

ALUN RICHARDS



Alun has recently joined the Carers Centre board of Trustees.

Describe yourself in 3 words

Popular, Courageous and Deluded

What is your idea of happiness?

Laughing with friends and family

What 3 things would you take to a desert island?

Bucket, spade & helicopter

What ambition would you like to achieve

To be able to fly this blinking helicopter

Where is your favourite place in the world?

My sofa

Name one talent you wish you had

To be able to sketch.... but the pencil won't do what I want it to

What is your worse fault?

Assuming things on others behalf

What is your favourite food?

Chunky beef casserole & warm bread

What is the most important thing life has taught you

Treat others the way you would like to be treated. That's why I treat the wife like Gold... but it's not working

Alun describes himself as courageous and popular he will need to be if he wants to achieve his ambition to learn to fly a helicopter, then he can take family and friends not forgetting the bucket and spade on a fun holiday, let's hope he is not too deluded in assuming too much. Perhaps it would be easier to learn to sketch from the sofa! (his favourite place) while enjoying his favourite food, with his Golden wife.

If you need help from Social Care over Christmas and New Year period contact:
0300 555 2922

The Carers' Friend is the newsletter of Walsall Carers' Centre, a charity offering information and advice for all Carers' within the Walsall Metropolitan Borough.

Your comments and contributions are more than welcome.

Send to:-

Walsall Carers' Centre,
The Crossing at St. Pauls,
Darwall Street,
Walsall WS1 1DA



Guardian Jerwood
Award Winners 1998



Principal Funders

Walsall **NHS**

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 **HELPLINES**

01922 636663
01922 610810
contact@walsallcarers.org
www.walsallcarers.org

The Carers' Friend

WALSALL CARERS' CENTRE NEWSLETTER



ISSUE 61

WINTER 2016

The Trustees and Staff at Walsall Carers Centre would like to wish all Carers, their families and all those being cared for

A Very Happy Christmas and a Healthy and Prosperous New Year

CARERS RIGHTS DAY FRIDAY 25TH NOVEMBER

Carers Rights day is held each year to make Carers aware of their rights and to help them to find out how to access the support they are entitled to.

This year the theme is **'Missing out? Know your rights as a carer'**.

The Carers Centre is hosting a benefits drop-in session with information stands and advice from Welfare Rights, Ideal for all, Broadway North

Recovery College (well being activities for people who experience mental health problems and their carers), Healthwatch Walsall, Carers Support Service (mental health) and the Department of Works and Pensions to name just a few.

Please come along and have a chat and a cuppa to find what information and help is available for you. 10.00am - 1.00pm

WELFARE RIGHTS CLINIC DATES

Help with benefits for Carers. No appointment necessary. Clinic held twice a month. Friday 10am-12pm
25th November & 9th December, 6th & 20th January, 3rd & 17th February, 3rd & 17th March, 7th & 21st April

FORTHCOMING EVENTS

Carers Rights Day - Friday 25th November - The Crossing 10.00am - 1.00pm
Carers Christmas Celebration - Thursday 15th December - Royal Hotel

STAY WELL THIS WINTER

If you are 65 or over, or caring for an elderly relative, flu can be a serious risk to your health. You are eligible for a free flu jab, which will protect you and your family throughout the winter. You can get your free flu vaccine at your GP surgery and at some pharmacies across Walsall. Walsall Clinical Commissioning Group (CCG) is reminding anyone who is in an at-risk group that they are entitled to a free vaccination.

At-risk groups include:

- Pregnant women
- People 65 and over
- People of all ages with a long-term health conditions
- People who work in health or social care
- People who care for an older or disabled person

The free vaccination is also available for children aged 2, 3 and 4 and in school years 1 and 2, as a simple nasal spray, with no need for an injection. Even if you've had the vaccination last year it is important to get it again because the type of virus in circulation changes every year and so the vaccine changes too.

For more information about where you can get vaccinated and how to keep well this winter visit www.walsallccg.nhs.uk/stay-well-walsall



WALSALL PERSONAL ASSISTANT NETWORK

Walsall Personal Assistant Network is an online directory bringing together individuals who are available to work as Personal Assistants and those who wish to employ them to lead more independent lives in their home, workplace or in the community.

Ideal for All, a user-led disability organisation is working with Walsall Council to develop the Personal Assistant Network www.wcid.co.uk

If you enjoy helping people and want to make a difference to their lives, working as a personal assistant could be for you.

Walsall Community Living Directory on the council website, www.walsall.gov.uk, also helps carers who may be looking to employ a Personal Assistant to help with general care or activities for their cared for can access the website and see a range of personal assistants looking for employment. Ideal for All can give you advice and also help with registering on this site.

For more information about Walsall Personal Assistant Network visit www.wcid.co.uk or call Viv Palmer, Ideal for All on **0121 558 5555** or **E-mail: v.palmer@idealforall.co.uk**

YOUNG CARERS NEWS



The Young Carers have enjoyed themselves this Summer with two outings taking place in the 6 week break, the first of these was to Drayton Manor and although it was a typical English summer weather day (lots of rain) once the Young Carers were wet from the water rides it didn't really matter.

The second outing couldn't have been more different with the weather bright and sunny which made our visit to Eastnor Castle really enjoyable. We were able to enjoy a picnic out on the terrace of the castle and to watch the Mad Scientist with his experiments in the grounds.

October half-term we all went bowling to Star City and had a McDonalds. All good fun.

BRIDGES 'Building Better Opportunities' Specialist Employment Support for the Over 50's

Building Better Opportunities is a new initiative providing help and support to the aged 50+ living in Walsall, Dudley and Wolverhampton looking to re-enter employment.

They can help you face and overcome the challenges that may impact on your ability to find work, whether that's because you've recently been made redundant or you're returning to work after a prolonged period away e.g.; caring, or need help to start out as self-employed, whatever the reason Bridges can provide tailored, one to one advice and support to help you on your way to achieving your goals.

Support to; Develop new skills to assist you in the workplace, Build confidence, secure voluntary or paid employment, meet prospective employers and more...

Age UK Walsall Tel **01922 638825** or Email enquiry@ageukwalsall.org.uk

DONATIONS

The Carers Centre would like to thank Garfield Weston, Baron Davenport, Greggs Foundation, BHSH Welfare Trust, Dumbreck Charity, Soroptomists Walsall and Willenhall Transport Show for their kind donations, which enables the Centre to give the Carers and Young Carers a range of breaks from their caring roles.