

Summer Edition 2011

Carers

Princess Royal Trust Oldham Carers Centre *magazine*

FREE
Please take a copy

New In Oldham
Carers Individual Budget
See Page 6



Does your GP listen to you?



Caring and Sharing in Oldham



CARERS WEEK 13th - 19th June

Carers

magazine



Carers Individual Budget p.06



Does your GP listen to you? p.11



Caring and Sharing in Oldham p.22

Editors Piece	03
The Oldham Carers Advisory Group	04
Goodbyes	05
The Carers Individual Budget	06-07
Carers Week 2011	08-09
Carers Awareness Training	10
Does your GP listen to Carers	11
Drop-in Sessions & Activities	12-13
Tax Help for Older People	14
Advice and Information Service: Grandparents Plus	14
News from Carers UK	15
Hay Fever and How To Cope With It	16-17
Don't Be A Cancer Chancer	18-19
Oldham Standing Conference for Mental Health	20
Oldham Mental Health Carers Support Group	21
Caring and Sharing in Oldham	22
Gardening and Stress Relief	23

The Phoenix Centre, 1 Phoenix Street Oldham OL1 1DB
Telephone: 0161 770 1188 Fax: 0161 770 3784
carers.centre@oldham.gov.uk www.oldham.gov.uk/carers

**We are open Monday, Tuesday and Thursday
between 9.30am – 1pm and 2pm to 4.30pm and
Wednesday and Friday between 9.30am to 12
noon.**

Carers can call into the office during these times.

Our telephone system routes to voicemail when the line is busy. So if you get through to our answer phone, it doesn't mean we're not in the office. We're probably just busy on other calls and will get back to you as soon as we are free.

Supported by



The Princess Royal Trust
Oldham Carers Centre





Carers Magazine
The Phoenix Centre
1 Phoenix Street
Oldham
OL1 1DB

Tel: 0161 770 1188
Fax: 0161 770 3784

Design & Print
The Appleyard Press Ltd
Tel: 0161 877 8136
www.appleyardpress.com

Carers is the magazine of
Princess Royal Trust Oldham
Carers Centre which is
managed by Gaddum Centre
(established 1833)

Gaddum House
6 Great Jackson St,
Manchester M15 4AX
Tel: 0161 834 6069
Charitable company limited by
Guarantee Reg. No 1348975
Registered charity No. 507162

The views expressed in this
magazine do not necessarily reflect
those of Princess Royal Trust Oldham
Carers Centre or its partners

All details in this magazine are
correct at the time of print

Dear Readers

Hello Readers,

Welcome to the summer edition of Carers, the magazine for people who look after someone. We are delighted to finally announce the publication of the Oldham Carers Guide, a guide to caring in Oldham. If you are a registered carer, you will receive your free copy in the post; but if not, please telephone us and we can post a copy out to you.

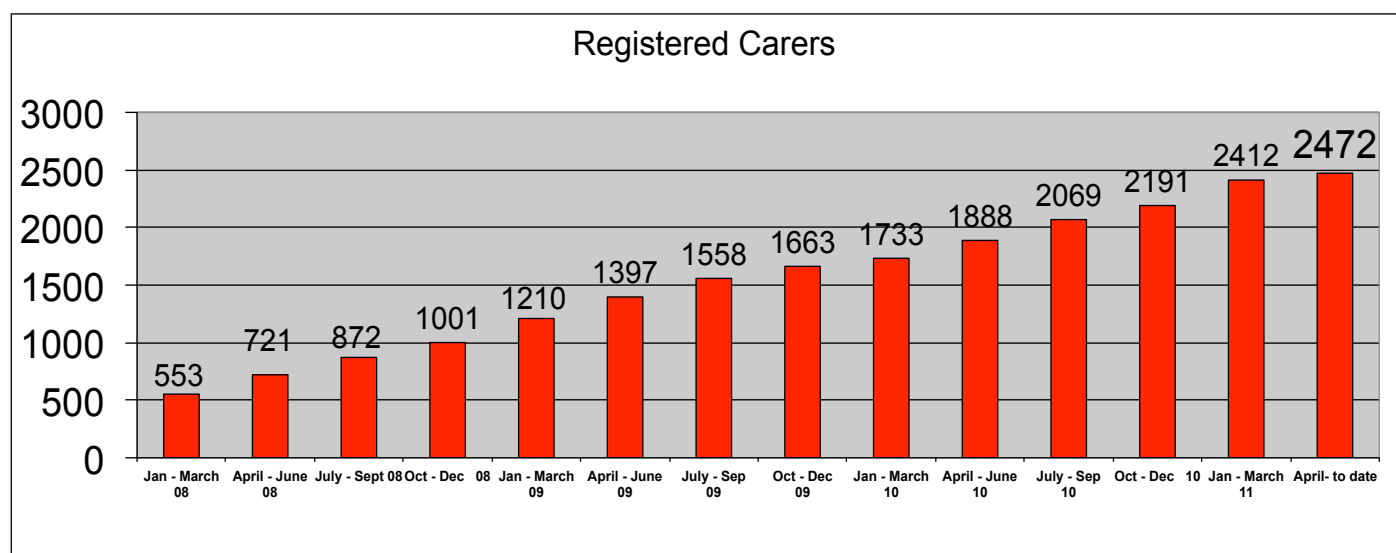
Well, it's that time of year again when carers across the country become centre stage for National Carers Week June 13 – 19. This year's theme is 'The True Face of Carers' and locally we have arranged events to mark the

