

FOCUS CARER

ISSUE
66

Winter
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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Welcome to the Winter edition of Focus Carer

In the last Focus Carer we bade farewell to our Manager Suzanne Carr, as she moved on to her new role with the Primary Care Trust. Since then Elizabeth Richards, Suzanne's former Deputy Manager, has taken the helm as Acting Manager to ensure that our service to carers has carried on uninterrupted. Other members of staff have temporarily taken on new responsibilities and extra hours until the team is back to full strength. Interviews have taken place for a Chief Officer plus a Funding and Marketing Manager. We will review the staff team and give a profile of their responsibilities in the first Focus Carer of 2009. Carers Resource held a successful AGM in October. Duncan Webster, Chair of the Board of Trustees, pays tribute to you, the carers, on page 3.

Liz Brown, along with Joanne Fenwick and Becky Turton of the Carers Support Team, Mental Health, organised another event at Cober Hill in October for carers of anyone

with a mental health problem. See page 4 for a report of this event which was well supported and much appreciated by those who attended. Page 7 has news of benefit changes which might affect carers or cared for.

Thanks to all who took the time to respond to our National Carers Strategy questionnaire. There are some heart-felt comments on page 8.

Page 10 has details of funding available to individuals, and a list of useful telephone numbers is on page 15, which should help you to access services, benefits, advice and support when necessary. As promised, Ready, Steady, Cook! returns on the back cover.

Finally, your contributions and comments are always welcome. Please keep them coming in to make this YOUR magazine.

Yvonne Murphy - Acting Editor

(Front Cover Photo: The Carers Resource tree at the Pickering Christmas Tree Festival).



New! Drop in Coffee Mornings for Carers

Scarborough and Ryedale Carers Resource and Adult Learning Service have started running drop-in coffee mornings for carers

Venue: Talbot House, Queen Street, Scarborough (opposite the Methodist Church).



**Future dates: Thursday 18th December 08
Thursday 22nd January 09
Thursday 19th February 09
All from 9.30 to 11.30**



Advice on courses, training and career opportunities
Support with balancing caring and work or learning
General advice and information about your caring role

Please contact Gina Culling at Carers Resource if you would like more information. Tel 01751 473727 or email gina@carersresource.net

Spring Focus Carer Deadline

Send us your contributions for the Spring edition of Focus Carer by 16th February, 2009.

Christmas and New Year Closing

The Carers Resource office will be closed on Christmas Day and New Years Day, but open normal office hours, 9.00am – 4.00pm from 29th-31st December 2008.

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

Scarborough and Ryedale Carers Resource Annual General Meeting

Fifty people attended our AGM on Wednesday 15th October, which took place at Westborough Methodist Church in Scarborough.

The event began with the opportunity to view displays about our project work, plus a general board giving an overview of Trustees, Staff and Volunteers.

A very tasty buffet lunch was supplied by Basics Plus, which gave people the chance to chat informally and put names to faces.

The business part of the meeting was handled with aplomb by our Chair of Trustees, Duncan Webster, ably supported by Vice Chair, Brian Shackleton and Treasurer, Allan Hall.

In his summary of the year, Duncan pointed out that there are plenty of facts and statistics in the Annual Report, but for him the carers' comments better demonstrate the difference Carers Resource can and does make to people's lives: "When I am down it is great to remember that there is someone to care for us".

The National Carers Strategy was launched in the summer and outlined in the Autumn Focus Carer. The Chair said that we have already experienced a "misfit" between what the government is promising and what is deliverable locally. We intend to develop a loud voice if the promises do not materialise.

Duncan went on to pay tribute to another group of people who **do** deliver on their promises – the staff and volunteers at Carers Resource. We are fortunate to have such a committed, knowledgeable and dedicated team, led by Elizabeth Richards in her current role as Acting Manager.

He also paid tribute to his colleagues on the Board of Trustees, who have the least glamorous role. They have perpetual frustrations over the inadequacy of funding and the bureaucracy connected with the running of any charity. But they also get the satisfaction of overseeing an organisation that they believe really does make a difference.

