

Carers News

Issue 19
Summer 2016
FREE





Carers News is part of The Cornwall Carers Service

a partnership between Cornwall Rural Community Charity,
Age UK Cornwall and Disability Cornwall & Isles of Scilly



**cornwall
carers
service**

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A message from the Cornwall Carers Service

Dear all,

It doesn't feel quite right to say "welcome" to the final copy of our Carers News magazine, but it's with heartfelt gratitude to all of our readers that I write to you.

In 2010, Cornwall Rural Community Charity, working in partnership with Disability Cornwall & Isles of Scilly, Age UK Cornwall and Carers Rights, secured the contract to deliver a service for carers in Cornwall. The maximum time the council could award the contract was for five years, which unfortunately is now coming to an end. The fantastic partnership we've built enabled us to create the Cornwall Carers Service for people in caring roles across our county. It has been a privilege and honour to work with our partners over these five years, although disappointingly Carers Rights had to close just over a year ago. Together we worked to provide support, hold events and activities and got to know thousands of individual carers across Cornwall.

I was delighted to meet many of our carers, through accompanying support workers on visits, attending groups and events and from the many activities we were involved with, such as the annual Christmas Carol Concert. Everyone I have met has been wonderful and their circumstances unique. It was often humbling to learn what many carers



**Kelvin Yates,
Cornwall Carers Service Manager**

endure on a daily basis and to see how they often manage to find humour in their experiences.

I remember one carer telling me how her elderly Mum; whose memory wasn't as good as it once was, taking her around a country club which used to be a private manor where she had worked when she was younger. It was fascinating for the carer to hear her Mum reminisce and describe how it used to be and she was enjoying Mum's trip down memory lane so much, that she paid little attention to where they were. So it was with horror she looked up to find the old study was now a Men's changing room and worse, it was occupied! Mum seemed more reluctant to leave than the carer, who

said she was crimson but barely able to tell the story through tears of laughter!

I have heard many more hilarious situations from carers and it's testament to their compassion and resilience in the face of what are often very challenging circumstances. I feel proud to have managed a service which provided support to such incredible people and on behalf of us all I thank you for your unstinting devotion and hard work.

I've been blessed over these five years to have a team who worked tirelessly. We haven't always got it right first time, or been able to fix everything nevertheless, the overwhelming feedback is how we made a significant improvement to the lives of many. To all of those who are working within the service, or have worked for us, I say thank you for a job well done. A huge difference has been achieved by your attitude of going 'the extra mile.'

We would not have been able to do it on our own and our partners, Age UK Cornwall and Disability Cornwall have been absolute stalwarts in their support and delivery of our service. Without the commitment of them and their staff it would have been extremely difficult to achieve the success we have. We were also supported by many other organisations, too numerous to list, but include Active Plus, Promas, Carers Break, Pentreath Industries, Derriford Hospital, Plymouth Carers Hub and many others. All of them have worked with us unstintingly and we are grateful to all of you.

So what next?

The Council have extended our contract to the maximum time they are legally allowed and now have to retender the service. Things have changed immensely in the five years we have been running. What the council are able to commission has changed for many reasons, ranging from legislation to austerity measures impacting on the funding they are able to make available. The new service will support all carers – young and adult, making it easier to know where to turn for help. The new service is due to be announced as we go to press and as soon as we have the details, we will publicise them through our website, forums and support groups.

On the 30 June, the Cornwall Carers Service will make way for a new service with a new name. Although we won't be leading it, Cornwall Rural Community Charity and its current partners will continue working together to identify funding and opportunities to enhance the support available to carers. We've already had a positive start with fantastic support from Tregothnan Estate, to whom we are extremely grateful. It means we can start work on some services much sooner and I look forward to contacting you soon with more information as we develop new projects.

On behalf of us all in the Cornwall Carers Service, I would like to thank everyone who has worked with us, supported and helped us to be the huge success we have been and I wish you all well for the future.

Kelvin

As Carers News goes to press, we asked Cornwall Council for the latest news regarding the proposed new tender contract for carers services in Cornwall. The Commissioning Manager & Carers Lead for Education, Health & Social Care Directorate, Stuart Cohen, told us:

We recognise the key role played by carers in Cornwall and are committed to continuing to provide the support you need. However, over the next few months, the way support is provided will change and we wanted to take this opportunity to give you an update and explain how support will be provided in the future. During the past five years the Council and NHS Kernow commissioned support for carers from two main services:

Cornwall Carers Service which supported adult carers and was delivered by Cornwall Rural Community Charity, Age UK and Disability Cornwall and **Kernow Young Carers**, which supported young carers and was delivered by Action for Children. These services also worked together to support carers who were in transition (between children's and adult services).

Last year the council asked carers how they wished to see services develop in the future. They were of course keen to ensure support continued and they worked with us to help develop new strategies, one for adults and one for children, which can be viewed on the council's website. These strategies set out the aims of the council to streamline services, by bringing support for all carers together, regardless of age.

The council is currently undergoing a process for organisations to tender for this new single contract and therefore a new service will begin from 1 July 2016. Further information on this process and the successful bidder will be provided when the decision has been made.

We are very grateful for the support provided by Cornwall Rural Community Charity, Action for Children, Age UK and Disability Cornwall and, as this is the last edition of this particular Carers News publication, we wanted to take the opportunity to thank them for their hard work and commitment. The feedback on the services these organisations have provided to carers in Cornwall has shown how well the support they have provided has been received.

With thanks,
Stuart Cohen



*Stuart Cohen
Supporting last year's Carers Week*

A special Carers Awards presentation



All the winners of the carers awards

The Cornwall Carers Service held the county's inaugural Carers Awards presentation in March to celebrate and thank all those people who regularly dedicate the time to care for a family member, friend or neighbour.

There was also special recognition given to the people and organisations that support carers and help to make their role easier. The winners were announced at the special awards ceremony at Heartlands in Pool, Redruth and hosted by BBC Radio Cornwall's Daphne Skinnard. Over forty carers attended and more than thirty professionals, all with the aim of highlighting and celebrating the massive contribution carers make to society in Cornwall.

The winners included:

Carer's Friend of the Year - The Barrett Family

Keith, Liz and their sons Edward and Thomas were nominated for supporting their friend who cares for her son. They have helped with hospital trips to Bristol and the boys shaved their heads to raise money for a wheelchair. Keith said: "We do it because we are friends; not for recognition. We have seen a need and have gained just as much from knowing Adam as Rachel has from having us as friends."

Young Adult Carer of the Year - Abbie South

Abbie cares for her partner and lives in St Austell. Last year she was in a car crash which broke her wrist, burnt her upper body and left her with post-traumatic stress disorder. Regardless of what she was going through, Abbie continued to support her partner and other young adult carers in the Transitions Group she is involved with, where her encouraging, patient and selfless nature has made her a very valued member. Abbie said: "I was really shocked to get an award, it's nice someone was so kind to nominate me and I've never been more thrilled."

