

WE CARE



The Newsletter for Carers in the East Riding

SUMMER 2013



See inside
for details on
free training
for carers

Swaledale, Yorkshire Dales National Park
www.nickelliottphotography.co.uk



EAST RIDING
OF YORKSHIRE COUNCIL

Welcome to the Summer issue of 'We Care', the newsletter for carers in the East Riding of Yorkshire. We Care is the newsletter for Carers to express their views and we therefore welcome your contributions.

Please send to:

East Riding Carers Support Service,
18 Wednesday Market, Beverley HU17 0DJ

Email: ercarers@eastriding.gov.uk

FREEPHONE
0800 917 6844 or
(01482) 396500

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USEFUL TELEPHONE NUMBERS

ERYC Benefits and Money Advice Line	0800 915 0381	Disabled Car Badge/Radar Key	(01482) 393939
ERYC Billing and Collections (Council Tax and Rent)	(01482) 394747	Hull Citizens Advice Bureau	(01482) 224608
ERYC Call Centre, Referrals and Services	(01482) 393939	ERVAS	(01482) 871077
ERYC Carer Relief Services	(01482) 395277	HERIB	(01482) 342297
ERYC Emergency Duty Team	(01377) 241273	Hull Carers Centre	(01482) 225078
ERYC Housing and Council Tax Benefit	(01482) 394799	Hull and East Yorkshire Rethink	(01482) 679723
ERYC Lifeline	(01482) 396050	Integrated Community Equipment Services (Equipment no longer required)	0844 893 6373
Age UK	(01482) 869181 (01482) 867383	Macmillan Benefits Helpline	0808 8010304
Aids and Adaptations	(01482) 393939	MediBus	08456 445959
Alzheimer's Society	(01482) 211255	NHS Direct	0845 46 47
Benefits Agency: (Request AA/DLA forms)	0800 88 22 00	Pension Credit	0800 99 1234
Beverley Community Lift	(01482) 868082	PSP HELPLINE	(01327) 322410
British Red Cross: Medical Loans Home from Hospital	(01482) 499830 (01482) 623076	RELATE	(01482) 329621
Carers Allowance Unit	0845 608 4321	Samaritans: Local No UK No	(01482) 323456 08457 909090
Carers UK: Advice & Info Email: info@carersuk.org www.carersonline.org.uk	0808 808 7777		

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

Activity	Date	Time	How to Book
JULY 2013			
Benefits and Money Advice	Friday, 19 July	9.30am – 1pm	Ring for appointment
Every Day First Aid Training	Wednesday, 25 July	1.30 – 3.30pm	All carers welcome Driffeld drop in
Legal Clinic	Friday, 26 July	9.30am – 1pm	Ring for appointment
AUGUST 2013			
Every Day First Aid Training	Wednesday, 7 August	2 – 4pm	All carers welcome Hessle drop in
Benefits and Money Advice	Friday, 16 August	9.30am – 1pm	Ring for appointment
Legal Clinic	Friday, 23 August	9.30am – 1pm	Ring for appointment
SEPTEMBER 2013			
Benefits and Money Advice	Friday, 20 September	9.30am – 1pm	Ring for appointment
Legal Clinic	Friday, 27 September	9.30am – 1pm	Ring for appointment

What's it all About?

Benefits and Money Advice and Legal Clinics. Please ring to book your free 30 minute appointment. Legal Clinics: if you wish to instruct a solicitor following your appointment this will be at your cost.

Venue for all sessions is 18 Wednesday Market, Beverley, HU17 0DJ unless otherwise stated. Please refer to the back page for drop in venues.

Telephone our Freephone 0800 917 6844 or (01482) 396500 to book your place.

Carers Week June 2013 – Information Bus, Carers Thanksgiving Service and Carers Conference

In support of Carers Week this year we hosted a health bus which visited the more outlying districts of the East Riding to give carers in these areas direct access to advice and information from our service, Money and Benefits advice, Alzheimer's Society and Young Carers.

