

Carers Connected

February 2017

Suffolk
Family Carers
Living Fuller Lives



Welcome to the February edition of our newsletter. This newsletter is released monthly giving you our latest news and letting you know what is happening in the weeks ahead to support you in your caring role.

Latest news

Dementia-friendly, accessible to all cinema screenings

Suffolk Cinema Network and The Regal Cinema in Stowmarket are pleased to present a series of relaxed dementia-friendly, accessible to all, film screenings again this year. 'Some Like It Hot' will be screened on Wednesday 1st February, and 'Seven Brides For Seven Brothers' will be screened on Wednesday 1st March. Everyone is welcome to these screenings. Both performances start at 11.30am, with doors opening from 11am where free tea and coffee will be served. All tickets £5.95 (Royalty Club Holders free).

Do you use health and social care services frequently?

The Care Quality Commission (CQC) register, monitor and inspect health and social care services such as local doctors, hospitals and care homes. They judge how good the service is and publish reports on their website. They also welcome your comments and feedback as well as suggestions about how they are doing. Use the link below to find out more

[The Care Quality Commission PDF](#)

Suffolk Safeguarding Adults Board are looking for members

The Suffolk Safeguarding Adults Board is looking to recruit expert advisers to its 'peoples panel' and is looking for people who use any type of health or community service to inform and shape the work of the board.

They are running an afternoon event on 21st March 2017 at Kesgrave Community Centre, 12 Acre Approach, Ipswich, IP5 1JF. The event is for those who use

services to;

- Understand what safeguarding is
- Raise awareness of adult safeguarding issues
- Find out more about joining the 'peoples panel'
- Explore how safeguarding could work for them

If you are interested in attending this event to learn more about adult safeguarding, you can register using the link below <https://www.eventbrite.com/e/safeguarding-adults-board-peoples-panel-event-tickets-31218216526>

If you would like more information about the event, you can contact Tim Sykes, the Safeguarding Adults Board manager, on 01473 260119 or email tim.sykes@suffolk.gov.uk.

New events and activities at The Quay, Ipswich

NEW - Colouring Group - Monday Afternoons

2.00pm to 4.00pm

If you like colouring but find it difficult to get started at home, why not come and join the friendly group which will meet on Mondays. Colouring sheets and pencils, which will all have a link with Quay Place, will be provided. Free to join, just turn up every Monday afternoon.

Drawing Project - Friday Mornings

10.30am to 1.00pm
Come and draw in Quay Place. Do you enjoy drawing? It is fun, relaxing, and helps in developing a feeling of wellbeing. Colours and shapes are well known to promote emotion in both artists and viewers. Free to join, every Friday.

NEW - Hatha / Flow Yoga Class

Starting Monday 16th January 2017
6.15pm and 7.15pm

A mix of flowing sequences to warm the body, raise awareness of breath, hold poses/stretches which will encourage flexibility, balance and tone. It will close on a guided relaxation to quiet the mind and release stress. Two classes to choose from 6.15pm or 7.15pm.

To book a place on either class and for future Monday classes please email dmartinking@btinternet.com. The first trial class is offered FREE, thereafter £45 for 5 classes, or pay per session (pending space) £10.

Invitation from the Health Team

As we are looking forward to a new year, we would like to involve family carers in the future planning of the GP service in West Suffolk. We shall be having an open meeting on Friday the 3rd February at Mount Farm GP surgery, IP32 7EW 1-3pm.

If you have any ideas or suggestions, or would like to be involved, please feel free to come along.

Any queries, please contact the Health Team on 01473 823407.

We look forward to seeing you.

Ipswich Hospital gets Award for working with family carers



Kirsten Alderson, SFC CEO and Naomi Gunton, Sister, receiving a Carers Award - Gold for Lavenham Ward

Suffolk Family Carers presented Ipswich Hospital with the 'Family Carer Friendly Hospital' Award for the work they do to support adult family carers, young adult carers and young carers.