Carer of the Year - Emma Pearce

Emma was nominated by her partner Allan for her role in caring for him for three years. She goes everywhere with him due to his anxiety. Allan said in his nomination, "I am so surprised she hasn't run away from all the stress I cause due to my illness." Allan wanted Emma to be recognised for her role, as above and beyond that of a fiancée. The judges were overwhelmed with Emma's nomination and wanted to note the significance of what she does. Emma said: "The awards ceremony was a fantastic evening as I got to meet some very worthy nominees. I was shocked to win as I didn't feel I deserved it as caring for my partner is a natural daily routine for me so I don't think of it as 'caring', it's just human nature to take on board another person's issues and help in any way you can. It brought a tear to my eye to know that if I didn't help my partner when I did he would not be here today."



A huge well done to the other award winners:

- Support Group 2016 – Carnon Carers
- Carer Friendly Business 2016– Penmorvah Manor Hotel
- Carer Friendly Professional 2016– Brenda Harris (Dementia Liaison Nurse)
- Carer Support Worker 2016 – Tracey Silliss

The other commendations in each of the seven categories also received a special mention. Well done to each and every person who won or were nominated for their tireless work and dedication.



If you are under 18 and help to care for someone in your family, or a friend, who is ill, disabled or misuses drugs or alcohol, then Babble could be for you.

Babble is an online community set up by the Carers Trust, where young carers can find others in a similar position to chat with, share experiences and access information & support online from an expert team. The focus is on fun, peer support and the chance to escape and just be young for a while in the company of people who understand. Members talk about anything and everything: from health issues and family problems, to school, college, pets and music. Cake gets mentioned surprisingly often!

The service is supervised by a team of qualified youth, community and social workers to provide expert advice in a friendly, safe environment, via chatroom sessions and a confidential email helpline, answered every day of the year. If they want, young carers can have their questions and answers published on the site too. To keep things safe, Babble is moderated each day by an online support team who check that anything posted is appropriate and suitable. A team of trusted members are also selected by the team to become 'community champions', so what they write on Babble is visible to the whole world, not just to other members.



© Carers Trust. Photos posed by models

Emily is 21 and has been caring for her mum since she was 10 years old. Her mother has prion disease, a group of progressive neurodegenerative conditions and means she can no longer walk or talk and needs constant care. Emily said she found being a young carer isolating. Emily added: "Something like Babble would have helped me because my friends didn't understand my mum's illness or my caring role and it would have been great to have something like that where I could talk to other people who understood."

 youngcarers@carers.org

 www.babble.carers.org



The charity's No One Alone campaign is reaching out to the tens of thousands of ex-service men and women who are affected by sight loss and could be eligible for support, but do not currently realise it. Regardless of how a veteran lost their sight or when they served, Blind Veterans UK can help.

The charity understands when someone loses their sight how it not only affects them, but also their loved ones and so aim to support the whole family. They provide its beneficiaries with free support and services, including:

- Rehabilitation and training
- Welfare advice and support
- Carers advice sessions
- Provision of equipment
- Social events, clubs, societies and peer support
- Sport and recreation
- Respite care and community-based support from welfare officers
- Employment advice
- Support, advice and care to enable independent living.

Sam Jelbert, originally from Porthleven said:

"I'm thankful I found Blind Veterans UK. Their support has helped me learn to live with my sight loss and allowed me to reconnect with the world. They've brought me out of my shell. I've had the chance to try new activities like bowls, archery and acoustic rifle shooting (a form of shooting adapted for people with vision impairments) I think it is a fantastic organisation."

If you are a vision impaired ex-service man or woman, or care for someone who is and think they may be able to assist, then please get in touch.

 **0800 3897979**

 www.noonealone.org.uk



Gearing up for Carers Week in Cornwall

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges that carers face and recognise the contribution they make to families and communities throughout the UK. This year, Carers Week will take place from Monday 6 to Sunday 12 June and will focus on building Carer Friendly

Communities, which support carers to look after their loved ones well, while recognising they are individuals with needs of their own. It will be asking people to recommend organisations, services and employers who are already carer friendly and invite others to use their checklist to commit to becoming

carer friendly.

 www.carersweek.org

For any local events, please contact the Cornwall Carers Service. If you are an internet user and don't already, why not 'like' them on Facebook as a good way of keeping in touch?

Also seven fantastic Cornish attractions will kindly open their doors free of charge for the week, to both carers and the person they care for. Please try and visit one or more if you can during Carers Week and quote 'Disability Cornwall' upon entry. Larger groups are advised to call ahead of their visit.

	<p>National Maritime Museum Discovery Quay Falmouth TR11 3QY</p> <p>☎ 01326 313388 🌐 www.nmmc.co.uk</p>	<p>The Museum's collections consist of objects, boats, art, books and archives to promote an understanding of small boats and their place in people's lives, and of the maritime heritage of Cornwall as a whole.</p>
	<p>Skinner's Brewery Riverside Newham Road Truro TR1 2DP</p> <p>☎ 01872 271885 🌐 www.skinnerbrewery.com</p>	<p>Tours run at 12 noon and 2:30 pm, where you can experience the brewery in action and sample award winning ales. Visits must be booked in advance and accessibility is limited on the tour.</p>
	<p>Cornwall's Regimental Museum The Keep Bodmin PL31 1EG</p> <p>☎ 01208 72810 🌐 www.cornwalls-regimentalmuseum.org</p>	<p>Recognised as probably the finest military museum in the South West of England, it has a collection of medals, weapons, uniforms, paintings and other artefacts. The museum occupies the first and second floors and accessibility is limited.</p>
	<p>Tremenheere Sculpture Gardens Nr Gulval Penzance TR20 8YL</p> <p>☎ 01736 448089 🌐 www.tremenheere.co.uk</p>	<p>Situated in a sheltered valley, where large scale exotic and sub-tropical planting provide the perfect backdrop for contemporary art installations. The gardens are quite steep and accessibility is limited in some areas.</p>

	<p>Museum of Witchcraft & Magic The Harbour Boscastle PL35 0HD</p> <p>☎ 01840 250111 🌐 www.museumofwitchcraft.com</p>	<p>The Museum houses the world's largest collection of witchcraft related artefacts and regalia. Although access for wheelchair users has been improved, the museum is an old building on two levels. It does have a stair lift but not a chair lift.</p>
	<p>The Flicka Foundation Horse & Donkey Sanctuary Penty Noweth Farm Trenoweth Lane Mabe Burnthouse Penryn TR10 9JB</p> <p>☎ 01326 373601 🌐 www.flickafoundation.org.uk</p>	<p>The Sanctuary rescues abandoned and ill-treated horses and donkeys, allowing them to live their lives in a safe and peaceful environment. There is no entry fee as it's a working sanctuary and run on donations, as opposed to being an attraction. It's wheelchair accessible and has a lovely tea room.</p>
	<p>Pencarrow House & Gardens Bodmin PL30 3AG</p> <p>☎ 01208 841369 🌐 www.pencarrow.co.uk</p>	<p>The House & Gardens lie at the foot of a valley between Bodmin and Wadebridge and offer a great day out for families, history enthusiasts, and nature & garden lovers. The gardens are dog friendly and open all week, but the house from Sun-Thurs only. Please pre-book for larger groups.</p>

Carers Week



Come and meet us!