week, including the introduction of the Carers Individual Budget. But as you all know, caring isn't just for a week and one of the many ways we support carers is by giving them the chance to voice their concerns and become involved in local service development. So keep reading to find out what else is going on.

Have a lovely summer and I hope to see some of you at our upcoming events.



Miranda De Blasio
Manager



Princess Royal Trust Oldham Carers Advisory Group

The Carers Advisory Group is a vehicle for involvement and consultation and the shaping of service provision. It represents within the Carers Centre carers' issues and has a majority membership of local carers. These carers, who have been or are currently caring for someone themselves, are linked to various other carers organisations in the borough. They are dedicated local people who have been proactive in campaigning and consulting with carers over a number of years. The Advisory Group meets and supports the Carers Centre and its services and it also brings together carers views in the planning, development and delivery of services. It provides support for carers by establishing effective links between all relevant health and social care providers who work with carers in Oldham.

The Princess Royal Trust Carers Centre provides services to Carers in Oldham. We welcome input as to how we can improve our services within the centre. Please feel free to contact me for details of all the professionals who sit on the group representing carers. You can also speak to one of your carer representatives who are listed below:



Freda Cheetham

Freda joined the Carers Advisory group in June 2007, she cares for her husband. Freda expressed her interest in becoming an Advisory member in June 2007. As a carer for

her husband, she felt it important for local carers to have a voice.



Jean McGealy

Jean cares for her son and joined the Carers Advisory group in June 2007. Jean communicates carer's views to the group in many ways an example of which is the Parents for Positive

Change group which she helped to establish with local carers.



Sheila Mc Lean

Sheila cared for her mother and mother in law until they both passed away. She joined the current Carers Advisory Group in June 2007 however she has been actively

involved with carer's services for over 16 years.

Sheila was one of the founders of the carers centre and has a vast amount of experience in shaping services.



Tom Mc Lean

Tom, Sheila's husband has also been heavily involved in inspiring carers to take an active part in shaping the way services are delivered in Oldham. He is also a carer himself by experience.



David Richardson

David joined the Carers Advisory Group in 2007 this was a natural progression for David from being vice chair of the PPIH (Patient and Public Involvement in Health) for Oldham

back in 2003 when he was a carer and the Carers Centre was based at Honeywell Lane. Now a former carer he still feels strongly about carer issues. David is also a member of the Strategy Group for Carers and a member of Oldham LINK (Oldham Local Involvement Network).



Joyce Brown

Joyce joined the Carers Advisory Group in November 2010 following on from her volunteer work at the centre. Joyce cared for her mother who passed away last year. Joyce also

represents carer's views on the patient participation group in Uppermill and in turn is able to raise their views and issues as carers at the Advisory group. Joyce is a member and training facilitator on the Lifestory Steering Group in Oldham.



John Starkey

John joined the advisory in November 2010; he cares for his mother on a full time basis. John joined the group as he was inspired by the support he and his mother receive

at the drop-ins. John sit on various other forums representing local carers and is both a member and training facilitator in Life story workshops.

