



Newsletter

Issue 64, June 2009

Carers Week Edition!

Carers Week

See inside for details & Carers Week timetable

Funded by



IN PARTNERSHIP 



Donations

Donations to support the work of Islington Carers Centre are always greatly appreciated. If you want to make a donation, please fill in this form and send to:

Islington Carers Centre, FREEPOST LON6872, London N19 5SH

Name: _____

Address: _____

I wish to donate:

£ _____

If you are a taxpayer, we can claim money from the Government to increase the size of your donation. If you are a UK taxpayer, please sign below

Signature: _____

Please make cheques payable to:
Islington Carers Centre

Services provided by Islington Carers Centre

- Specialist information and advice (welfare benefits, housing, equipment, respite etc.)
- Advocacy: helping you fill in forms, dealing with services, making telephone calls on your behalf
- Signposting to other services including young carers support
- Specialist mental health service
- Health and Relaxation Days, Training Courses and information Meetings
- Carers Accident and Emergency Card or LBI Emergency Card Scheme
- Breaks, Holidays, Days Out
- Support Groups and Social Events
- Information pack and regular newsletter
- The opportunity to have a say in developing services for carers

We are an equal opportunity organisation that welcomes and offers access to our services to all sections of the community

Islington Carers Centre
Units 1 & 2, 53 Hargrave Road
London N19 5SH

Phone: 020 7263 9080

Fax: 020 7263 0907

Email: islingtoncarers@btconnect.com

Website: www.islingtoncarerscentre.org

Officers:

Vacant	Chair
Vacant	Vice Chair
Anne Ragbir	Treasurer

Registered Charitable Company Limited by Guarantee No. 4144880,

Registered Charity No. 1085341

Staff

Paulo Mata	Manager
Hilary Ayling	Older Carers Outreach Project Coordinator/ Act. Deputy Manager
Jill Keegan	Mental Health Officer (Dual Diagnosis)
Mariama Pratt	Finance & Administration Officer
Rashina Shah	Advice and Information Officer
Ade Adeniran	Advice and Information Officer
Debbie Puckerin	Access to Breaks Officer
Asiatou Bangura	Emergency Card Assessor
Spike Warwick	Diversity Officer
Jessica Hallaways	Student Social Worker
Rebecca Maisey	Student Social Worker
Michael Holly	Student Social Worker

The opinions in this magazine are not necessarily those of Islington Carers Centre



Carers Week Timetable

Theme: Carers: the UK's Secret Service



DATE	EVENT	VENUE & TIME
Monday 8 June	Carers' Week Launch: Walk to Town Hall to meet the Mayor at 11.30am (Refreshments provided)	4 meeting points for carers: Northern Health Centre (10am), Central Library (10.30am), Islington Green (10.30am) or meet outside Town Hall for those unable to walk (11.30am) Committee Rooms 1 & 2
Tuesday 9 June	Information stall Centre 404 Health Day: Carer's Health Checks(open to all carers) Information Stall	Holloway Shopping Complex (outside Boots) 10.30am - 2.30pm Centre 404, 404 Camden Road, N7 10.00am - 1pm St Pancras Hospital, NW1 1pm- 4pm
Wednesday 10 June	Carers Fun & Relaxation Afternoon (Please arrive at 11am to book your therapy session) Update on Carers Strategy at Centre 404 by Phillippa Russell, Chair of Standing Commission	Hargrave Hall, Hargrave Road, N19 11.00am - 3.00pm Centre 404, 404 Camden Road, N7 10.30am - 12.00pm
Thursday 11 June	Information Stall Information Stall	Angel Shopping Complex, N1 (outside Monsoon) 10.30am - 2.30pm Highgate Mental Health Centre, Dartmouth Park Hill, N19 11am- 2pm
Friday 12 June	Carers Week Party Hosted by ICC and Centre 404 (Please book your place)	Central Library, Fieldway Crescent, N5 12 - 3.30pm

7 steps to being in control

You may have heard the terms *Individual Budgets*, *Personalisation* or *Self-Directed Support* in the care system in recent months. This is a new Government initiative and is being introduced into social care in the near future. It allows you and the person you look after to choose to have more control on how your care money is spent if that is what you prefer.

1. To start with, you will have an assessment with your care manager who will help you work out your needs. You will then be told how much money you have to spend each year.
2. The second thing is to make a plan about how you will use the money to get the life you want. You can either do the plan yourself or have help to do it. approve your plan.

