

# Carers News

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Issue 15  
Winter 2014  
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# WELCOME

A very warm welcome to your new-look Carers News. We are now working with Lance Publishing but would like to extend our appreciation to our previous print designers, Headland Printers. An advantage of the new arrangement is that you, our readers, will hopefully benefit from some of the tailored advertising which will now be featured and hopefully grow over time.

In this 15th edition you will find information about a range of services available in Cornwall, which we hope may help you or others you know, from support groups to training courses and from forums to the redesign of the Cornwall Carers Service website.

As ever, we always like to receive your input and are grateful to both

Cathy Glaser and Kerry Beats for telling us about some of their personal circumstances. Cathy shared the difficulties her family has faced trying to source any type of independent living opportunity for her daughter, and Kerry told us about the decision to receive care support at home for her husband. Many thanks to them both and please do get in touch with us if you too have a question, story, comment or idea that you feel others carers may like to hear.

No December is the same without the special carol service in Truro and we hope to see you there.

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

Carers News, Disability Cornwall

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# HAPPY BIRTHDAY

Carnon Downs Carers Support Group celebrated their 15th anniversary on a lovely sunny day at the Penmorvah Hotel, just outside of Falmouth.

People attended the special occasion from past and present times, but all sharing one thing in common at the very least, their support of this group of carers. Staff members from the Cornwall Carers Service came along, as did Jenny Scadding & Catherine Carlyon; two of the nurses who originally started the group. Rodney Dickson, the group's original Treasurer, who has been living in Somerset for the last ten years, came for the celebratory lunch, as did two of the carers, Muriel Julian & Audrey Parsons, who were also present at the very first meeting 15 years ago.

Thanks were expressed to local services and companies such as Falmouth Fire Brigade Blue Watch and Steve Kimberley Estate Agents for their regular donations, vital for the group to enjoy day trips and activities. Mini prizes were given for the winning entries in various cookery and craft categories and everyone enjoyed some true Cornish sea shanties, thanks to the Proper Job singers.

As one carer said, "It's good to reflect on how we have changed during the last 15 years and although it doesn't mean the caring role has got any easier, there is at least more



*Photo by Geoff Squibb LRPS*

information available to us now and also greater awareness in the media.”

Support Groups like Carnon Carers began in the late '90s when the government encouraged health workers to set up carers groups in their respective areas to provide support and friendship. In response to this, the District Nurse Team for Chacewater and Carnon Downs GP Surgeries organised and promoted a local support group. They ran it for the first two years, but began to find it increasingly difficult to devote enough time to organising the monthly meetings. So they felt incredibly lucky to find an energetic and enthusiastic person in Sandra Tregidgo, who was



*Sandra accompanied by her husband Terry is nominated by the members of Carnon Downs Carers Support Group to attend a garden party at Buckingham Palace*

able to nurture and continue the group, not to mention furnish everyone present at the meetings with her soon to be legendary homemade cakes!

Sandra has often applied to various small pots of grant funding over the years and feels their particular group has been significantly helped by this, as it is used to pay for day trips and activities, giving members something to look forward to. Sandra said: “Carers often need reminding that there is a life outside of their caring role and I hope our group gives them that. Sometimes they need a big push in the first place to get them to accept they are a carer and that we are here for them.”

Her motivation is clear. “I want to make sure carers have some ‘me time.’ You can become a carer overnight and nobody prepares you for the ‘job’ or gives you a manual to work by. You can get lonely and the information you need may not be available, so this is where support groups can come in.”

Although determined to be a shrinking violet, the carers Sandra works with think otherwise and made sure her unfailing energy and passion were duly congratulated before lunch was served!

Carnon Carers meet on the third Tuesday of every month in Falmouth. Please refer to p20 to find out further details of where other support groups meet around the county.

# CARERS RIGHTS DAY

This year, Carers Rights Day is on Friday 28th November. This day is organised each year by Carers UK to:

- Increase the take up of welfare entitlements because it's estimated that millions of carers' benefits are not claimed each year
- Ensure carers know their rights as many people who are looking after a disabled or older loved one don't identify themselves as carers and miss out on support
- Guide carers towards practical support. It's not just about benefits and people often don't realise practical support is available, like replacement care and equipment
- Raise awareness of the needs of carers with the public, decision makers and professionals.