An awards ceremony took place on the 1st December 2016 with a number of wards within the hospital receiving certificates for their work with family carers. We are pleased to report Ipswich Hospital received an overall Silver award indicating their commitment and continued development when supporting family carers of all ages. The hospital engaged in a self-assessment process and worked with assessors from West Suffolk Hospital, staff, family carers, a young adult carer, Suffolk Family Carers staff and young carers via a questionnaire.

The success of the award process has opened up greater engagement between staff and the Family Carers Support and Information Workers based at the hospital. Some areas are already doing extremely well and should you visit Ipswich Hospital, you can see their certificates on the wall outside the wards. Next to work with us to achieve this innovative award will be West Suffolk Hospital.

If you are a family carer of any age who visits Ipswich Hospital, or indeed a family carer patient, please contact Debbie and Esther, our Family Carer Support and Information Workers within Ipswich Hospital on 01473 703756 or 707398. We can offer you support and guidance whilst you, or the person you care for, is in hospital.

Do not forget to drop into the Carers Cabin for a cuppa and a break away from the hustle and bustle of the wards and clinics between 2pm and 5pm Monday to Thursday, and 1pm to 4pm on Friday.

It is due to Suffolk Family Carers' innovation that we are able to celebrate and raise awareness of family carers' issues within the hospital environment. We are excited that no-where else in the country has a process that encourages improvements for family carers in hospitals. We hope that this pioneering award will be utilised beyond Suffolk too.

Local groups for you

If you care for someone come along to a group and meet other family carers, chat and enjoy a cup of tea.

Bildeston group 1.30-3.30pm

Bildeston Health Centre, IP7 7EX

Last Tuesday of each month

Bury St Edmunds group 1-3pm

Mount Farm Surgery, IP32 7EW

First Thursday of each month

Bury St Edmunds (evening) 6-8pm

The Oakes Barn, St Andrews St South, Bury St Edmunds, IP33 3PH

Last Tuesday of each month

Claydon social group 1-3pm

The View, a space for carers, Hill View Business Park, Claydon, IP6 0AJ

4th Wednesday of each month

Claydon craft & tea group 1-4pm

Unit 9, Hill View Business Park, Claydon, IP6 0AJ

Third Monday of each month

Eye group 1-3pm

The Eye Bowls Club, IP23 7HW

First Monday of each month

Felixstowe group 1-3pm

The Community Hub, IP11 9EF

Second Monday of each month

Hadleigh Together

(beginning January 2017) - Hadleigh

Pool & Leisure, Stonehouse Road,

Hadleigh - meets last Tuesday of

each month 2-3.30pm

Haverhill group 1-3pm

The Burton Centre, CB9 8HB

Fourth Thursday of each month

Ipswich group 2-3.30pm

19 Tower Street, IP1 3BE

Second Wednesday of each month

Leiston Group 1-3pm

United Reform Church, High Street, IP16 4EL

Third Tuesday of each month

Long Melford group 10.30-12pm

The Bull Hotel, CO10 9JG

Second Monday of each month

Mildenhall group 1-3pm

Market Cross Surgery, IP28 7EG

Third Monday of each month

Needham Market group 11-1pm

Community Centre, IP6 8BB

Second & fourth Tuesday

Newmarket group 1-3pm

The Rookery Medical Centre, CB8 8NW.

Second Thursday of each month

Stowmarket group 1.30-3pm

Hillside Community Centre, IP14 2BD

First Thursday of each month

Sudbury group 1.30-3.30pm

Sudbury Community Health Centre, CO10 2DZ

Second Tuesday of each month

Waveney carers & friends 1-3pm

Community Church, Haddenham Road, Lowestoft, NR33 7NF

Last Wednesday of each month

Wickhambrook group 1.30-3.30pm

Wickhambrook Memorial Centre, CB8 8XP

First Tuesday of each month

Woodbridge group 1.30-3pm

Framfield Medical Centre, IP12 4FD

Third Tuesday of each month

Courses to help you in your caring role

Wellbeing For Me sessions

Are you experiencing difficulties with your emotional wellbeing?

