



Carers In Focus

Free Quarterly Newsletter

A publication by Norwich & District Carers Forum - "Supporting Carers of All Ages"

SPRING 2011



Welcome!

Since 1993 the Norwich & District Carers Forum have been supporting Carers of all ages.

We run support groups for both adult and young Carers, which give Carers some respite from their caring role and give Carers the opportunity to talk to a Carers Support Worker about any issues that they would like to discuss. We can provide information, advice, and guidance as well as advocate on behalf of Carers.

In 2008 we moved offices from St. Faith's Lane to the Charing Cross Centre because of the poor condition of the building that we were in. Once we had settled into our new surroundings, we invited HRH, The Princess Royal to officially open our Carers centre and offices; Her acceptance was a great honour.



At present, we are concerned about these funding cuts, we are not sure how hard hit we will be... however what we are sure about is how willing people are to help, recently several people have got in touch with us hoping to raise money to donate to our cause, we thank them in advance and good luck with the running and cycling!

Inside this issue:

Details of our support groups, Daphne Hathaway's inspirational story, details of our new service, useful websites, information on the Calibre Audio Library and more....

Welcome to the first issue of our quarterly Newsletter.

If you have any queries or tips that you would like to contribute to future issues, please contact us admin@carersforum.org.uk and we will do our best to include them.

Relaxation Time...

Breath Counting—a simple exercise to help relax your body and mind

- a) Sit or lie in a comfortable position with your arms and legs uncrossed and your spine straight.
- b) Breathe in deeply into your abdomen. Let yourself pause before your exhale.
- c) As you exhale, count “one” to yourself. As you continue to inhale and exhale, count each exhalation: “two”....., “three”..... “four”
- d) Continue counting your exhalations in sets of four or five for up to ten minutes.
- e) Notice your breathing gradually slowing, your body relaxing and your mind calming as you practice this breathing meditation.



As a Carer, it is important to look after yourself as well.

Soothing Ways

“Soothing Ways” is a fun support group designed for Carers. The sessions are held on the second Tuesday of each month from 1pm to 2.30pm. This group is run by the Norwich & District Carers Forum and is held at the Charing Cross Centre, 17-19 St John Maddermarket, Norwich.

These informal sessions will help you to deal with day to day stresses. It will look at various ways to help you relax and reduce worry and anxiety. This will help build self confidence. There will be time to talk about what is concerning you either in the group, or one to one.

For further information please contact the Carers Forum on Tel: 01603 219 924

Norwich & District Carers Forum Lunch Break Drop-In

Meets on the last Thursday of each month, 12:30 – 2:30pm, (there is no meeting in December), at The Charing Cross Centre, 17-19 St. John Maddermarket, Norwich. Nearest car park: St Andrews. There is a sandwich lunch available, cost £1, please call: 01603 219924 by 10.30am on the day if you would like lunch.

PLEASE NOTE: These meetings have had to be moved from Tuesdays to Thursdays.

Please come along to this informal and friendly Lunch Break Drop-In for Carers; Information and advice available.

Carers support groups give Carers the chance to have a break

If your Carers support group would like to share something with other Carers, then please use the contact details on the back page to contact us, we will try and include this in our newsletter and/or on our website.



Daphne Hathaway, (pictured, a member of Broadland Carers Group), has been caring for her husband (77) for 10 years and her father (100) for 5 years. Both have Alzheimer's disease and other health problems. Daphne is 75 and last year was diagnosed with cancer of the bone marrow which is incurable but can go into remission.

Daphne is going to attempt to walk the London marathon on Sunday 17th April, which is estimated to take 7 hours; Daphne has been forbidden to run due to the fragility of her bones. Daphne hopes people will sponsor her to raise money for research into Alzheimer's disease. If you wish to support her please send donations to The Alzheimer's Society, Devon House, 58 St. Katharine's Way, London E1W 1LB. Alternatively, please make use of the fundraising website: www.virginmoneygiving.com where 100% of the money donated goes to the named charity.

Questions Answered...

Q. My Blue Badge permit is about to expire. How do I renew this?

A. You have to apply for a new permit every three years. You can apply online at www.norfolk.gov.uk or by phoning 0344 800 8020 where someone will help you to complete the form over the phone. Norfolk County Council advises that you apply six weeks before your current permit expires.

If you have a query, please do not hesitate to contact us: 01603 219924

Useful Websites:

Carers UK
www.carersuk.org

The Princess Royal Trust for Carers
www.carers.org

Age UK
www.ageuk.org.uk

Crossroads Care
www.crossroads.org.uk

New Service!

Link Project - Support for Carers

Since the summer of 2010, there has been a new service available to Carers throughout Norfolk following a Carers Assessment. It enables Carers to have regular contact with a Carers Support Worker who will be able to provide free on-going information, advice, guidance and emotional support, and to act as a voice for the Carer with other organisations and statutory bodies.



Liz Radford, Jeanne Norman, Christine Butler, (Norwich & District Carers Forum) and Steve Rourke (West Norfolk Carers)

Carers who provide substantial care can request an assessment of their needs, independent of the needs of the cared for person. During this review the Carer can ask to be referred to the Link Project for support.

Carers Assessments can be requested by ringing Norfolk County Council on 0344 800 8014 **OR** calling the Norwich & District Carers Forum and we can liaise with the Council on your behalf.

Norwich & District Carers Forum

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Fax: 01603 219939

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**We support Carers of all ages in
Norfolk**

If you no longer wish to receive our newsletter, please let us know by using the contact details above.

Would you like to make a donation?

We provide support, advocacy and information for both adult and young

Carers in Norfolk.

(Please note that we do not cover the West Norfolk area for the adult Carers, contact West Norfolk Carers 01553 768155).

Please make cheque payable to:

Norwich and District Carers Forum

And post to:

Norwich & District Carers Forum, 2nd Floor,
Charing Cross Centre, 17-19 St. John
Maddermarket, Norwich
NR2 1DN

Calibre Audio Library

Do you love books but struggle to read, perhaps because of sight problems or dyslexia, or because it's getting difficult to hold a book or turn the pages?

If so you might like to try books from Calibre Audio Library. Calibre provides a free postal lending library of audio books. It's a nationwide service, with 19,000 members and all our books are recorded unabridged. You can listen to your favourites, at home or on the move and as one member commented:

'With a book I'm completely free. I can go anywhere and be anything I want!'

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