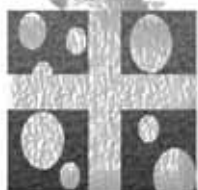


Duncan finished off with: "Finally, and with great humility, I want to pay tribute to you, the carers and members of Carers Resource. You dedicate yourselves to caring for friends and family members. You know the stresses of caring. Please help us reach more carers. You are our greatest ambassadors."

For a copy of the 2007-08 Annual Report, contact Carers Resource on 01751 473727 or call into the office.



**The Staff, Trustees and Volunteers
at Carers Resource
Wish You a Very Happy Christmas
and a Peaceful New Year**



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



Walking on Eggshells...

...was the title of the event that took place on 21st October. 37 carers attended Cober Hill in Cloughton for a day that was aimed at those who have a friend or family member with some kind of mental illness.

Mental Health Services and Carers Resource joined together to better meet the needs of those supporting someone with a mental illness.

Jackie Jones, Assistant Director of Scarborough / Whitby / Ryedale Mental Health Services introduced the day by supporting the vision of the National Carers Strategy, giving an overview of the review of local services and developments at the Cross Lane site and answering questions from those present. Issues raised included confidentiality and information sharing, flexibility for people on the wards to leave more freely, if appropriate, and the use of complementary therapies in the treatment and recovery of people using mental health services.

Jackie also reminded carers that their voice was crucial in reshaping services and encouraged them to get involved either through Carers Resource 'Giving Carers A Voice' Project or through the Patient and Public Involvement Team.

Three workshops were offered. These were about 'Helping you to support someone with'...

- depression, anxiety and mood swings
- fears, phobias and obsessions
- psychosis, unusual beliefs and ideas

These were aimed at helping to understand how mental illness affects people and discussing ways

of responding without feeling they are 'walking on eggshells' – a phrase used frequently by people in this situation.

In the afternoon, Clare Walters led an 'Extend' session, which is described as "fun and gentle seated exercise designed to improve your posture and wellbeing". This was followed by a relaxation session with Joanne and an aromatherapy session with Bridget, both of which went down very well and made a relaxing end to the day. Individual advice and information on welfare benefits and carers assessments was also offered.

Thanks to all involved in making the day a success.

A full evaluation of the event and feedback from the day is available from Liz Brown at Carers Resource.

If you would like further information about how to get involved in giving your views and feedback on current or future services, please contact either;

- ***Julie Graves, Giving Carers A Voice Project, Carers Resource, Tel. 01751 473727, email: julie@carersresource.net or***
- ***Jacki Tonkin (Mental Health Services), 01723 343565 or***
- ***Patient and Public Involvement Team, 0191 333 3520, ppiteam@tevv.nhs.uk***

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

A Big Thank You

As a registered charity, Carers Resource is constantly on the lookout for relevant funds to support our work, from statutory services and grant-making trusts. We also receive donations from individuals, which bring home to staff the value of our work. Some recent contributions are detailed below.



Helmet Park Group

The Scarborough Helmet Park Group is a number of volunteers who give up their time, three times a year, to provide a service for the motor cyclists who go to the Oliver's Mount events. For a small charge, motor cyclists can leave their helmets and bags until the end of the meeting, which enables them to enjoy the racing all day without the hindrance of personal belongings.

The Helmet Park is run by Colin, Neil and Terence with help from Margaret, Lyn, Veda and Jean. All the monies collected are divided between a number of charities.

The Group has recently presented Scarborough and Ryedale Carers Resource with a cheque for £350, at the end of the 2008 season of events.

Carers Resource wishes to thank the Group for their kind donation to our work, which is much appreciated.

Marathon Man

Scarborough and Ryedale Carers Resource would like to acknowledge an amazing donation from a Ryedale gentleman towards our work. Steve Bannister from Butterwick ran the Great Langdale Marathon, with sponsorship from many local people, as well as friends nationally, in memory of his friend John Brown from Helperthorpe, who died in January 2008.

We were speechless to receive a cheque for £2,000 towards our work supporting carers, a fantastic tribute to both men.

So a massive THANK YOU to Steve and also to his wife Olive, who organised sponsor forms and provided admin support.

Members of Carers Resource

Thanks also to the carers who have made donations totalling £972 when renewing their membership of Carers Resource.

It is also possible to leave a legacy to Scarborough and Ryedale Carers Resource; information can be supplied on request. Gifts to charities are exempt from Inheritance Tax, which might be a consideration in your financial planning for the future.