Thursday 9th June 2016

10am - 4pm

Wesleyan Chapel, Hugh Town, St Mary's

Advisory 'clinics' available all day

Presentations at 10am, 12 noon & 2pm
on assistance available to carers



Around 600,000 people are living with epilepsy in the UK and there are at least three epilepsy-related deaths every day, but for people who use smart-phones, a free self-monitoring App called EpSMon, could now significantly help to reduce risk.

SUDEP (Sudden Unexpected Death in Epilepsy), is still not fully understood, but SUDEP Action provides information and support to people living with epilepsy. They also sponsor research and education to prevent future deaths, which is how they came to play a leading role with a Cornish charity in developing EpSMon.



This App helps people monitor their condition as it assesses their information against known risk factors, offers advice and encourages them to attend regular reviews. Launched last year, the App was created by a team of partners based at SUDEP Action, Plymouth University, Cornwall Foundation NHS Trust and the Royal Cornwall Hospitals Trust. EpSMon is backed by a charity set up in memory of Katie Hallett; a Liskeard nurse who died from epilepsy aged just 20 in 2006.



Liz and Katie

Katie's mum, Liz Hollingdale, who set up 'Kt's fund' with her husband, Bob, said: "If EpSMon had been available for Katie to record her seizures and the triggers, I truly believe she would still be with us today. The important information could have been passed to her doctor who could have identified the risks and discussed them with her. I urge all epilepsy sufferers to download EpSMon, the data recorded can be instrumental in saving future lives."

SUDEP Action has also produced two leaflets to raise awareness of epilepsy risks, aimed specifically at people with learning difficulties, their parents and carers.

SUDEP Action
☎ 01235 772850

EpSMon is now available for free download in the UK at www.epsmon.com
The leaflets can be downloaded at www.sudep.org or hard copies can be requested via info@sudep.org



**Cornwall
Mobility**

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live your life**

- Driving assessment services and tuition
- Vehicle adaptations fitting and maintenance
- Independent Living assessments
- Mobility equipment supply, advice and hire
- Service, repair and maintenance workshops

Cornwall Mobility is a charitable company based on the Treliske Royal Cornwall Hospital campus.

North Buildings, Royal Cornwall Hospital, Truro, TR1 3LQ
01872 254920 info@cornwallmobility.co.uk
cornwallmobility.co.uk



Will Universal Credit affect you?

Universal Credit is the new means tested welfare entitlement, which anyone of working age who is in or out of work but on a low income, can apply for. It will replace Jobseeker's Allowance and Employment Support Allowance (if either of these are means tested), Income Support, Housing Benefit and both Working Tax Credit and Child Tax Credit.

The new benefit started to come into effect in Cornwall in September 2015 and will be rolled out over the next five years. But how will it affect carers who are also in paid employment?

Sarah Newton is the MP for Truro & Falmouth and the Parliamentary Carers Ambassador. Cornwall Carers Service asked her to meet with us to discuss any potential repercussions the proposed changes to the welfare system, especially Universal Credit, may have on carers.

Under the current system, a working carer can receive Working Tax Credits and there is no savings threshold, which means they can if they wish and are able to, save money for the person they are caring for. This can of course be especially relevant when it's a parent trying to save money to cover future care costs for their disabled child. The new Universal Credit however, has a savings threshold of £16K, which means that any money above this amount will be taken off an individual's Universal Credit award, therefore removing any incentive to save for the future.

Sarah Newton MP expressed her concern about this issue and said she would be meeting with Carers UK to jointly approach Stephen Crabb, the new Work & Pensions Secretary, to discuss the situation and seek a resolution. She was interested in exploring whether the savings scheme announced by the government could be applied to carers and has promised to inform us of her progress.

If the above information raises more questions for you than it answers when it comes to the often complex issue of welfare entitlements, then please call our helpline or contact DIAL, the Disability Information Advice Line.

☎ 01872 266383 (Helpline)

☎ 01736 759500 (DIAL)

📧 advice@disabilitycornwall.org.uk



*Gemma Finnegan
Business Development Officer
Cornwall Carers Service (left)
with Sarah Newton MP*



We have previously asked readers of Carers News to tell us about different types of support groups which they are aware of, so we can share it with all our readers. So we were delighted when ASK4ALL got in touch to tell us about their group.

The ASK4ALL group is about having fun, getting out and about, making friends and trying new activities. Based in South East Cornwall, they have been providing activities, support and information to disabled people and their families for 15 years. One member, Jackie, said: "My son can't speak but has fun doing all the activities with his friends, smiling, laughing and bouncing with happiness! It's lovely to be ourselves with others who truly understand and support each other."

Separate activities for carers are also offered to give them the chance to have a break, a laugh, to relax and share their experiences with people who understand the issues they are facing. Most members have youngsters with profound learning difficulties.

ASK4ALL get together up to three times a month and have enjoyed spa breaks, theatre trips, sailing, riding Segways around Siblyback Lake and cycling the Camel Trail, but mostly they meet for a walk and to have lunch, or just lunch

for some! Together they have been able to visit and experience some of the beautiful countryside and coastline near to where everyone lives.

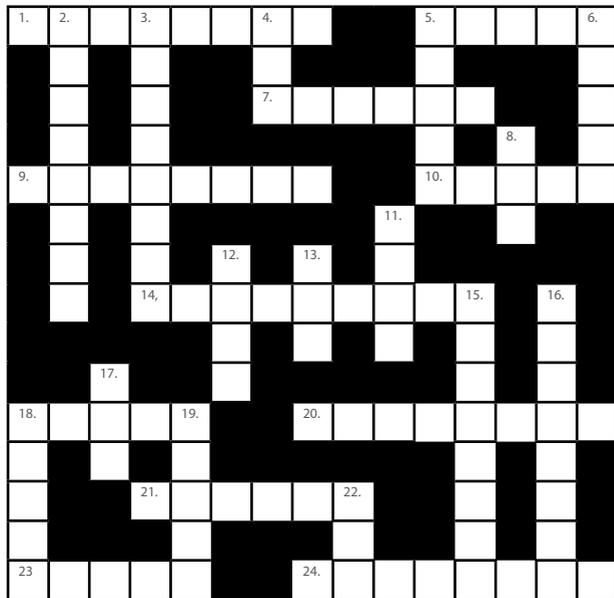
As another member, Shelagh explains, it's the peer support which is so valuable. "We laugh together and sometimes we cry, but we're all there for each other and have so many shared memories which are priceless. We're lucky to have a support network like ours."

More often than not, a support group such as ASK4ALL has to have a member willing to take on the role of 'organiser' and often that person is reluctant to receive any form of recognition for the work they do. Clearly ASK4ALL is no different! Shelagh added, "Our 'leader',

Theresa, is a total inspiration but hates any kind of recognition for the things she does. She works tirelessly organising so many events and activities for us all and has been doing so for the past 15 years. All the phone calls, letter writing, booking theatre trips, bus trips, caravan weekends, the list goes on and on. Hours of hard work, all of which she does without any form of payment. I would like to add a huge thank you to Theresa for all of this, from each and every member of the ASK4ALL group." If you are interested in finding out more about ASK4ALL, please contact Theresa Burt.

