

# Carers News

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Issue 16

Spring 2015

**FREE**





**cornwall  
carers  
service**

# 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



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carers  
service**



Welcome to Carers News and we hope, as always, you find it to be both entertaining and informative.

The Care Act has just become law and is the most significant piece of legislation for the care sector for more than 60 years. As with all new law, its full implications will take time to be revealed, but we trust that time will prove it to be extremely beneficial for carers. We highlight what you need to know and where you can go for further information.

NHS Continuing Healthcare can provide the support for people with certain

complex medical conditions to be cared for at home. It's a big subject and our article tries to break it down a little, so as a carer, you can determine whether the person you care for may qualify.

Carers News is proud to be part of the Cornwall Carers Service as we celebrate entering our fifth year. It promises to be a busy one as we re-tender for the service this coming summer and sincerely hope to provide the support Cornwall's carers' need, for another five years to come.

Our best wishes,  
**The Carers News Team**

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# THE CARE ACT AND WHAT IT MEANS FOR YOU



“Until now it’s been almost impossible for people who need care, carers, and even those who manage the care system, to understand how the previous law affecting them worked. Over nearly 70 years it has been added to again and again and is out of date and confusing. The Care Act has created a single, modern law that makes it clear what kind of care people should expect.”

**Norman Lamb, Care Minister (May 2014)**

The Care Act 2014 is a new law concerning people’s care and support, which came into effect from this April. It is the biggest reform of care related legislation for more than 60 years and it seeks to provide a coherent approach to adult social care in England. If you help to care for someone, you could benefit from the changes.

You may be eligible for help from Cornwall Council to make caring easier, like arranging for support to have a short break, or you may prefer just to be put in touch with local support groups so you have people to talk to who understand your situation.

Carers are now entitled to assessments and that fact is at the very heart of

this Act. These assessments should be person-centred, focus on your wellbeing and therefore mean you may be entitled to some help and support yourself. You can have this assessment even if the person you care for does not receive any help from the council and they themselves will not need to be assessed unless they wish to be.

The Assessment is not means tested, it’s free and it is specifically for you as a carer to help determine what is needed to make life easier for you to look after someone.

The other main changes are:

- For the first time, all councils in England will consider the same national level of care and support needs when they assess what help they can give you.

# THE CARE ACT AND WHAT IT MEANS FOR YOU

- Deferred payments will be available for people who need to move into permanent residential care, which means they should not usually have to sell their home in their lifetime to pay for their care.
- There is a proposal to introduce a cap on care costs from April 2016. Currently, it's that no-one should have to pay more than £72,000 towards their eligible care needs in their lifetime. However, the government has not decided the exact details and there won't be anymore information on this until the autumn.

The focus of the Act is to be 'person centred' and for carers' to have a good level of wellbeing, with advocates available to speak on their behalf if they don't understand the care and support system.

To find out more about the Care Act and how it may affect you locally, visit:

**[www.cornwall.gov.uk/careact](http://www.cornwall.gov.uk/careact)**

You can download leaflets from here which contain further details about the changes, including those for carers, or you can email the council or call their helpline.

**E: [adultcare@cornwall.gov.uk](mailto:adultcare@cornwall.gov.uk)**

**T: 01872 322861**

Disability Cornwall is a partner in the Cornwall Carers Service and can provide further advice of your entitlements under The Care Act, through DIAL, the Disability Information & Advice Line:

**E: [carers@disabilitycornwall.org.uk](mailto:carers@disabilitycornwall.org.uk)**

**T: 01736 759500**

More information is available from both the Carers Trust and Carers UK.

**[www.carers.org](http://www.carers.org)**

**[www.carersuk.org](http://www.carersuk.org)**



## DIGITAL DAYS

Although for many of us there is no match for information in good old fashioned hard copy, in today's increasingly digital world, information is now widely available in a variety of different media. This creates opportunities for us all to receive a constant flow of information, to hear other people's views and experiences and to build our own networks.

The Cornwall Carers Service endeavours to make its service as accessible as possible to all carers and professionals, so you can therefore link with us in a number of ways. If you are active online, then please follow us on Twitter

and like our Facebook page for regular updates.

 @Cornwall\_Carers

 Cornwall Carers

Our website has also recently enjoyed a re-launch and is now packed with information, news and stories, so it's definitely worth a look.

**[www.cornwallcarers.org.uk](http://www.cornwallcarers.org.uk)**

If you are not online but would like to learn about ICT (Information Computer Technology) then please call the helpline to find out about relevant computer courses near you, or others you could access online.

