Welcome to the Spring/Summer 2013 issue of our information newsletter. Included are: Carers Week, Carers Summer Outing, Carers Conference, Time for Me and other programmes.

Spring - Summer 2013 Issue 3

Carers Matter newsletter

Carers Conference

Carers Rights Day

Carers Matter held their 2nd Southern Area Conference on Carers Rights Day, 30th November, in Armagh City Hotel to look at Carers’ Assessment, changes to welfare reform, Carers Cash Grant schemes and direct payments.

Over 100 people attended the event including Carers, health professionals and the community and voluntary sectors. Amanda Barr, a carer spoke movingly about her difficult caring journey and Patricia Donaghy read a poem she had written about what caring meant to her. Workshops during the event helped to get feedback from Carers about their own experiences of Carers Assessments.

Patricia Jordan, Carers Matter explained. ‘Sadly, the feedback has shown that Carers are not having an assessment of their needs carried out routinely, although it is their statutory right to be offered one. Carers Matter found that only half of carers attending reported having had a carer’s assessment, with 10% of carers saying they were not even aware that assessments existed.’

‘Carers Assessments should be a conversation with their Key Worker to explain how they feel in their Caring role. Ideally, it should be carried out at an early stage of caring so that stresses can be identified and this can be reviewed if changes in circumstance occur,’ she added.

‘The Carers Assessment is also a ‘gateway’ to accessing additional services such as Cash Grants and some respite, so if the Carer does not receive this, they become disadvantaged.’

The event was sponsored by the PCSP in Armagh and Dungannon and Carers Matter thank both organisations for their vital support.

Carers Assessments can be carried out by your Social Worker or Key Worker and some additional health workers.

For more info contact Carers Matter on 028 4062 7581, or the Carers Coordinator on 028 3083 4252.

What is a Carers Assessment?

A Carer’s Assessment is a chance to feel recognised for the caring role you carry out. It is your Right to be offered this.

The Assessment is not a test of your ability to care, or of your financial situation, it is a conversation to focus on how caring impacts on you and your lifestyle and your physical and mental health.

It can also help you to put an emergency plan in place if you should become unwell and unable to care, even in a temporary capacity.

For more information regarding Carers Assessments, contact your Social Worker, or speak to Carers Matter on 028 4062 7581 or by emailing reception@carersmatter.com.

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Dates for the diary:

Carers Summer Trip
Wed 5 June
Florencecourt, Co Fermanagh.

Carers Week
10 - 16 June

Mens Health Week
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Carers ‘Time for me’
Looking after your health

We would like to invite you to our FREE ‘Time for Me’ programme designed for carers. The programme is funded by the Building the Community-Pharmacy Partnership, to help Carers take time to look after themselves.

The ‘Time for Me’ programme will run over a number of sessions and is about you taking the time for yourself, learning new skills, meeting new people and having a couple of hours to relax, unwind and concentrate on your needs.

Sessions are delivered by Carers Matter together with local Pharmacists, Geraldine Moore, Parkes Pharmacy. Booking required.

Living your life to the full

Carers Matter have arranged for Aware Defeat Depression to run a special 6 week Life Skills programme with a cognitive behavioural therapy approach for their Carers. The sessions will take place in Newry Library on Thursdays, 10am - 12noon from 21 March to 25 April.

If you are currently affected by mild to moderate depression our new programme can make a big difference to your life!

It can help you sleep better, feel happier, have more energy, gain confidence, get out more and enjoy better relationships.

This free course has been developed by Dr. Chris Williams, a recognised expert and trainer in cognitive behavioural therapy, who has many years of experience developing self-help resources for people with mild to moderate depression and anxiety.

Prepared to Care? Carers Week 2013

This year’s Carers Week from 10-16 June will highlight the impact of caring on daily life and, with an ageing population and higher incidence of disability and serious illness, encourage the wider public to think whether they could manage a caring role.