To coincide with the day, Carers UK will be publishing the latest edition of their Rights Guide, which outlines carers'

rights and signposts what financial and practical help is available. There are separate guides for England, Wales, Scotland and Northern Ireland. In England, there will be a special focus on getting ready for new rights due to the big legal changes coming into force in April next year, with The Care Act. Updated information will be available on their website, in the Carers Rights Guide and on factsheets.



Locally there will be some events and promotional activities to mark Carers Rights Day in Cornwall, please contact the helpline for further information. If you run a group or Memory Café and would like to be involved, please contact Carers Rights.

☎ 01872 274586

🌐 [www.carersrights.org.uk](http://www.carersrights.org.uk)



Do you look after **someone?** **01872 266383**

Cornwall Carers Service has just launched its new look website. It's full of information on what it's like to be a carer in Cornwall and with a new section dedicated to your stories. The website also contains information about what your rights are as a carer, information about what you might be entitled to, as well as a look at what

the entire countywide service can help you with.

[www.cornwallcarers.org.uk](http://www.cornwallcarers.org.uk) contains an up-to-date events calendar so you can see what is happening in your area. If there is anything else you would like to see included on the website, or if you would like to tell us your own story, then please do get in touch.



📧 [carersadmin@cornwallrcc.org.uk](mailto:carersadmin@cornwallrcc.org.uk)

## Cornwall's Carers Week 2014



This year the Cornwall Carers Service held a series of events around the county to mark Carers Week, starting in St Just and finishing in Launceston.

There were two events during each day of the week including the popular 'come and meet your Carer Support Worker' (and have some tea and cake too), indoor carpet bowls, surfing, a walk along the Camel Trail and a Great Carers Bake Off! The events attracted



many of you to come and join in with the events and to also find out more about the Cornwall's Carers Service.

The week would not have been possible without the special help and support from local agencies and providers. Many thanks to Sainsbury's in Penzance, Truro & Newquay and Warrens Bakery, Little Blossoms and the Cook Book in St Just for donating refreshments and raffle prizes. The venues which hosted our events were also fantastic, so thank you to each and every one of you.



# FORUMS 2014 – 2015

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

<p><b>NEWQUAY</b> Newquay Disabled Centre Tolcarne Road Newquay TR7 2NQ</p> <p>Monday 8 Dec 2014 Monday 23 March 2015</p>	<p><b>LISKEARD</b> Liskerret Community Centre Varley Lane Liskeard PL14 4AP</p> <p>Wednesday 4 Feb 2015</p>	<p><b>TRURO</b> Meeting Room The Health Park Infirmary Hill Truro TR1 2JA</p> <p>Thursday 22 Jan 2015 1.30 – 3.30pm</p>
<p><b>REDRUTH</b> Redruth Community Centre Chapel Street Redruth TR15 1AN</p> <p>Tuesday 2 Dec 2014 Tuesday 10 March 2015</p>	<p><b>WADEBRIDGE</b> Cornerstone Methodist Church Trevanion Road Wadebridge PL27 7NY</p> <p>Tuesday 6 Jan 2015</p>	<p><b>FALMOUTH</b> St Mary's Church Hall Killigrew Street Falmouth TR11 3PR</p> <p>Tuesday 9 Dec 2014 Tuesday 24 March 2015 (venue expected to change)</p>
<p><b>PENZANCE</b> Board Room One Stop Shop St Clare Penzance TR18 3QW</p> <p>Thursday 27 Nov 2014 Thursday 19 Feb 2015 2 – 4pm</p>	<p><b>ST AUSTELL</b> Committee Room One Stop Shop 39 Penwinnick Road St Austell PL25 5DR</p> <p>Friday 16 Jan 2014 Friday 27 March 2015</p>	<p><b>HELSTON</b> The Ceremony Room One Stop Shop Isaac House Tyacke Road Helston TR13 8RR</p> <p>Thursday 13 Nov 2014 Thursday 12 Feb 2015 2 – 4pm</p>

For further information please contact Jeanette Toy at Carers Rights.

