

Would you like to be photographed by an award-winning photographer who works for The Guardian and The Observer?

This is for a travelling exhibition, featuring carers doing what they do.

If you are interested, contact Chris Thomas on **020 8825 8588** or email ThomasChr@ealing.gov.uk.

Carers UK - Looking after someone 2008/9: a guide to carers' rights and benefits

Carers have certain legal rights to benefits and other help. Carers UK is aware of many carers who do not know about their rights or how to get help.

Every year, £740 million of carers' benefits are unclaimed. This guide sets out what rights carers have and how they can get:

- financial help
- practical help
- help with combining work and caring.

To order a free copy of the guide, call **0808 808 7777**. Alternatively, you can download a copy of the guide, from the Carers UK website, www.carersuk.org.



What's happened to the Carers' Emergency Card?

Lots of people are asking the above and we're here to tell you

You may have been wondering what's happened to the Carers' Emergency Card.

The news is it disappeared for a while but is now revived and you can apply for one at the Carers' Centre or call **020 8825 7731** or email carersemergencycard@ealing.gov.uk.

If you have emailed this address recently, and not had a response, you will soon get one as the emails are now being checked regularly and the back log is being dealt with.

How does the card work?

If you, as a carer, get into difficulties, perhaps a medical emergency, the card has a Social Services phone number on it and a unique ID, relating to you. Whoever finds the card should phone the number and Social Services will take appropriate action, regarding the person, who relies on you.

Spread the word - the Carers' Centre is here to help

Carers Connect has been running the Carers' Centre since June '09. Hira Bhanderi and Eva Woodhouse are working there to make things run smoothly.

We don't want to hide Hira's light under a bushel, so don't forget that she is an expert in Welfare Benefits and can help with a wide range of Carer related information.

All you have to do is phone for an appointment or drop in.

The programme of activities and services is in this newsletter - please spread the word.

There are always people who may not be aware of what's available and it's a shame that they miss out.



Hira Bhanderi



Eva Woodhouse - Far right

Carers' Rights Day

Since taking over, we have become more involved with carers' rights and what do you know, the 4th December turns out to be Carers' Rights Day.

We thought we would use it as an opportunity to concentrate on the issues of charging for Social Services in Ealing and Employment for Carers. We hope to unravel many of the mysteries surrounding both of these topics and have a nice lunch as well.

Still on the topic of Carers' Rights, you're probably aware Carers have the right to a Carers' Assessment. This is all well and good, but what does a Carers' Assessment actually lead to? Right now, as far as we can see, not very much!

How about this for a modest proposal? We have suggested that Social Services could give vouchers for therapies at the Carers' Centre to those carers who are assessed as having a need for some sort of respite and relaxation. What do you think?

Benefits checks

Benefits checks are available at the Carers' Centre. For an appointment, phone **020 8840 1566**

Weekly - with free refreshments

	October	November	December	January 2010
Learning disabilities – information and advice drop in, for carers of people with learning disabilities	Thursdays 2.00pm - 5.00pm	Thursdays 2.00pm - 5.00pm	Thursdays 2.00pm - 5.00pm	Thursdays 2.00pm - 5.00pm
Dementia – information and advice drop in, for carers of people with dementia	Wednesdays 2.00pm - 5.00pm	Wednesdays 2.00pm - 5.00pm	Wednesdays 2.00pm - 5.00pm	Wednesdays 2.00pm - 5.00pm
Benefits Surgery. Advice and help with form filling for a wide range of Welfare Benefits, and support with other issues	Tuesdays and Thursdays 10.30am - 12.30pm	Tuesdays and Thursdays 10.30am - 12.30pm	Tuesdays and Thursdays 10.30am - 12.30pm	Tuesdays and Thursdays 10.30am - 12.30pm
Gentle Keep Fit - do come along, it's FREE	Wednesdays 1.30pm - 2.30pm	Wednesdays 1.30pm - 2.30pm	Wednesdays 1.30pm - 2.30pm	Wednesdays 1.30pm - 2.30pm

Monthly - with free refreshments

Ealing Mencap 'Transitions Group' welcomes carers of young people with learning disabilities Call Gabriel Jones, at Ealing Mencap - 020 8567 9185, for more information	Wednesday 21st	Wednesday 25th		Wednesday 27th
Ealing Mencap Carers Together Group - campaigning around learning difficulty For more information, call Alka Tripathi, at Ealing Mencap - 020 8280 2263	Thursday 22nd	Thursday 26th		
Carers Connect Cafés Call in, chill out – drop in for info and socialising	Wednesday 7th 11.00am - 1.00pm Thursday 29th 10.30am - 1.00pm	Wednesday 11th 11.00am - 1.00pm Thursday 26th 10.30am - 1.00pm	Wednesday 9th 11.00am - 1.00pm	
Coffee mornings for former carers of people with dementia. For more information, contact Isabel Kosky, at Alzheimers Concern - 020 8568 4448	Thursday 15th 10.30am - 12.30pm	Thursday 19th 10.30am - 12.30pm	Thursday 17th 10.30am - 12.30pm	
Call in for a coffee with ContinYou Ealing Parents Partnership Services For parents and carers of children with Special Educational Needs, up to age 11		Thursday 12th 12.00pm - 2.00pm	Thursday 10th 12.00pm - 2.00pm	Thursday 14th 12.00pm - 2.00pm

Therapies - Mondays, Thursdays and Fridays

Our therapists are Elsa and Natasha and appointments are available on Mondays, Thursdays and Fridays, from 10.00am till 4.00pm.

Charges are £20 for 50 minutes, £10 for 30 minutes.

Therapies available include:

- stone therapy,
- massage (Holistic, Holistic body, Aromatherapy, Indian head, Thai, Pregnancy),
- hopi ear candling
- reflexology
- facials,
- manicures and pedicures
- eye brow/lash tint



Carers' Rights Day event

Friday 4th December '09, 11.00am - 2.30pm

Session 1 - Charging for Social Services: How does it work in Ealing? Get the low down on this contentious topic and discuss ways forward

Session 2 - Finding work and sustaining employment - speakers and information sharing.

Refreshments and lunch

See link below for more information regarding the National Carers' Rights Day

<http://www.carersuk.org/Newsandcampaigns/CarersRightsDay>



FREE course How to be fit for life, as a carer

The first session, 'Find Your Way', will give you the chance to decide which of the other modules you might want to attend. It's up to you how many you would like to do.

- **Caring with Confidence**
Introduction, find your way - Friday 23rd October

- **Caring and Coping**
Emotions, issues and stress - Friday 30th October

- **Caring and Me**
Prioritising your own well-being - Friday 6th November

- **Caring Day to Day**
From medication to emergencies - Friday 13th November

- **Caring and Resources**
Maximising your income - Friday 20th November

- **Caring and Life** - Juggling your role - Friday 27th November

- **Caring and Communicating**
Professionals and service providers - Friday 11th December

If your caring commitments prevent you from leaving your home to attend, it is possible that help with respite care and travel may be available.

All sessions 11.00am - 2.00pm, refreshments and lunch