

The Carer

Information for Carers aged 8 to 80 in Liverpool, Sefton and Warrington



Issue 1

August 2006

Welcome to this first edition of The Carer.

If you are involved in caring for a relative, partner or friend who is ill, frail or disabled, this newsletter is for you!

The Carer will be produced regularly by Liverpool Caring for Carers, the organisation which provides 100s of Carers in Liverpool, Sefton and Warrington with opportunities to get a break from their demanding caring role, and be themselves.

Details of what we do and how to find out more information are available on page 2.

In this and future editions of The Carer, we'll bring you news of our services and introduce you to members of the Crossroads Caring for Carers team.

We'll highlight what's happening at the various clubs and events we run specially for Carers of all ages, and bring you the latest news about service developments within the Crossroads Caring for Carers scheme.

We'll also be profiling the remarkable stories of some of the Carers that we've been able to support.

We hope you enjoy this first edition. If you have comments, or suggestions for future articles, we'd love to hear from you.

Write to The Editor, The Carer, c/o Fidelity House, 12A Stocks Lane, Boughton, Chester CH3 5TF or email thecarer@mdew.co.uk.

Are you a Young Carer?

There's a link from Crossroads Caring for Carers' new website to information **specially designed for young Carers** in Liverpool, Sefton and Warrington.

The My Life Club website

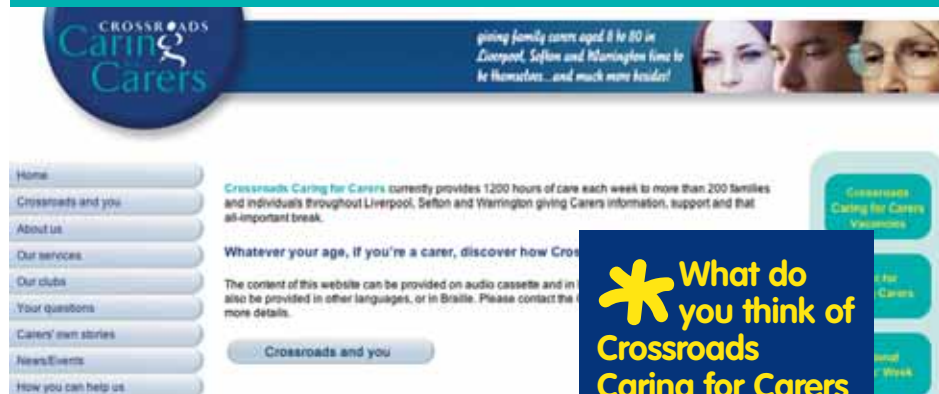
which is specially for **YOU**. Find out how Crossroads Caring for Carers can help. Visit www.liverpoolcrossroads.co.uk and you'll find the link on the home page.

ONE AND A QUARTER MILLION PEOPLE CARE FOR MORE THAN 50 HOURS A WEEK

WIN a £25 high street voucher in our wordsearch competition on page 3!

Website boost for carers

People in Liverpool, Sefton and Warrington who care for someone who is frail, sick or disabled now have a new website to turn to for advice and support.



The new site - www.liverpoolcrossroads.co.uk - has been unveiled by Crossroads Caring for Carers which currently provides support each week to carers in Sefton, Liverpool and Warrington.

"Caring can often bring severe pressures, particularly for the small army of younger people under the age of 16 who help care for a family member," said Crossroads Caring for Carers Business Manager, Sean Barrett. ➤

"We want carers of all ages in Liverpool, Sefton and Warrington to know that Crossroads Caring for Carers is here to help when things do get tough."



The website outlines the services available from Crossroads Caring for Carers, including information on events and clubs for both adult and young carers.

The website is funded by Futurebuilders England, the Government-backed scheme that offers combinations of loans and grants to charities that provide public services.

Futurebuilders Chief Executive Richard Gutch said: "Crossroads is just the sort of project we were designed to support, as it addresses a real need in the community.

"This new website will allow more people to find out about the services that are available so they can get help when they need it."

*** What do you think of Crossroads Caring for Carers website?**

Your comments and suggestions are welcome.

Write to The Editor
The Carer
c/o Fidelity House
12A Stocks Lane,
Boughton
Chester CH3 5TF
or email thecarer@mdew.co.uk
or fax 01244 320686.

Crossroads and you...

You'd be surprised how many people across Liverpool, Sefton and Warrington help care for a relative, partner or friend who is ill, frail or in some way disabled.

You may be one of them.

There are tens of thousands of Carers, some as young as eight and others as old as 80!

Most don't see themselves as Carers. They see it as their responsibility, and willingly do what needs to be done out of love and compassion. They seldom give their efforts a second thought.

Sounds familiar?