 01872 274586 / 07763 668697

 [jeanette.toy@carersrights.org.uk](mailto:jeanette.toy@carersrights.org.uk)

# DON'T KEEP IT TO YOURSELF

Carers Forums are there for you to meet, talk and discuss any concerns you may have and get help to resolve them.

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Some issues and concerns that participants have can be resolved at the forums, especially when they are individual issues and relevant to just one person. But if this isn't possible, they can then be escalated to either Cornwall Council's Carers Partnership Board or their Learning Disability Partnership Board, whichever is most appropriate.

Some of the issues already raised at the forums have included the delays people are experiencing in obtaining a Carers Assessment, problems with claiming and recognising 'disability related expenditure,' upsetting experiences during financial assessments and difficulties in accessing respite care.

One example which illustrates how the forums try to deal with a particular issue, concerns the difficulties and delays people were experiencing in trying to have a Carers Assessment. First of all, you had to approach Cornwall Council, as their 'Access Team' are responsible for answering initial calls and enquiries from members of the public. They have to record the details given and pass them on to the relevant department, but they don't actually carry out the assessments.

We invited a Manager from the Access Team to a Carers Service team meeting to discuss the concerns we were aware of. It turns out that the Access Team were also concerned



about the delays and subsequently helped us to chase outstanding assessment requests. Individual cases were then raised with team managers who assured us they would deal with them promptly and we also informed the Carers Partnership Board, so they were fully briefed on what individual carers are currently experiencing.

The whole process of how somebody receives a Carers Assessment is now being reviewed to identify where the delays are and what can be done to make it more efficient.

If you have any concerns about your caring role, consider attending your local Forum and if this isn't possible for you, please contact the helpline.

**Jeanette Toy**  
**Forum Coordinator**

# HAVING SOME HELP AT HOME

If you are struggling to care for your loved one on your own and think you may need some extra support, it's not always easy to know where to turn, so make sure you call the Cornwall helpline first. Here Kerry Beats shares with us her experience of using an agency at home to help care for her husband, Kevan.



*Kerry & Kevan Beats*

Kevan's diagnosis of Early Onset Alzheimers at the age of 52 was back in 2008 and already seems an age away. I have watched my husband change from an active hill walker and cyclist into a person who is unable to walk or do anything for himself. Even if he is thirsty and there's a glass of water in front of him, his brain is unable to send a message to his hand to pick it up to drink so we have to do it for him.

This didn't happen overnight, as anyone who is caring for a loved one with any form of Dementia knows. Alzheimers Disease gradually takes away a person's ability to do things. The speed of deterioration varies from person to person but the end result is

the same; total reliance on others for feeding, toileting, washing, dressing and mobilisation.

So five years ago, I gave up my career as a Market Research Manager to care for Kevan full time. Initially Kevan was able to do all the 'normal' things like going out for meals and to the cinema, so we continued to do our walking and to socialise with friends and family and made the most of our time together. Eventually though, I realised it was getting to the stage where I needed some help as I was afraid to leave Kevan on his own in case he fell. I was also having problems with my hands and helping my husband to stand up and sit down throughout the day and often during the night too wasn't easy when he is seven inches taller and a few stones heavier! Life had become more challenging.

I contacted Adult Care & Support at Cornwall Council (*now called Adult Care, Health & Wellbeing*) in 2012 and as a result of completing the Carer Needs Assessment form we were suddenly 'in the system'. We received a visit from a Case Coordinator to assess both Kevan's and my needs.

I was adamant that I wanted to continue caring for Kevan at home; I didn't want

him to go into a care home as he was so young and I wanted to be with him. So we discussed what support was available to us in our own home and became introduced to a whole new world of compassionate individuals who are there to make life easier. We started using a local care agency, Four Seasons, which provided a carer once a week to look after Kevan so I could go and do our shopping. This has gradually progressed over the last couple of years as Kevan's needs have become more complex. We now have carers in three times a day to help Kevan out of bed and to wash and dress him, then to help me attend to his needs during the day and then finally to get him into bed at night. I also have two afternoons a week to do my chores

or to go and see friends while Kevan is looked after.