 **01752 851612**
 **theresa.burt@hotmail.co.uk**

Crossword



Across

- 1. Sweet smelling (8)
- 5A & 23A. Route following the paths of two former rail lines, running from Padstow to Wenford Bridge via Wadebridge and Bodmin (5, 5)
- 7. Hogwarts' Whomping _____ (6)
- 9. Common woodland flower (8)
- 10. Flower that opens in the morning and closes at night (5)
- 14. Butch Cassidy and the Sundance Kid music, lyrics '_____ keep falling on my head' (9)

Down

- 2. British walking charity (8)
- 3. Plant and veg grower (8)
- 4. Fresh or unused (3)
- 5. Wordsworth's 'I Wandered Lonely as a _____' (5)
- 6. Lollipop, informally (5)
- 8. Apple seed (3)
- 11. A.A. Milne character, good friends with Piglet, Kanga, and Eeyore (4)
- 12. Long-stemmed, showy flower (4)
- 13. Lyrical poem form (3)
- 15. Katrina & The Waves song, 'Walking on _____' (8)
- 16. Setting for 2015 Agatha Christie's 'And Then There Were None' (8)
- 17. A partially opened flower (3)
- 18. John Green novel, 'The _____ in our Stars' (5)
- 19. Spring month (5)
- 22. Tree type (3)

- 18. Plants and animals, flora and _____ (5)
- 20. The musical call of a thrush e.g. (8)
- 21. A gentle wind (6)
- 23. See 5A
- 24. What goes up when rain comes down? (8)

MIND Game

Are you in the 2% or 98% of the population? There's no trick or surprise, just follow the instructions and answer the questions one at a time and as quickly as you can!

Think of a number from 1 to 10 and multiply it by 9.

If the number is a two digit number, add the two digits together and then subtract 5.

Determine which letter in the alphabet corresponds to the number you ended up with, e.g. 1=a, 2=b, etc.

Think of a country that starts with that letter and remember the last letter of the name of that country.

Now think of the name of an animal that starts with that letter and remember the last letter in the name of that animal.

Think of the name of a fruit that starts with that letter. Now turn to page 38



It sometimes feels as if the numbers of 'silent' or 'abandoned' telephone calls we receive are on the increase. They can be annoying and irritating at the best of times, but for some people especially those living alone, they can be quite frightening. A silent call is where you hear nothing, have no way of knowing whether anyone is at the other end of the line and is a call usually generated by a dialling system where an agent is not immediately available. An abandoned call ends as you pick up the receiver and leaves you hearing a recorded information message from the organisation which is trying to call you, usually to sell you something.

One option to protect yourself from these is to register with the free Silentcall-Gard service, which helps to stop or reduce the number of silent, abandoned and recorded messages you may receive. Once you have added your phone number to their database, major telemarketing firms will know you don't want to be contacted, so the number of silent calls should drop.

Another option worth considering is to install a call blocker unit. These are relatively inexpensive and simply plug into your existing phone line. They are extremely effective at reducing nuisance and scam calls, particularly from automatically dialled numbers. If you have a member of your family or someone you care for who needs enhanced support, they provide options to block all calls, apart from those programmed into the system memory. This provides ultimate protection from unwanted calls and can signpost other callers to contact a nominated family member instead. It's important to only install trusted call blockers and the Chartered Trading Standards Institute recommend two products; Truecall or the CPR Call Blocker.

While being plagued by unwanted phone calls, unaddressed leaflets and flyers can pour through the letterbox! However, Royal Mail runs a service where you can opt out of receiving all unaddressed items, while still having the mail which is either personally addressed to you by name or 'To the Occupier'.

Once you've notified Royal Mail, it usually takes about six weeks to take full effect and you will need to opt out again after two years.

☎ 0345 7740740

✉ Freepost RSTR-YCYS-TGLJ

Royal Mail Door to Door Opt Outs
Kingsmead House
Oxpens Road
Oxford OX1 1AA

Silentcall	☎ 0800 9549046	💻 www.silentgard.com/register.aspx
Truecall	☎ 0800 0336330	💻 www.truecall.co.uk
CPR	☎ 0800 0408010	💻 www.cprcallblocker.com



CORNWALL
FIRE & RESCUE SERVICE
A service of Cornwall Council

Working Together to make Cornwall Safer

A priority of the Cornwall Fire, Rescue & Community Safety Service is to improve the health, safety and wellbeing of people in their homes, by promoting a greater awareness and improving attitudes towards community safety. Over 80% of all fire related casualties occur as a result of fires in the home. The majority of these fires are accidental and could have been prevented by following a few simple measures which help to reduce the risks. Raising your own awareness of the dangers you could be exposed to are the first steps you can take to reduce your risk of having a fire in your home.

Be sure you:

- Have working smoke alarms fitted correctly and check these often
- Install a Carbon Monoxide alarm which meets the current British or European safety standards
- Switch off and unplug all appliances when leaving the house or at bedtime (only leave on those appliances which are designed to be left on - for example, DVD players/video recorders, freezers and clock radios)
- Check the oven, grill and hob are switched off when not in use
- Don't leave the washing machine, tumble dryer or dishwasher running overnight because they are a fire risk due to their high wattage, friction and motors
- Turn off all gas and electric heaters and put a guard in front of an open fire when not in use
- Check candles are out and never leave one burning when you go to sleep
- Put out any cigarettes, cigars or pipes properly and never smoke in bed. You could fall asleep and accidentally set fire to your bedding
- Close all doors. By shutting doors you can keep your escape route free from fire,



especially important in homes where you wouldn't be able to escape from a window, such as a high-rise flat

- Turn off your electric blanket unless it has a thermostat and is designed to be left on
- Check your escape route is clear of obstacles and make sure door and window keys are in the right place.

During 2015/16 Cornwall firefighters tackled 204 chimney fires. Regular inspection and cleaning of chimney flues will help to prevent these types of fires.

In the event of a fire, getting out of your house may not be as straightforward as you think. Escape routes may be blocked and the ability to contact the emergency services restricted. You should think about planning an escape route for your whole family in the event of fire.

Cornwall Fire, Rescue & Community Safety Service want everyone to be safe in their home and offer free home fire safety check visits, which you can request by visiting their webpage or giving them a call.

Request your home Safety Check now!

 **0300 1234232**  **www.cornwall.gov.uk**

Just a few more bits and pieces we would like to share with you...



Do you feel you're living each day with memory difficulties as well as you could be?

Do you live with memory difficulties and commonly feel:

- Fed up & flat
- Tired
- Embarrassed
- Frustrated
- Down
- Angry

If so, this study may interest you...

The PROMOTE Study : Actively improving wellbeing in people living with memory difficulties.