Carers Thanksgiving Service – The Minster, Beverley

This special Carers Service is dedicated to carers, past and present. The fine weather on the day added to the unique event which was moving and poignant with readings, prayers and hymns. Our Thanks go to the "Singing for the Brain" Choir and Neil Griffiths for providing moving choral performances and also to Valerie Wood, our guest speaker. Once again, our thanks go to the Carers Advisory Group who organised the service, held in recognition of Carers.

Carers Conference – Tickton Grange Hotel, Tickton, Beverley

Tickton Grange was the venue for the Carers Conference which provided a series of presentations and round table discussions in the morning, lunch and stress busting and relaxation sessions in the afternoon, including the opportunity to visit 18 stands for information on a variety of topics. The many thank you cards and emails we have received from carers, professionals and other attendees indicate that it was very successful and much enjoyed by all. Also, the staff at Tickton Grange received more than a passing mention for their friendly service.

Carers Support Team



Department
of Health

FACTSHEET 8

The Care Bill – the law for carers

“The Care Bill in many respects marks a quiet revolution in our attitudes towards, and expectations of, carers. At last, carers will be given the same recognition, respect and parity of esteem with those they support. Historically, many carers have felt that their roles and their own well-being have been undervalued and under-supported. Now we have a once in a lifetime opportunity to be truly acknowledged and valued as expert partners in care”

Dame Philippa Russell, Chair of Standing Commission on Carers

For the first time, carers will be recognised in the law in the same way as those they care for. This factsheet describes how the Care Bill sets out carers’ legal rights to assessments and support.

Who is a carer?

A carer is someone who helps another person, usually a relative or friend, in their day-to-day life. This is not the same as someone who provides care professionally, or through a voluntary organisation.

The Bill relates mostly to adult carers – people over 18 who are caring for another adult. This is because young carers (aged under 18) and adults who care for disabled children can be assessed and supported under children’s law.

However, the Bill allows us to make rules about looking at family circumstances when assessing an adult’s need for care. The Bill also talks about working with young carers, or adult carers of disabled children, to plan an effective and timely move to adult care and support. (See **factsheet 3** about assessment and **factsheet 11** about transition.)

Why do we need to change the law?

The existing law treats carers differently from the people they care for. It has been developed bit by bit and mixes up rights for carers of different ages. It is complicated, and makes it difficult for carers to understand how to get support themselves.

Currently, carers do not have a legal right to receive support, although local authorities can provide support at their discretion. This means that access to assessment and the range of support on offer can vary considerably.

What does the Care Bill do?

Assessments

The Bill gives local authorities a responsibility to assess a carer’s own needs for support. This replaces the existing law, which says that the carer must be providing “a substantial amount of care on a regular basis” in order to qualify for an assessment. This will mean more carers are able to have an assessment. This is comparable to the legal right of the people they care for.

The local authority will assess whether the carer has support needs and what those needs may be. This assessment will consider the impact of

the caring on the carer. It will also consider the things that a carer wants to achieve in their own day-to-day life. It must also consider other important issues, such as whether the carer is able or willing to carry on caring, whether they work or want to work, whether they want to study and/or do more socially.

If both the carer and the person they care for agree, a joint assessment of both their needs can be undertaken.

Eligibility

Once the assessment is complete, the local authority must decide whether the carer's needs are 'eligible' for support by the local authority. (See **factsheet 3** on assessments and eligibility). This approach is similar to that used for the people they care for. The carer will be entitled to support if:

- (a) they are assessed as having needs that meet the eligibility criteria
- (b) the person they care for lives in the local authority area (which means their established home is in that local authority area)
- (c) there is a charge (as there sometimes may be, as explained below) and such a charge is accepted by the carer (or the adult being cared for, if it falls to them).

Support planning

The local authority and the carer need to think about what type of support the carer might benefit from. This might include help with housework or gardening, buying a laptop to keep in touch with family and friends, or becoming a member of a gym so that the carer can look after their own health and wellbeing.

It may be that the best way to meet a carer's needs is to provide care and support directly to the person that they care for, for example, by providing replacement care to allow the carer to take a break. It is possible to do this as long as the person needing care agrees. (Also see **factsheet 4** about personalising care and support planning.)

Charging and financial assessment

In most cases local authorities do not charge for providing support to carers, in recognition of the valuable contribution that carers make to their local community. However, this is something that the local authority can decide. If the local authority does decide to charge a carer for providing them with support, it must carry out a financial assessment to decide whether the carer can afford to pay.