# SWIMMING & DANCING THEIR WAY TO DONATE



Last year, the Cornwall Carers Service (CCS) was delighted to be the recipient of two generous donations, one from the St Day Line Dancers and another thanks to a group of carers and supporters in Bude.

Ruth McLeod, Autism Lead for the CCS, went along to an event hosted by the St Day Line Dancers, where she was presented with a cheque for £200 by Terry & Maureen Prisk who run the club. The dancers regularly raise money for local charities across Cornwall and have donated thousands of pounds over the years.

Ruth said: "There was a great community spirit and everyone was friendly and welcoming. I expressed our thanks by busting some line dancing moves myself!"

The second donation was thanks to more than 20 swimmers who gathered at the Splash Leisure Centre in Bude for a sponsored swim which raised over £1800. The swim was organised by Helen Fewster, who following the loss of her husband, Colin, wanted to do something for the CCS, in recognition of the small grant she had received when caring for him.

Helen described the impact of that grant as hugely important. "I spent it on three

massage sessions when my husband was ill and the break it gave me was wonderful. I hope the money we raise will help other carers in Cornwall in similar situations."

Kelvin Yates, Manager of the CCS said, "Helen has been simply brilliant. We are sure people's generosity is in no small part due to the affection with which they hold both Helen and her late husband."

In a very difficult financial climate, fund raising such as this is very significant to the work of the Cornwall Carers Service and is greatly appreciated. If you are interested in finding out more about fundraising for us, then please contact Gemma Finnegan, Business Development & Fundraising Officer, to find out what support the CCS could offer you.

**T: 01872 273952**

**E: [gemma.finnegan@cornwallrcc.org.uk](mailto:gemma.finnegan@cornwallrcc.org.uk)**



*Members of the St Day Line Dancers present their cheque to the Cornwall Carers Service*



 **20,000**  
people directly  
supported by  
our team of  
Carer Support  
Workers

 **Almost**  
**3,000 grants**  
given since  
**April 2013,**  
averaging at  
just over a  
**£100 – that's**  
**£30,000!**

An estimated 6.5 million people look after a loved one who is ill, older or disabled. These are the people (and if you're reading this, it probably includes you) who save the UK public purse an estimated £119 billion each year. But these are the same people who often only look for support when they reach a crisis.

The stress of caring often damages people's relationships and can negatively impact on their employment, finances and both physical and mental health. This can then in turn lead to a carer being less able to offer support to their loved one and has a significant impact on both them and the person they support.

Our aim at the Cornwall Carers Service has always been to provide timely information and advice to all the people in a caring role (and their loved ones) and to support them to continue caring for as long as they want to. We recognise the massive contribution they make and want to see greater recognition from services and the public.



 **Approximately**  
**18,000 telephone**  
calls taken  
through the  
helpline

 **250 people & 60 organisations attended Cornwall's Big Event for Carers in 2013**



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We always have an eye to the future and are now excited to be working with Macmillan to provide a specialist cancer Carer Support Worker. We were delighted to successfully secure funding from the Carers Trust, which will now enable us to better support young adult carers aged 18-24 years.

It has been a privilege for us to work with and support so many of the carers in Cornwall and to work with other organisations that have helped us to help our carers. We hope to continue this work over the coming years.

Please don't forget that if you are a carer, you can self-refer to our service. If you are a professional working in the care sector, you can refer a client or encourage someone you are working with to contact us, by calling the helpline or by visiting our website.

**T: 01872 266383**  
**[www.cornwallcarers.org.uk](http://www.cornwallcarers.org.uk)**

 **57,000 copies of Carers News distributed across the County**



 **144 forums events held across the county, resulting in approx. 4,000 individual contacts per year by phone, post or email**



# SUPPORT GROUPS AROUND CORNWALL

There are many support groups in Cornwall dedicated to the same health condition or disability as the person you care for. Some actually run a series of groups in locations across the county, including for people who have multiple sclerosis, parkinson's disease or mental health issues for example. There are also 15 memory cafés for people with dementia and some of these have specific groups for their carers.

The details below are for the broader carer support groups in Cornwall, all of which meet on one specific day each month. These support groups are arranged and managed by carers for carers and meet from 2–4pm, unless otherwise stated.

