

Carers News

Issue 18
Winter 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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A warm welcome to the Winter edition. Being a carer can be rewarding but it often goes unrecognised, which is why the Cornwall Carers Service wants to receive nominations for the Carer Awards 2016, so locally we can help to try and change that. Please see the back page for further details.

As many of you know, the Cornwall Carers Service comprises three organisations delivering various elements of it across the county. This means there can be several different avenues for contacting us, which most of the time is fine, but when you are no longer a carer, it can sometimes be a problem. Several people have told us they are no longer a carer and don't need to receive further copies of Carers

News, and we appreciate being told and having the opportunity to update our records. Nobody should have to repeat this and yet some of you have had to. We sincerely apologise for any distress this has caused and would encourage anyone else, when they no longer wish to receive Carers News, to contact us direct. We have efficient systems in place to ensure one contact is all it should ever take.

☎ 01736 759500

💻 carersnews@disabilitycornwall.org.uk

The Carers Carol Service is always a fitting and lovely opportunity to come together, support each other and celebrate. We hope you can make it to Truro Cathedral on 7 December.

With best wishes,
The Carers News Team

Carers News, Disability Cornwall
Units 1G/H Guildford Road Industrial Estate
Hayle, Cornwall TR27 4QZ ☎ 01736 756655
💻 carersnews@disabilitycornwall.org.uk

Carers News

is designed and printed by
Headland Printers, Penzance
www.headlandprinters.co.uk



Published by Disability Cornwall
& Isles of Scilly



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Cornwall Carers Service is supported by



Kernow Clinical Commissioning Group



A note from the Cornwall Carers Service

With over 64,000 people in Cornwall providing help and support to someone else and the changes we are all experiencing with health & social care, the demand for the Cornwall Carers Service has continued to grow.

Last year alone we supported more than 5,600 carers through our helpline and another 4,800 in person through our community support worker team.

It's a remarkable success for a small service, as is the partnership between Cornwall Rural Community Charity, Disability Cornwall & Isles of Scilly and Age UK Cornwall, who have worked together to deliver it, and ensure adult carers get the best service possible. Our colleagues from Kernow Young Carers, hosted by Action for Children, have done an equally remarkable job in supporting young carers across the county and it has been a pleasure to work with them.

However, as we are in the final year of delivering this service, we now face the

challenge of competing with others to enable us to continue to deliver it from 2016 onwards.

The Carers News magazine alone reflects the increased need to support carers, having dramatically increased its distribution from 9,000 copies a year to just shy of 25,000 now, to meet demand, and we still run out of copies!

Despite all the excellent work done, we remain humbled by the work and experiences of the people we work with. Every single carer in our county is an unsung hero and it's a privilege to be working for and with them, and extremely rewarding when we are able to bring about improvements in their support.

Everyone involved with the Cornwall Carers Service and Kernow Young Carers is passionately committed to doing everything possible to secure a new contract and to continue developing the support we are able to offer to children, young people and adults in an unpaid and informal caring role across Cornwall.

Kelvin Yates

Cornwall Carers Service Manager



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*Kelvin with a few of
the Cornwall Carers
Service team*



Looking After Someone? Know your rights

At this time of year, Carers UK hold a Carers Rights Day, to bring organisations together to help carers find out about their rights and how to get the help and support they are entitled to.

Most of us will provide care at some point in our lives to an ill, older or disabled loved one. Whether caring affects your family gradually or suddenly, it is common to feel unprepared. Rules on benefits and the social care system can feel like a confusing maze.

Without the right advice and information it is easy to miss out on the financial and practical support you are entitled to. Caring can be challenging enough without fighting for the support you need. That's why groups up and down the country take part in Carers Rights Day, to reach out to the UK's 6.5 million carers with information, advice and support.

Carers UK's guide to carers' rights and benefits, Looking After Someone, is published every year for Carers Rights Day. The guide provides comprehensive and up-to-date information on what support carers are entitled to. You can download a copy of the guide from their website or give them a call to order a free copy.