I won't lie and say it was easy to adapt to having strangers in our home, but I couldn't have continued to do everything myself, particularly when Kevan lost the ability to walk. I now know the team of carers well and they certainly have changed our lives for the better. They really care about Kevan and about our joint welfare. I wouldn't have it any other way now.

If you feel you may need some help and support with your caring role, then please contact the helpline for further advice and support.



*Giving Kevan a shave in the morning*



# HOW LONG MUST M

A question we published from a parent for help and information to assist their son to live independently, has clearly resonated with others in similar situations. Cathy Glaser tells Carers News of her family's struggle to help their daughter, Esmé, to find her own home.

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Hopes of Esmé moving into the bungalow have been dashed. The property is part of a small community of flats for people with learning disabilities in a busy town just 40 minutes from where we live in Cornwall. Finding someone to share with Esmé, well, we've been looking for months, while the newly fitted property has stood empty and Esmé can't move in.

The house share possibility with friends didn't work out, nor did a flat, which we had excitedly thought was vacant earlier in the year, only to be told it is

allocated to someone else. It remains empty to this day.

Two years ago when our daughter came home following extreme circumstances, she needed a lot of love. We weren't in a rush, but I let it be known she would be looking to move out again when the time was right; after all, Esmé had lived in a supported living house-share with two friends. She had loved her independence and we knew she would want it back. Esmé decided she wanted to live in the town nearby and it seemed a good idea.



# Y DAUGHTER WAIT?

Firstly the promise of a house share with two others, then the prospect of a large house being changed into flats and eventually an opportunity of a flat share not far away and with a good bus route. These anticipations were spread over a period of 18 months and they all seemed pretty good. None have happened. Time has of course moved on and I've contacted every agency and housing association I could think of but none could help.

So now where are we? Well there's nothing in the pipeline, except perhaps a chance of a flat which may be ready next year, but it's over an hour away, in an area Esmé doesn't know and it's too far away for her to keep up with any of her current activities.

Esmé living at home in a loving environment is a barrier to the council helping her to find somewhere to live. Why should they if she's secure, safe and cared for where she is and it's costing less? The stress and depression it causes doesn't concern them.

After nearly two years, Esmé has still not 'refound' herself, she hasn't fully regained her confidence and self-esteem. To move forward she needs to hold that feeling of independence, which she held before. The ongoing despair often brings her down. I recently had to fetch her from her voluntary work placement where she was crying because nothing is currently right for her. She needs her own home, her own life and responsibilities. She longs for her own place. ➔

continued from page 17

Esmé said:

“I would really like to live in my own flat with a balcony because I want some flowers to water so they grow in the sun. I want a nice lounge so I can invite my friends around and have some fun things to do. I could go to the supermarket but want some help to do that. I get really stressed out when I get lonely and living with Mum and Dad, because I want to be with my friends doing activities, who live near my flat.”

Cathy added, “That was back in July and we are still no further forward. Disappointingly the flat and bungalow

are now filled; Esmé’s needs were not needy enough. I have discovered the flat, which may be ready next year, is for older people more challenging than Esmé, not right for her. But incredibly, a light has blinked with promise from Mencap and Golden Lane Housing, who have offered much needed and gratefully received support. It’s early days, but they have offered hope for Esmé to find a place to live in the kind of housing she deserves: shared with friends and care always around, as well as nearby town facilities. A chance at last for her lost independence to return.”

(with thanks to Mencap)

## BEHIND THE SCENES

Producing and distributing Carers News is quite an operation and with 7000 copies of each edition printed, and around 5000 of them posted direct to the homes of carers around Cornwall, it requires a true team effort! We would never be able to do it without our fantastic team of volunteers, namely Flicka & Tim

Forristal and our friends from Murdoch & Trevithick Day Centre.