3. Next, your care manager will need to approve your plan.

4. You then have to decide if you want the money paid directly to you or someone who can look after it for you (this can be the care manager).

5. You can then organise the support in the way that suits you. You can also get help to find and organise support.

6. You then use services but you can also spend your money on local people you know - or even buy things that will help you in your life.

7. Finally, you have to show that you have used the money properly.

There is an easy-to-read, illustrated booklet and poster about the seven steps available in English, Urdu, Spanish and Welsh. You can download this from www.in-control.org.uk

New Carer's Parking Permit

Following our very successful Parking Survey last year, the Council has introduced a new permit that lets you park in residents' spaces near the home of the person you look after.

What is the criteria for a carer's permit?

You can apply for a carer's permit if you have undertaken a carer's needs assessment. These can be done by a care manager or social worker. To request an assessment contact the access team on 020 7527 2299. Alternatively an application form can be downloaded from www.islington.gov.uk/carers.

Do I have to live in Islington to qualify for a permit?

No, you need to provide the evidence that you care for an Islington resident and show that you have undertaken a carer's need assessment.

I have a resident permit for the CPZ where I live. Can I still apply for the carer's permit?

Yes.

How much does a carer's permit cost?

The carer's permit costs the same as a resident parking permit and is determined by the CO2 emissions shown on the vehicle registration document.

Current costs are:

Band	Engine size CC	12 months	1
A	0 - 6	Up to 100	£0

	£0	£0	£0	
B	1-1,100 £10	£19	101-120 £35	£5
C	1,101-1,399 £17	£30	121-150 £55	£7
D	1,400-1,500 £21	£38	151-165 £70	£8
E	1,501-1,850 £25	£45	166-185 £85	£10
F	1,851-2,500 £45	£85	186-225 £160	£16
G	2,501+ £60	£110	Over 225 £200	£25

Other terms and conditions also apply. If the car was registered on or after 1 March 2001, you can check your vehicle's CO2 emissions by visiting the DVLA website. Alternatively, you can check the details with staff at Contact Islington by calling 020 7527 2000.

I only visit occasionally. Do I have to buy a permit?

No. Please continue to buy visitor parking vouchers if it's cheaper for you.

How do I apply for a permit?

You can only apply for a carer permit by post. You can get a form by calling Contact Islington on 020 7527 2000. Send your completed application form to Carer's Permits, PO Box 46106, London EC1B 1BR

Do you look after or support someone in Islington who has a mental health difficulty?

Do you want to have a say in the services that you and they receive?

Come and meet the members of Islington's Mental Health Local Implementation Team and see how you can make a difference!



The Mental Health Local Implementation Team (MH LIT) is on the lookout for more carers to join who want to have a say in how services are delivered and developed in Islington.

The MH LIT is made up of people who work for Islington Council, NHS Islington, the Camden and Islington NHS Foundation Trust (formerly the Camden and Islington Mental Health and Social Care Trust), Islington Voluntary Action Council (IVAC), Public Health, People who receive services, the Voluntary Sector, Housing and others.

We are currently looking for carers to join the team to make sure carers have a voice in this important group.

If you would like to apply to join the MH LIT Meetings, please call Laval Lebon – Strategy & Commissioning Manager on 020 7527 1264 or email at laval.lebon@islington.gov.uk

Changes to the assessed income period for Pension Credit

Depending on their circumstances, Pension Credit customers may be set an assessed income period. If so, they do not have to tell the Pension Service about changes to pensions, savings or investments during the specified period unless this could mean they get more pension credit.

From 6 April 2009, new Pension Credit legislation comes into effect which allows us to extend an assessed income period indefinitely for some customers aged 80 or over.

Customers do not have to claim this entitlement, the Pension Service will identify them and notify them by letter.

The Pension Service anticipates that around one million customers will be entitled to an indefinite assessed income period from April 2009

Advice at your fingertips!!

Carers Direct is a new interactive website launched in January 2009 by the NHS and Department of Health. Available from www.nhs.uk/carersdirect It provides information, advice and support for carers. The interactive website provides information on a large range of topics such as:

- Guide to caring,
- Money and Legal,
- Your wellbeing,
- Work and Study,
- Young Carers,
- Carers Lives,
- Links to national carers organisations,

The website is very easy to use, with clear tabs and directions. There are over 400 videos covering a range of subjects such as healthy eating, infections and viruses, disabilities and first aid, as well as a health directory and a directory of health services in your area.