Caring may only be doing a weekly shop or cooking an occasional meal. It may be a great deal more. The fact is that one in three people involved in looking after someone special spend more than 20 hours a week in that role. For one in seven, it's more than 50 hours each week. For many others, it can be as much as 24 hours a day, seven days per week.

ONE IN TEN PEOPLE ARE CARERS

The Crossroads Caring for Carers team can make a real difference...

“I was almost at the end of my tether. I've been caring for my mother-in-law for over twenty years and my husband and I are in our 70s. Her illness was getting worse, which meant I had to be there 24 hours a day. Thankfully, the district nurse contacted Crossroads. The Carer Support Worker was allocated straight away - the support was invaluable and was exactly what we needed. I was able to have a few hours for myself each week to take a bath and to sleep.”

Which of those applies to you?

However much we want to do our best for others, and however willing we are to put in the effort, looking after other people - either in our own home or elsewhere - can be time-consuming and stressful. It can affect our own health, disrupt our family life and even make it difficult to hold down a job.

➤ **65% of Carers say their health has been affected by what they do for others**

➤ **33% have not had a break from their caring responsibilities in the last two years**

➤ **20% of Carers are in full or part time employment**

What's more, in the UK there are estimated to be at least 175,000 Young Carers aged under 18 who have caring responsibilities. Some are as young as 8.

Do you recognise yourself, or someone you know?

As a Carer, you may be entitled to help and support - Crossroads Caring for Carers can provide it.

Crossroads offers information, recognition for what you do, and support to help you do it.

Perhaps most importantly, Crossroads offers the opportunity for a regular break from your caring responsibilities - time to be yourself, time to rest, time to catch up with family and friends, with total peace of mind knowing that the care is being continued by committed, dedicated and fully-trained carer support workers.

Discover

how Crossroads Caring for Carers has been able to make a difference to people like you.

Visit

our website for details of the full range of Crossroads Caring for Carers services in Liverpool, Sefton and Warrington, or telephone 0151 222 1970.

Crossroads celebrates successful CSCI inspection

Crossroads Caring for Carers is celebrating after receiving a glowing report from the Commission for Social Care Inspection.

The agency has been praised for its well-managed, consistent and flexible service after a visit from CSCI Inspectors earlier this year.

Commended for providing 'good levels of information to new and existing service users and their carers', the agency has been particularly praised for its ongoing commitment to staff training.

Inspectors noted that an impressive 82 percent of staff held an NVQ Level 2 or above qualification.

The report also recorded several comments from satisfied clients, who dubbed the Crossroads service 'responsive' and 'consistent'.

One commented: "Crossroads were fantastic, they provided valuable support."

The agency's regular quality assessments, 'robust' policies, monitoring methods and thorough

recruitment process, were also highlighted.

Crossroads Caring for Carers Business Manager Sean Barrett said: "We're absolutely delighted with the inspectors' findings.

"Crossroads Caring for Carers prides itself on providing an excellent service and offering ongoing support to staff and it's always great to have this officially recognised.

"As always, we've taken CSCI's positive comments on board but instead of getting complacent we will continue to improve our service."

OVER TWO MILLION CARERS CARE FOR MORE THAN 20 HOURS A WEEK

300,000
PEOPLE EACH
YEAR BECOME
CARERS

Adult carers' latest outing

A group of members from our Adult Carers' Club enjoyed a relaxing outing to Llandudno last month.

It's the latest in a series of trips and visits organised by the Club to provide members with a well-earned break from their carer responsibilities.

Later this year, there'll be an opportunity to take part in a canal barge cruise.

The Club, formed nearly two years ago, organises lunch meetings each month at various venues. New members are always welcome to join in.

Crossroads Caring for Carers Trustee Jean Creer commented: "We're always pleased to see new members, and suggestions for new venues, speakers and activities are very welcome.

"Members attend as and when they're able to take time from their carer

activities but they enjoy the opportunity to relax, meet like-minded people and share some of the challenges they face on a day-to-day basis."

For more information on the Adult Carers Club, visit the 'Our Clubs' page on the new Crossroads Caring for Carers website – www.liverpoolcrossroads.co.uk



*A brush with fame? Ever met anyone famous?

Email your story and photo, or call The Carer newsdesk on 01244 320677.

We'll award a high street voucher for the best contribution we publish.

Tournament success

Crossroads Caring for Carers Chair Margaret Crichton presented the awards at this year's tag rugby tournament.

The event, sponsored by Crossroads Caring for Carers, took place at Sefton Rugby Club, West Derby, recently and attracted 360 young people from across Merseyside playing in 24 teams.

Other sponsors included St.Helens Rugby Club and Merseyside Fire Brigade.