Below is a taster of what's in the guide, with their recommended top three steps to take for anyone who is looking after somebody to find out about their entitlements.

1. Get a benefits check

Carer's Allowance is the main carers' benefit, which offers a small income now and National Insurance contributions towards your State Pension if you have given up work to care. But not everyone is eligible, so make sure you get a full benefits check to see what other financial support you may be entitled to. Other support might include council tax discounts, tax credits or help with fuel costs.

2. Find out about practical support

Short breaks, equipment to help make things easier or information about local groups, can all help you in your role. All carers are entitled to a carer's assessment from their local council which could lead to them, or the person they are caring for, getting help via social care services. The assessment will look at how caring affects your life, including your physical, mental and emotional needs, and whether you are able or willing to carry on caring.



3. Connect with others

Caring can be isolating. When we're looking after someone, it's not always easy to find people who really know and understand what it's like, so Carers UK have compiled a directory of local services on their website. Support groups across the UK can help you meet other carers, as well as access local advice and support. Many carers also find online forums a huge source of support as they are a place where you can share what's on your mind, anytime of the day or night, with others who understand what you're going through and can support you with everything caring can throw at you.

www.carersuk.org/forum



☎ 0800 808777

💻 advice@carersuk.org

www.carersuk.org

In addition to the advice above, don't forget that here in Cornwall you can meet other carers at our regular forum events across the county. Please see p10 for all forthcoming dates. Also there are many support groups for Carers in Cornwall. Please contact the helpline for more information and to find the groups nearest to you.



**Cornwall
Mobility**

Find your freedom, 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

The Alzheimer's Society know there are around 670,000 carers of people with dementia in the UK, who between them save the UK economy £11.6 billion a year through the care they provide.¹

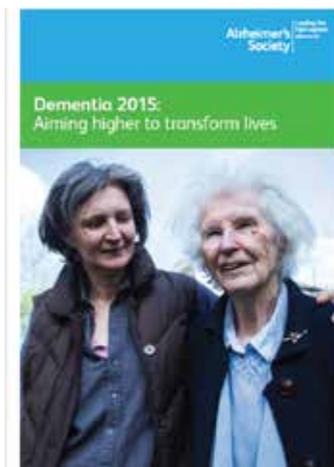
Their contribution, without which the health & care system could not function, can often come at a personal cost and although recognition of family carers has increased, in reality, access to sufficient support and assessment of their own needs is still inadequate.

"There was very little help and I didn't know what we were entitled to. There's no coordination with all the people who are supposed to be helping you so, you are absolutely blind, you rely on friends, family and little bits of information you pick up as you go along and you learn the hard way."
(Ann, a carer for her husband)

Dementia 2015: Aiming higher to transform lives is the fourth annual report by the Alzheimer's Society looking at the quality of life for people with dementia in England. It contains the results of their annual survey and an assessment of what is currently in place, but also examines what needs to be done to improve dementia care and support over the next five years.

The survey found nearly half of all respondents said their carer did not receive help and the report itself was accompanied by a poll of GPs, of which 73% felt services for people with dementia and their carers were confusing to navigate.

"One of the things I've found most difficult is navigating the social services system."



I worked in the health service for almost 40 years before retiring but I have just found it a nightmare trying to work through it."
(Anne, a carer for her Dad)

The Dementia 2015 report wants carers to have a right to access short breaks, respite and support services such as befriending; to be recognised as partners in care with a single point of access to help navigate and engage with care and support services; and for the government to create a legislative framework requiring employers to provide support in order to reduce the 21% of carers of people with dementia, who give up work or reduce their hours, as a result of their caring responsibilities.

You can view the full report at:
www.alzheimers.org.uk

For further information on the Alzheimer's Society.