If supporting a carer involves providing care to the person cared for, and the local authority chooses to charge for that type of care, then the authority must carry out a financial assessment of the person who is cared for. This is because the care would be provided directly to that adult, and not to the carer. The Bill makes it clear that in such cases, the carer cannot be charged. For more information about charging see **factsheet 5**.

Personal budgets

Carers should receive a personal budget, which is a statement showing them how much it will cost to meet their eligible needs, and how much public money is available to them. Carers have a right to request that the local authority meets some or all of such needs by giving them a direct payment, which will give them control over how their support is provided. (See **factsheet 4** about personalising care and support planning.)

Young carers

The Care Bill does not deal with people under the age of 18 who care for others. However, they can be supported under the law relating to children.

The Bill says we can make rules (called regulations) about how assessments of adults should be carried out to ensure a clear and consistent approach. It is important that local authorities consider the needs of family members of an adult needing care as part of that adult's assessment. This could include assessing what an adult needs to fulfil parental responsibilities for their children, or to ensure

that young people do not undertake inappropriate caring responsibilities.

Adults caring for disabled children

An adult caring for a disabled child can get support through children’s services. This is usually the best way to meet their needs and so they are not covered by this Bill. However, there is provision in the Bill for an adult carer of a disabled child to ask for an assessment of their caring needs in advance of the child reaching 18. Where a local authority carries out such an assessment, it has the power to provide support to the carer even though they are caring for a child not an adult. This would, for example, enable a local authority to provide support that is available through an adult carers’ centre.

Transition to adult services

The Bill says that adult social care services need to be involved in planning the support a young carer may need once they reach 18. (See **factsheet 11** on transition). This also applies to adult carers of children and disabled young people, as they near the age of 18.

FURTHER INFORMATION

- If you wish to view/download copies of any factsheets please go to www.gov.uk/government/publication/the-care-bill-factsheets
- **Recognised, valued and supported: next steps for the Carers Strategy** (November 2010)

2900986 Produced by Williams Lea for the Department of Health

HATE CRIME

Stop Hate UK are proud to announce they have been commissioned by the Ministry of Justice to provide a 24 hour help line to aid victims and witnesses report Learning Disability Hate Incidents.

The service is free to access from Landlines and service users will get the support of trained Help Line operators who will provide immediate practical advice and discuss signposting to local agencies including Police Services across England and Wales.

0808 802 1155 – Stop Learning disability Hate crime, open 24 hours a day, every day of the year.



0808 802 1155
Stop Learning Disability Hate Crime

Open 24 hours a day, every day of the year

Learning Disability Hate Crime is wrong

Hate Crime can be...



Damage to your house or property



Setting fire to your home



Writing graffiti about you



Attacking or hurting you



Calling you names

we are here to support you

See it. Report it. Sort it.

A service provided by
STOP HATE UK
 in England and Wales
www.stophateuk.org

Registered Charity No: 1062692 April 2013 Images © CHANGE www.changepeople.co.uk

THE DEEP

Access for All at The Deep

One of the challenges facing carers is finding something new to do with those they are caring for. However the East Riding is fortunate in having many easily accessible attractions including The Deep, Hull's iconic aquarium. The Deep is one of the most spectacular aquariums in the world. This award-winning visitor attraction is home to over 3,500 fish including magnificent sharks and rays. Disabled people and carers will be made most welcome. You can visit the lagoon of light and watch a scatter feed or take part in a touchpool session. Make sure not to miss the Dive show at 2pm. For youngsters there are lots of highly coloured and interesting exhibits as well as a soft play area.

With a unique blend of stunning marine life, interactive exhibits and audio-visual presentations, you can have a great day out and learn the story of the world's oceans.

The Deep is well catered for visitors with disabilities and additional needs. Set over three levels, all of which are accessible by lift, the route around the attraction is gently sloped and accessible for wheelchair users. The attraction has been awarded Gold in the National Enjoy England Awards - Access for All category, 2011.

