

# Carers WorLD

A news-sheet to inform and involve people caring for someone with a learning disability

No. 12

May 2010

## Have you missed us?

...We hope so!

It's almost 18 months since we were last able to produce an issue of Carers WorLD, largely because of funding and staffing issues.

That's particularly regrettable because there's a lot been happening and planned for the future which we aim to tell you about in future issues.

However in this one we felt it only right to prioritise on two very special and important weeks at the end of June.



June 14<sup>th</sup> – 20<sup>th</sup> 2010

The national theme this year is, 'A Life of My Own' and we have tried to put together a programme of events which offer carers some opportunity, albeit maybe only for a short while, to achieve this.

A full calendar of what's happening when is attached, some of which (as marked with an asterisk) **must** be pre-booked.

Our main event is on Thursday June 17<sup>th</sup> when we have a huge Carers Marketplace in Lightwaves Leisure Centre open between 11am and 3pm.

As well as over 30 organisations who may be able to help you, there is a programme of activities and entertainment as well as refreshments and lunch.

**Learning Disabilities Week**  
June 21<sup>st</sup> – 27<sup>th</sup> 2010

We'll hardly have time to draw breath then we're straight into a second week of activity!

Although the national theme is around healthcare, the Wakefield Learning Disability Partnership Board supported the belief of the Carers Delivery Group that our focus should be about improving public awareness and understanding of learning disabilities.

With that in mind there two high profile activities planned to promote both Carers Week and Learning Disabilities Week.

**Come and support us...and the Wildcats**



**Wakefield Trinity Wildcats v Wigan Warriors**  
Sunday June 13<sup>th</sup>  
Kick-off 3.30

Hearwell Stadium, Belle Vue  
Thanks to the support of the Wildcats Community Development team we shall

be raising awareness for both weeks at the Superleague match between Wakefield and Wigan before all the other events and activities kick-off!

Our own team of staff, carers, both young and ...not so young, and people with a learning disability will be handing out flyers and having an information tent inside the ground. If anyone is available to assist, (it includes free entry to the game) please contact Chris Clark.

Putting aside on-field rivalries, we're hopeful that we'll also be joined by one or two of our counterparts from Wigan!

### **Opportunities Shop**

Similarly in order to promote both weeks we shall be utilising the empty Opportunities shop unit on the corner of Teall Street and Westmoreland Street in the centre of Wakefield.

Continuing the joint working with the Wildcats, it will be officially opened by their mascot Daddy Cool at around lunchtime on Monday June 14<sup>th</sup>.

From Saturday June 12<sup>th</sup> to the following Friday the emphasis will be on Carers Week, with information for carers to pick up and the chance to call in and chat to staff, or just sit down for a tea or coffee.

We will also have available to purchase, some of the products produced by adults with learning disabilities at the Day Opportunities centres.

The following week the emphasis switches totally to learning disabilities. The aim is to raise public awareness and a more extensive product range including cards, jewellery, bags, wedding favours, plants and garden furniture will be available to buy and order, as well as details of other services such as cleaning and shopping which could be available.

### **'The Signpost' – pointing carers in the right direction**



The 3<sup>rd</sup> annual Carers Development Day in February saw the launch of the directory of services for adults with learning disabilities and their carers in Wakefield.

The Signpost contains lots of information around support, finance, healthcare, education, employment, plus lots of other areas. If you care for someone with a learning disability it's available for collection from the Family Services Community Teams for Learning Disabilities offices in Outwood and Normanton, or from here at Carers Wakefield & District.

### **Carers Delivery Group & BME carers Group**



Many of these ideas have been developed from the Delivery group which is a sub-group of the Learning Disability Partnership Board and meets about every 6 weeks at Sandal rugby club.

Currently we have a core membership of about 10 carers, all of who care for someone with a learning disability. There is also a BME/ Asian carers group which meets about 4 times a year at Agbrigg Community Centre.

Both have elected representatives on the Partnership Board and are keen to get more carers involved. The next meetings are on June 3<sup>rd</sup> and July 15<sup>th</sup> for the Delivery Group and July 22<sup>nd</sup> for the BME group. All meetings start at 10.30 and last no more than a couple of hours.

If you would like to be involved in the development of services for carers and those you care for, both groups are very friendly and informal. Please come along and see if it's for you or if you'd like to know a bit more first by all means give one of us a call.

### **Carers Support Worker (Learning Disabilities)**

My name is Lucy Horobin and since the last edition of Carers WorLD I have started work as the new Carer Support Worker (Learning Disabilities) at Carers Wakefield & District.

I have previously worked with a service provider in Wakefield developing and managing independent supported living projects enabling adults with learning disabilities to live and work independently in the community.

I am able to offer support and guidance on a one to one basis and my role is to listen, discuss and try and address any concerns you may have around your caring role and also the person you are caring for.

I generally work on Tuesdays, Wednesdays and Thursdays and if you feel I can offer any advice or support then please contact me.

### **Contact Details**

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# **Complete CARERS WEEK Schedule Overleaf**

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## **Hope to See You There!**



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## Carers Week 2010

13<sup>th</sup> to 19<sup>th</sup> June. Events marked with \*, **must** be pre-booked

Please contact Carers Wakefield & District 01924 305544 for more information.

**All Week** - Town Centre Carers Week Information Centre (Corner of Teall St and Westmoreland St)

Day	AM	PM	Evening
<b>Sunday</b>		Wakefield Trinity Wildcats v Wigan - Carers Information stand	
<b>Monday</b>	Self Directed Support for Carers* (Information session)	Wills, Trusts, and Power of Attorney* (Information session)	
		Carers Coffee Afternoon - St Mary's Community Centre, Chequerfield, Pontefract	
<b>Tuesday</b>	Coffee morning and hand massage 25 King Street	Carers across Cultures Lunch*	
		Coffee and Boccia - Ash Grove Surgery, Knottingley	
<b>Wednesday</b>	Cannon Hall - walk/tour/picnic* Carers Cream Tea - Crofton Parish Centre	Cannon Hall walk/tour/picnic*	
<b>Thursday</b>	Information Market Place Lightwaves Leisure Centre 11am - 3pm	Information Market Place Lightwaves Leisure Centre 11am - 3pm	
<b>Friday</b>	Shiatsu Massage*	Shiatsu Massage *	Kinsley Greyhound Track - Racenight *
	College Lane Surgery - Ackworth. Open Day	Carers - Access to Work and Leisure Hemsworth Library 2pm - 4pm	
	Carers Coffee Morning Portobello Community Centre		