☎ Helpline: 0300 2221122
✉ helpline@alzheimers.org.uk

1. Prince et al, 2014.

A day in the life of ... a young carer, age 11

My day starts at 6.30am on a weekday when my Mum's alarm goes off and she calls me awake. I get up and check she is okay and has her medicine ready and a drink. As my Dad has already left for work, I have to make my own breakfast, then have a shower, brush my teeth, put on deodorant and brush my hair.

My Mum's problems mean she is very sleepy a lot of the time and she goes back to sleep after she's woken me, so I have to make sure she wakes up at 8am to take her tablets, this also means I have no one to chase me up and remind me of the time, so I have to remember to keep a close eye on the time and not forget so I'm not late for school. I have to remember my school books, my drink and my dinner money which Dad gives me in one go on a Sunday evening and I have to make sure I only spend the right amount so I have a meal every day.

My Mum's carers come in after I have left for school and help her out of bed and to get dressed, but sometimes when I get home from school, Mum is in bed and I have to help her up and get her dressed. Then I get her a cup of tea and tell Mum about my day after my homework is done which I get nearly every night, worse luck.

I ask Mum what she wants for tea for us both, sometimes we have soup and bread, sometimes we have chicken nuggets (quorn because I'm

vegetarian) and chips. Dad makes sure we have shopping in, but sometimes he might leave me a note to go to the local shop for some bits to go with tea, which he may have forgot to get. I make the tea and when we are finished I clear up and wash the dishes. I then do the hoovering, which I do every day and the dusting every other day as well. I take my uniform out so Dad can get it ready for the next day and I get my school bag packed with my homework and what I need for the next day, then Mum and I can sit and watch TV together, unless she is ready to go to bed by then and I help her get changed for bed and put her cream all over so she doesn't itch because one of her medicines makes her itch and I then help her into bed and then help with her breathing machine. I fill it with water when it needs it and make sure Mum gets the mask on okay and sealed properly. Then I check she has all her tablets for her night-time dose and water to take them and then I go and watch TV or play on my Kindle or Xbox before my bedtime at 9pm. Before I get Mum into bed, I have to make sure the front door is locked and when I go to bed I have to turn off all the lights and TV.

I like the feeling of being responsible, but sometimes I would like to not have to do it and just play out with my friends or have them over to play, but Mum isn't well enough most of the time. This meant it's taken me a long time to make a best friend because I couldn't get together with them outside of school.



Kernow Young Carers is an Action for Children project committed to working with

children and young people to make the caring role a more positive experience, through offering support, information &

guidance, short breaks, activities & trips, school groups, training & educational sessions and local young carers forums. For more information on Cornwall's Young Carers, please contact the Kernow Young Carers Service.

☎ **01872 321486**

www.kernowyoungcarers.org.uk



These photos are not connected to the article, but illustrate some of the 'work' of young carers and the activities which Young Carers Projects seek to provide

I've grown up with helping my Mum and caring for her and although sometimes I think it would be good to have someone else do it all, I wouldn't want someone else coming in and changing everything and upsetting everything and I like looking after Mum and helping out really, most

of the time. I like what I do and who I am and I don't want to change and I wish people would understand and stop feeling sorry for us, we are just my family, how we've always been and I love my Mum and Dad and sometimes they make me cross too.

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.

Redruth

Redruth Community Centre
Chapel Street
Redruth TR15 1AN

Tuesday

**15 December 2015 &
8 March 2016**

Newquay

Newquay Disabled Centre
Tolcarne Road
Newquay TR7 2NQ

Monday

**7 December 2015 &
21 March 2016**

Liskeard

Liskerret Community Centre
Varley Lane
Liskeard PL14 4AP

Wednesday

**3 February &
4 May 2016**

Wadebridge

Cornerstone
Wadebridge Methodist Church
Trevanion Road
Wadebridge PL27 7NY

Tuesday

**12 January &
26 April 2016**

Penzance

Hanover Court
Wharf Road
Penzance TR18 3QW

Thursday

**26 November 2015 &
25 February 2016
2–4pm**

St Austell

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

Friday

**22 January &
1 April 2016**

Falmouth

Council Chamber
Town Council Municipal Buildings
The Moor
Falmouth TR11 2RT

Tuesday

**1 December 2015 &
15 March 2016
2–4pm**

Helston

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

Thursday

**11 February &
12 May 2016
2–4pm**

Truro

Conference Room
Cornwall Primary Care Trust
The Health Park
Infirmary Hill, Truro TR1 2JA

Thursday

**14 January &
21 April 2016
1.30–3.30 pm**

For further information please contact Sylvia Johnston or Chris Watkin.