THERE ARE
6.8 MILLION
CARERS IN
THE UK

NVQ achievement

Congratulations to our Operations Manager **Tony Rowan**, and Care Manager **Shirley Riley** on their success in achieving the NVQ Level IV Registered Manager award. They were presented with their certificates in June at the Arts Centre, Liverpool Community College.

Tell us what kind of competitions you'd like to see in future editions of **The Carer**, and we'll do our best to respond!

Write to The Editor, The Carer, c/o Fidelity House, 12A Stocks Lane, Boughton, Chester CH3 5TF or email thecarer@mdew.co.uk.

Take a break!

Here's your chance to win a £25 high street voucher in our very first competition!

Find the words listed in the grid. Mark them clearly, complete the entry form and send to The Editor, The Carer, c/o Fidelity House, 12A Stocks Lane, Boughton, Chester CH3 5TF. You can also fax to 01244 320686.

Photocopied entries are acceptable. The prize will be awarded to the first correct entry drawn from the postbag. The Editor's decision is final. The winner will be notified by post or phone.

Closing date: Friday 18 August.



- activities
- adults
- break
- clubs
- carers
- information
- Liverpool
- parents
- quality
- recognition
- Sefton
- services
- support
- Warrington
- website
- young people

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Entry form

Your name _____
 Address _____
 _____ Postcode _____
 Daytime tel _____

- I am a Young Carer (aged under 19 years)
- I am an Adult Carer
- I am being cared for by a relative or friend

PLEASE TICK WHICH APPLIES TO YOU

ONE IN THREE
PEOPLE WILL
BECOME A CARER
AT SOME TIME IN
THEIR LIVES

Working with Crossroads...

It's sometimes challenging, but helping others to cope with the massive stresses and strains of caring for others can be immensely satisfying.

Crossroads Caring for Carers is currently offering a range of vacancies in its Carer Support team to keep pace with increasing demand on its services.

The vacancies are based in Liverpool, Sefton and Warrington.

If you want to find out more about the Carer Support Worker role, visit liverpoolcrossroads.co.uk where you'll find details and an application form.

Alternatively, you can contact Crossroads Caring for Carers direct for an application pack. Tel: 0151 222 1970.

THERE ARE OVER 175,000 YOUNG CARERS IN THE UK (AGED UNDER 18) WHO HAVE CARING RESPONSIBILITIES

* Want to say 'thanks'?

Would you like to say a 'thank you' to someone whose care and support has made a real difference in your life?

Write and tell us and we'll publish a selection in future editions of The Carer, subject to available space. In each edition, the Editor will select one letter and send a bouquet of flowers to the person you nominate.

Write to The Editor, The Carer, c/o Fidelity House, 12A Stocks Lane, Boughton, Chester CH3 5TF or email thecarer@mdew.co.uk, or fax 01244 320686.

Holiday heaven?

* Tell us in 100 words what has been your all-time favourite holiday destination, and why.

Contact The Carer now! Photos are welcome and we'll include as many contributions as we can in future editions. We'll award a high street voucher for the best contribution.

Merger completed

After six months of discussions between Crossroads Caring for Carers (Liverpool and Sefton) and Crossroads Caring for Carers in Warrington, the two boards of trustees agreed to merge.

Our photograph shows the merger agreement being signed in June, creating a single organisation to support Carers throughout Liverpool, Sefton and Warrington.

Carer Support service contracts currently exist with Warrington Borough Council Adult and Children, and Warrington PCT Continuing Care. Ten Warrington staff have been transferred to the new organisation.



Stay safe in the heatwave

Enjoying the warm weather is an essential part of summer fun but staying safe in the sun must also be a priority.

Heat stroke can prove fatal, with nausea, confusion and unconsciousness just some of the symptoms.

To help, the Department of Health has issued some helpful guidelines to avoid trouble as temperatures rise.



- ✓ Listen to bulletins on radio and television and follow health advice.
- ✓ If a heatwave is forecast, try to plan your day in a way that allows you to stay out of the heat.
- ✓ If possible avoid going out between 11am and 3pm – the hottest part of the day.
- ✓ If you must go out, stay in the shade. Wear a hat and light, loose fitting clothes, preferably cotton. If you will be outside for some time take plenty of water with you.
- ✓ Take cool showers or baths and splash yourself several times a day with cold water, particularly your face and the back of your neck.
- ✓ Eat as you normally would. Try to eat more cold food, particularly salads and fruit, which contain water. Avoid alcohol.
- ✓ Older people are much more prone to the effects of heat. You can help relatives or neighbours by checking on them, if possible, every day and reminding them to drink plenty and often. They should have a mixture of drinks including fruit juice and water. Help them keep their house as cool as possible, drawing curtains, opening windows at night, or using a fan if necessary.



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