We can rely on our Carers News volunteers to crack on with packing and labelling as soon as they arrive, and last time, they even made sure there was no slacking on the part of Kelvin Yates, Cornwall Carers Service Manager, when he popped by!

Thank you one and all.



*Some of the distribution team, from left to right: Marianne, Sharon, Lisa, Rosemarie, Michael, Gillian, Jenny, Ann & Emma*



Support for children, young people (0 - 25 years) their parents, families & carers.

The Children and Families Act 2014 has changed the way children with special educational needs and disabilities receive support. From September this year, Statements of Special Educational



Need will change to Education, Health and Care Plans or EHCP. An EHCP brings a child or young person's education health and social care needs into a single, legal document.

Like elsewhere in the country, Cornwall's existing Parent Partnership Service has changed its name to incorporate the additional requirements which came out of the new Children and Families Act. It has now become Cornwall Special Educational Needs Disability Information Advice Support Service, or SENDIASS. It still remains as an impartial and confidential statutory service and is staffed by independent qualified advisers. The advisers can provide information, advice and support for any child or young person aged 0-25 years who has a special educational need or disability.



A SENDIASS adviser can also arrange for a qualified Independent Supporter from the dedicated Independent Support project to act as the named contact person for each young person or family. This can help to support them throughout

the education, health & care assessment and planning process. There are three Independent Supporters available in Cornwall, to help parents and young people understand the local referral processes and support them to transfer their Statement or Learning Difficulty Assessment to a new EHCP.

☎ 01736 751921  
💻 sendiass@  
disabilitycornwall.org.uk

# PROMAS MEANS PROMISE



*“It was brilliant, very worthwhile course, will recommend to others, serious, humorous, practical, relevant, clear boundaries, friendly, no pre-judgement.”*



Promas is a Community Interest Company that delivers free training and development opportunities to unpaid carers as well as bespoke and commissioned training to organisations and professionals. The word, Promas, is Cornish for promise or undertaking and was chosen because it represents the company's obligation and commitment to their work.

With no training of this type currently available elsewhere in the UK, Promas CIC is working with unpaid carers across Cornwall who look after a family member or friend. Becoming a carer can often occur unexpectedly and it comes with no training on how to cope. It requires specialised skill, so the emotional, practical and resource skills necessary are taught to enable participants to continue in their caring roles.

## Course Details:

### Caring for Carers 3 day course 2015 – for any unpaid carer

20 – 22 January	Bude
10 – 12 March	Torpoint
5 – 7 May	Liskeard
7 – 9 July	St Austell
22 – 24 September	Penzance

### Pencil This In 2014/15 – for carers of someone experiencing mental ill health

20 & 21 November	Bodmin
8 & 9 December	Penzance
5 & 6 February	Bodmin

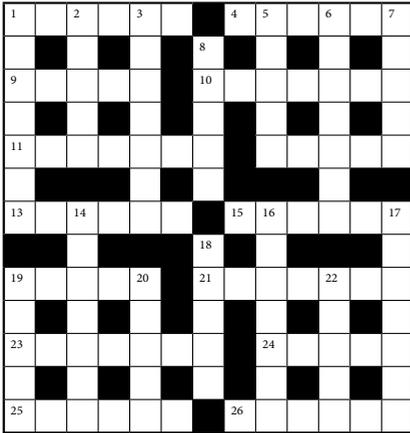
### Caring for Dementia Carers 2015 – for carers of someone experiencing dementia

12 & 13 February	Truro
14 & 15 April	Lostwithiel

To book your place or for further information, please contact Promas.