Quotes from the evaluation forms:

"I like the mix of information and relaxation."

"Good to meet other people who are in the same boat as you."

"Very relaxing, fun at times, helpful."

"It was a real treat."

"A real oasis."

"Lovely mix of information and relaxation."

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

Disability Access Survey of Pickering

The Disability Access Survey of Pickering conducted by Brian Baker (Deputy Mayor) has been completed. Thank you very much to all those who contributed to the survey.

Due to restriction of space we are not able to put the full report in Focus Carer but we do have copies of it available. Please do contact us if you would like one.

Persons/Agencies consulted for advice/opinion

- Scarborough and Ryedale Carers Resource
- Wilf Ward Trust
- Several individual disabled persons identified by Carers Resource
- Responses resulting from an article in the "Focus Carer" magazine.



A brief summary:

Overall the town centre and its approaches are reasonably disabled friendly, but certain areas would benefit from modification or remedial work. Some of these are higher priority than others.

Some suggestions:

- a lower speed limit in the town centre
- more disabled car parking spaces
- less abuse of disabled car park spaces by able bodied people
- better access into the Post Office

Housing Problems?

If you think you (or someone you know) are in danger of losing your home, you need to know about your housing rights.

Before you make a formal arrangement to pay your rent or mortgage arrears, find out about your housing rights. You might be agreeing to something you can't afford.

- You may be able to stay in your home until a court tells you to leave.
- Don't just pack your bags. Get advice first.
- If you are threatened with becoming (or are) homeless, you can get help.

HARP (Housing Advice Resource Project)
Tel: 01723 350755, offers FREE specialist housing advice to anyone in the Scarborough, Whitby, Ryedale area. HARP also has a Duty Adviser present on housing possession days at Scarborough, Bridlington and Whitby County Courts to assist you if you do not already have representation.



It is always in your best interests to attend a court hearing, otherwise a decision will be made in your absence and you may lose your home. The duty adviser can negotiate on your behalf and represent you at the court hearing, even if you only meet up 15 minutes before the hearing, but the earlier you get help the better. So remember this information to pass on to others who might need it.

Contact HARP on 01723 350755.

The Citizens Advice Bureau can also offer confidential, impartial advice - contact:
Scarborough CAB – 01723 368710,
Whitby CAB – 01947 605157,
Ryedale CAB – 01653 692740.

Foundation Housing Support helps 16–25 year olds with housing problems, Tel. 01723 361180.

money matters... money matters... money matters... money matters...

Changes to Incapacity Benefit



EMPLOYMENT AND SUPPORT ALLOWANCE (ESA) is a new benefit which was introduced on 27th October 2008. It is a benefit for people who have limited capability for work because of illness or disability. ESA replaces Incapacity Benefit and Income Support on the grounds of disability, for new claims since 27th October.

One of the Government's major reform policies is the reduction of the unemployment rate to 20% of the working population. This is to be done by increasing 'work activity' in various groups.

The Government hopes to reduce the number of Incapacity Benefit claims by 1 million from the current 2.7 million.

ESA will initially run parallel to the existing incapacity benefit schemes:-

Invalidity Benefit

Severe Disablement Allowance

Incapacity Benefit (IB)

Income Support (IS) for incapacity

Anyone who was already receiving the above benefits before 27th October is protected from the initial change. There are proposals to transfer all IB and IS claimants to ESA by 2010; the timetable for this has not yet been announced.

The government wants to help people who are sick or disabled to get into work or stay in work if they already have a job. For several years they have been trying out a scheme called

'Pathways to Work' in some parts of the country and this should have been extended to all areas from April 2008. The scheme involves:

- Personal Advisers (PAs) to provide help and support;
- A Condition Management Programme to help people cope with problems like anxiety and lack of confidence;
- Return to work credit, a tax free payment of £40 per week paid on top of wages for the first year in work to those working 16 hours or more;
- Work focused interviews

All our Support and Information Officers have attended a training course at York Welfare Benefits Unit about Employment and Support Allowance, so they will be able to handle your queries. But please remember, for the time being, ESA only applies to new claims from 27th October.

From information supplied by Whitby DAG and Rethink.