Prepared to Care? will also help those already caring make sure they are accessing all the practical and emotional support they need to care safely and look after themselves.

In Northern Ireland, Carers Week is supported by local charities including Carers Matter and Carers Northern Ireland to recognise and celebrate the 214,000 local people who are caring, unpaid, for a family member or friend who is ill, frail or has a disability. As well as all the celebration events across the area, a new key report will be published for Carers Week that highlights the changes Government needs to make to improve the lives of carers and the people they care for.

Carers Summer Trip: Wed 5 June

Join us for a trip back in time to the historic Florencecourt National Trust property in beautiful Co. Fermanagh.

The trip includes entrance and fascinating tour of the 18th century classical Irish house, followed by a delicious two-course lunch in the Stables Tea Room. Outside there are numerous interesting places to explore including a sawmill, ice house and thatched summer house and the beautiful rose gardens are at their best in June.

Bus pick-up points will be in Newry, Armagh, Clougher, Banbridge, Lurgan, Portadown and Dungannon from around 9am or after, returning late afternoon.

Subsidised price £20 per person.

To book a place phone 028 4062 7581 or contact reception@carersmatter.com
Please send back your reservation form with payment to secure a place.

How do we connect with Carers?

Carers Matter offer many FREE services to help Carers in their caring role.

• One-to-one support through our Outreach workers.
• Monthly Carers support groups across the area.
• Regular information and newsletters by post.
• Carers Training programmes to offer information and health advice.
• Community Pharmacy project to improve health and wellbeing.
• Financial advice - Citizens Advice Bureaux Fast Track Service
• Carers Matter free Counselling service - ‘Time to Talk’. Delivered in partnership with Southern Regional College and Chrysalis Women’s Centre.
• Carers Support Network of additional organisations with specific help for Carers.

Do you want to be included in our Newsletter?

If you are an organisation offering services for Carers please send any details so we can add them to our website and encourage Carers to like them to be included in our newsletter, or our monthly bulletin.

Send your details to hilary@carersmatter.com

YOUR VIEWS MATTER NEW CONSULTATIONS

Who cares? The Future of Adult Care

An important consultation is taking place about adult care. Ensure that your voice is heard by taking part before 15 March.

New Autism Consultation

A major consultation is also underway regarding care with Autism.

For a list of Current Consultations go to http://www.dhsspsni.gov.uk/index/consultations/current_consultations.htm or contact Carers Matter.
# Outreach and Support Groups

## Newry and Mourne

### Support Groups

<table>
<thead>
<tr>
<th>Location</th>
<th>Group Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warrenpoint</td>
<td>South Down Family Health Initiative. Carers Coffee Morning</td>
<td>4th Monday, 10.30am - 12.00pm</td>
</tr>
<tr>
<td>Kilkeel</td>
<td>Seashell Centre for parents of children with Autism</td>
<td>Last Thursday, 7.30 - 9.00pm</td>
</tr>
<tr>
<td>Mayobridge</td>
<td>Women’s Group, Mayobridge Convent</td>
<td>2nd Wednesday, 7.30 - 9.00pm</td>
</tr>
<tr>
<td>Mullaghbawn</td>
<td>Women and Family Health Initiative</td>
<td>3rd Wednesday morning by appointment</td>
</tr>
<tr>
<td>Cullyhanna</td>
<td>WALD Centre, Cullyhanna</td>
<td>By appointment</td>
</tr>
</tbody>
</table>

### Outreach

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<th>Location</th>
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<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Mullaghbawn</td>
<td>HUGS parents support group, Women’s Family Health Initiative</td>
<td>Last Wed 11am - 1pm, 2nd Wed 7-8pm</td>
</tr>
<tr>
<td>Kilkeel</td>
<td>Outreach at Seashell centre</td>
<td>4th Monday. By appointment</td>
</tr>
<tr>
<td>Newry</td>
<td>Daisy Hill Hospital</td>
<td>Starting April - May 2013</td>
</tr>
</tbody>
</table>