In association with Cornwall Partnership NHS Foundation Trust, and the BeMe service, researchers from the University of Exeter, in Cornwall, have developed a type of emotional support for people with memory difficulties, caused by a dementia. The support is designed to improve the wellbeing of people living with memory difficulties, as well as partners, family members and friends.

The study is currently open to people living in the **Penwith, Kerrier** and **Carrick** regions of Cornwall.

For a no obligation chat to find out more information about the support and study, please contact:

Martin: 01326 259150 or Shanker: 01326 259154. Alternatively email: PromoteStudy@exeter.ac.uk



A Carer

*Two words that come together
When you speak of someone dear.
It is that special person
If you call, they're always near.*

*You'll see that in a Carer
Love comes from in their heart.
With loving hands and guidance
They help each new day start.*

*Caring for the fragile soul,
Giving day to day.
They meet the needs of loved ones
Spreading love along the way.*

*A gentle touch, a helping hand,
A glow that makes you smile.
Always near to comfort
And go that extra mile.*

*They want no fame or glory,
And it puts their mind at ease,
To know they've helped a loved one
Deal with their dis-ease.*

*So show a little kindness
To Carers across this land.
You may be the one someday
Who needs a helping hand.*

*With Peace and Understanding,
Throughout the ends of time.
There's someone who will care for you
And make your Spirit shine...*

**by Loraine (WilloRain)
and with thanks to Peter Jefferson**

Gemma Jackson is a 29 year-old Mother of two who was rushed into hospital last year where she was diagnosed with lupus disease and kidney disease.



Gemma with her Carer Support Worker, Helen.

Gemma recovered well back at home, but her condition affected her ability to move around and especially her mobility outdoors. Her supportive husband, Sam, became her full time carer and Gemma also benefitted from physiotherapy to help her regain her strength and mobility. But it still became necessary to rely on a walking frame for support inside her home and crutches and a wheelchair to assist her mobility when outside.

Helen, Gemma's Carer Support Worker, had been working with the family and together, over many months, they contacted different charities trying to find some essential funding to purchase a mobility scooter, which would give Gemma some of the vital independence back that she needed to take her children to school for example.

Gemma said: "Two organisations came up trumps with the necessary funds, the charity Independence at Home and the Newquay & Towan Blystra Lions Club."

Gemma is very grateful to them both and feels her mobility scooter has given her a new lease of life.

David shares with Carers News some of the learning dementia has brought to his family and how laughter may be the best medicine.

“Now we’ve identified a vulnerable household, we can be quick to respond in future so don’t hesitate to call us.” These were the words spoken to me by a police officer, when an ambulance with my Dad inside was at my parents’ house, while Mum was doing her best to stay strong (like she always does) to support her husband of 50 years.

‘Vulnerable,’ what, my parents? I used to work for a local hospital and for social services ‘back in the day,’ so I’m very familiar with the word ‘vulnerable’ being used to describe certain people, but I didn’t think it would ever be used to describe my family!

I first noticed things were not right about ten years ago when Dad started to forget things. I put it down to age at first, but when he started to lose his keys, wallet, and then walked over five miles to my workplace in his slippers I began to think something else was occurring! It took a bit of gentle cajoling to get him to agree to a mini mental assessment, where his score was 26 out of 30. Not bad, but not great either when you consider he was once a university lecturer. Then came the ‘funny turns’ to quote Mum, which I now know were due to a lack of blood flow to his brain. Plenty of medical appointments followed, attending clinics, memory assessments and so on. All the while Mum would say, “He said odd things last night,” or, “He was asking to go home” (when he was at home). Eventually a diagnosis of vascular dementia was given and he was appointed a local Dementia Liaison Nurse, who has since been really helpful.

Mum, who is thankfully in good health, gradually became his full-time carer and I realised I was now going to have to look after their affairs. Dad had always taken care of the household finances and they were all very organised, but there was also lots to go through, with utility bills dating back to the 1970s! Fortunately he already had his Will in place, but he also agreed for Mum and myself to become his ‘Joint & Several’ Lasting

Powers of Attorney. A bit pricey to be sure, but now looking back, worth every penny. A couple of bumps in the car and who knows how many near misses and another milestone was reached when he gave up driving, but with far less fuss than I had feared.

So back to the ambulance. On this particular day, he had told Mum where he was going to walk, but clearly went ‘off piste.’ Mum called me at work, clearly worried and thankfully my boss was more than supportive and told me to go. We drove all over, but there was no sign of him and as the day started to draw in, panic took hold a little and we had no choice but to report him as missing. We were lucky that a dog walker discovered him in a nearby field just before nightfall, where he had slipped and fallen in the mud and had been unable to get up, the dementia having made him physically weaker now too. The dog walker called the emergency services who had just received the missing person’s report.

We had to go to the hospital where he was diagnosed with a urinary tract infection. Mum said how she was constantly having to remind him to drink, but of course hadn’t realised what the possible consequences of dehydration can have on his memory, until now.

So the learning from this journey continues; the importance of drinking water, and now the purchase of a remote tracking device. It’s only the size of a matchbox and Mum makes sure it’s hanging around his neck or in a pocket every day. Dad can then maintain a little independence, but we can have the peace of mind of being able to locate him if the need arises. Perhaps the most important thing has been to try and always see the brighter side, as he tries to put his trousers on over his head for example! Seeing us laugh usually makes him laugh and after all, they say laughter is the best medicine.

One of Dad’s favourite views





Promas is committed to working with people in an inclusive and respectful way and they offer several courses to support people who care for others.

Courses to care for the carer

Caring for Cancer Carers

As the course title implies, this two day course is for people who care for someone with cancer. It's available in Truro on 21 & 22 June and Penzance on 14 & 15 September.

Caring for Dementia Carers

This two day course is for people who look after someone who is experiencing dementia. It is available in Liskeard on 2 & 3 November and Truro on 13 & 14 December.

Listen, Talk, be Heard

This is a one day course to help unravel the art of communication and learn to use it effectively. It is currently available in Bude on 4 August.

Pencil This In

This is a two day course for people who care for someone who is experiencing mental ill health. It's available in St. Austell on 30 June & 1 July, Bodmin on 19 & 20 October and Penzance on 29 & 30 November.

Please contact Promas to check availability and for further details on these and all the courses they are currently able to offer.

☎ 01736 339226 / 07775 756454

✉ info@promas.co.uk

🌐 www.promas.co.uk



Members of the staff team at Twelves Company

Twelves Company is a Truro based charity offering support to anyone experiencing domestic abuse.

The term 'domestic violence' is most commonly known, however it doesn't adequately acknowledge the different types of abuse someone can experience. A person can live in fear for years with the threat of violence without there ever being any. Such a situation describes psychological abuse, which is the exertion of controlling behaviour by the abuser.

Linda had been married to Bill for nearly 30 years and throughout their marriage, Linda had been controlled and emotionally bullied by Bill. She never told anyone, nor considered leaving her husband, as she loved him and thought the problems were her fault.