Increased disregards on income from Child Maintenance in Housing Benefit and Council Tax Benefit calculations



Since 27th October 2008, Child Maintenance payments have been disregarded in full for Housing Benefit and Council Tax Benefit purposes.

This decision followed a government White Paper, 'A New System of Child Maintenance', and a subsequent Bill 'Child Maintenance and Other Payments'. The Bill will also have an

impact on other means-tested benefits. By the end of 2008, the first £20 of Child Maintenance payments will be disregarded for Income Support, income-based Jobseekers Allowance and income-related Employment and Support Allowance. This disregard will increase to £40 in 2010 and could make a significant difference to the income of some lone parents.

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

Giving Carers a Voice...

Your responses to our National Carer Strategy Questionnaire...

Several of you sent us your views on the new Carers Strategy – it obviously hit a nerve! Here are some of the comments we received...

The definition of a 'carer' :

"in what way is it new?"

"okay – but some of us are spending virtually all our lives caring, not just a significant part"

"it doesn't take into account people like myself who have provided care 24 hrs x 7 days... for 30 years'; no pay, no break – no paid holidays"

"the role of a carer affects relationships with everyone, especially family"

What bits do you welcome :

"carers will be able to have a life of their own – I don't believe this will happen... "

"the health and wellbeing part for everyone... children not being so responsible... respite being high profile... a paid holiday, for 1 to 2 weeks, at least every 6 months as statutory entitlement"

"None – it is all without factual substance & dates of implementation"

What is missing or should be changed :

"a proper Carers Allowance... not to be withdrawn when one begins to claim state pension"

"The urgent need to do it now!"

"Financial... changes. Carers allowance being paid to pensioners. More detail.."

"2018 is too late to start being recognised and valued – we need universal recognition now!"

What is needed in this area :

"send all MPs to look after a person... for 24 hours, 7 days a week... then they might realise what it is like"

"Ignore state pensions (earned) and compensate for 24 hr caring with a substantial payment..."

"respite and daycare freely available. End discrimination against wheelchair users... (needing 2 carers for toileting)... so clients are not allowed in the Council-run homes for respite and daycare"

"A good response to government vision needs to be rewarded by a thank you"

How you are affected by Carers Allowance staying the same :

"I will have to cut down where possible, including paying for help in the house"

"I do not receive any money because I am retired (retired early to care!)"

"I can't claim it now that I get my reduced state pension"

"Causes great stress. Have to struggle with all household bills going up – no pay – no break – on anti depressants, almost too ill to care"

Would you support a protest march:

"No – they're pointless"

"Yes – but I cannot leave my mother for long ... as sitters don't toilet her"

"Yes – but I haven't time to go on it"

"Yes – now both local level and government level"

Thank you to all who responded – we will pass on your remarks whenever there is an opportunity to lobby someone influential! We appreciate knowing what you think so that we can feel confident that we are able to represent your views to key service providers... and target our own work to where it is needed most.

Julie Graves, 'Giving Carers a Voice'

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

Carers UK Meeting (London)

Discussing the new National Strategy for Carers

A report by David and Mary Wilson who attended this meeting on July 18th 2008, as part of the Giving Carers a Voice Project. The meeting was to discuss the National Strategy for Carers published on 10th June 2008 and signed by seven government departments. It commits £255 million to create additional support for carers over 10 years.

Phillippa Russell, Chair of the Standing Commission on Carers gave the initial address outlining her part in the discussions to develop the strategy and noted that all she would have liked was not forthcoming. She spoke with experience as a carer herself and had been appointed to the position by the Prime Minister. She noted that the position would become an 'applied for' post and eventually would be advertised.



By 2018:

- Carers will be respected as expert carer partners and will have access to services they need to support them in their 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.
- Carers will be supported to stay physically and mentally well.
- Children and young people will be protected from inappropriate caring and have the support they need to learn, develop and thrive. They will be enabled to achieve against all the 'Every Child Matters' outcomes.

There will be training for professionals (local authorities, GPs etc). There will be better integration. There will be funding for third sector services.

There will be extended flexibility in the way personal budgets and direct payments are used.

There will be an increase of £150 million in monies available for carer/user breaks.