- Bodmin:** On the fourth Thursday at the Christian Fellowship in Berrycoombe Road, PL31 2NS.
- Bude:** On the first Wednesday at Neetside Community Centre, EX23 8LB.
- Camborne:** On the second Wednesday at 12 noon, this group meets for lunch at different venues which they decide in advance.
- Carnon Downs:** On the third Tuesday at Falmouth Hotel on Castle Beach, TR11 4NZ.
- Helston:** On the first Monday at the Culdrose Community Centre in Hibernia Road, TR13 8DJ. If it's a bank holiday, it's held in a member's home.
- Liskeard:** On the second Tuesday at the Pensilva Health Centre in School Road, PL14 5RP.
- Mullion & Constantine:** This group usually meets monthly at various locations around the local area, for people registered at the local GP surgeries.
- Newquay:** On the third Monday from 10.3 – 12.30pm at Roswyth in Cheltenham Place, TR7 1BA.
- Newquay:** On the first Monday at Hotel Victoria in East Street, TR7 1RA.
- Penzance:** On the third Friday at Hanover Court in Wharf Road, TR18 4UJ.
- St Austell:** On the fourth Tuesday from 2–3:30pm at Mt Charles Social Club in Clifden Rd, PL25 4NX.
- Stoke Climsland:** On the third Friday at The Old School in Callington PL17 8NY.
- Wadebridge:** On the third Wednesday at the John Betjeman Centre in Southern Way, PL27 7BX

For further details on any of the groups listed above, please contact the Helpline on the telephone number below. If you manage a group, please contact the Helpline if any details change, such as venue or start time, so we can ensure the most recent information is always provided.



## **What is it?**

NHS Continuing Healthcare, sometimes called fully funded NHS care, is free care and support, provided outside of a hospital setting, arranged by and as the name implies, funded by the NHS. It is only available for a person who needs ongoing healthcare and who, following a detailed assessment, meets the eligibility criteria.

## **Where is it provided?**

It can be provided in any setting, including a care home, hospice or the home of the person you look after. If someone in a care home receives this type of care package, it will cover their care home fees, including the cost of accommodation, personal and healthcare costs. If it's provided in the home of the person you look after, it will cover personal care, which is often referred to as social care, healthcare costs and may also include support for you as the carer.

## **Would the person I care for be eligible?**

To be eligible, the primary need of the person you look after must be for health as opposed to social care. The person must

also have a 'complex and unpredictable' medical condition, with substantial and ongoing care needs. These needs must be over and above that which might be expected to be covered by social care providers. Not everyone with a disability or long-term condition will be eligible. People who have severe high level spinal injuries and later stage dementia are among those who have been awarded fully funded NHS Continuing Healthcare packages. However, please bear in mind that just because someone with a similar health need has been awarded this package of care, it doesn't follow that you will also be eligible.

The assessment process is complex and detailed. The Checklist and Decision Support Tool, used by health professionals who carry out the assessment, record health and care needs in 11 different categories, called care 'domains'.

It's recommended you receive support from someone who understands the nature and complexity of the



healthcare needs of the individual concerned, and for them to be present at the assessment if possible. Or that you gather extra relevant evidence to help support the process. This evidence can take the form of supporting letters from your doctor, consultant or care home, it could also be a record of what care has been provided by relatives at home. These suggestions are not conclusive, but simply try to outline how you need to think and what evidence to consider gathering in preparation for an assessment.

The assessment should be 'person centred', which means the person being assessed should be fully involved in the process. They should be kept informed and have their views about their own needs and support taken into account. As a carer, you should also be consulted where appropriate and it's a good idea to make it clear that you would like to participate fully in the assessment process.

A decision about eligibility should usually be made within 28 days of an assessment being carried out.

## How can I find out more?

The Continuing Healthcare Team can provide further information and can be contacted at:

Core Team West  
(Carrick, Kerrier & Penwith)  
Praise-an-Beeble Surgery  
Camborne TR14 OLB

**T: 01209 886600**

**E: [kccg.westchcteam@nhs.net](mailto:kccg.westchcteam@nhs.net)**

Core Team North and East  
(Restormel, Caradon and North Cornwall)  
Daromaba House  
Liskeard PL14 3XA

**T: 01579 373837**

**E: [kccg.chcnorth@nhs.net](mailto:kccg.chcnorth@nhs.net)**

*With thanks to NHS Kernow for their support with this article.*

## SPEAK UP FOR FIRE SAFETY

The Friendly Resource Company is a social enterprise, set up by an organisation called Speak Up to provide employment for people with learning difficulties and/or autism. They produce a wide range of accessible resources, including booklets and films on subjects such as budgeting, advocacy and personal budgets.



