in their caring role

## new carers strategy... new carers strategy... new carers strategy...

- Train professionals in lots of agencies, such as health, social services and housing
- Ensure that carers support charities can reach more carers
- Provide every carer with local information services and a national carers advice line and website.

### **The longer term 2011-2018**

The strategy sets out some goals from 2011 onwards, such as:

- Finding out if we need a lead professional for carers in every area
- Review benefits available to carers and the people they look after
- Consider more increases to breaks and respite
- Consider providing replacement care for carers to attend hospital appointments and screenings
- Review the law around information sharing with carers and confidentiality
- Consider allowing payment of carers via Direct Payments given to service users by social services.

### **New definition of 'carer'**

The Strategy puts forward a new definition of a carer which it suggests should be used by all government departments. "A carer spends a significant proportion of their life providing unpaid support to family or potentially friends. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems." It says that this suggested definition will not immediately affect assessments or benefits – at the moment. It is a suggestion for people to think about.

### **Support and local carers' charities**

The Strategy recognises that "many carers prefer to deal with third sector organisations than with the statutory services for a variety of reasons" and recognises "the vital role that these organisations play in ensuring that carers have the greatest possible flexibility in receiving and accessing support and services".

So this sounds like good news for Carers Resource

and the three other carers organisations that work alongside us in Scarborough, Whitby and Ryedale, but so far we are being told that there is no additional money from either the Primary Care Trust or North Yorkshire County Council.

The new money for carers will not be 'ring-fenced' so councils and health trusts will not be made to spend it on carers. It is our intention to monitor the situation carefully and if required to lobby the government to do more to make sure the money intended for carers is spent on them locally.

### **Income and employment**

The Strategy steers away from raising benefit levels, saying that the best way to make sure carers can enjoy a reasonable income "is if they, where possible, combine paid employment with their caring role." This is seen by many as a missed opportunity to deal with the financial hardship that is commonly experienced by carers and their families.

*"Every day 6,000 people take on new caring responsibilities"*

*From the Strategy's foreword*

Many carers already have the right to make flexible working requests, and the government will consider extending this right to carers who do not yet have that right, because they don't live with the person they care for and are not closely related.

Care partnership managers will be introduced at Job Centre Plus branches, along with new training for staff, marking job vacancies as carer friendly and funding replacement care for carers who want to go on approved training courses.

A good practice guide for all employers on the benefits of employing carers will be produced.

If funding permits we hope to continue with our "Changing Lives" project which provides information and support to carers who are juggling work and care or who want to return to work or training.



## new carers strategy... new carers strategy... new carers strategy...

### **Health and well-being**

The Strategy gives doctors and others the clear message that "carers must be treated by professionals as partners in care... Carers often find that their caring responsibilities prevent them from accessing health services both for their own needs and on behalf of the person they support. It is important, therefore, that both carers and the people they care for are given as much choice and control as possible when accessing NHS services."

### **Young carers**

The government wants to reduce the numbers of children who are having to provide excessive and inappropriate levels of care for parents and other family members. The Strategy sets out some plans to help support them, as well as providing new money for local services.

*"People who provide a lot of care tend to have lower incomes, poorer health, and are less likely to be in work than their counterparts."*

*From the Strategy's foreword*

### **What's missing?**

- It is very disappointing that the Strategy does not make any promises to raise Carers Allowance or other benefits straight away, particularly when this was an issue that was raised time and time again during consultations with carers. Instead, the government says it will reform all benefits over the next few years and will talk to people about how best to do that.
- The Strategy does not give much detail about how it will change things for groups of carers who often get less support at the moment, such as black and minority ethnic carers or carers of people with substance misuse problems.
- It does not offer carers any new legal protection from discrimination, either at work or when trying to access services from councils and health trusts.



### **Have your say**

We would like to know what you think about the Strategy so that we can represent the views of local carers to the government, to North Yorkshire County Council and to the Primary Care Trust.

There is a form on page 11 which you can fill in and send back to us. The form is also on our website to download and send back to us at [julie@carersresource.net](mailto:julie@carersresource.net) or you can email us your comments to the same address.

### **We would particularly like to know:**

- What do you think of the new suggested definition of 'carer'?
- Which bits of the Strategy do you most welcome?
- What's missing from the Strategy or should be changed?
- What needs to happen in this area to make the government's vision for carers become a reality?
- Will the Strategy do enough to make sure local carers' services get more help from councils, health trusts and government?
- How are you affected by the Carers Allowance remaining at the current level? Would you support a protest march?