Our concerns about the meeting were that the group was well known locally and people who spoke from the audience were loquacious and obviously well known to the Chair. The main discussion was about the lack of any increase in benefits for carers. Although we appreciated that this was a genuine concern, a lot of discussion revolved around the subject. Our main thoughts were that if money for carers or user breaks were not to be ring-fenced, which it is not, then there was a risk that the money going via PCTs and Local Authorities would be either diluted or lost.

There was a genuine concern that benefits were paid to foster parents but not to carers within a family.

Census 2011

Following pressure from carers' organisations nationally and locally the government has decided that a question about caring – introduced in the 2001 census – will be included in the 2011 census. This will mean that carers will still be recognised in the National Census.



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SAGA Respite for Carers Trust

The Saga Respite for Carers Trust was set up to give carers a break by providing hundreds of free holidays for carers and their companions.

In the first year more than 1,000 people applied by phone or on-line.

The Carers Trust is on-going, with nomination forms for 2009 available from January until 31st August 2009. Unsuccessful applicants from 2008 can re-apply.

To qualify as a nominee you must be over 50, have been caring for someone for more than a year without a significant break from your responsibilities and not be a professional carer.

To apply on-line go to www.saga.co.uk/health/carers.

To apply by post, send a stamped, self-addressed envelope to:

*The Trust Manager,
Saga Respite for Carers Trust,
The Saga Building,
Enbrook Park, Folkestone,
Kent CT20 3SE*

Trinity Centre

The Trinity Centre on Flowergate (beside Church House) provides good quality day care for older and disabled people from Whitby and the surrounding villages.

The centre provides door to door transport facilities (minibus with a lift at the rear). The building is accessible for disabled people, having wide doors and a lift to the first floor. There are accessible toilets on the ground and first floor.

The Centre is for socially isolated people, enabling them to meet new friends, have a home-cooked meal at lunchtime and to join in activities such as whist, dominoes and bingo. Trips out are also arranged during the year.

Trinity Centre opens Monday and Wednesday 8.30am – 4.30pm; Friday 8.30am – 3.30pm and is closed on Bank Holidays and during Christmas and New Year.

Did you know you can now refer yourself to the Centre? There are places available, so why not contact Barbara Plum at Trinity Centre for more information.

Trinity United Reformed Church, Flowergate, Whitby YO21 3BA. Tel: 01947 601548

The Family Fund Extra

The Family Fund helps families with severely disabled children to have choices and the opportunity to enjoy ordinary life.

The Fund gives grants for things that make life easier and more enjoyable for the disabled child and their family, such as washing machines and holidays.

In September 2008 the Family Fund gave:

- **3414 grants to families**
- **1768 holiday grants**
- **1 grant for a water softener**



In order to help more people, Family Fund Extra has recently been launched – separate to the grant-making facility – to offer discounted goods and services to families caring for a disabled child.

***For more information contact the Family Fund
Tel: 0845 130 4542 or www.familyfund.org.uk***

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Winter Fuel Allowance

A Winter Fuel payment is an annual payment to help people aged 60 plus on or before 21st September 2008.

The amount payable depends on who you live with and whether you receive Pension Credit or income based Jobseekers Allowance, and varies between £150 and £400 in 2008/09. For most over 60s the rate per household will be £250. For those over 80 it will be £400.

Most people who qualify will receive the payments automatically, but if there has been a change of circumstances in the last year the Pension Service should be notified. This might include a change in bank account, a change of address or a change in benefit entitlement. If you think that you qualify for a Winter Fuel Payment and have not received it before Christmas, you need to call the **Winter Fuel helpline 08459 151515** or visit the website **www.thepensionservice.gov.uk/winterfuel**.

The deadline for completed claim forms for this winter is 28th March 2009.

Cold weather payments have also been significantly increased in recent months. These are made when the average temperature is



0° Celsius or below for several consecutive days and apply to people on Pension Credit, or entitled to Income Support or income based Jobseekers Allowance, including a disability premium. The payment has been raised from £8.50 to £25.

You should not need to claim but do check that it has been paid after a period of cold weather.

Autism Alert Card

**Update from Carer Representative
Gillian Payne**



I attended the launch for the North Yorkshire Police Force in August of the Autism Alert card. This was to inform the police about the particular problems they may face when coming across situations in which people with autism are involved and to raise their awareness of the unusual behaviour which may occur when people with an autistic spectrum disorder have to deal with the unexpected. A video giving some examples was shown and further cascading of training to police staff was promised.