One of the most recent is for fire safety. 'No Smoke

without Fire!' has been designed as a workbook and will soon be complemented by a film.



You can download the workbook by visiting their website and also use many of the resources available for free, although as a charity they welcome donations.

**T: 01709 710199**

**E: [orders@friendlyresources.org.uk](mailto:orders@friendlyresources.org.uk)**

**[www.speakup.org.uk/fire](http://www.speakup.org.uk/fire)**

# DOES YOUR CHILD HAVE SUPPORT NEEDS?



If the answer to that question is yes, then maybe you would like an opportunity to meet other parents and carers who will be able to understand your situation. Cornwall's Oasis groups, run by Scope's Face 2 Face befriending service, are free and provide opportunities for the people who attend to chat and share their experiences with each other.

Oasis groups are for parents, carers, or grandparents of disabled children or young people. Their volunteer befrienders at the groups are all trained to offer emotional support and practical information, as well as being parents of children with support needs themselves.

These are friendly and informal sessions and are held on a regular basis, either weekly or monthly at children's centres across the county. You are also welcome to attend with your child and relatives.

As one parent said, "I was completely lost until I discovered the Oasis group; it's great to spend time with other parents that understand what I'm going through. They have given me lots of advice on where to go for support and I feel so much better because of that."

**From Saltash to Penzance, Bodmin to Bude, it's more than likely there is an Oasis group near you.**

For further information and to find your nearest one, please call 01872 302411.

## Some wise old words?

*If you don't read the newspaper you are uninformed, if you do read the newspaper you are misinformed.*

**Mark Twain**

*I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.*

**Winston Churchill**

*A government which robs Peter to pay Paul can always depend on the support of Paul.*

**George Bernard Shaw**

*Foreign aid might be defined as a transfer of money from poor people in rich countries to rich people in poor countries.*

**Douglas Casey (classmate of Bill Clinton at Georgetown University)**

*I don't make jokes. I just watch the government and report the facts.*

**Will Rogers**



- |              |           |
|--------------|-----------|
| Carrot       | Celery    |
| Asparagus    | Sweetcorn |
| Cauliflower  | Cucumber  |
| Swede        | Pumpkin   |
| Cabbage      | Dill      |
| Potato       | Samphire  |
| Runner Beans | Chard     |
| Turnip       | Kale      |
| Sprouts      | Cress     |
| Spinach      | Peas      |
| Radish       |           |

## Sudoku

				3		8		9
1			5	2	6			4
					8			
	2		3	5				
7	4						3	2
				6	2		9	
			2					
5			6	9	1			3
6		7		8				

*The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other.*

**Ronald Reagan**

## Wordsearch

G	S	K	C	W	J	Q	L	V	U	C	R	E	S	S
S	C	D	P	H	O	K	H	C	A	N	I	P	S	H
W	R	A	T	U	A	Y	S	Z	B	K	D	I	L	L
E	I	S	U	Q	V	R	J	I	Y	V	U	N	R	S
E	W	P	I	L	U	E	D	T	G	C	A	R	X	S
T	E	A	R	Y	I	T	U	G	H	A	K	U	L	A
C	A	R	R	O	T	F	D	P	J	B	E	T	D	M
O	Z	A	C	B	N	Y	L	E	R	B	B	G	R	P
R	S	G	U	L	F	G	H	O	R	A	D	I	S	H
N	W	U	C	M	R	T	C	H	W	G	J	M	A	I
H	G	S	U	B	I	S	W	E	D	E	P	P	N	R
E	P	U	M	P	K	I	N	K	B	C	R	E	T	E
L	S	W	B	Y	G	M	H	N	L	O	P	U	A	C
A	V	D	E	T	N	Y	J	U	T	R	F	W	Y	S
K	O	P	R	U	N	N	E	R	B	E	A	N	S	K

# WHEN MUM GOT DEMENTIA

A former carer got in touch with Carers News to share some thoughts about caring for her Mum, who had dementia.

Frances had felt many of the conflicting emotions when someone needs to be cared for, including how not all family members necessarily step forward willingly to take their role in sharing the care load. She said: "In addition to the complexity of caring, there then develops the potential for rift within the family. It seems that without great sensitivity, a situation that might draw us closer together might actually pull us apart. Thankfully, we are more educated about dementia now, but four years ago, when this came into our lives, there was much less awareness and much less compassion and understanding."