**You can also post your comments on the carers' message board on the Princess Royal for Carers website at [www.carers.org/forums](http://www.carers.org/forums)**

**Copies of the Strategy are available from:  
[www.dh.gov.uk/publications](http://www.dh.gov.uk/publications)  
or [dh@prolog.uk.com](mailto:dh@prolog.uk.com)**

**new carers strategy... new carers strategy... new carers strategy...**

# National Carers Strategy Questionnaire.

## August 2008

1. What do you think of the new suggested definition of 'carer'

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2. Which bits of the Strategy do you most welcome?

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3. What's missing from the Strategy or should be changed?

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4. What needs to happen in this area to make the government's vision for carers become a reality?

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5. How are you affected by the Carers Allowance remaining at the current level?

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6. Would you support a protest march?

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If you would like to receive feedback from us about this survey please give us your:

Name:

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Address:

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---

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Telephone number:



**Please return this form to: Giving Carers a Voice, Scarborough & Ryedale Carers Resource. FREEPOST NEA 1433, Pickering, North Yorkshire YO18 7ZZ**

carers health... carers health... carers health... carers health...

## Has your GP or Surgery gone the extra mile for you?

*Simplyhealth and the Princess Royal Trust for Carers are working in partnership to celebrate and recognise the support that individual GPs, GP surgeries and Primary Care Trusts give to unpaid carers.*

All unpaid carers are invited to nominate their GP for a **Carers' Choice Award** if they feel the GP has been amazingly supportive **to them**. Carers just need to write a letter about how the GP supports them as a carer. It is all about the support given to the carer, not just to the person cared for.

Last year 13 individual GPs were shortlisted and the winner was described as outstanding and caring, a GP who went above and beyond the call of duty. It is good to realise that carers do sometimes receive an exceptional service from GPs and great that the good practice is being acknowledged, awarded and publicised.

There is also a Simplyhealth **Caring Surgery Award** to identify GP surgeries which are supporting carers and demonstrating good practice.



**Applications need to be made by 10th October 2008.**

**If you would like help to nominate your GP or surgery and would welcome support to do so please contact Sally Craggs at Carers Resource on 01751 473727 or email: [sally@carersresource.net](mailto:sally@carersresource.net)**

money matters

## 'Willing' people needed to change lives

**Have you put off making a Will? Or made one some years ago but not kept it up-to-date? Then you and your loved ones could benefit from taking part in Will Aid this November. Make your Will with a Will Aid solicitor and you will be helping thousands of people around the world to improve their lives by supporting the work of the Will Aid charities.**

During November, instead of charging for drawing up a basic Will, Will Aid solicitors will waive their usual fee and ask instead that the client donate the fee they would normally have been charged to the Will Aid charities. The suggested minimum donation is £75 for a single Will, £110 for mirror Wills and £40 for a change or codicil to an existing Will.

The money raised is shared between the participating charities: ActionAid, British Red Cross, Christian Aid, Help the Aged, NSPCC, Save the Children UK, Sight Savers International, SCIAF and Trocaire.

Since the campaign began in 1988, it has raised almost £7 million



in donations. Will-makers are free if they wish to leave a gift to any charity of their choice.

**Find a convenient solicitor by calling the hotline 0300 0300 013 or by visiting [www.willaid.org.uk](http://www.willaid.org.uk) and using the "Find a Solicitor" function.**

what's on... what's on... what's on... what's on... what's on...

## Carers Resource: What's On



*This is a new feature where we are listing the activities that we are involved with. We hope that this will give you the opportunity to find out about the different ways that you can get advice, information and support from Carers Resource.*

### September

- 1st Staithes Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm. Contact Carers Resource or the surgery to make an appointment.
- 1st Mental Health Carers Group, Scarborough** 7.30pm – 9pm. Sun Lounge, Day Centre, Elder Street, Scarborough. Contact Liz Brown on 01751 473727 for information.
- 4th Mental Health Carers Group, Whitby** 11am – 1pm. Whitby Interactive. Skinner Street. Contact Liz Brown on 01751 473727 for information.
- 4th Eastfield Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm. Contact Carers Resource or the surgery to make an appointment.
- 4th Filey Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm. Contact Carers Resource or the surgery to make an appointment.
- 9th Helmsley Medical Centre Carers Group** 2pm – 3.30pm. Individual appointments available. Contact Yvonne Murphy on 01751 473727 or the Surgery for information.
- 16th Mental Health Carers Group, Ryedale** 11am – 12.30pm. Carers Resource, Outgang Rd, Pickering. Contact Liz Brown 01751 473727 for information.
- 17th Whitby Co-op, Advice and Information Drop In** for carers who are employed at the Co-op. 11am – 3pm inside the canteen. Contact Emma Teasdale/ Gina Culling on 01751 473727 for information.
- 18th Malton Hospital, Ryedale and Fitzwilliam Wards** 2pm – 4pm. Support and Information Officer available to meet patients, carers and staff. Contact Yvonne Murphy on 01751 473727 for information.
- 18th West Ayton Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm. Contact Carers Resource or the surgery to make an appointment.