The North Yorkshire Police are backing this initiative, and will be distributing "Autism Alert" cards to people who apply who have a diagnosis of an autistic spectrum disorder. The Police logo will be on the cards, so officers will know that the cards are to be taken seriously.

The cards are to be launched publicly in December, according to Becky Mears, the National Autistic Society development worker for Yorkshire and Humberside.

Directgov

Directgov is a useful place to find up to date public service information online.

www.direct.gov.uk/carers

www.direct.gov.uk/disability

Wheelchair For Sale

Wheelchair with large back wheels for self pushing. Folds up. Hardly used, as new. Cost £179 new. £120 o.n.o. Sale due as surplus to requirements.

Tel: 01653 697009

Scarborough and Ryedale Carers Resource does not imply any recommendation or accept any responsibility for this item.

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Local Involvement Networks (LINKs)

A LINK is made up of individuals and groups working together to improve local health and social care services by getting attention for neglected issues; helping services provide better care; helping their community to influence the decision-makers about local health and social care services. North Yorkshire LINK was launched locally at Scarborough Library and Pickering Memorial Hall.

The work of a LINK can include: asking local people what they think of local health and social care; asking for information about services; carrying out spot checks to see if services are working well.

Individuals as well as groups can join, such as carers, service users, community leaders, patient representatives, charities, faith groups, black and minority ethnic organisations and residents' associations. There is no set structure for a LINK. Each local LINK decides how best to operate and what priorities it will concentrate on, but it must remain independent from the local authority and the Health Service.

An interim Steering Group has been formed which will work until March 2009. The host organisation for the LINK is North Bank Forum and their support team anticipates that the following objectives will form the basis of this work:

- To develop and agree a governance policy framework with associated policies and procedures including a register of interest
- To consider and agree a model for ensuring the effective implementation of the LINK through a range of specific groups
- To recruit people to the specific groups e.g Governance / Visits / Communications / Work Plan
- To develop an open and transparent process for populating the North Yorkshire LINK, which includes the design of a democratic election process for the independent LINK governing body that includes a balance of individuals and organisations



- To hold a public meeting in March 2009 to adopt all of the preceding objectives.

For more information about the North Yorkshire LINK contact:

North Yorkshire & York LINKs, William House, Shipton Road, Skelton, York YO30 1XF

Tel: 01904 621631

Email: kathy@northyorkslink.org.uk or alison@northyorkslink.org.uk

Carers Rights Day

On 1st December, in support of Carers Rights Day, staff at Scarborough and Ryedale Carers Resource joined with colleagues from the Mental Health Team to mount a display at 'Customer First' in Scarborough to talk with carers about support in our area.

The theme for Carers Rights Day 2008 was 'Making the best use of your money'. We supplied information about concessions for carers, pension credit, working tax credit, energy saving schemes and more.



If you missed us on the day, information can be sent out from our office or we can call you during a 'duty session'. Contact Carers Resource on Tel: 01751 473727

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Parental Participation in shaping future services for disabled children in North Yorkshire



On October 8 a new steering group was launched to make sure that the ideas and views of the parents and carers of disabled children and young people are used effectively to plan the services that these families need now and in the future.

The Government is providing extra money for a range of improvements to services for children with learning difficulties and disabilities, including recreational activities, short breaks and better provision in the transition to adulthood.

To support the 'Aiming High for Disabled Children' campaign, the Parent Partnership Service has set up a new Parent Participation Steering Group which has the commitment of senior strategic managers from Health, Education and Social Care who, with the advice of parents, carers and voluntary agencies, will liaise and consult with parent carers across North Yorkshire.

Already many parents and parent groups have expressed an interest in this Parent Participation Forum. The main benefit of a Steering Group is that there is no need for parents to travel long distances to meetings. Parents will have the opportunity to choose their preferred means of putting forward their views. For some parents this may be through questionnaires. Others may belong to a local group of parents and may prefer to give feedback through a group representative. Where parents prefer a face to face confidential discussion in their own home, this can also be arranged. The point is that



Pictured from left: Karl Podmore (Group Manager - Children's Social Care), Richard Storey (NYCC - Webteam), Helen Forshaw (Senior Parent Partnership Coordinator), Tony Bland (Parent), Sally Hancock (PPS - admin), Simon Jones (NYCC - Webteam) & Jayne Richardson (Head of Commissioning, North Yorks PCT)

every parent will be offered the chance to have their views fed back to the agencies who provide services.