☎ 01736 339226 / 07775 756454 💻 info@promas.co.uk

## Crossword



### Clues Across

- 1 A fruit
- 4 European country
- 9 A famous soap opera family
- 10 Pasta cooked in layers
- 11 Heavenly
- 12 Regret
- 13 Egg shapes
- 15 An open space in a town
- 19 Being excessively fond
- 21 Spilling water
- 23 Animals from South America
- 24 A jewelled ornament
- 25 Help

- 26 Someone you know and like

### Down

- 1 Mediterranean herb
- 3 Laughed nervously
- 5 Has now paused
- 6 Africa's most populous country
- 7 Omitting none
- 8 Cut off
- 14 A marine mollusc
- 16 A unit of measure
- 17 A precious stone
- 18 To give approval to
- 19 An exciting situation
- 20 Large bags
- 22 Quickly

## Sudoku

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

be stolen. As I scanned the car park I came to a terrifying conclusion his theory was right, my car wasn't in the car park. I called the police, gave them my location and feeling very foolish, confessed I had left my keys in the car and it had been stolen. Then after twenty minutes of trying to think of an alternative, I made the most difficult call of all.

"Hello My Love", I stammered; I always call him My Love in times like these. "I left my keys in the car and it's been stolen."

There was a period of silence. I thought the call had disconnected, but then he barked, "I dropped you off!"

Now it was my turn to be silent. Embarrassed, I said, "umm, well, come and get me."

"I will," he retorted, "as soon as I convince this policeman I have not stolen your wretched car!"

## The Golden Years

I looked for my keys, they weren't in my pockets and a quick search of my desk revealed nothing. I realised I must have left them in the car. Frantically, I headed for the car park. My husband had scolded me before for leaving the keys in the ignition, but my theory is that it's the best place not to lose them! His theory is the car will

# WHAT IS A PERSONAL BUDGET?

Even during the best of times, it can be difficult to find the support you or the person you care for may need, but in our much quoted 'time of austerity', with both national and local budget cuts, it can sometimes feel almost impossible. There has been a notable reduction in support and services available lately, but don't feel you are completely on your own. If you think you need support or are struggling to cope, contact the Cornwall Carers Service helpline for information.

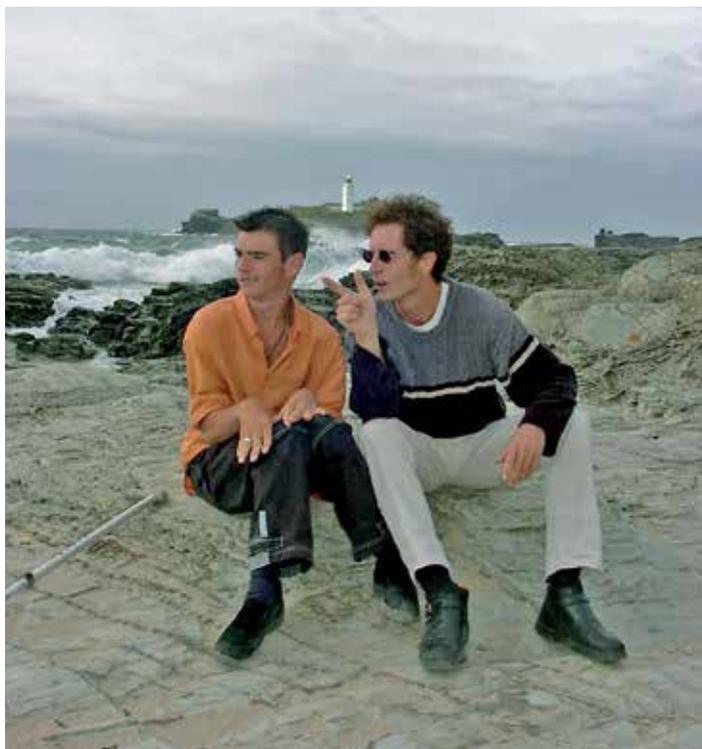
The helpline can provide you with relevant information about your options. For example, depending on your income and assets, you may

be eligible for support from Cornwall Council's Directorate of Adult Care, Health & Wellbeing. To start this process, the first step is to be given an assessment and if following that assessment, you or the person you care for are found to be eligible for local authority support, you can then receive it in the form of a Personal Budget.

A Personal Budget is an amount of money paid direct to any person who has been identified as having 'eligible needs' for care and support. To meet these needs, a personal budget is given to enable you to choose what help and support you receive which

will be paid for by this budget. You may then choose to use a care agency or to employ a Personal Assistant/s for meeting care and support needs.