- 23rd Filey Library, Health Day 50 Plus** 10am – 3pm. Information for older people and their carers. Contact Sally Craggs on 01751 473727 for information
- 24th Scarborough Hospital Advice and Information Drop In** for carers who are employed by the Healthcare Trust. 9am – 1pm outside Skarathi's Restaurant. Contact Emma Teasdale/ Gina Culling on 01751 473727 for information.
- 25th Falsgrave Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm. Contact Carers Resource or the surgery to make an appointment.
- 29th Open meeting of new Ryedale Carers Group** 10.30am – 12pm Carers Resource, Outgang Road, Pickering. Contact Yvonne Murphy on 01751 473727 for information.

### October

- 2nd Eastfield Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm.
- 2nd Filey Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm.
- 2nd Mental Health Carers Group, Whitby** 11am – 1pm. Whitby Interactive. Skinner St.
- 6th Staithes Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm.
- 6th Mental Health Carers Group, Scarborough** 7.30pm – 9pm. Sun Lounge, Day Centre, Elder Street, Scarborough.
- 14th Helmsley Medical Centre Carers Group** 2pm – 3.30pm. Individual appointments available.
- 15th Carers Resource 'Market Place', lunch, AGM** 12.30pm – 3pm. Westborough Methodist Church, Scarborough. Contact Elizabeth Richards or Lynn Hall on 01723 473727 for information.

## what's on... what's on... what's on... what's on... what's on...

- 16th West Ayton Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm.
- 16th Malton Hospital, Ryedale and Fitzwilliam Wards** 2pm – 4pm. Support and Information Officer available to meet patients, carers and staff.
- 21st Mental Health Carers Event "Walking on Eggshells – How We Care with Confidence!"** (see advert panel on this page for details).
- 21st Changing Lives Project talk** 7pm. Ryedale Special Families (RSF), Town St, Old Malton. Open to all members of RSF. Contact Emma Teasdale/ Gina Culling on 01751 473727 or RSF on 01653 690000 for information.
- 29th Scarborough Hospital Advice and Information Drop In** for carers who are employed by the Healthcare Trust. 12pm – 4pm outside Skarathi's Restaurant.
- 29th Malton Hospital, Ryedale and Fitzwilliam Wards** 2pm – 4pm. Support and Information Officer available to meet patients, carers and staff.
- 30th Falsgrave Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm.
- November**
- 3rd Staithes Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm.
- 3rd Mental Health Carers Group, Scarborough** 7.30pm – 9pm. Sun Lounge, Day Centre, Elder Street, Scarborough.
- 6th Mental Health Carers Group, Whitby** 11am – 1pm. Whitby Interactive. Skinner St.
- 6th Eastfield Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm.
- 6th Filey Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm.
- 11th Helmsley Medical Centre Carers Group** 2pm – 3.30pm. Individual appointments available.
- 18th Mental Health Carers Group, Ryedale** 11am – 12.30pm. Carers Resource, Outgang Road, Pickering.
- 20th West Ayton Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm.
- 20th Malton Hospital, Ryedale and Fitzwilliam Wards** 2pm – 4pm. Support and Information Officer available to meet patients, carers and staff.
- 26th Scarborough Hospital Advice and Information Drop In** for carers who are employed by the Healthcare Trust. 9am – 1pm outside Skarathi's Restaurant.
- 27th Falsgrave Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm.

### Walking on Eggshells – How We Care With Confidence!

**21st October 9.30am – 3.45pm**  
**Cober Hill, Cloughton, Scarborough**

**Do you support someone with a mental health problem? – then this event is for YOU!**

There will be workshops around understanding and supporting someone with depression, anxiety and mood related problems, obsessive and compulsive thoughts and behaviours and psychotic behaviours and symptoms.

In the afternoon there will be an aromatherapy session and a relaxation session that carers can take part in. Transport can be provided.