Goodbye and Thank you



(Pictured, Tom with Advisory Group members)

Tom Wolstencroft, (Assistant Associate Director of Adults Safeguarding) People, Communities and Society Oldham has championed carers in Oldham over many years. Tom sat on the Carers Advisory group acting as a conduit between carers and the local authority. He will be missed by many. Good luck for the future Tom.

Goodbye to Tara



Oldham Carers Centre would like to say a big thank you to Tara Caira who has recently left the Centre to discover pastures new. Tara joined the Centre in 2007, she had a huge influence in highlighting not only the role the Carers Centre has in Oldham but more importantly the need to support Carers and the fantastic job they do.

Tara went on to implementing the Carers Emergency Support Service, now nearly 200 carers are registered with the service, a number that without Tara's commitment and drive would not have been possible.

The staff, volunteers and carers will miss Tara greatly, however a little sunshine in this sad goodbye is that Tara will be volunteering at the Carers Centre offering her skills as a healer so it isn't actually goodbye just 'au revoir'.

The Carers Individual Budget



Pictured (From left to right): Keith Jones, Debbie Sparks, Anna Sidebottom, Colin Carey, Paul Cassidy

Oldham Carers Voice and Oldham Carers Centre recently introduced the Carers Individual Budget (IB).

What are Carers Individual Budgets?

A single payment made directly to an unpaid carer to support them in taking a break from caring and help relieve the stress of caring.

Who funds and organises Carers Individual Budgets?

The scheme is funded by Oldham Council and is administered through The Princess Royal Trust Oldham Carers Centre.

Who can claim a Carers Individual Budget?

Any adult who cares for older and disabled people (including those with mental health problems or learning difficulties and parent carers of disabled children).

How do I know if I am eligible?

You will need to be providing **regular and substantial** care for the person or people you care for and will need to have a **Carers Assessment**.

This will be carried out by the relevant person and normally takes place in your own home at an agreed date and time. The Carers Assessment is devised to look at your needs as a carer and see if there are any areas where you may need any help or advice. The Carers Assessment helps the relevant assessor determine the extent and nature of your caring role and whether you would qualify for a Carers Individual Budget.

How much can I apply for?

This will depend upon the amount of care you provide and how the caring impacts on your life. There will be three bands of payments. Your social worker will determine your banding level at your assessment. Only one application can be made per year.

What can I spend my Carers IB on?

Things which will give you a break from caring or assist you in your caring role.

Below are examples:

- Sitting services.
- Keep fit or exercise classes.
- Driving lessons.
- Ironing / laundry service.
- Day trips / short breaks.
- Courses to enable a carer to return to work.
- Computers and educational resources.

What can't I spend my Carers IB on?

- Fund holidays/breaks already taken.
- Pay debts and household bills.
- Fund gambling [including bingo].
- Fund anything that falls within the remit or services of Community care or statutory services for the cared for person.
- Meet the costs of breaks or holidays booked prior to the Carers Assessment.

What will I need to do?

After you have had a Carers Assessment you will need to complete a Carers IB application form. Your allocated worker can help with this. They will let you know your banding level and together you will need to complete a short support plan telling us how you want to spend your Carers IB, how this might help you and the approximate costs. The worker will forward this to Oldham Carers Centre who will write to you asking for details of your bank account to enable them to transfer the payment into your account. You will also be asked to agree to provide receipts for monies spent and return them to the Carers Centre within 4 months of receiving your carers IB. Failure to provide appropriate receipts may result in any future applications you make being turned down.

Who do I need to contact to apply for a Carers IB?

You can contact your own social worker, if you have one. If you care for an adult, contact the ADIS [Adult Duty and Intervention] Team or contact the Oldham Carers Centre, who can forward a request to your social worker or ADIS for your carers assessment.

ADIS [Adult Duty and Intervention] Team

Telephone: 0161 770 1500 / 1515

The Princess Royal Trust

Oldham Carers Centre

Telephone: 0161 770 1188

Would you like to read this magazine with larger type?

Simply, go to www.oldham.gov.uk/carers

Where you can enlarge the document to suit yourself. Carers are welcome to contact the Carers Centre if they need help to access the internet.

Carers Week 2011 13th – 19th June

The True Face of Carers



If you are caring for someone, why not come along and join us during Carers Week.