Frances added, "This poem arrived through my pen when I was close to the end of my caring journey with Mum. It came at a time when I was more able to see the bigger picture."



*When Mum got dementia some folks hid  
Of this social disgrace they must surely be rid.  
When Mum got dementia, some folks fled  
Best to be busy in their own lives instead.  
When Mum got dementia, some stood by her side,  
It wasn't a time to run or to hide,  
For as each day passed with its ups and its downs  
There was so much to learn and so much to astound.  
For there wasn't a text book, a pattern to fit  
Mum was the now, this is here, this is it.  
And no sooner I'd thought I'd grasped the deal  
Than the whole picture shifted and I found out that feel  
Was the only way forward, the only way through,  
So this now I share as a small gift to you:  
When your Mum gets dementia, gently open your heart  
You'll be glad that you did when the time comes to part.*

**Frances Mary**



All meetings are held from 1–3pm unless advised below. Travel and car parking expenses will be considered to enable carers to attend their local forum.

## Liskeard

Liskerret Community Centre  
Varley Lane  
Liskeard PL14 4AP

**Wednesday 6 May**  
**29 July &**  
**4 November 2015**

## Redruth

Redruth Community  
Centre  
Chapel Street  
Redruth TR15 1AN

**Tuesday 9 June**  
**29 September &**  
**15 December 2015**

## Newquay

Newquay Disabled Centre  
Tolcarne Road  
Newquay TR7 2NQ

**Monday 22 June**  
**21 September &**  
**7 December 2015**

## Truro

Conference Room  
Truro Health Park,  
Infirmary Hill,  
Truro TR1 2JA

**Thursday 30 April**  
**23 July &**  
**22 October 2015**  
**1.30 – 3.30 pm**

## Falmouth

Emmanuel Baptist Church  
Western Terrace  
Falmouth TR11 4QJ

**Tuesday 23 June**  
**22 September &**  
**8 December 2015**  
**2 – 4pm**

## St Austell

Committee Room  
One Stop Shop,  
Cornwall Council,  
39 Penwinnick Road  
St Austell PL25 5DR

**Friday 27 March**  
**3 July &**  
**2 October 2015**

## Penzance

Board Room  
One Stop Shop,  
Cornwall Council, St Clare  
Penzance TR18 3QW

**Thursday 21 May 2015**  
**3 September &**  
**26 November 2015**  
**Venue TBC 2 – 4pm**

## Wadebridge

Cornerstone  
Wadebridge Methodist  
Church, Trevanion Road  
Wadebridge PL27 7NY

**Tuesday 28 April**  
**14 July &**  
**13 October 2015**

## Helston

The Ceremony Room  
One Stop Shop  
Isaac House, Tyacke Rd  
Helston TR13 8RR

**Thursday 14 May**  
**6 August &**  
**12 November 2015**  
**2 – 4pm**

For further information please contact Jeanette Toy.

T: 01872 243531 M: 07702 517024 E: [Jeanette.Toy@cornwallrcc.org.uk](mailto:Jeanette.Toy@cornwallrcc.org.uk)

# GETTING OUT THERE WITH THE DofE



The Duke of Edinburgh (DofE) Award is a fantastic way for young people aged 14–24 to develop their social skills, team participation and leadership abilities. It's non-competitive, flexible, achievable by all and internationally recognised. The Award is usually held in high regard by employers and for that reason alone it's well worth any young person adding it to their C.V.

The DofE offers participating individuals the opportunity to challenge themselves by volunteering for others, learning a new skill or developing an existing one, participating in a physical sport or exercise and undertaking a team expedition involving training, a practice and a qualifying expedition. Exciting stuff! Young people decide what their choice of activities will be and they work at their own pace to achieve these in their own extra-curricular time.

Currently, SENSE (the national charity which supports and campaigns for people who are deafblind and/or with sensory impairments) and their enthusiastic Get Out There Group, for 11–18 yr. olds, are undertaking bronze awards. As the DofE scheme is striving to increase their reach,



they are currently offering some free places to young people who may be disadvantaged financially or by where they live.

So if you are a parent, young person or a worker in a setting where young people might be interested and would like to find out more, visit the Duke of Edinburgh website or get in direct contact with Karin Saunders, the DofE Award Manager for Cornwall Council.