**For further details contact Liz Brown, Carers Resource on 01751 473727 or Joanne Fenwick / Becky Turton, Carers Support Team, Mental Health Services 01723 368185**

## what's on... what's on... what's on... what's on... what's on...

### December

- 1st Staithe Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm.
- 1st Mental Health Carers Group, Scarborough** 7.30pm – 9pm. Sun Lounge, Day Centre, Elder Street, Scarborough.
- 4th Mental Health Carers Group, Whitby** 11am – 1pm. Whitby Interactive. Skinner Street. To be confirmed. Contact Liz Brown on 01751 473727 for information.
- 4th Eastfield Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm.
- 6th Filey Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm.
- 9th Helmsley Medical Centre Carers Group Christmas lunch.** Venue to be confirmed. Contact Yvonne Murphy on 01751 473727 for information.
- 16th Mental Health Carers Group, Ryedale** 11am – 12.30pm. Carers Resource, Outgang Road, Pickering. To be confirmed. Contact Liz Brown on 01751 473727 for information.
- 18th West Ayton Surgery** Advice and Information sessions for carers 1.30pm – 3.30pm.
- 18th Malton Hospital, Ryedale and Fitzwilliam Wards** 2pm – 4pm. Support and Information Officer available to meet patients, carers and staff.

### practical caring

## Stair lift – free

**Bison stair lift  
Classic 460 – straight,  
12 treads.**

Free but will need to be disconnected prior to collection. Electrical knowledge will be necessary.



**If you are interested, please ring:  
01723 512639**

*Note: Scarborough and Ryedale Carers Resource does not imply any recommendation or accept any responsibility for this item. The image is a library photo and not the actual stair lift offered for sale.*

### Carers UK – AGM and Carers Summit

**Wednesday 12 November 2008**

Clifford Chance, The Auditorium, 10 Upper Bank Street, Canary Wharf, London E14 5JJ

***This summit is for carers and former carers ONLY***

We are pleased to announce that there will be a draw for a bursary of up to £75 per person.

***Please email or phone Anne Mundy for more details. Tel 020 7922 7974.  
Email [anne.mundy@carersuk.org](mailto:anne.mundy@carersuk.org)***

### ***Flower Power Answers (page 2)***

1. Snapdragon
2. Rose
3. Peony
4. Hyacinth
5. Hydrangea
6. Foxglove
7. Carnation
8. Wallflower
9. Cowslip
10. Tulip

We always welcome your contributions, letters, news, praise or criticism!

Please contact Yvonne Murphy at:  
Scarborough & Ryedale Carers Resource,  
Outgang Road, Pickering, YO18 7EL.

Phone: 01751 473727 - Fax: 01751 473784  
e-mail: [staff@carersresource.net](mailto:staff@carersresource.net)  
web-site: [www.carersresource.net](http://www.carersresource.net)

The deadline for the next issue is

**22nd October, 2008**

Please let us know if you change your address, or if for any reason you no longer wish to receive the magazine.

If you are not already on the mailing list and wish to be - just give us a ring.



money matters

## EnergyRight – help to reduce your energy bills

**Scarborough and District Age Concern has launched a new campaign to help local pensioners reduce energy bills.**

The project which is funded by the energy supplier e-on is called EnergyRight and has been set up to tackle fuel poverty. Anyone who is paying more than 10% of their gross income on the cost of keeping themselves warm is said to be suffering fuel poverty.

Tim Marshall has been appointed as the co-ordinator of the project, and he will be working with a team of trained volunteers to give information on the most efficient use of energy and make an assessment of any benefits a client is receiving to ensure they are claiming everything to which they are entitled. Problems that Tim and his team will be looking for include cold and damp houses, high energy bills, inability to pay and ill health.

Tim says “when someone contacts us for help I call and see them, do a Home Energy Check and with their consent arrange for a full survey to be carried out. The check usually takes about half an hour and I only call by prior arrangement and always carry identification.



Oh, and I also supply free energy saving light bulbs!!”

**The service is provided free of charge so if you are struggling to pay your energy bills and worry about keeping warm this winter contact Age Concern on 01723 379058**



**Note: Ready, Steady, COOK!** will return in the next edition with some delicious winter recipes. We would welcome your contributions of favourite recipes.

Send them to Ready, Steady, COOK! Focus Carer, Scarborough & Ryedale, Carers Resource, FREEPOST NEA1433, Pickering YO18 7EL.

Or email them to [staff@carersresource.net](mailto:staff@carersresource.net)



**Scarborough & Ryedale Carers Resource** is an independent Charity and a Company limited by guarantee. Charity No. 1046228. Company No. 3042108. We are funded by NYCC Adult & Community Services, North Yorkshire and York PCT, Scarborough Borough Council and other Charitable Trusts.



INVESTOR IN PEOPLE