The Princess Royal Trust Oldham Carers Centre has a packed programme of events during the week. It's all free and this year with the support of **Specsavers in Oldham** we will have a special prize draw each day (Monday through to Thursday). The main prize will be a voucher for a **free pair of glasses up to the value of £85.00 and an eye test if needed.**

There are also other prizes available each day donated to us by local businesses and carers.





Monday 13th June 11am – 3pm
Oldham Carers Voice

Oldham Carers Voice launch the New Oldham Carers Guide. A guest speaker, has been invited so join us and tell us about your **'True Face'** of caring. (Light lunch included)
Please book by telephoning 0161 770 1447.



Tuesday 14th June
Several taster sessions available

Why not try your hand at pencil drawing?
 Or how about a taster session in flower arranging?
 Come along and have a go, sessions commence at 10.30 until 12 noon.
 In the afternoon you can learn about the art of Tai Chi. The session commences at 1.30 until 3pm.
 (Refreshments will be provided throughout the day).



Wednesday 15th June
Information Day

There will be information stands from local services and dedicated workshops:

- 10.30 – 11am Department for Works and Pensions.
- 11.30 – 12noon Mental Health Service.
- 12.30 – 1pm Dementia / Life Story Work.



Thursday 16th June
Carers Week celebration

- 10.30am – 12 noon Dovestones a guided tour.
- 1 – 4pm Fancy yourself as Elvis or Lady Gaga? Karaoke available, with a prize for the best singer! (Fancy dress optional - Light lunch included).

Places for all events are limited, so booking is essential.
 For further information or to book contact us on 0161 770 1188.

(Please note this programme may be subject to change)

Supporting and Valuing Carers with Carer Awareness Training



Oldham Carers Centre offers a half day information course on Carer Awareness.

Who should attend

All staff who are in contact with carers and potential carers.

Overview

This workshop aims to develop awareness of the value and importance of working in partnership with carers and delivering a better service to carers. It will explore some of the resources and services available locally to support carers.

Course Outcomes

If participants apply what they have learned on the course, they will be able to:

- Define who is a carer;
- Describe issues related to a caring role;
- Identify key legislation and policies in relation to carers; and
- Identify appropriate resources to support carers.

Course Content

- Who is a carer
- What the issues are relating to caring
- Carers Assessments
- Legislation and policy
- Ways to support carers locally

This is a free course, the Carers Centre staff can deliver the training at your workplace and if you do not have a half day we can adapt the information for team meetings.

For more information please contact:
Debra Sparks on 0161 770 1188
or debra.sparks@oldham.gov.uk

Does your GP listen to Carers?

Carers who look after a relative or friend who is ill, frail, disabled or has a mental health or substance misuse problem will know how help from their General Practitioner (GP) and their practice team can make all the difference.

The Caring about Carers Awards is aimed at recognising GPs in the UK who support carers in their communities thereby highlighting what best practice by GPs should include. The Royal College of General Practitioners, in partnership with The Princess Royal Trust for Carers, is seeking nominations from carers who would like to nominate their GPs or practices for the awards this year.

It is estimated that one in ten patients in every practice is caring for a relative or friend who is sick, disabled, or frail – and it is usually only a matter of time before the carer becomes ill as a result of neglecting his or her own health needs. GPs play, or can play, a vital role in encouraging carers to look after their own health, as well as providing support to help them in their caring role.

If you are a carer and would like to nominate your GP or practice for **The Caring about**



Carers Award, please submit details on how your GP has supported you in your caring role. Please also include the following information with your nominations:

- Name, address, telephone number of patient and carer (indicating whether they are happy for their GP to see their nomination or whether they wish to remain anonymous)
- GPs name and surgery contact details
- How they supported the carer with their caring role

The closing date for entries is 30 June 2011
Letters should be posted to:

Caring About Carers Awards 2011
The Royal College of General Practitioners
1 Bow Churchyard
London
EC4M 9DQ

Drop - In Sessions & Activities

All activities are free unless otherwise stated

Regular Drop-Ins

Every Tuesday

10.00am – 1.00pm Carers Drop – In with Reiki treatments from 11am

2.00pm – 4.00pm Drop – In session where Carers can bring the person they care for
Free Reiki treatments 2pm until 3pm

Every Thursday

10.00am – 1.00pm Carers Drop – In session

Last Tuesday of each Month (unless otherwise stated)

10.00am – 1.00pm Free pamper treatments

Training: other courses on offer (subject to availability)

Cancer Chancer, Carer Awareness (half day course), Dementia (half day course), 4 day Dementia training course 'Tomorrow is another day' and 'Life Story'.