☎ 01872 243531

✉ sylvia.johnston@cornwallrcc.org.uk or chris.watkin@cornwallrcc.org.uk

Carers Carol Service

7th December 2pm

Truro Cathedral



***A beautiful service with a message
of support and thanks to all carers***

All will be welcome for refreshments after the service

For more details call the Carers Helpline on 01872 266383

www.cornwallcarers.org.uk

Antony's Wonderland

This Summer a small group of carers and disabled people were invited to visit Antony, near Torpoint, and its beautiful house & gardens, to test out its general accessibility and the reception it gives to guests with additional needs – unbeknown to the staff of course!

Margaret, Sheila, Joe & Ken were invited to point out areas which they felt could be improved upon, in terms of safety, convenience and overall enjoyment for visitors who may have mobility impairments or sight loss.

Antony has a superb early 18th-century mansion, which is believed to be one of the finest surviving Queen Anne buildings in the West Country, with a beautiful interior and many paintings and artefacts in the various rooms to admire. It also comes with a

fascinating family history of the Carew Pole family who became caught up in the extraordinary events of the English Civil War. Their ancestors still live in the house today. Film Director, Tim Burton, captured the atmosphere of Antony in 2010 as a location for his blockbuster, "Alice in Wonderland".

Joe told Carers News: *"We were admitted to the House through a side entrance as the main door has steps and from the moment we arrived, we were treated with courtesy and consideration."*



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.



UK Charity Reg No: 1093691

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

Joe continued, *"Friendly and knowledgeable staff supported our experience and were quick to show us places where we could sit while looking at the surroundings. We were unfortunately not able to view the upper floor, but were provided with a photographic panorama as an alternative."*

On exiting the house, Margaret, Ken & Sheila went off to visit the gardens, leaving Joe to enjoy a relaxing view of the conical water feature. *"It's a magnet for the many visiting children and a few adults, who could not resist putting their hands in the flowing water!"* Joe's companions enjoyed their stroll through the gardens, but found the approaches difficult for wheelchair users due to the sloping grassy terrain.

The group felt children were well catered for with a range of play equipment and miniature nature displays to take away with them.

At the end of the visit and after a complementary lunch, the group met with Nick Stokes, House & Service Manager, who had arranged the visit. Over tea & coffee, the experience and findings were discussed. It had been a very enjoyable and positive experience, but as Joe said, *"We were able to point out possible improvements for consideration, such as better signage to the accessible car park, using high-visibility tape on some doorways and greater illumination of some hallways, and the wheelchair access at the rear of the property, which we considered to be too narrow and too steep."*



Margaret, Sheila, Ken & Joe at the entrance to Antony

Nick said: *"We were delighted to welcome Margaret, Sheila, Joe & Ken as 'mystery visitors'. It was good to hear they found our volunteers and staff friendly and helpful and to know the seating, information cards and access guide worked well. They gave useful feedback about what we could do better, changes which will benefit everyone who comes to Antony. I would recommend other visitor attractions do the same."*

Joe added: *"We never once felt we were being patronised and it was a very enjoyable experience."*

Antony
Torpoint PL11 2QA
☎ 01752 812191
www.nationaltrust.org.uk/antony

The only drawback for those readers wishing to visit Antony is that the house & gardens are closed for the winter period, so we'll all have to wait for the Spring. The good news is, that's when the camellias and magnolias in the Woodland Garden are looking their best!