**[www.dofe.org](http://www.dofe.org)**

**E: [ksaunders@cornwall.gov.uk](mailto:ksaunders@cornwall.gov.uk)**

**T: 07581 569247**



**Bob** is the all in one SOS alarm and GPS locator created in conjunction with police and emergency responders. It can provide carers of people with dementia related conditions the confidence that if the person they care for is temporarily missing, they can be quickly and safely located. Privacy is maintained because their location is only checked at the time of an emergency alert and then only by the trained NHS Tele Care Team.

Using 'Bob' can provide any user with greater independence while still maintaining privacy. At the same time it can give carers some valuable peace of mind, especially when you consider that to date, every call to locate a Bob user has had a successful outcome.

Although there are many GPS tracking apps (small programs) available for download to 'smart' devices, such as mobile phones & tablets, Bob is different because it doesn't use apps, so it's accessible and inclusive to everyone. There has also been a positive reaction from people looking to use Bob for personal security, health, sport or leisure purposes.

Bob was created by Laurence Kelly who attributes much of its subsequent success to Norman McNamara. Laurence said: "I couldn't have made Bob without Norman. He's a Dementia Champion and Founder of the Purple Angel, the worldwide symbol for dementia awareness. He gave me pragmatic advice and honest feedback; very honest actually, he's originally from Bolton!"

Laurence added, "Dementia is a worldwide issue and we can't just tell it



to go away. We must box clever with it and use various solutions to tackle it effectively. Bob is one of them."

If you live with dementia or are in the process of being diagnosed, or are a registered carer, the tracker can be provided free and you then pay a set monthly monitoring fee.

Bob devices remain free until July this year and the monthly monitoring fees currently cost £17.99.

Further information is available from:

**Tel: 01733 293651**  
**[www.ostrichcare.co.uk](http://www.ostrichcare.co.uk)**



*Norman McNamara giving a presentation about Bob*



The landscape in which 'Care in the Community' is provided can be a rocky one, particularly since central funding streams have been cut. One company at least continues to thrive and expand across Cornwall, so we asked the Director of Carers Break, Reuben Jenkins, to tell us more.

Carers Break provides a very high standard of care wherever it's needed, including in the home, hospital, residential or nursing home and even on hospital wards.

With a growing team of expertly trained palliative care staff, we can care for the most complex life limiting conditions. Our main aim is to create the most relevant and effective, bespoke care packages that will benefit the people concerned. Carers Break can provide 'live in care' and full night support, in addition to regular day services, such as help around the home, assistance to appointments, personal care and form filling.

Our services can be purchased by the hour and because we are a Community Interest Company, profits are directed to the benefit of clients and their families in the most beneficial ways. We have an advisory panel to comprehensively represent everyone in the 'circle of care', including GPs, carers, and the people being cared for among others.

We are currently looking at the key factors eroding the health and wellbeing of a carer due to the impact of their role, and are collaborating with several organisations with a view to providing assistance with home & garden maintenance, debt advice and mental health self management.

(Cont.)



## Special offers and discounts with our new members club

CarerSmart is a new club from Carers Trust, the UK's largest carers charity. The club is part of Carers Trust's offer to carers and people with care needs, and it's also open to people who work across the Carers Trust network, either as staff or volunteers, and people who donate money.

Once a member, you can benefit from a wide range of offers including:

- ⇒ **Cash back on shopping from numerous high street retailers**
- ⇒ **Best rates from energy providers**
- ⇒ **Insurance renewal savings**
- ⇒ **Discounts on holidays and travel arrangements**
- ⇒ **Reduced price lifestyle activities**
- ⇒ **Member advice services**
- ⇒ **And much, much, more ...**

Joining is easy and free. Just log onto

[www.carersmart.org](http://www.carersmart.org)

Below are some of the brands you can save money on ...





cornwall  
carers  
service

# CARERS WEEK

# 2015

## 8-14TH JUNE

JOIN US FOR EVENTS  
THAT ARE TAKING PLACE  
AROUND THE COUNTY

THIS YEAR'S  
THEME IS  
BUILDING CARER  
FRIENDLY  
COMMUNITIES



Events



Time Out



Activities



Support

MAKE THE PLEDGE AT  
[WWW.CARERSWEEK.ORG](http://WWW.CARERSWEEK.ORG)

DETAILS OF EVENTS WILL BE FOUND AT  
[WWW.CORNWALLCARERS.ORG.UK](http://WWW.CORNWALLCARERS.ORG.UK)  
+ LOCAL PRESS AND RADIO

  
carerstrust  
action · help · advice