June 2011

Tuesday 7th
10.30am – 12.30pm A local solicitor will be joining us at the drop in to discuss the Mental Capacity Act, writing your will and setting up a Trust Fund.

Wednesday 8th
10.30am – 12.30pm Information on Benefits (please book).

Thursday 23rd
A day out to Southport.
10am pickup at the Carers Centre, Return Pickup from Southport 3.30pm
(please book, £5 donation).

Monday 27th
5pm - 8pm Life Story Workshop (light refreshments provided).

Tuesday 28th
11am – 12.30pm A light walk then Ice-cream in Alexander Park (please book).

To book activities/events or training please telephone 0161 770 1188 (Press 1) and ask for Frances alternatively you can Email: carerscentre@oldham.gov.uk

Extra Activities and Training

July 2011

Tuesday 5th 10am – 11.30am Build and design your own hanging basket (£5 donation required)

Tuesday 12th 10am – 11.30am Build and design your own hanging basket (£5 donation required)

Tuesday 12th 1.30pm – 3.00pm Build and design your own hanging basket (£5 donation required)

Wednesday 13th 10.30am – 12pm Cancer Chancer Training.

Thursday 14th 10am – 11.30am Build and design your own hanging basket (£5 donation required)

Wednesday 20th 10.30am – 1.30pm Half-day session by the Drug and Alcohol Action Team about Alcohol & Older People

TBC
(Please ring for details) A 2-hour session on basic lifesaving skills by the British heart foundation

August 2011

Thursday 18th 10.15am – 11am Meditation from Tsepagme-Buddhist Centre

Thursday 25th 10.15am – 11am Meditation from Tsepagme-Buddhist Centre

Book in advance for all of the above.

Coming in September 2011

Monday 5th 5.30pm - late Carers back to school party.
Prize for best school uniform.

Saddleworth Carers Group

For Carers of people with memory problems,
meeting dates:

10th June – Chat with a local Pharmacist

25th June – Strawberry Tea

For further details

Call Eamon on 01457 810614

Oldham Cancer Support Centre

We offer support and information.

For further information

Please ring: 0161 906 2940

Tax Help for Older People (TOP)

The Tax Help for Older People scheme has been set up by the charity "Tax Volunteers" to provide free, impartial, professional tax help to older people on low incomes.

To qualify, a client must normally be over 60 with an annual income of less than £20,000.

The advisers are all volunteer tax professionals; they act totally independent of the Inland Revenue. There are 800 of these volunteers all over the country and they help about 30,000 clients per year.

The interviews are mainly arranged in Age Concern/Age UK and Citizens Advice Bureau (CAB) premises. If the case is complex the

advisor may arrange a follow up interview at the customer's home. They will also do a home visit for housebound customers. Once an appointment is requested clients are usually seen within a couple of weeks.

To contact this organisation:

Telephone the TOP helpline on 0845 601 3321

Write to:

Tax Help for Older People
Pineapple Business Park
Salway Ash
Bridport
Dorset
DT6 5DS

Advice and Information Service: Grandparents Plus

Grandparents Plus is the national charity (England and Wales) which champions the vital role of grandparents and the wider family in children's lives - especially when they take on the caring role in difficult family circumstances.

They have launched a new advice service for grandparents and other family members or friends who have stepped in to bring up a child who is not their own.

They provide:

- Comprehensive benefits advice
- Information and signposting on a broad range of areas including housing, employment, debt, education, pensions and social care.

Opening Hours: 10.00am - 3.00pm Monday to Friday

Contact

Telephone: 0300 123 7015 Email: advice@grandparentsplus.org.uk

Website: www.grandparentsplus.org.uk/advice

Unpaid carers save £119 billion a year

New estimates, calculated by charity Carers UK and the University of Leeds, show the care provided by friends and family members to ill, frail or disabled relatives is now worth a staggering £119 billion every year.⁽¹⁾

- The figure has risen by over a third since the 2007 estimate, which stood at £87 billion
- Carers' contribution now far outstrips the total cost of the NHS (£98.8 billion).⁽²⁾
- The figure amounts to £2.3 billion per week and £326 million per day.