The Deep's disabled parking spaces are situated adjacent to the disabled entrance to the attraction; valid blue badge holders are free of charge at all times. There is also a coach drop off point here where groups can easily disembark. The reception desk, with a special low level counter, is located directly ahead of this entrance. A generous number of wheelchairs, mobility scooters, rollators and tri-walkers are available to hire from reception*. We have disabled toilets, with emergency call alarms, available at each level of the building. For visitors who require a larger area for changing, a first aid room is available on request.

Essential carers are admitted free of charge to The Deep on a one to one basis**. There are discounted ticket rates available for groups of 10 or more tickets, booked in advance. The group rate allows Bus/coach drivers free entry and a £5 voucher for them to use in the on-site café. We also offer one free organiser place for groups of 20+. Mid-week visits obviously provide a quieter environment and The Deep suggests arriving between 2 - 2.30pm which will give ample time to tour the attraction.

We have a picnic area within the attraction to allow for visitors to bring a packed lunch. Tables are high enough to allow wheelchair users full table access and if required we have purpose-designed disabled cutlery and other eating aids available.

For visitors with a visual impairment braille and large print copies of The Deep's guidebook are available to borrow free of charge in reception. The Deep guiding team is able to produce extra tactile exhibits which can be handled to enhance the visitor experience. All lifts have audio advice on floor level and guide dogs are welcome. Visitors with hearing difficulties are able to obtain a printed copy of The Deep audio guide from reception. Induction loops can be found at reception, till points within the gift shop and also in the conference suite in the Learning Centre. Personal induction loops are also available to hire free of charge.

We regularly hold quiet days when the lights in the attraction are made brighter, most of the audio noise is turned off and there are scheduled signed presentations (BSL) throughout the day, please see the website www.thedeep.co.uk for details.

Visitors who wish to discuss their requirements further should call (01482) 381000 (option 3) Monday to Saturday 9am to 5pm.

Did you know that you can pay once and get up to 12 months entry FREE with our Day Plus Pass, see our website for terms and conditions.



* There is no charge for hiring mobility aids however we do ask for a disclaimer to be completed and that a valid form of I.D. is left as a security deposit

**In some cases The Deep may ask for proof of disability and the nature of the essential care needed if this is not obvious. Acceptable I.D. includes carer's cards, blue badge passes and evidence of disability allowance. In the case of severe disability more than 1 carer is permitted free of charge, please call us to notify us of the date of your visit.

Fashion at Millers

Millers are holding a fashion show on 9 July at 7 - 9pm. The fashion show and Sale Company have stock of items from Next, Debenhams, River Island, Marks & Spencer and many more leading brands. Tickets cost £3.00.

Millers and Scope have joined together to hold a fun day on 4 August 2013 between 2 - 6pm. There will be stalls, a fashion show (with clothing modelled by volunteers from Millers and hair and make up provided by Beverley College).

Both events will take place at Millers, Mill Lane, Beverley. For tickets or further information please contact Millers (01482) 869002 or Carer Support on (01482) 396500 or Freephone 0800 917 6844.

BEACH WHEELCHAIR

East Riding of Yorkshire Council's Foreshores Team, have purchased an All Terrain Landeez Wheelchair, enabling all visitors to enjoy the freedom and surroundings of the Bridlington south beach. The large rubber wheels of the Landeez are designed especially for outdoor use, making the beach easily accessible.

The wheelchair can be hired on a daily basis and is located at the Foreshores Office on Princess Mary Promenade. A deposit of £10 is required but there is no charge for the use of the wheelchair.

For further details please contact the Foreshores Office on Princess Mary Promenade, Bridlington, YO15 3LG. Alternatively you can telephone on (01262) 678255, send an email to foreshores@eastriding.gov.uk or visit www2.eastriding.gov.uk/leisure/tourism-and-attractions/coastal-attractions/seaside-resorts-and-promenades



RED CROSS INFO

The British Red Cross offer a Home Referral service to anyone who will benefit from a one to one massage to their hands and arms and/or neck, shoulder and back. It is particularly beneficial to people who find it hard to leave their homes due to either their poor health or that they are caring for someone. For further information or a referral form please contact the Carers Support Service.

Royal British Legion Wardens Service

THE ROYAL BRITISH LEGION

What is the Royal British Legion Wardens Service?