Sudoku

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



1						2			3				4
		5										6	
												7	
8													
			9									10	
						11				12			13
14													
		15		16									
17													
			18										
19											20		

Crossword

- Having faith in magic or chance (13)
- US intelligence and security service (1,1,1)
- "It's Friday, it's five o'clock... It's _____!" (11)
- Market town situated in South East Cornwall (8)
- _____ the Kid (5)

Down

- Common European short-winged hawk (7)
- A person who swindles by means of deception or fraud (7)
- An island in the West Indies (5)
- Exclamation often attributed to Archimedes (6)
- Own (Scottish) (3)
- The knave of clubs (3)
- Hotel (3)
- Move downward (7)
- Show or affirm to be just and legitimate (7)
- Famous French tower (6)
- Denoting something written so intentionally (3)
- An area (5)

Across

- Poet described as 'mad, bad and dangerous to know' (5)
- Small fish with horse-like heads and curled tails (7)
- Film with the line "I had a farm in ..., at the foot of the Ngong Hills." (3,2,6)
- Water in its solid state (3)
- A rough estimate or guess at something (13)
- Photographers who photograph famous people and sell the photos to newspapers etc. (9)
- Actor known for the Bourne film series (4,5)

Understanding Ataxia

Chloe, winner of the 2012 Child of Courage Saints Award, was diagnosed with Friedrich's Ataxia on her 13th birthday.

Chloe is currently attending college and has retained her ambition to travel, much to the delight of her grandmother, Ann, who told Carers News; "Chloe is a beautiful, feisty and intelligent girl who was training to be a potential international Dressage Rider, but now has to use a wheelchair and undergo regular medical treatment for scoliosis."

Ataxia is a rare and genetic disease, which can affect people at various ages according to its type, of which there are over 60 with the most prolific being Friedrich's Ataxia. This type usually becomes apparent in early teenage years and is distinguished by the way it affects the heart muscles and therefore limits the life expectancy of the person affected. The word Ataxia means 'lack of co-ordination' because the nerves controlling the body's muscles deteriorate; meaning the person eventually loses control of their physical movements and sensory experiences. There is currently no cure and the number of people who have been diagnosed with an Ataxia is difficult to ascertain as often GPs have no experience of it.

Ann is a Trustee of Ataxia UK and has also set up a support group in Cornwall. She is currently working to establish a 'virtual clinic' for people with the condition who have no option but to travel to London, Newcastle or Bristol for a 10 minute appointment with a consultant.

The Cornish support group is aware of up to 20 people who have the condition in the county and the 'low' number demonstrates why Ataxia is a little known and little understood condition. The group meets about every six weeks to share information, especially regarding treatments & research and to provide support to its members and their carers, regarding diagnosis, care, entitlements etc. They also produce and share a newsletter. People with different forms of Ataxia and of varying ages are members of the group and although it is not 'constituted' as an official branch, they are recognised by Ataxia UK. Carers are welcome and usually accompany the person with Ataxia to the meetings.



Chloe ready for the prom



Ann (right) raising awareness at a local show

For further information about Ataxia, please contact the UK Head Office.

Ataxia UK

☎ 0207 5821444

www.ataxia.org.uk

For more information about the local support group, please contact Ann.

☎ 07778 932166

✉ masontruscott@gmail.com

It's always great to hear from you

Carers News is your magazine and if we never heard from you, then it would be a very different publication!

Reading information about services and opportunities available to you, being made aware of changes in legislation and keeping abreast of care related news, all has a valuable place in Carers News, but many of you have told us, it's reading the stories of other carers which is the most important.

We appreciate not everyone will want to tell us about their life and have a photo of themselves made public, but if you are interested, then we would love to hear from you. Although we generally need a photo, it doesn't have to be of you and we can also change the names of people and places to afford you as much privacy as possible.

We are also always happy to receive poems, jokes and of course your letters. We extend our thanks to everyone who has contacted us already and for those of you who may now like to, we hope to hear from you soon.