New estimates show that there are around 6.4 million people in the UK providing care for ill or disabled loved ones that would otherwise cost the state £18 an hour, meaning that each carer saves on average £18,473 a year.

Given this massive contribution, Carers UK argues that society must do more to support growing numbers of carers. Chief Executive Imelda Redmond CBE said:

"Our society and public services could not function without the massive contribution made by over 6 million carers in the UK. This contribution is something we can be proud of as a country, and demonstrates how strong our families and communities are."

With an ageing population, caring is becoming a fact of life for every family. Yet, whilst families are meeting this challenge, many are struggling with little or no help, or facing cuts to the care services and benefits they rely on. Unless we urgently rethink how our society supports carers, we will see increasing numbers pushed to breaking point – forced out of work and into poverty, ill-health and isolation.

These new figures send a clear message: carers contribute so much and they deserve better in return."

Carers UK is calling for:

- An urgent review of Carer's Allowance, which is the lowest benefit of its kind.
- The Government to think again about cuts to disability benefits which mean that disabled people and their families are being the hardest hit by cuts to the benefits that they depend on for their everyday lives. Carers UK is part of the Hardest Hit campaign www.hardesthit.org.uk
- Councils to protect funding for social care services to preserve the independence and dignity of disabled and older people and provide vital support to their families who care for them.
- Reform and sustainable funding of the care and support system to recognise carers' contribution and allow carers to live healthy lives alongside caring.
- A new approach to supporting carers involving all parts of the society - including employer support in the workplace; being listened to and valued by public services and identified and supported in communities.

Carers can calculate their individual contribution using Carers UK's new 'Care Calculator', as well as accessing advice and information on all aspects of caring, at www.carersuk.org

Sources:

- (1) Valuing Carers (2011) Carers UK and University of Leeds
- (2) Public Expenditure 2009-2010 Provisional Outturn (July 2010) HM Treasury. Cm 9711

Handy tips from your local friendly pharmacist

Hay fever and how to cope with it



Summer is finally here, but for some of us it isn't all sun, sand and barbecues! For some the summer can be ruined by hay fever.

I am Nazma Bibi; the Superintendent Pharmacist at Westwood Pharmacy. I will be writing about how to make the most of your summer without letting hay fever take over.

What is hay fever?

Hay fever is an allergic reaction to pollen. Pollen released by grass, trees, flowers or even weeds cause hay fever. The symptoms of hay fever occur when the immune system (the body's defence system) overreacts to pollen. When the body comes into contact with pollen, cells in the lining of the nose, mouth and eyes release a chemical called histamine. This triggers the symptoms of an allergic reaction.

Symptoms of hay fever

The symptoms of Hay fever can be troublesome. Symptoms include:

- Bouts of sneezing.
- Watery and/or itchy eyes.
- Runny, blocked sore nose
- Mild headaches in some sufferers.
- Some people may develop an irritating cough.

Symptoms of hay fever can come on quite rapidly and if left untreated can last several hours and even several days.

How do you treat hay fever?

Unfortunately there are no cures for hay fever; all we can do is treat the symptoms. There are two main ways in which you can treat hay fever; one way is by taking a tablet, capsule or liquid to counteract all the symptoms. The second way would be to use medications for specific symptoms for example eye drops for itchy eyes or nasal sprays for a blocked nose. You could also use a combination of both if required; speak to your pharmacist or GP for best course of action.

I will talk a little bit about the types of medication available but for a better understanding come and see one of our trained staff at Westwood Pharmacy to discuss your specific needs.

The main types of medication for hay fever include antihistamines, decongestants, steroid nasal sprays and sodium cromoglicate.

Antihistamines

Antihistamines are usually recommended as the first line of treatment for hay fever. They work by blocking the histamine reaction caused by the pollen. Antihistamines are available in tablet form, capsules and liquid. You can also get antihistamine eye drops and nasal sprays. The two main types of antihistamines are ones that cause drowsiness and those that are non-drowsy. The non-drowsy antihistamines can in rare cases cause some drowsiness so I would recommend you try a non-drowsy antihistamine a day before you are to drive or operate machinery just in case you do get drowsy.