A freephone number: 0808 802 0202 provides free, confidential information and advice. The phone line is open 8am-9pm Monday to Friday and 11am-4pm at weekends. Calls from UK landlines, Vodafone, T-Mobile and O2 mobile phones are free of charge.

Helpline advisors can give you information to help you make decisions about your personal support needs and the needs of the person you are looking after. Information includes assessments, benefits, direct payments, individual budgets and work and education.

You can also email your questions to CarersDirect@nhschoices.nhs.uk or send them by post to: PO Box 4338, Manchester, M61 0BY.

Are you a former carer?

If you have stopped caring recently and feeling somewhat at a loss now that you have time on your hands and need a bit of support to find a new direction, do come along to our monthly Former Carers Group meetin

gs which are held on the first Tuesday of the month at 2.30pm at Hargrave Hall, Hargrave Road, N19.

We have different speakers or workshops every month and you have a say in choosing the topics for discussion. Some recent subjects have included confidence-building, bereavement counselling, tax credits and benefits and life-skills training. We are planning a day trip to Eltham Palace in August.

If you are interested in joining this lively and friendly group, please contact Hilary on 020 7263

All aboard!!



Mental health carers enjoyed a relaxing day at the end of April, touring the Regent's Canal on Islington's Community Narrowboat, **Angel II**. We got as far as Victoria Park in London's East End, and some of us went for a stroll around the park.

We took picnic food along, and had plenty of time for conversation and laughter - especially with our on-board camera man who took lots of photos for the boat's funders! We found that being on a canal boat helped everyone to slow down, enjoy the peaceful natural environment and take some time out from the everyday tasks of caring.

Older carers trip to Goldsmith's Hall

On 6 May, Hilary Ayling the Older Carers Outreach Coordinator took a group of carers to the magnificent Goldsmith's Hall for a musical concert provided by the Arts Council for the carers of London.

The concert included medleys from well-known musicals, operetta and some beautifully played waltzes on the piano. The soprano wore a variety of lavish costumes and the tenor tried his best by telling a few jokes.

If you would like to join our older carers group, which meets at Age Concern's Drovers and Sotheby Mews Day Centres, please contact Frances on 7607 7701 or Hilary on 7263 9080



Preliminary results of ICC's Annual Service Evaluation 2008-09

A total of 259 carers responded to our annual service evaluation questionnaire for 2008-09 (10% of our membership). 27% cared for someone with a learning disability, 21% with a physical disability, 15% were mental health carers and about the same proportion were carers looking after elderly frail people (13%) and those with a long-term illness (nearly 13%). Dual diagnosis carers (who look after someone with a mental health and a drug or alcohol dependency) constituted about 5% of respondents.

88% were either very satisfied or satisfied with ICC's services overall (58% and 30% respectively). Nearly 3% were dissatisfied or very dissatisfied (only 6 in number overall). 2.6% were undecided.

76% of carers who responded indicated that they would certainly recommend ICC to other carers and a further 14% were likely to.

Of the 96 who informed us, 76% were suffering from a physical illness more generally from back problems, migraines and high blood pressure, 19% from a mental health problem such as depression, anxiety and insomnia and 5% with both physical and mental health problems.

82% of respondents indicated that they had made use of ICC's services during 2008-09. 90% had received general information and welfare benefits advice, 34% had received grants for respite, household goods and disabled equipment, 24% had benefited from ICC's Health and Relaxation Days, 20% day trips, 17% had attended our Christmas Party and 15% were members of ICC's support groups and a further 15% were able to make use of the Flexible Breaks Scheme.

40% had received a carers assessment but 49% had not. A few said that they had not had a review for more than 5 years.

Of the services, carers would like ICC to provide in the future, 39% of respondents wanted a drop-in service, 36% weekend trips, 33% evening relaxation sessions and 24% a resource centre.

The lucky winner of our prize draw is Lindy Burrows who lives in EC1. Lindy wrote: " My main contact with ICC has been through Spike and Jess (one of our students on placement). They have been, at all times, professional and friendly, and very helpful.

Forthcoming Events



Day Trip to Bexhill-on-Sea, East Sussex

If you care for a friend or relative in Islington and are a member of Islington Carers Centre, please come and join us for a relaxing day out at the seaside on Tuesday, 23 June 2009. You can bring the person you care for along as long as you are able to support them yourself. Bexhill in East Sussex is very near Hastings and the birthplace of motor racing. It has two miles of promenade running behind a long, gently shelving shingle beach with fine stretches of sand on the lower foreshore.