Do you feel stressed, anxious and overwhelmed?

Our Wellbeing For Me sessions could help. They can help you take steps to improve how you feel and also give you a chance to meet other family carers.

Our next programme is taking place at Stowhealth, Violet Hill House, Violet Hill Road, Stowmarket, IP14 1NL. It will be on Wednesdays 15th, 22nd and 29th March and 19th April 2017 from 10am -12noon.

To book your place, please call 01473 835438 or email wellbeing@suffolkfamilycarers.org.

The Autism/ADHD family carers programme

Do you care for someone who has been diagnosed with ADHD or an Autism Spectrum Disorder? If so, we are here to support you by offering our Autism/ADHD programme. It will give you the opportunity to meet other family carers in similar circumstances, discuss some of the issues you may be facing, explore your style of caring and it can give you ideas to support your own wellbeing. The programme is open to any family carer who cares for a child diagnosed with Autism or ADHD. The next programme will take place at The Quaker Meeting House, St John's Street, Bury St Edmunds, IP33 1SJ. It will be on Mondays 13th, 20th and 27th March 2017 from 10am -12noon. To book your place, please call 01473 835438 or email asd@suffolkfamilycarers.org

Navigating the Road to Recovery

Do you care for someone affected by substance misuse in Suffolk? If so, our Navigating the Road to Recovery programme could help you. It is run across five sessions and focuses on drug and alcohol use and its effects, the impact of substance misuse on your wellbeing, understanding recovery and support, communication, ways to cope and caring for yourself. It is FREE and will give you the opportunity to meet other family carers too.

Lowestoft - The Kirkley Centre Thursday 23rd February, 2nd, 9th, 16th and 23rd March 2017 from 10am-1pm.

Stowmarket - The Mix Tuesday 14th, 21st, 28th March and 4th, 11th April 2017.

To book your place, please call 01473 835411 or email subsmisuse@suffolkfamilycarers.org

Important changes to our Caring for Dementia with Confidence programme

It is with disappointment that we share with you that from 31st March 2017 we will be no longer be able to offer the Caring for Dementia with Confidence programme due to a change in our funding situation. For those of you who do not know, Caring for Dementia with Confidence provides information and guidance to those caring for someone with Dementia. This is usually run as a three-week programme where family carers attend one session per week for three hours. We have received excellent feedback from family carers who have attended the programme, as not only does it provide family carers with relevant information and useful tools and techniques, it also gives family carers the chance to meet others in a similar situation.

If you care for someone with Dementia, you still have a chance to come to a Caring for Dementia with Confidence programme. We still have a number of programmes available across the County until the end of March including in Kesgrave, Ipswich, Hadleigh, Mildenhall and Felixstowe. The dates for these programmes are available on our website. Alternatively, you can call us on 01473 835446. We would like to take this opportunity to thank all the volunteers, colleagues and, most importantly, family carers who have helped make Caring for Dementia with Confidence a success.

If you do care for someone with Dementia please do not be disheartened as you will still be able to attend other information programmes such as our Caring with Confidence Programme. Our generic Caring with Confidence programme is available now and will be post March 2017. This Programme is available to all adult family carers regardless of the condition or diagnosis of the person you care for. Once again, there are Caring with Confidence programmes available across Suffolk including three week programmes in Lowestoft , Stowmarket and Felixstowe and a one day Feeling Stronger to Care event in Lowestoft. The Caring with Confidence programme offers information on subjects including dealing with stress, your rights and entitlements, regaining control, balance in your caring role and effective communication. Our one day Feeling Stronger to care events even include lunch. For more information please call us on 01473 835446 or email cwc@suffolkfamilycarers.org

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If you pay income tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your self-assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Please return this slip along with your cheque to Suffolk Family Carers, Freepost NATE 853, Claydon, IP6 0ZZ.

Thank you!