When Bill had a serious car accident, which left him paralysed from the waist down, Linda didn't think twice about taking on the caring role. After settling in at home, Bill's abuse of Linda escalated from the usual emotional and verbal abuse to being physical. He frequently lashed out and on one occasion grabbed her by the throat and threatened to kill her if she didn't do everything he asked. Bill was increasingly critical of everything Linda did, but she excused his behaviour, viewing him as the 'victim' because of the life-changing injury. Everyone who knew Bill, including the couple's adult children, felt sorry for him and minimised the impact of the anger and bad moods as nobody knew Linda had endured years of abusive behaviour.

Linda became very depressed and scared to be in the same room as her husband. Eventually she went to see her GP who

advised her to contact Twelves Company, to get some expert support with what she was experiencing. Linda got in touch and was given a confidential space and time, in which to talk. She was given the opportunity to explore all the options available to her and was supported in making choices about her future and implementing a safety & support plan. This plans focuses on a life free from harm and abuse but can only be completed once all known and potential risks have been identified. The plan considers general safety, health & wellbeing, finances, housing, separation & post-separation and any legal matters.

Several weeks later, Linda made the decision to leave her husband. It was a planned separation during which time, Linda's Independent Domestic Violence Advocate was involved in multi-agency work to ensure Bill received the daily support he required. After leaving him, Linda went to live with one of their children and eventually settled out-of-county with another family member.

If you, or someone you know, is experiencing domestic abuse and would like some support or advice, please contact Twelves Company.

☎ **0300 7774777**

🌐 **www.twelvescompany.co.uk**

(The names in this article have been changed to protect the couple's identity)

Katy cares for her husband Mark and together they are campaigners for the Motor Neurone Disease Association. Katy tells of the day they went to the Houses of Parliament to speak to a group of MPs.

My husband's body is slowly failing him. He has a rare progressive form of motor neurone disease called Kennedy's disease and has gone from being physically active to depending on crutches and a wheelchair to get around. At night he breathes with the help of a machine to support his weakened chest muscles.

We decided to volunteer for the Motor Neurone Disease Association to raise awareness of the disease and try to create change at both local and national levels. In November last year we were asked to speak to the All Party Parliamentary Group on motor neurone disease, when the Welfare Reform and Work Bill was being debated. Like many others, we were worried about the impact of the bill on disabled people and their carers. We know how important it is to have sufficient financial support when living with an increasingly expensive condition and what it would mean if this support was cut.

So, we told the MPs our story. How we were once two professionals and how our lives had been devastated by Mark's condition. I explained that as a teacher, I used to earn £150 a day and now I receive just £62.10 a week in carer's allowance, for providing never ending care and support for my husband. Mark explained how he was forced to retire at 46, that our income had fallen off a cliff, but our bills continued to increase. He told the group about how we travel miles to receive care and how we had to make adaptations to our home, paid for with savings we will never be able to replace.

As we continued to speak, I realised the number of MPs in the room was growing. We had been warned how they would come and go due to their busy diaries, but it became increasingly clear

they were in fact staying to hear all of our testimony. You could see in their faces they were thinking about how they might cope in similar circumstances.

A few weeks later, Madeleine Moon, chair of the group, spoke about your visit during a Westminster Hall debate on neurological conditions.

She mentioned us by name and our experiences with Kennedy's disease, the first time it had ever been mentioned in a parliamentary debate. It proved to us the power of a personal story and how you can make a difference using your own words.

The Welfare Reform and Work Act is now law, which means that people who claim Employment Support Allowance will lose out as a result of the four-year benefit freeze. But people who get carer's allowance will no longer have their benefits capped. There are wins and losses. Our campaigning work continues.

The day I made a difference is the Guardian Voluntary Sector Network's series which showcases the work of people involved with charities. If you have a story you want to share, email them with a short summary of your experience.





A place of support, therapy and information for Cornwall

Merlin MS Centre is a centre of excellence in Cornwall providing a range of expert care, support and therapies for those living with Multiple Sclerosis and other neurological conditions; and for their families and their carers.



Bradbury House, Hewas Water, St.Austell, PL26 7JF 01726 885530

✉ voluntarysectornetwork@theguardian.com

Dear Carers News

A contract for caring?

When my surviving parent required care, my natural inclination was to provide it and I never once considered anything such as a contract for example, but looking back, experience has taught me it would have been wise to have considered this approach when taking on the care role, so I'm sharing my story as I feel it may help others in similar situations.

I believe carers should consider obtaining some form of written contract at the start of their role, with the agreement of immediate family and care organisers, such as the NHS or Social Services so it can act as proof. Care or Support Plans for a loved one are of course organised by health or social care and they can also help you with drafting and/or witnessing a letter or contract. A solicitor can register or witness it, which shows that you are an integral part of the Care Plan. A Carer's Assessment can also add some evidence of your care role, but it will not be enough on its own.

Make sure you keep your expenses documented with receipts, invoices and statements in case evidence is required later on about what costs you had to pay for when caring, including things like petrol, food and other shopping. Unless some thought is given to this, you may end up significantly out of pocket. Expenses can be claimed later in the probate process as long as there is evidence of it. This could be complemented with a notebook of expenses, clearly stating dates and amounts, etc. Yes it can be tedious, but it could well save a lot of upset and hassle later on.

You can also consider being named as the Lasting Power of Attorney (LPA) for finance & property affairs so you can have access to your parent's account to pay all their expenses, which then keeps your personal bank account separate from theirs. Also being the LPA for health & wellbeing means you could advocate for them about their care should they ever lack the capacity to express their wishes.

You could be compensated for your caring role later when the estate is settled, but a contract of care can enforce legally what your role included; otherwise it can be seen as a moral rather than a legal award. Things can change after bereavement and people change their minds, which is what happened to me. I was promised I could stay in the house and in writing too, but it wasn't enough for the law after my relatives changed their minds. As long as the parent being cared for is in agreement think about having the will altered, so everyone is clear from the start on their wishes, for when your caring role has ended. A solicitor can do this easily.

You could of course choose to go to court and you may well be fortunate enough that a settlement could be found in your favour, but with a written contract explaining your care role, you may have a greater chance of claiming compensation for the role you undertook in good faith. This would compensate you in terms of a salary at a suitable rate for the hours of care you provided, and should be at least at the level of the minimum wage. While other members of the family were able to work and live their lives, you could not.

The last thing you will want after a loving care role has come to an end is a lengthy legal battle or difficult dealings with solicitors. The type of proof previously mentioned should enable you to stay in the house, if that was your wish, and to receive adequate compensation for your care role, which is essential for helping you to get back on your feet again.

David

Carers News contacted Carers UK to obtain their viewpoint on the above letter. They said: *"We are unable to go into specifics due to the fact it is the opinion of one carer, but we do have a section on our website called "Managing people's affairs", which covers a lot of the topics the carer mentions in their letter, i.e. Power of Attorney, Managing Money, etc. Perhaps you could signpost to this instead?"*

Their Advice Line Manager, Jack Gillis added, *"Carers often ask us if there is a way for them to formally register as carers. While there is no national register, or such thing as a formal 'carers ID card', we recommend you inform your GP you are a carer, as well as any social worker, health or social care professional supporting the person you care for. This is a good way to ensure information about the person you care for is shared with you."*

 www.carersuk.org/help-and-advice/
 **0808 8087777 (Advice Line)**



Your letters your
questions your say

Dear Carers News

Thank you for sending me copies of Carers News over the past years. It was always lovely to be acknowledged as a carer which I had been for a long time. Sadly, my long term partner died last year and my caring role has come to an end.