This service is a partnership between the Goodwin Development Trust and the Royal British Legion to assist serving, ex-service personnel and their dependants in all aspects of their lives.

What services does it offer?

The Royal British Legion Wardens offer specific advice on:

- welfare, benefits, pensions, compensation,
- career options,
- the provision of material support in the form of accessing welfare breaks in residential centres around the country
- 'immediate needs' grants for those eligible which can cover help with debt
- money advice
- essential property repairs/household goods
- advice, guidance signposting, and much more.

For more information on services and support please contact us on:

T: 01482 217274
E: rbl@goodwin-centre.org



POP UP DAY CENTRE

East Riding of Yorkshire Council values the work done by informal carers to support the people they care for however there is always more that could be done and we are currently considering some alternative ways to support carers.

There could be options for you and the person/s you care for to attend events together or separately and we would like your feedback.

This will only take a few minutes to complete. We aim to hold three pilot events across the East Riding during September 2013. For further information and to complete a short questionnaire please contact the East Riding Carers Support Service on **0800 917 6844** or **(01482) 396500**.

STROKE MATTERS

Have you had a stroke? Do you care for someone who has had a stroke?

A small group of volunteers, all of whom have been directly affected by strokes, had the idea a year ago of producing a free stroke newsletter/magazine in East Yorkshire. The main purpose being to link up stroke clubs in the area and to supply useful information about activities for stroke survivors which was not easily available elsewhere.

The magazine, called Stroke Matters, is the result. A copy is now included in all discharge packs for stroke patients leaving Hull Royal Infirmary stroke wards. It contains helpful information, humour to cheer you up, information on activities for the disabled, cooking tips, reflections, puzzles, hint and tips. There is something for everyone.

You can download your own free copy from ken@mondas.karoo.co.uk. Copies are also available in GP surgeries, libraries, including mobile libraries and carers centres in East Yorkshire.

If you see one at any of the above locations we would value your feedback or even relevant articles for future publications.

Tomatoes keep skin Young

Scientists say tomatoes may provide the best defence against skin ageing and sun damage caused by sunlight exposure. Tests show that eating tomato paste can help keep skin looking young and stay safe from sun damage. This is because tomatoes contain age-defying ingredient lycopene - the natural pigment that gives the fruit its red colour.

The highest levels of lycopene are found in processed or cooked tomatoes used in ketchup, paste, soup and juice. Professor Mark Birch-Machin, of Newcastle University, unveiled his research at the Royal Society of Medicine in London on Thursday [08/06].

In a study, women who ate a diet rich in processed tomatoes had increased skin protection - shown by a reduction in redness and less DNA damage from UV exposure. Researchers compared the skin of 20 women aged between 21 and 47. Half of these were given five tablespoons, or 55g, of standard tomato paste with 10g of olive oil every day for 12 weeks.

The remaining ten of the women were given just olive oil over the same period. All of the women were exposed to UV rays found in sunlight at the beginning and end of the trial.

Researchers found significant improvement in the skin's ability to protect itself against UV in the women who consumed the tomato paste. These women had 33 per cent more protection against sunburn in the form of less redness. Researchers believe this equates to an SPF of 1.3.

Skin samples taken from the group before and after trial also showed an increased level of procollagen, which gives skin structure. There was also less damage to mitochondria DNA in the skin, which is believed to be linked to skin ageing.

Dermatology scientist Prof Birch-Machin said the tomato paste eaten was not overly excessive, but the amount that would be consumed from a lot of tomato-based meals. He said "Eating tomatoes will not make you invincible in the sun but it may be a useful addition to sun protection along with sunscreen, shade and clothing.

"The protective effect of eating tomatoes on our mitochondria is important as they are the energy producers in all our body cells including skin.

Therefore being kind to our mitochondria is likely to contribute to improved skin health, which in turn may have an anti-ageing effect."

by **Claire Hayhurst - Mature Times reporter**

Pampering at Beverley College

Hi Ladies,

Why don't you treat yourself to a bit of pampering at East Riding College, Gallows Lane, Beverley. You can have a facial, manicure, pedicure, eyebrow trim, tinting and waxing. Also cut and blow dry, perms and colouring are available. Contact College on (01482) 306667.

