
INSIGHT SHORT COURSES

Insight are a local provider of mental health services who provide short course for local people to address their mental health needs. These include:

Positive You - to help people who experience low mood, lack confidence or have low self-esteem. Helpful to those that are self-critical and/or experience depression as a result of their low self-esteem/confidence

Anxiety Management Workshop - to help people who experience anxiety, struggle to manage stress, experience panic attacks and phobias as well as worrying excessively

Living Well Workshop - to help people who are experiencing low mood and/or anxiety along with long-term physical health conditions

Reading for Wellbeing Group - to help people who experience anxiety, struggle to manage stress and/or experience low mood, lack confidence or have low self-esteem

We would like to know which course carers would be interested in doing so that we may host them in the future. You can contact Insight on 0300 5550191 if there are any that particularly interest you.

IMAGINEER DEVELOPMENT

Imagineer Development is a community interest company providing varied services to adults with Learning Disabilities. They can provide an independent guide to make sure that people with learning disabilities can live the life they choose. They can help you speak up when something is not right with care or support, or work with you to find solutions helping you create a plan. They run music, dance and drama sessions across three locations and have started a new nightclub event in Halifax. It's a fantastic way to meet like-minded people and have fun! For more information, please visit our website at www.imagineer.org.uk, or contact us at info@imagineer.org.uk or on 01422 363817.

YOUR WRITTEN CONSENT

Over the past few months we have been contacting all carers registered with us. We have sent registration forms out in order to get written consent to keep your

Carers

Winter 2014

Friday 28 November 2014



Carers Rights Day at T



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Come along and join us to watch

CARERS FLU JAB

As winter approaches, we are encouraging any carers of someone who is elderly, ill or disabled to visit their GP for a free flu jab to reduce the risk to their own health — as well as the health of the person they care for.

Carers can find out if they are eligible for a flu jab via NHS Carers Direct.

Every winter, the vast majority of unpaid carers miss out on a free flu jab, despite the fact that they're entitled to request one if they're the main carer for someone who's ill or disabled and whose health would be at risk if they fell ill.

TOP TIPS FOR CARERS



Lower Valley Carers Support Group have put together these "top tips", gathered after a combined 153.5 years of caring experience:-

1. Ask for help
 2. Never contradict the person you care for (dementia carer)
 3. Have patience and understanding
 4. Take care of yourself
 5. Never stop learning
 6. You need someone who understands, someone you can talk to
 7. Remember sometimes there is not a solution
 8. Learn to deal with other peoples inaccurate assumptions
 9. Find someone who can step in when needed
 10. Hold on to your friends, try and avoid becoming isolated
 11. Expect people will not understand the condition, and possibly be fearful or not know what to say
 12. Find out where to get forms from, and find help to fill them in
 13. Come to carers meetings
 14. REMEMBER You are the expert...
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This scheme provides some p
income with a payment of £1

Who qualifies varies dependi

If you do not get this discount
electricity supplier a ring to fi
Alternatively for details of the

www.gov.uk/the-warm-hom

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