Cornwall Council and the NHS were so supportive of Billie (my partner) but of course, as a carer, I received very little in the way of direct help, so your magazine was especially welcome.

During the last three years of Billie's life, my caring role had been 24/7 and there had been few opportunities to relax away from my privileged, but tiring situation. But with Billie's encouragement, I'd found the time to produce a little book. Apart from the loving itself, this shows that something constructive and positive can come out of a lengthy and testing situation.

Many, many thanks

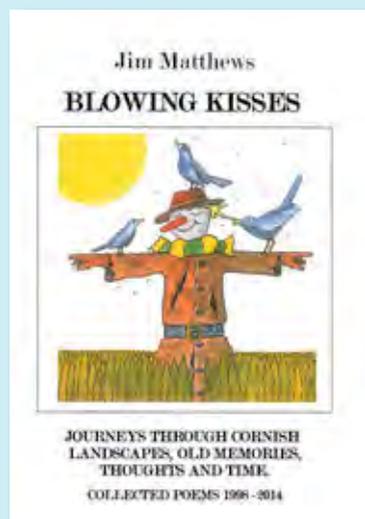
Jim



Jim and Billie

We were touched to receive the above letter from Jim Matthews along with a copy 'Blowing Kisses', his book of collected poems written from 'journeys through Cornish landscapes, old memories, thoughts and time.' To quote him, "If only my long suffering teachers could see me now, this 'could do better' schoolboy actually writing a book!"

We are delighted to share an additional poem, 'Islands', he wrote after visiting a relative being cared for in Penrice Hospice.



Islands

(waiting at the hospice)

Each bed is like an island
In a sea of shallow sighs,
The shadows, the clouds,
The ceilings, the skies.

The tides of daily compassion
Move silently around these shores
And across the shining wastelands,
The antiseptic floors.

These are the islands of timeless ease
Where endeavour unhurriedly retires
In a malaise of transient thoughts,
Lost hopes and old desires.

Yet, each island is a refuge,
A place of awesome powers
Where time, like the fallen waves,
Is unmoving in the twilight hours.

These are the islands of enlightenment
Where the path to freedom lies
Beside the uncharted oceans
In the rooms of shallow sighs.

Jim Matthews

Dear Carers News

With reference to the article on p18 of Carers News, Issue 18, Winter 2015 - The Carers Passport - this seems like a very good idea, but I wish it could be extended, to take in other illnesses, other than just dementia.

I'm a carer to someone with both physical and mental health issues, including short term memory loss, such a passport would help immensely, in getting hospital staff to understand the complexities of the carer/patient relationship. I currently take a copy of the ME/CFS information sheet, which lists the symptoms; I also take a list of current medications. If everything could be combined into the 'passport' for use in all hospitals, nationwide (not just Cornwall) it would help carers, no end.

Peter George

Dear Peter,

Many thanks for taking the time to email us.

We're pleased to tell you that the Carers Passport is available to the carer of a person with *any* condition and not just dementia, which the article on p18 can seem to imply.

We're sorry it was not clearer to you and can see why you thought it was a service only the carers of people with dementia can benefit from... You should be able to receive the Carers Passport on any ward of the three hospitals mentioned.

If you have any further queries, please don't hesitate to contact us.

Carers News Team

Dear Carers News

Thank you to the Continuing Support Service

I just wanted to write to say how grateful I am for everything you have done for me during the past few months. I contacted the Helpline after my Dad passed away, leaving my Mum who has memory difficulties, alone after many years of marriage. They referred me to the Carers Continuing Support Service.

Your staff helped to sort everything out as well as giving me the emotional support I needed. I had enough to do supporting my Mum, who was struggling just to get by every day and I found myself becoming her carer and stepping into my Dad's shoes.

I hadn't realised how much he did for her. I was having to take care of everything in the house, sorting post, bills and banking, getting someone we could trust to take care of the cleaning and garden, ensuring she had food and was eating properly, that medical appointments were made and attended and that she takes her medications on time (blister packs were great for reminding her what to take and when) the list goes on and that's just the material things!

This was all on top of dealing with the loss of my wonderful Dad and having a funeral to arrange and family to tell.

You helped me sort out my Mum's benefits and pension entitlement, which took some doing as they had been together so long, all their finances affected each other. The 'Tell us Once' service sounded like a great idea, as they let all services and government departments know your loved one has died. The only problem was they had mistakenly registered my Mum as deceased and not my Dad and letters started coming through the door saying that. This was distressing to say the least.

I was at a loss with where to start but you guided me through and dealt with things with me.

Mum is coming to terms now with her loss and we have managed to get into a good routine, with the necessary people around to help her thanks to getting the assessments of her needs done.

Thanks for being so kind and supportive, I couldn't have done it without you. What a brilliant service and at a time when I really needed it.

Michelle

Dear Carers News

A lovely local holiday

Thank you for another interesting edition of your magazine. I so often find something I wouldn't otherwise have known about in the articles.

May I tell you about a holiday venue which is both accessible and suitable for a range of disabilities? Now that my husband is blind and suffering from very poor mobility, we can't do the 'normal' holidays we used to.

We discovered Blagdon Farm in Ashwater, near Launceston last year, which was originally set up by a lady with a disabled son. She has since moved and the farm has been taken over by a charming couple who do everything they can to help and welcome visitors. There are eight accessible self catering lodges set by a fishing lake and surrounded by peaceful countryside. Each lodge sleeps 4-6 people and have wide doorways and wet rooms. The owners also have a comprehensive list of equipment to hire, such as bed rails and elevated toilet seats etc.

All lodges have balconies where you can sit and look over the lake, watch the free range chickens pottering about and generally relax. There's an indoor swimming pool in a nearby barn, a small bar open on occasional evenings and a games room / library.

We spent a week there, welcomed with a Cornish cream tea and would go again. It's ideal for anyone who needs a break, doesn't want to travel far and needs accessibility.

Barbara



Support groups here for you

It's often said the best recommendation is word of mouth and similarly, sometimes, the best information and support you can receive is from your peers, from other people who are also carers. There are many informal and friendly carer support groups across Cornwall, some of which are dedicated to the same health condition or disability as the person you care for. There are over 30 Memory

Cafés around the county for people with dementia and some of these have specific groups for their carers.