Departure and return to the office, 53 Hargrave Road, N19 5SH

Time: 10am – 7pm. Cost: £5 per person payable in advance to reserve a place. Priority will be given to those who have not benefited from our trips before. Former carers eligible only if places available after allocation to carers. There are 2 wheelchair places and those who can transfer can put wheelchairs in storage.

For further information and to book a place, please phone Islington Carers Centre on 020 7263 9080.

Free Computer Classes

If you are interested in improving your computer skills, free classes will be starting soon at Hilldrop Community Centre, Community Lane, Hilldrop Road, N7. There are three different courses:

Next steps basic computers (Learn how to access the Internet and how to Email; basics of word-processing and using a computer) Starts Thursday 4 June 1-3pm for 10 weeks

There are also courses on Web Design and Animation but you must be confident about using a computer.

Please contact Helina for further details or to book your place: Tel: 020 7607 9453

Museum trip for mental health and dual diagnosis carers

The Geffrye is a quiet and friendly museum in Hoxton, East London, which explores London living rooms and period gardens over the last 400 years, from around 1600 to the present day. Its setting is in the former almshouses of the Ironmongers Company, beautiful early 18th-century buildings. On **Tuesday 14th July** we plan a trip to the Museum, leaving from Islington Carers Centre at 10.15 am by taxi, and returning mid-afternoon. We will enjoy lunch together in the Geffrye's delightful restaurant. There is a £5 charge for this trip and we have ten places in all. Priority will be given to mental health carers who have not been on any of our trips before.

Call ICC on 0207 263 9080 to book. Contact Jill or Spike for further information.



Stop press! Councillor Janet Burgess will be holding her next surgery at 53 Hargrave Road on Friday 10 July 10am-12pm. Please book your place 020 7263 9080

British Red Cross First Aid Course

Accidents and illness can happen to anyone at any time. First Aid training can help you do the right thing and your willingness to act can make a crucial difference. The British Red Cross is offering first aid training to carers of people with disabilities as part of the Inclusive First Aid project.

The **2-hour Save a Life** course will cover the following:

Caring for an unconscious casualty who is breathing Includes how to check for response and putting someone on their side.

Caring for an unconscious casualty who is not breathing normally shows how and when to do chest compressions and rescue breaths.

Choking signs, symptoms and treatment of choking.

Date of course: 11th June 2009 Time: 2pm – 4pm

Venue: British Red Cross, Aztec Row 5 Berners Road, London, N1 0PW Please contact Gaby Saunders to book a place on the course: gsaunders@redcross.org.uk or telephone Gail: 020 7704 5678

Diary: June/July 2009

Wednesday 3 June 2.30-4.30pm	Older Carers Group	Drovers Day Centre, North Road, N7 9EY
Tuesday 2 June 2.15-4.15pm	Mental Health Carers Group	Hargrave Hall, Hargrave Road, N19
Wednesdays 3,10,17, 24 2-4pm	Archway & District Carers Group	New Orleans Community Hall, Cromartie Road, N19
Tuesday 16 June 1.30-3.30pm	Older Carers Group	Sotheby Mews Day Centre, Sotheby Rd, N5 2UT
Tuesday 30 June 10.30am-1.00pm	Dual Diagnosis Support Group	Conference Room, Manor Gardens Centre,
Wednesday 24 June 10.30am-3.30pm	Health & Relaxation Day	Hargrave Hall, Hargrave Road, N19
Tuesday 7 July 2.15-4.15pm	Mental Health Carers Group	Hargrave Hall, Hargrave Road, N19
Wednesday 1 July 2-4pm	Older Carers Group	Drovers Day Centre, North Road, N7 9EY
Wednesdays 1, 8,15,22, 29 2-4pm	Archway & District Carers Group	New Orleans Community Hall,
Tuesday 14 July 2.30-4.30pm	Former Carers Group	Hargrave Hall, Hargrave Road, N19
Tuesday 21 July 1.30-3pm	Older Carers Group	Sotheby Mews Day Centre, Sotheby Rd, N5 2UT
Tuesday 28 July 10.30-1.30pm	Dual Diagnosis Support Group Training Session	Conference Room, Manor Gardens Centre, 10 Manor Gardens, N7
Wednesday 29 July 10.30m-3.30pm	Health & Relaxation Day	Hargrave Hall, Hargrave Road, N19

Don't forget to arrive early for the Carers Week Fun & Relaxation Afternoon on 10 June and book your place for the Carers Week Party on 12 June!!!