Thank you Beryl for providing this information.

POET'S CORNER

TWENTY THIRTEEN

A new year begins, I hope it is better than the last.
It could not be worse than the one that has passed.
Do things become better, we contemplate, what is there to do?
It's raining cats and dogs outside, and snow is forecast too.
Christmas came, and Christmas went, we all had the 'flu,
But every day is like every day by what a Carer has to do.
I wash and clean, bake and cook,
I think "I'll write a play! perhaps a book!"
I have got to have ambition... do what I want to do,
Always think positive, divide the old and new.

During my "spare moments" - I daydream... Where could we go?
What about a holiday? Not at the moment -- No --
How would we travel, my car needs repairs,
Would the hotel have a lift? Impossible to climb the stairs.
Our travel insurance premium has increased - gone sky high.
There is always an obstacle, Why? Why? Why?

I just wanted to retire, like older people do,
Take some photographs, plant some plants, tackle something new!
I collect the prescriptions for the eye drops and the pills,
Book an appointment with the doctor, phone the Physio, pay some bills.

My daughter is my shining star; she guides me on my way.
My granddaughters give me lots of hugs and text me every day.
The new year is not so happy, but it could be quite sublime,
Because Spring is round the corner, even though I have a mountain to climb.

MOLLIE THORNTON

Council Tax – Carer’s Concessions

Many people know that full council tax has to be paid for an address if two or more people live there and that people who live on their own can apply for a council tax discount. What they may not know is that they might also be able to get a discount if someone living there qualifies for one of several types of other council tax reductions that are available.

If they do qualify then they are not counted (or ‘disregarded’) when looking at the number of adults who live at an address, so if there is only one other person living there, and that other person doesn’t otherwise qualify for a reduction, then a 25 per cent discount can be given.

If there are two or more other people and everyone living there qualifies for a reduction then another 25 per cent discount can be given, a total of 50 per cent off the bill.

Unfortunately, if two or more people who are not entitled to a reduction live there then no discount can be given.

There are quite a few different reduction types but there are two which might be of particular interest to people reading this article who either work as carers or look after someone with severe mental health problems.

To qualify for a ‘Carers’ reduction, a person has to be providing care for at least 35 hours a week to a someone who is not either their partner or child under 18 and who lives in the same house as them. The person who they are caring for has to be receiving at least one of the following benefits:

- Attendance Allowance
- the higher rate of the care component of Disability Living Allowance
- any rate of the daily living component of the Personal Independence Payment
- an increase in the rate of his/her disablement pension

Until April 2013, the higher rate of Attendance Allowance had to be in payment to qualify however the government has now changed the rules slightly and extended the range of benefits to include any rate of Attendance Allowance. In the past this has prevented some people from being given the reduction so it will be worth them applying again.

The reduction available for people who have mental health problems can be granted if a registered medical practitioner confirms that they have a severe and permanent mental impairment and they are in receipt of one of a range of benefits. Although there are too many types of benefit to list here, they include Attendance Allowance, the daily living component of Personal Independence Payment and a number of other allowances granted because of disability. Those who have reached pensionable age also qualify if they would otherwise have been entitled to one of these benefits.

Information about the complete range of reductions is available on the East Riding of Yorkshire Council website and you can also apply online for the two reductions mentioned above. If you prefer, you can call in to one of the customer service centres or telephone the council tax team on (01482) 394747 where staff will give you further information and advice or help you apply.

Revenue Services, East Riding of Yorkshire Council



HALTEMPRICE STROKE CLUB

Haltemprice Stroke Club has moved to the Wheatsheaf Inn, Kirkella.

They meet every 2nd Monday of the Month.

For further information please contact Alan Bowmaster (01482) 651060.

If you would like a list of Stroke Clubs that operate in our area, or to find out if there is one near you please contact our office for further information **0800 917 6844 or (01482) 396500.**

Alzheimer's Society

Beverley Memory Café

Norwood Methodist Church Hall
Norwood, Beverley - 1.30 - 3.30pm
(Second Thursday of every month)

Hessle Support Group for Carers

Hessle Town Hall - 1.30 - 3pm
(last Tuesday of every month)

Alfred Bean Day Hospital

Driffield - 1.30 - 3.30pm
(Third Wednesday of every month).