Carers News at Disability Cornwall & Isles of Scilly

☎ **01736 759500**

💻 **carersnews@disabilitycornwall.org.uk**



Puzzle answers

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

Sudoku

- Across**
- Byron
 - Seahorse
 - Out of Africa
 - Ice
 - Approximation
 - Paparazzi
 - Matt Damon
 - Superstitious
 - FBI
 - Crackerjack
 - Liskeard
 - Billy
- Down**
- Buzzard
 - Scammer
 - Haiti
 - Eureka
 - Alin
 - Pam
 - Inn
 - Descend
 - Justify
 - Effel
 - Sic
 - Place

Crossword

The long wait is over

We all know the lack of housing is high on the political agenda and for many young people, getting 'on the ladder' is practically impossible. If you have a disability or a care & support need, finding independent and accessible housing is equally hard.

We published a letter from a concerned parent last Summer and were then contacted by another, who told Carers News about the struggle her daughter, Esmé, was having in trying to live independently and we featured their story; **'How long must my daughter wait?'** a year ago.



Esmé & Becks at home

Esmé's Mum, Cathy, has now been back in touch to share with us the fantastic news that the quest to find a suitable home to enable Esmé to live independently has, finally, reached a happy conclusion.

Cathy told us, *"We had been searching and experiencing a number of stressful disappointments for well over two years. We felt very unsupported during this time, especially when I wrote the last article, no avenue appeared positive and we didn't know what to do next."*

Possibilities of house shares, flat shares and conversions had come and subsequently gone, and it wasn't until Mencap stepped in did things take a more hopeful turn. Mencap took Esmé under their wing and very recently, at last, something concrete, in more ways than one, finally came along!

Cathy continued, *"Esmé is happy. She's sharing with Becks in an ideal home with a super care team set up to support them. It took another year, initially to find the right person for sharing and time for them to get to know one another, then the house purchase and all that involves and most importantly, organising their care. All is going well even though it is early days."*

The family thank Mencap for their resourcefulness, patience and support throughout and also to Golden Lane Housing, who have worked with Mencap towards providing the right housing for the two young women.

Esmé is understandably delighted to finally be living in her own home: *"It feels like I got to be my own boss. It makes me to be in my own dream and makes me happy and smile in the whole world and also inside of me to."*

The Carers Passport

A Carers Passport is now available to all clinical areas of the hospitals forming the Royal Cornwall Hospitals Trust (RCHT) in Truro, Penzance & Hayle, to support the carers of patients. It acts as a prompt to staff in identifying a carer and establishing the sort of help they want to continue to provide for their family member or friend. It also signposts them to potential sources of support.

The information is recorded in the passport, which is kept by the carer and records their desired involvement in washing, dressing and feeding, visiting out of normal hours and being with the person they care for when they are having appropriate diagnostic investigations.

The Carers Passport and accompanying information leaflet was developed in

partnership with the Dementia Action Group and have been welcomed by the Carers' Partnership Board. It's introduction coincides with RCHT becoming one of the first 100 Trusts to sign-up to 'John's Campaign', a national initiative where hospitals actively support relatives who wish to stay at the bedside of their loved one with dementia at any time of the day or night.



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 fainting / collapsing
- I am concerned about the person I care for
- I am forgetful

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





Your letters your
questions your say

Dear Carers News

We need to stand together

Two years ago, my mother had a fall which put her in hospital. I didn't know then that it would change my life and hers. At the time I was living in East Sussex and she in Bristol and initially I saw my visits as a duty and if I'm honest a distraction; not something to be too concerned about. Besides I had more important worries to do with my job, money and booking my next holiday. Then she had a second fall and this time I paid attention. Never mind the next holiday or my job, what exactly was going on? It was the first time I really started to understand just how deeply anxious, depressed and fearful my mother was.

I also began to understand how stretched hospital services had become and how nursing was restricted to a hurried few minutes to check medication, change bed sheets and mark a form. Ditto local authority domiciliary care – now outsourced to private agencies whose only way of making paper-thin profits, is to minimise the time spent with the 'customer' and pack in as many home care visits per day as possible.