The Steering Group will have the role of checking that this is happening properly and will also make sure that parents and voluntary agencies receive feedback about the outcome and progress of each consultation. If you would like to know more about Parent Participation or would like to be part of the Steering Group, please contact me on the number or email at the end of this item.

The Parent Partnership Service also launched its new website for parents on 8 October. Our aim is to make sure there is up-to-date

information about services and events as well as useful links on a range of issues. Please let us know how you would like to see the website developed or if you would like your own group or event to be publicised.

The Parent Partnership Service is available for any parent or carer who has concerns about their child's education. Leaflets can be downloaded from the website www.nyparentpartnership.co.uk or you can telephone the Enquiry Line on 0845 034 9469, or email parentpartnership@northyorks.gov.uk

Helen Forshaw – Senior Parent Partnership Co-ordinator

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Digital UK

The switchover to digital TV will take place in 2011 for the Yorkshire TV Region and 2012 for Tyne Tees.

The cost for an average household will be between £80 and £570, but there is a Help Scheme for people with low incomes, those with disabilities and people over 75 years of age at the time of transfer.

The Help Scheme is run by Digital UK, working with Age Concern, Help the Aged and other consumer groups. It will provide eligible people – those on Pension Credit, Income Support and income-based Jobseekers Allowance with a free set-top box, including installation and advice on how to get started. The 'help' also extends to cover the cost of any extra equipment necessary, like a new aerial.

People who don't qualify for the income-related help can have the package for £40 if they are over 75 (at the time of change-over), blind or partially sighted, or are claiming Disability Living Allowance, Attendance Allowance or Constant Attendance Allowance.

The set-top box offered is a highly regarded model which includes an audio-description facility for those with sight problems. However, during the pilot scheme in Whitehaven, Cumbria, only 53% of people eligible for free help applied, and only 17% of those who would have qualified for the £40 package. One reason for the low uptake



could have been the number of homes already having a digital TV package, but a second TV can be converted under the Help Scheme, so it is worth bearing this in mind.

Everyone who is eligible for the Help Scheme should be contacted in advance with full details. If you would like more information now, telephone 0800 519 2021 or visit www.digitaluk.co.uk/helpscheme

Scarborough Survivors Mental Health Resource Centre

Andrea Woolcott was appointed as the new General Manager of Scarborough Survivors in summer 2008.

She works Monday to Thursday, 9am – 5.30pm. Andrea's work history includes time as a senior secretary for a trade union and as a personal assistant to an Inspecting Officer for North Yorkshire Health Authority. In a voluntary capacity she has helped with cub scouts, a junior football team and as secretary of a fund-raising committee.

Her key responsibilities with Survivors are:

- to provide training on mental health matters to a range of organisations
- to organise activities, volunteering and representation opportunities for members.

The Resource Centre, 9 Alma Square, Scarborough, YO11 1JR is now open Monday to Thursday, 1pm - 4.30pm with a good selection of activities including: Tai Chi, campaign group, music group, computer classes, creative crafts, drama, current affairs – all absolutely free for Scarborough Survivors members.



For more information, contact Andrea at the office. Tel 01723 500333/501049; e.mail:survivors.office@btconnect.com; or just call in during opening hours.

The Senility Prayer

O God, grant me the senility
To forget the people
I never liked anyway,
The good fortune to run into
The ones that I do like,
And the eyesight
To tell the difference.

contact information... contact information... contact information...