**For more information please contact
Tel: (01482) 211255**

The Alzheimer's Society is expanding their local provision, if you would like further information please contact them below.

Alzheimer's Society Hull and East Riding Branch
Suite D, Annie Reed Road, Beverley, HU17 0LF
Tel: (01482) 211255.

MENTAL HEALTH SUPPORT FOR CARERS

For carers looking after people with dementia or memory impairment:

Holderness Grange, Drapers Lane, Hedon

Last Monday of every month starting 28 January 2013
1-3 pm.

Applegarth Court, Bridlington

6.30 - 8pm
(Third Tuesday every other month)

Sue Doorbar or Andrew Goodwin on

Tel: **(01482) 344400.**

RETHINK CARERS SUPPORT GROUPS

Do you care for someone with mental health problems?
Are you a relative, friend or supporter who could benefit from meeting others in a similar situation?

BEVERLEY:

Every fourth Tuesday of the month 7 - 9pm
Tel: Andrea **(01482) 679723.**

GOOLE:

Every first Thursday of the month 10am - 12 noon
Tel: Andrea **(01482) 679723.**

Optimists Carers Group

We welcome you to join our Optimists Carers Group, we meet at the Carers Centre, 18 Wednesday Market, Beverley on the third Tuesday of each month at 10.15am (coffee) and we start at 10.30am. The group provides mutual support to carers of adults with a learning disability and gives the chance to share life issues. Often guest speakers are invited to talk on a variety of informative topics together with more light hearted talks. Many of the group members take lunch at Beverley College restaurant. Trips to places of interest are usually organised during the summer months and we all join together for a Christmas lunch.

For further information please contact Val White, Tel: (01482) 861855.

Drop-in Dates for 2013

Beverley - Carers Support Service Office 18 Wednesday Market Beverley HU17 0DJ

Third Wednesday of the month 1.30 - 3.30pm

17 Jul • 21 Aug • 18 Sept • 16 Oct • 20 Nov • 18 Dec

Bridlington - Applegarth Court Applegarth Lane Bridlington YO16 7NE

Last Monday of the month 1 - 3.30pm

29 Jul • 19 Aug • 30 Sept • 28 Oct • 25 Nov • 19 Dec (Thurs)

Driffield - The Access Centre Market House Exchange Street Driffield YO25 6LL

Last Thursday of the month 1.30 - 3.30pm

25 Jul • 29 Aug • 26 Sept • 31 Oct • 28 Nov • 19 Dec

Goole - The Courtyard Boothferry Road Goole DN14 6AE

Second Tuesday of the month 1.30 - 3.30pm

9 Jul • 13 Aug • 10 Sept • 8 Oct • 12 Nov • 10 Dec

Hessle - The Grange Primary Care Centre Hull Road Hessle HU13 0AH

First Wednesday of the month 2 - 4pm

3 Jul • 7 Aug • 4 Sept • 2 Oct • 6 Nov • 4 Dec

Hornsea - The Parish Hall St Nicholas Church Newbegin Hornsea HU18 1AB

Last Monday of the month 10am - 12 noon

29 Jul • 19 Aug • 30 Sept • 28 Oct • 25 Nov • 23 Dec

Market Weighton - All Saints Church Church Side Market Weighton YO43 3AS

Second Wednesday of the month 1.30 - 3.30pm

10 Jul • 14 Aug • 11 Sept • 9 Oct • 13 Nov • 11 Dec

Pocklington - The Old Courthouse George Street Pocklington YO42 2DH

First Tuesday of the month 1.30 - 3.30pm

2 Jul • 6 Aug • 3 Sept • 1 Oct • 5 Nov • 3 Dec

Withernsea - The Shores 29-31 Seaside Road Withernsea HU19 2DL

Third Monday of the month 1 - 3pm

15 Jul • 19 Aug • 16 Sept • 21 Oct • 18 Nov • 16 Dec

All drop-ins offer complementary therapies, an opportunity to speak to support workers, advice, information and provide an opportunity to talk to and get to know other carers in similar situations.