Having a personal budget can be a good option to give you more choice and control over the support which is provided to you or the person you care for. No longer are you told you will have somebody coming into your home at a certain time on



a specific day, but rather you can choose who you employ to help with your care and support requirements and what tasks (as guided by the eligible needs) they carry out.

You can manage your personal budget completely on your own or you can purchase some help to assist you with employer related responsibilities. So, for example, you can have the essential payroll services done for you or have a completely Managed Account, so you don't really have to think about it.

It may seem daunting to be regarded as an 'employer', but don't let this put you off as there

are local organisations such as Disability Cornwall which can help you, not only with payroll etc, but also in providing detailed advice, information and a range of checklists and templates to assist you.

It isn't always easy to find a personal assistant to employ, but there is now a dedicated website ([findmeapa.co.uk](http://findmeapa.co.uk)) in Cornwall to help you with this. Personal budgets are now starting to be used by the NHS and are set to be rolled out to more people assessed as needing this type of support. But first things first, contact the helpline if you feel this could be an option which you may need to explore further.

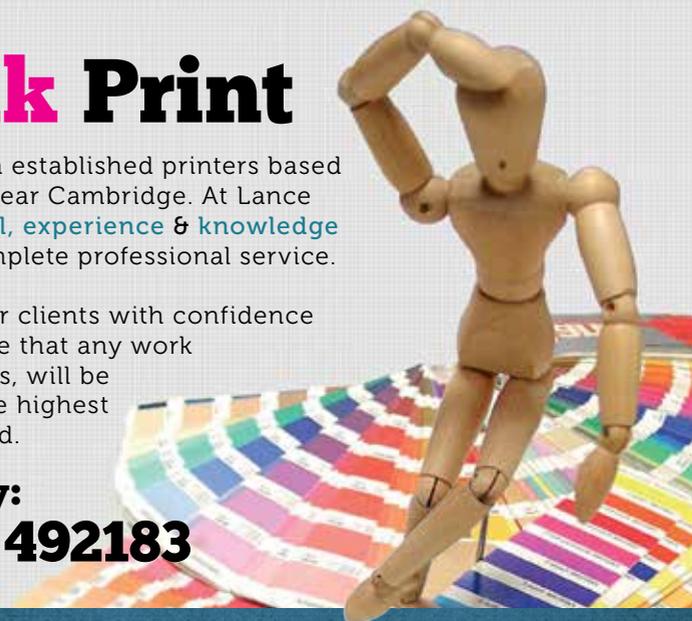
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## SUPPORT GROUPS

Please note that all of these support groups meet on a certain day of each month and from 2 – 4pm, unless otherwise stated.

<p><b>Mullion &amp; Constantine</b></p> <p>For people registered at the local GP surgeries. This group usually meets monthly but at various locations in the area.</p>	<p><b>Bude</b></p> <p>Neetside Community Centre, Neetside Bude EX23 8LB</p> <p>First Wednesday</p>	<p><b>Camborne</b></p> <p>This group meets for lunch at different venues which they decide in advance.</p> <p>Second Wednesday – 12 noon</p>
<p><b>Carnon Downs</b></p> <p>Falmouth Hotel Castle Beach Falmouth TR11 4NZ</p> <p>Third Tuesday</p>	<p><b>Wadebridge</b></p> <p>John Betjeman Centre Southern Way Wadebridge PL27 7BX</p> <p>Third Wednesday</p>	<p><b>Liskeard</b></p> <p>Pensilva Health Centre School Road, Pensilva, Liskeard PL14 5RP</p> <p>Second Tuesday</p>
<p><b>Bodmin</b></p> <p>Bodmin Christian Fellowship, Berrycoombe Road, Bodmin PL31 2NS</p> <p>Third Thursday</p>	<p><b>Newquay</b></p> <p>Hotel Victoria East Street Newquay TR7 1RA</p> <p>First Monday</p>	<p><b>Penzance</b></p> <p>Hanover Court Wharf Road Penzance TR18 4UJ</p> <p>Third Friday</p>
<p><b>St Austell</b></p> <p>Mt Charles Social Club Clifden Road St Austell PL25 4NX</p> <p>Fourth Tuesday 2 – 3:30pm</p>	<p><b>Stoke Climsland</b></p> <p>The Old School Stoke Climsland Callington PL17 8NY</p> <p>Third Friday</p>	<p><b>Helston</b></p> <p>Culdrose Community Centre, Hibernia Road Helston TR13 8DJ</p> <p>First Monday If it is a bank holiday, it's held in one of the members homes</p>