## Armagh and Dungannon

### Support Groups

<table>
<thead>
<tr>
<th>Location</th>
<th>Group Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Armagh Carers</td>
<td>Armagh City Hotel</td>
<td>1st Friday, 12.00noon - 1.00pm</td>
</tr>
<tr>
<td>Clogher Carers</td>
<td>The Rathmore</td>
<td>3rd Monday, 8.00 - 10.00pm</td>
</tr>
<tr>
<td>Dungannon Carers</td>
<td>Age NI Shop</td>
<td>2nd Tuesday, 8.00 - 10.00pm</td>
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</tbody>
</table>

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</thead>
<tbody>
<tr>
<td>Armagh</td>
<td>Centre for Independent Living</td>
<td>By appointment</td>
</tr>
<tr>
<td>Coalisland</td>
<td>House of Health, Western House, Coalisland, Drop in information</td>
<td>2nd Thursday, 10.30am - 12.30pm</td>
</tr>
<tr>
<td>Dungannon</td>
<td>The Peace Factory, Coalisland Road, Dungannon</td>
<td>By appointment</td>
</tr>
<tr>
<td>Dungannon</td>
<td>First Steps Womens Centre, Dungannon</td>
<td>2nd Monday. By appointment</td>
</tr>
<tr>
<td>Mullaghbawn</td>
<td>Women and Family Health Initiative</td>
<td>3rd Wednesday morning by appointment</td>
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## Craigavon and Banbridge

### Support Groups

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<thead>
<tr>
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<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballyward</td>
<td>Ballyward Church Hall</td>
<td>3rd Tuesday, 11.00am - 1.00pm</td>
</tr>
<tr>
<td>Men’s Group</td>
<td>Carers Matter, Banbridge</td>
<td>2nd Tuesday, 2.00 - 4.00pm</td>
</tr>
<tr>
<td>Lawrencetown</td>
<td>Lawrencetown Community Centre</td>
<td>4th Tuesday, 7.30 - 9.00pm</td>
</tr>
<tr>
<td>Brownlow</td>
<td>Brownlow Health Centre, Parents Support Group - children with disabilities</td>
<td>2nd Tuesday, 10.30am - 12noon</td>
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<tr>
<td>Brownlow</td>
<td>Brownlow Health Centre</td>
<td>By appointment</td>
</tr>
<tr>
<td>Gilford</td>
<td>Gilford Community Centre</td>
<td>By appointment</td>
</tr>
<tr>
<td>Lawrencetown</td>
<td>Lawrencetown Community Centre, ASD Group (Autism Network NI)</td>
<td>3rd Monday, 7.30 - 9.00pm</td>
</tr>
<tr>
<td>Portadown</td>
<td>Portadown Health Centre, Drop-in information</td>
<td>1st Thursday 10.00am - 12noon</td>
</tr>
<tr>
<td>Lurgan</td>
<td>Citizens Advice Beareau, Lurgan</td>
<td>By appointment</td>
</tr>
<tr>
<td>Craigavon</td>
<td>Craigavon Area Hospital, Craigavon</td>
<td>Starting April - May 2013</td>
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## Carers Service with Citizens Advice Bureaux

Carers Matter are now offering a new Carers **FAST-TRACK Appointment Service** for benefit checks and advice through Citizens Advice Bureaux. We are now also offering Carers Clinics at the following Citizens Advice Bureau venues across The Southern Trust Areas: Newry, Warrenpoint, Kilkeel, Armagh, Dungannon, Keady, Banbridge, Lurgan and Portadown.

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**New Outreach Centres**

New Outreach Centres are now running across the Southern Trust area in House of Health, Western House, Coalisland, Kilkeel Health Centre, Craigavon Area Hospital - coming soon, Daisy Hill Hospital - coming soon.

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**Key to map**

- **Outreach Centre**
- **Support Group**

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Carers Matter is a registered charity and a company limited by guarantee. Company No: NI 050419. Charitable No: XR36252.