Two things happened: the first is that I voluntarily assumed the role of full time carer – a decision I have never regretted despite the lack of money and the personal demands on time and emotional wellbeing. The second is that I became 'political'. What's politics got to do with caring? The answer I discovered is 'everything'.

In caring for a loved one you are not just performing a vital, personal service, you are saving the nation a collective £119bn a year¹, which is around the same cost as the NHS. It's also the same figure for corporate tax evasion by both large and small businesses in 2014², revenue sorely needed to maintain our NHS and other vital public services. These are big figures but it doesn't stop there: over half a million disabled and older people have been cut out of the care system in the last six years³ as a result of relentless cuts to local authority funding and while the government insists the nation must 'live within its means', it seeks every

means possible to cut tax revenue that might help balance the nation's books, including tax cuts for the richest 10% and continuing reductions in corporate tax.

What is going on here? In the end, unless we as carers sit up, pay attention and start to participate in a national conversation with each other, friends, neighbours, the wider community and our elected representatives, we may find the answer to that question is imposed upon us. We cannot leave it to others to decide our own future and we have to seek answers to this question ourselves. There is no time to lose.

G Barker

1 Guardian 12-May-2011: Carers save the country £119bn a year

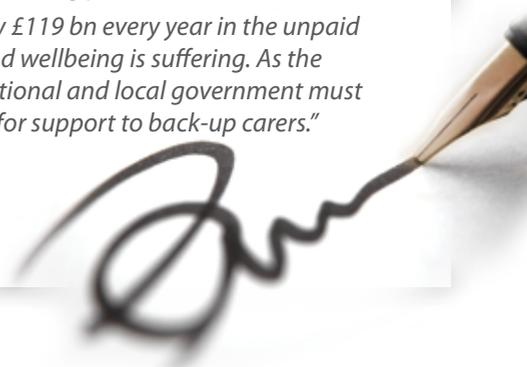
2 Tax Research report: The Tax Gap

3 Care and Support Alliance: #endcarecrisis

Carers News asked the Carers Trust for their thoughts on this letter and Emily Holzhausen OBE, Director of Policy and Public Affairs, told us: "*this Carer has written a wonderful argument.*" She went on to say:

"Every day we hear from families who tell us they are providing more care with less support and are finding it harder to look after their own health, maintain relationships with others and have a life of their own alongside caring. Despite the Care Act introducing welcome new rights for carers to receive services, we are concerned the ever tightening squeeze on local government finances could prevent the new rights becoming a reality for carers. Carers tell us that good quality care services make the difference to whether they are able to look after their own wellbeing. Without this support, families can find themselves at breaking point.

She continued, "Carers save the economy £119 bn every year in the unpaid care they provide, yet their own health and wellbeing is suffering. As the Treasury finalise the Spending Review, national and local government must understand that more funding is needed for support to back-up carers."



Get out there

For a few years now, The 'Get Out There' (GOT) group has supported children and young people from Cornwall who are visually impaired. Many of the children also have additional complex needs such as epilepsy, diabetes, autism or hearing impairments.

Despite the complexity of these needs, the group provides opportunities to access a wide range of activities including theme park visits, train rides, horse riding, sailing and surfing. The ethos of the group being they have as much right to access these activities as their peers. The children are all supported by a skilled team and a network of dedicated volunteers, many with specialist training.

In recent times Sense, the national and lead charity behind the GOT Group, has launched a Personal Assistant service whereby they can help young people with complex needs to 'Get Out There' on a one-on-one basis to get a real feel for life. There are fewer restrictions with this service and although the young people have a diverse range of needs, they don't need to be visually impaired. The Personal Assistant service has become increasingly popular with staff receiving a high standard of training from Sense.

As a quality provider, they seek to make every effort to match each young person with the most compatible support member. Enquiries are always welcome from anyone who feels they would like to be part of Get Out There, whether as a volunteer, support worker or service user. Please contact Simon Allison if you would like further information.