# LOOKING AFTER EACH OTHER

Support groups for carers meet regularly across Cornwall and they come in all shapes and sizes. Many are impairment specific groups, such as for Parkinson's or Multiple Sclerosis and frequently have a separate group for the carers of the people with those particular conditions. Here however, we concentrate on the generalist support groups for the carers themselves irrespective of the condition of the person they care for.

These groups offer a variety of different opportunities to their members: Listening to speakers on specific subjects, sharing in some fun activities, like day trips to see the latest film, walks in the country or on the coast, or visits to local places or



Photo courtesy of Julia Nottingham

services such as the fire station to name just three in a long and varied list!

As one carer, Janet Thomas, said: "We've had speakers on just about every subject at our group, from the Air Ambulance to genealogy and The Salvation Army to The Body Shop among them. Not to mention all the trips out to places like Culdrose and the War Museum at Davidstowe."

One of the many benefits of being part of a group is how discounts on activities and trips can be arranged, because of the larger number of people involved. Often events and activities involve family members as well, but no matter what is on the agenda, most importantly there is always time to share information and for members to support each other.

So if you have never attended your local support group, why not check out the details opposite to find out when and where they meet and then give the helpline a ring to obtain the contact name and telephone number you need.

## Puzzle Answers

- CROSSWORD**
- Across**
- 1 Orange
  - 4 France
  - 9 Ewing
  - 10 Lasagne
  - 11 Angelic
  - 12 Sorry
  - 13 Ovoids
  - 15 Square
  - 19 Dates
- Down**
- 1 Oregano
  - 3 Aying
  - 5 Rests
  - 6 Nigeria
  - 7 Every
  - 8 Slice
  - 14 Octopus
  - 16 Quarter
  - 17 Emerald
  - 18 Bless
  - 19 Drama
  - 20 Sacks
  - 22 Apace
  - 21 Leakage
  - 23 Alpacas
  - 24 Tara
  - 25 Assist
  - 26 Friend

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

# You could be in the Algarve, relaxing in the sun...

A spacious 1 bedroom apartment with shared swimming pool. The apartment is situated on the top floor of a 3 storey block. Sleeps 4.

Quiet location, but only 5 mins walk to the marina and another 5 mins to the town centre.

Nov - Mar .....	£190
Apr & Oct .....	£255
May & Sept .....	£290
June .....	£330
July & Aug .....	£410

## Self Catering Holiday Apartment



- Twin bedroom.
- Open plan kitchen & lounge.
- Family sized bathroom.
- The lounge has a sofa (*which converts into two single beds*) and a table to seat four.
- A TV, DVD and CD player are also available.
- Patio doors open onto the balcony, offering views over the pool and across Lagos.
- Parking spaces in front of the building.



Phone Judith on 01536 711884  
[www.algarveestatemangement.co.uk](http://www.algarveestatemangement.co.uk)  
apt meia



## Carer emergency card scheme

Do you worry about what would happen to the person you care for if you were prevented from getting home because of an unforeseen emergency?

Do you avoid going to places because of fear that something may happen to you and the person you care for would suffer?

For more information and to request an application pack.

Please contact the  
Emergency Card  
Administrator on:  
01872 324363 or  
[eccs@cornwall.gov.uk](mailto:eccs@cornwall.gov.uk)

The carer emergency card scheme is a free service set up by Cornwall Council to provide support in the event of an emergency

# Carers Carol Service

**1 December, 11am**  
*Truro Methodist Church*

**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  
01872 266383.**



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