The details listed below however, are for the broader Carer Support Groups and for anyone in a caring role. **All meet on one specific day each month and from 2–4pm, unless otherwise stated. These groups are arranged and managed by the carers themselves and where**

Town	Where	When & Who to Contact
Bodmin	Christian Fellowship, Berrycoombe Road PL31 2NS	Fourth Thursday
Bude	Neetside Community Centre EX23 8LB	First Wednesday
Stoke Climsland	The Old School Stoke Climsland PL17 8NY	Third Friday 2–4.30pm Peter & Caroline Hammond 01579 370474
Camborne	Meets for lunch at different venues decided in advance	Second Wednesday 12 noon
Carbis Bay	Glenrowan, Wheal Whidden, TR26 2QX	Last Thursday Jeremy Preedy 07836 606464
Constantine	Meets at various locations in the area	Stacey Williams 07866 119945
Falmouth	Falmouth Hotel, Castle Beach TR11 4NZ	Third Tuesday
Helston	Culdrose Community Centre, Hibernia Road TR13 8DJ	First Monday (but not bank hols)
Liskeard	Pensilva Health Centre, School Road PL14 5RP	Second Tuesday
Liskeard	Oak Tree Surgery Clemo Road, Liskeard PL14 3XA	Third Thursday CSW Angela Davies 07720 680597

possible we have included their individual contact details.

If you have not yet attended your local group, please call the Carers Helpline before 30 June to confirm the details.

☎ **01872 266383**

After this time, please contact DIAL at Disability Cornwall & Isles of Scilly.

☎ **01736 759500**



Town	Where	When & Who to Contact
Penzance	Hanover Court, Wharfside TR18 4UJ	Third Friday Wendy Gauntlet 01736 366699
Newquay	Hotel Victoria, East Street TR7 1RA	First Monday
Newquay	Roswyth, Cheltenham Place Postcode TR7 1BA	Third Monday CSW Tracey Silliss 07739 788843
Saltash	Baptist Church, Culver Road PL12 4DR	Last Monday 2.30–4pm Marcia Henning 07795 496623
St Eval	Village Hall, Porthcothan Way PL28 8LT	First Monday 12 noon–1.30pm CSW Karen Barnard 07968 605322
St Austell	Mt Charles Social Club, Clifden Road PL25 4NX	Fourth Tuesday 2–3.30pm CSW Alison May 07968 8605326
Truro	Meets at various locations in the area	Third Monday Carol Greenwood 01872 241480 / 07708 250771
Wadebridge	John Betjeman Centre, Southern Way PL27 7BX	Third Wednesday

(CSW= Carers Support Worker)

Cornwall's Carers Forums: Due to the current contract coming to an end, we are very sorry that we are unable to publicise the contact details for the forums. These will however be published by the new service in due course.

Do You Feel Safe at Home?

ALFI (Assisted Living for Independence)

Contact us on 01872 224521 or alfiadmin@bt.com



ALFI is a 24 hour service that through you pressing a personal pendant alerts the Cornwall based monitoring centre who will ensure help attends to you. This 24 hour service is available from under 50p per day

If you are anxious about your safety or have experienced any of the following please call us for an informal discussion as to how we might help you

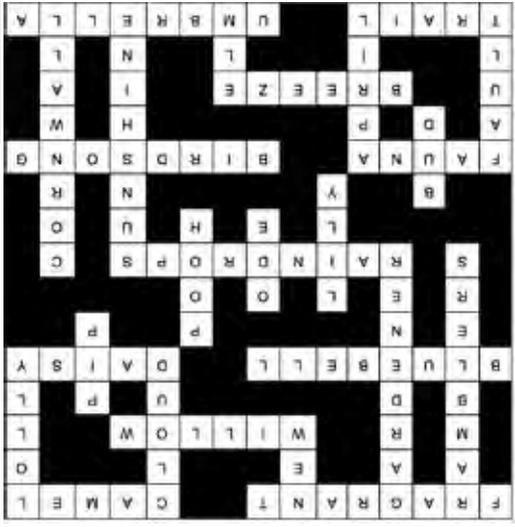
- I have fallen or am worried about falling
- I am worried about about fainting / collapsing
- I am concerned about the person I care for
- I am forgetful



Please contact us on 01872 224521 or alfiadmin@bt.com

Puzzle Answers

- Down**
16. Cornwall
 17. Bud
 18. Fault
 19. April
 22. Elm
 6. Lilly
 8. Pip
 14. Raindrops
 11. Pooh
 12. Lily
 20. Birdsong
 13. Ode
 15. Sunshine
 24. Umbrella
- Across**
1. Fragrant
 2. Ramblers
 3. Gardener
 4. New
 5. Cloud
 7. Willow
 9. Bluebell
 10. Daisy
 14. Raindrops
 18. Fauna
 20. Birdsong
 21. Breeze
 23. Trail
 24. Umbrella



MIND Game

Are you thinking of a kangaroo in Denmark eating an orange? If not, you're among the 2% of the population whose minds are different enough to think of something else!

Lights Camera Action

The aim of the Liskerrett Community Cinema is to show recently released films locally in a friendly environment with the added pleasure of watching and discussing the film as a group. They offer a varied programme and include films suggested by their members and audiences.

The quality of the screen and projection have been improved thanks to a grant from Cornwall Community Foundation and the generosity of the Liskeard Breathers Group and Liskeard U3A, and show films in high definition.

The Liskerrett Community Cinema is now able to host a matinee screening with:

- Full Subtitles
- Induction Loop
- Disabled Access
- Free Entry for Carers

Refreshments are provided at each screening and film notes can be sent to people who provide an email address.

Film screenings have included: *Little Miss Sunshine*, *The Theory of Everything*, *Mr. Turner*, *The Imitation Game*, and *The Lady in the Van*.

01579 340307
www.liskerrett.co.uk
 The Liskerrett Community Centre,
 Varley Lane,
 Liskeard PL14 4AP



Beach Wheelchair Hire in Cornwall

- 1 Crooklets, Bude**
Crooklets Beach Office, 01288 352226
- 2 Summerleaze, Bude**
Summerleaze Beach Office, 01288 352226
- 3 Polzeath, Wadebridge**
Wavenhunters Surf School, 07969 660014
- 4 Mawgan Porth, Newquay**
Betty's News, 01637 860240
Kingsurf Surf School, 07917 054551
- 5 Towan, Newquay**
Blue Reef Aquarium, 01637 878134
- 6 Fistral, Newquay**
Fistral Beach Surf Hire, 01637 850584
- 7 Perranporth Beach, Perranporth**
Perranporth Garden Charities, 07881 521730
- 8 Porthminster, St Ives**
Porthminster Beach Café, 01736 795352

- 9 Porthcressa, St Mary's, Isles of Scilly**
Town Hall, 01720 422537
- 10 Marazion & St Michael's Mount, Penzance**
St Michael's Mount, 01736 710265
- 11 Gyllyngvase, Falmouth**
Gylly Beach Café, 01326 312884
- 12 Towan Beach, Looe**
Looe Town Trust Seafrore Workshops, 01503 263709



St Mary's



In association with Disability Cornwall
www.disabilitycornwall.org.uk

Cornwall
Mobility

North Buildings, Royal Cornwall Hospital, Truro, TR1 3LQ
01872 254920 info@cornwallmobility.co.uk

Find your freedom, live your life
cornwallmobility.co.uk

Sponsored by The Falcon Inn, St Mawgan
thefalconinnstmaorgan.co.uk