

Carer's Allowance earnings limit to rise

The Government has announced that from April 2015 the earnings threshold for Carers's Allowance will rise from £102 to £110 a week. This should go some way to address the illogical situation faced by some carers of having to give up essential support from benefits or ask for a cut in their working hours. If you are on Carer's Allowance make sure that you are getting the maximum benefit from this rise if you are earning.

Would you like to feel better about your life and caring role? Self Management Training can help.



Five ways to wellbeing

We will be delivering a 6 week course beginning in February covering many skills and techniques to help you to remain positive, tackle difficult feelings, eat healthily, exercise, relax and set achievable goals. The course aims to give you the tools to improve many areas of your life and help you to maintain your own identity. In addition, we will also be a short introductory session on Five Ways to Wellbeing. If you would like to know more please ring Louella on 01422 369101.

Sitters & Transport

We have a limited fund to enable carers to attend our groups and activities. It means we might be able to pay for careworkers to provide cover for carers who cannot leave the person they care for alone. For many carers this is a much needed break that they otherwise would not get. The fund can also pay for carers to have taxis to our groups and activities. However, if you are able to use public transport we would prefer that you refrain from using taxis where possible, then this does mean that the fund goes further and helps those carers most in need.

Reminder

Have you got an Emergency Plan? Have there been any changes to your plan?
If you have any changes to your Emergency Backup Plan such as a change of telephone number or GP Surgery, please keep us up to date so that we can make the amendments to your plan.
Ring us on 01422 369101

Would you like to get this newsletter by email?

If the answer is yes then please send an email to melanie@calderdale-carers.co.uk and help us to save money and the environment.

Carers News

Spring 2015

Important News about the Carers Needs Fund

This fund has now closed. Even if you are now eligible as it is 3 years since you last had an award you will not be able to re-apply. This is because in April the new Care Act will come into force. This means that the government will set new rules and deliver new budgets to enable Calderdale Health & Social Care to support carers under the new act. We will inform you of these changes in the next edition of this newsletter.

Contact us:

Telephone
01422 369101
By e-mail
enquiries@calderdale-carers.co.uk
Or click on
www.calderdale-carers.co.uk



Working to improve the lives of carers

Bowling

Carers are invited to book on to a free ten-pin bowling session on

**Thursday 26th February at 11am at the Electric Bowl,
Commercial Street,
Halifax**

To book your place please ring 01422 369101 or email us on enquiries@calderdale-carers.co.uk
Bookings will be accepted until Monday 16th February and numbers finalised.

STRESS CONTROL COURSE FOR CARERS

Calderdale Carers are working in partnership with Calderdale Improving Access to Psychological Therapies to offer a 6 week course for carers to support them to manage stress.

There will be 6 weekly sessions starting on Friday, 20 February 2015 from 11 am - 12.30 pm at Scope on Hope Street, Halifax. There are only 15 places available. If you are interested in attending, you may need to complete a short assessment with a referral to Lindsey Hancock at Calderdale Improving Access to Psychological Therapies.

If you are unable to attend during the day IAPTs have a Tuesday evening course. The next one will be starting on 20 January from 6 - 7.30 pm. We might be able to offer a sitting service and/or help with transport if this would enable you to attend (subject to availability of fund.)

Please contact Geraldine Wadsworth

on 01422 369101 for further information.

Please note that you are receiving this newsletter as you are registered on our database. All information you have supplied is held in accordance with Data Protection Law and the terms of our funding contracts. If you request removal please note that we are legally obliged to maintain your records in a secure, inactive archive for 6 years.

Please note the views or opinions expressed in this newsletter are not necessarily the views of Calderdale Carers but of individual contributors.

Carers Support Groups

<p>Halifax Group Voluntary Action Hall Street, Halifax HX1 5AY</p>	<p>1st Tuesday of the month 1pm - 2.30pm</p>	<p>3rd February 3rd March 7th April</p>
<p>Lower Valley Group Brighouse Library Halifax Road Brighouse, HD6 2AF</p>	<p>1st Thursday of the month 1.30pm - 3pm</p>	<p>5th February 5th March 2nd April</p>
<p>Todmorden Group Todmorden Health Centre, Halifax Road, Todmorden, OL14 5RN</p>	<p>2nd Tuesday of the month 11am - 12.30pm</p>	<p>10th February 10th March 14th April</p>
<p>Asian Carers Group (women only) Calderdale Carers Project, Rimani House, Hall Street, Halifax, HX1 5BD</p>	<p>3rd Tuesday of the month 10.30am - noon</p>	<p>17th February 17th March 21st April</p>
<p>Sowerby Bridge Group St Paul's Church, Tower Hill, Sowerby Bridge HX6 2EQ</p>	<p>3rd Wednesday of the month 1.30pm - 3pm</p>	<p>18th February 18th March 22nd April</p>
<p>Saturday Carers Group King Cross Library Halifax 151 Haugh Shaw Road King Cross, Halifax HX1 3BG</p>	<p>1st Saturday of the month 11am to 12.30pm</p>	<p>7th February 7th March 4th April</p>

Helping Former Carers to Move On

Calderdale Carers are aware that many carers continue to need support after the person they care for has died. We have information about resources available to support former carers through this period and helping them to move on with their lives. Research suggests that there are 3 phases when the caring role ends (Larkin, 2008). First is the 'post - caring void' followed by 'closing down the caring time' and finally 'constructing life post-caring'.

It is our policy to support carers for up to 2 years after bereavement or other reasons for no longer being a carer. After 2 years former carers are no longer eligible to attend our support groups and activities but are most welcome to join the 'Care-Free Group' and the '3 Cs Lunch Club', details of which are below.

If you would like further information about what support is available now that you are no longer in a caring role, please contact us on 01422 369101.

Source: Larkin, M. (2009) 39, p1026-1042 *British Journal of Social Work*

"3 C's LUNCH CLUB"
ALL WELCOME
Carers, Cared for and Ex Carers
LAST FRIDAY OF MONTH
12.00pm
@
The Duke of Wellington
Halifax

IF YOU WOULD LIKE TO MEET UP WITH
FRIENDLY,
LIKE-MINDED PEOPLE
FOR AN INFORMAL LUNCH,
CHAT & A GOOD TIME
PLEASE COME & JOIN US.

FOR MORE DETAILS CONTACT PAT
01422 363532

"CARE-FREE GROUP"
For Ex-Carers & Carers
WE MEET THE FIRST WEDNESDAY
OF THE MONTH
ST PAUL'S METHODIST CHURCH
TOWER HILL
SOWERBY BRIDGE
12.30 - 2.30PM

PLEASE BRING YOUR OWN LUNCH

REFRESHMENTS ARE PROVIDED
FROM DONATIONS AT THE GROUP
IF YOU WOULD LIKE TO MEET UP WITH
OTHER

EX-CARERS & CARERS LIKE YOURSELF
FOR AN INFORMAL LUNCH, CHAT &
GOOD COMPANY

PLEASE COME & JOIN US
FOR MORE DETAILS CONTACT
Roy or Joyce
Hx 381382/245388