Useful Telephone Numbers



SOCIAL SERVICES

NYCC Adult and Community Services	01609 780780
Customer Services	0845 034 9410
Emergency duty team	0845 034 9417
Disabled Childrens Services	01609 534670
Blue Badge	0845 9501555

BENEFITS

Benefit enquiry line (BEL)	0800 882200
Disability Living Allowance (DLA)	0113 230 9105
Attendance Allowance (AA)	0113 230 9105
Carers Allowance (CA)	01253 856 123
Pension Credit (PC)	0800 99 1234
Tax Credit Helpline	0845 300 3900

Working Age Benefits

Job Centre Plus:

Ryedale	01653 685848
Whitby	01947 675975
Scarborough	01723 395100

Housing and Council Tax Benefit:

Scarborough Borough Council	01723 232372
Ryedale District Council	01653 600666

ADVICE AND INFORMATION

Citizens Advice Bureau:

Ryedale	01653 692740
Whitby	0845 120 2930
Scarborough	01723 368710

Age Concern:

Scarborough and District	01723 379058
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Disablement Action Group:

Whitby	01947 821001
Scarborough	01723 379397

Alzheimers Society:

Scarborough	01723 500958
Ryedale and Whitby	01751 477743

Ryedale Special Families

01653 699000

NHS Direct

0845 46 47

NHS Patient Advice and Liaison Service (PALS)

0800 06 88 000

Commission for Social Care Inspection

0845 015 0120

MENTAL HEALTH

Mind

	01723 588008
Scarborough/Whitby/Ryedale	0845 603 4723

Rethink Helpline

0845 456 0455

Crisis Call

0800 501254

The Samaritans

08457 90 90 90

SUPPORT

Ryedale Lifeline

01653 600666 Ext.263

Coastcall

Scarborough/ Whitby/ Filey	01723 343075
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Domestic Abuse Services

01723 365058

Caring Together

Whitby and District	01947 605757
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Ryedale Carers Support

01751 472232

Support for Carers

Scarborough	01723 364808
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Scarborough and Ryedale

Carers Resource

01751 473727

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

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

Phone: 01751 473727 - Fax: 01751 473784
e-mail: staff@carersresource.net
web-site: www.carersresource.net

The deadline for the next issue is

16th February 2009

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.

PLEASE note that whilst every care has been taken to provide accurate information, no responsibility can be accepted for errors and omissions in this magazine, neither does the inclusion of any resource or service imply any kind of recommendation.

Ready - steady - COOK! - Winter Recipes

Here are some satisfying vegetarian winter warmers.

Lentil Roast (serves 4-6)

225g (8oz) red lentils (no soak, quick cook)

450ml (16floz) vegetable stock

1 bay leaf

15g (1/2 oz) butter or margarine

2 tbsp dried wholemeal breadcrumbs

225g (8oz) grated mature Cheddar cheese

1 leek, finely chopped

125g (4oz) button mushrooms, finely chopped

90g (3oz) fresh wholemeal bread crumbs

2 tbsp chopped parsley

1 tbsp lemon juice

2 eggs, lightly beaten

Salt and pepper

A tasty, meat free, alternative Sunday lunch

1. Put lentils, stock and bay leaf in a pan. Bring to boil, cover and simmer gently for 15-20 mins until lentils have softened. Discard bay leaf
2. Base line a 1kg/2lb loaf tin with baking parchment, grease with butter or marg and sprinkle with dried breadcrumbs
3. Stir cheese, leek, mushrooms, fresh bread crumbs and parsley into lentils
4. Season to taste and bind together with lemon juice and eggs
5. Spoon into prepared loaf tin and smooth top
6. Bake in preheated oven 190°/375°F/Gas Mark 5 for about an hour, until golden

Loosen with a palette knife and turn out onto a warmed plate

Serve sliced with roast vegetables

Rice and Banana Brulée (serves 2)

400g (14oz) can creamed rice pudding

Grated rind of half an orange

2 pieces stem ginger, finely chopped

2 tsp ginger syrup (from the jar)

40g (1oz) raisins

1-2 bananas

1-2 tsp lemon juice

4-5 tbsp Demerara sugar

Quick and easy, eat when cooled

1. Mix rice pudding, grated orange rind, ginger, ginger syrup and raisins in a bowl
2. Slice bananas, toss in lemon juice, drain and divide between two individual oven-proof dishes
3. Spoon rice mixture over bananas until dishes are almost full
4. Spoon a layer of sugar over the rice in each dish
5. Place dishes under a pre-heated grill until sugar melts and caramelises. Take care that it does not burn
6. Set aside to cool, then chill in the fridge until ready to serve