☎ 07798 882496
www.gotpluscornwall.org

Turning the Cogs

Echo Cornwall in Liskeard is offering a new service for people living with memory problems.



Already a day resource centre for adults with physical disabilities and experts in helping clients to get the most out of life, Echo is now welcoming people living with dementia and memory problems too. Recognising there are 9,000 people living with dementia in Cornwall and an expectation it will rise to 12,000 by 2021, Echo Cornwall are helping to break the stigma and lack of understanding around it.

They are holding groups for Maintenance Cognitive Stimulation Therapy (MCST), called 'Turning the Cogs', which offers a 14 week rolling programme of activities. The activities include physical games, sound, orientation, word association, using numbers and team quizzes, which give people living with dementia the opportunity to participate, engage, socialise and most importantly, to have fun!

Rosemary, one of the participants, said, *"We have a laugh and that's so important,"* whereas Michael feels he can be himself, *"And not worry about anything."*

Working in partnership with the Cornwall Carers Service, there are also opportunities for carers and family members to be provided with up to date information and support. Angela Davies, one of the countywide team of Carer Support Workers, provides a 'drop-in' for carers, on the first Monday and Friday of the month, from 10–12 noon and also 2–4pm on the Monday.

Jean, a carer said, *"It's helping him and the family. He has more confidence and I get a break for a while!"*

Phillippa Hodge, who has over four years of experience of working MCST groups, is running the programme and is supported by a group of dedicated volunteers. Sessions run from the Echo Centre with an outreach group in Looe.

For further information, or if you are able to give some hours to volunteer, please contact Phillippa or the Carers Service Helpline.

 **01579 341070**



From left to right: Phillippa Hodge of Turning the Cogs, Angela Davies, Carer Support Worker & Linley Puckey of Echo Cornwall

Shopmobility allows anyone with a temporary or permanent mobility issue to access their town centres.

St Austell's Shopmobility scheme is similar to others in Cornwall and loans a range of scooters and manual wheelchairs to enable people who use wheelchairs or are unable to walk distances, to shop in the town.

St Austell's scheme operates from its base on the second level of White River Car Park, where you will find three designated car park spaces marked 'Reserved for Go! St Austell'. It's open from Monday to Friday (excluding bank holidays) from 10am – 3pm and it's strongly recommended you ring in advance to arrange the loan of your equipment.



Go! St Austell

**2nd Level White River Car Park
Trinity Street
St Austell PL25 5LX
☎ 01726 70706**



If you or the person you care for have not used your local scheme before, you will need to enrol by providing proof of identity and fill in a registration form. You will then be given training and a practice run on a scooter so you feel confident with the equipment, then you are free to roam around the local town. It's recommended you book in advance in order to reserve equipment however, for some of the schemes only advance bookings will be taken. Some also require a refundable deposit to be paid on hiring the equipment, so be sure to check when booking.

Cornwall's Shopmobility schemes all operate under the 'Go!' branding, but run independently.

Go! Truro

**Moorfield car park
Calenick Street
Truro TR1 2SF**

☎ 01872 241813

Go! Newquay

**Tourist Information
Centre
Municipal Offices
Marcus Hill
Newquay TR7 1BD**

☎ 01637 854020

Go! Falmouth

**One Stop Shop
34 Church Street
Falmouth TR11 3EF**

☎ 01326 313553

Cornwall Carers Service is delighted to announce the

CARER AWARDS 2016

18th March

**Cornwall's opportunity
to thank Carers for their
invaluable contribution**

NOMINATE YOUR

Carer of the Year
Carer Group of the Year
Young Adult Carer of the Year
Carer Friendly Business of the Year
Carer Support Worker of the Year
Carer Friendly Professional of the Year
Carer's Friend of the Year

Nominations open 1st December 2015

You can vote online at www.cornwallcarers.org.uk
or phone 01872 243530 for a postal vote

Terms and conditions available at
www.cornwallcarers.org.uk



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