Some antihistamines are to be taken once a day while others need to be taken up to three times a day.

If you are taking other medication or are unsure which is the best antihistamine for you speak to one of our trained staff. At Westwood Pharmacy we also offer the Minor Ailment Scheme authorised by NHS Oldham. This scheme allows our pharmacists to prescribe certain medication without having to see your GP. If you live in Oldham and needed some hay fever medication, the pharmacists at Westwood Pharmacy could prescribe them for you. And if you do not pay for your medication this would be free of charge.

Decongestants

Decongestants work by cutting down the blood supply to the nasal membranes and eyes in order to;

- Relieve the stuffy feeling.
- Reduce the nose running by decreasing the production of mucus.
- Cut down tear production to stop running eyes.

Steroid nasal sprays

The steroid acts to reduce inflammation which has occurred as a result of the allergic reaction. Steroid nasal sprays can be very effective if used correctly. They need to be used regularly to obtain the full benefit and in most cases should be used throughout the hay fever season. Again for more advice about steroid nasal sprays speak to our staff at Westwood Pharmacy.

Sodium cromoglicate

These preparations work to make the body less sensitive to pollen. Sodium cromoglicate preparations are available as eye drops or nasal sprays. They work to relieve symptoms but also to prevent them occurring.

I have discussed the medication that can be used to treat hay fever, however there are plenty of non-medicinal steps you can take to help you cope with hay fever.

Useful tips

- Avoid areas of long grass or where grass is being cut.
- In summer keep doors and windows closed and spend as much time as possible in air-conditioned buildings.
- Try to stay inside during late mornings and early evenings when the pollen count is highest.
- Keep car windows shut when driving
- Try wearing sunglasses when outside they will help stop eye irritation.
- Shower and change when you get home - Pollen can also stick to your hair. Try to wear a hat when you go out, this will stop pollen from sticking to your hair.
- Plan holidays that are not in areas of high pollen for example try avoiding countryside, parks or fields.
- An old remedy for hay fever was to line the nose with a balm to stop the pollen reaching the nasal membrane. These balms are still available from pharmacies.

Advice for carers and family members

Hay fever can be very distressing so the advice I would give to you if you are a carer or one of your loved ones is suffering from hay fever is;

- Be patient and understanding.
- Try to plan your days out to suit everyone.
- Remind the patient to take their medication regularly.

Further information

- For further information go to www.westwoodpharmacy.co.uk and look under health conditions or contact us on 0161 213 0394.
- We recommend that you sign up to our health wallet, it's a great tool that will keep you informed of products that are suitable for your conditions via email.
- All you have to do is fill out a confidential questionnaire and we do the rest, you will automatically be sent information about products that are suitable for your condition(s). Please take you time to explore the site; we believe it's the best site for your healthcare needs, try it!

Don't be a **Cancer Chancer**.
Seeing your GP could save your life.

Early diagnosis of cancer can save lives

If you missed the Cancer Chancer training sessions at the Carers Centre then please read the following article. If you did attend the training then please give this magazine to someone you know.

When cancer is found at an early stage, treatment is often simpler and more likely to be successful. So finding out about cancer sooner rather than later can make a real difference.

There are more than 200 types of cancer, which may cause different symptoms, you will now learn about some of the possible signs and symptoms of cancer. If you develop any of these symptoms it doesn't necessarily mean you have cancer. But it's important to see your doctor, even if you don't think it's serious.

If you spot cancer early and it can be treated!

Breast cancer ...is most common in women.

Around 1 in 8 will develop breast cancer.

You know how your breasts should look and feel, so check they're normal throughout each month.

The Symptoms

If you spot one or more of these, see your GP right away:

- A change in the size, shape or feel of your breasts.
- A new lump or thickening in one breast or armpit.
- Dimpling or redness of the skin.
- A change in the position of the nipple, or nipple discharge.

Survival Rates:

Research suggests over 90% of bowel cancer patients will survive the disease for more than five years if diagnosed at the earliest stage.

Around 9 out of 10 women diagnosed early with breast cancer survive the disease beyond five years. This drops to around 1 out of 10 for women diagnosed at the latest stage.

Lung cancer survival rates are higher the earlier the cancer is diagnosed. More than two thirds of lung cancers are diagnosed at a late stage survival rates for these patients are lower.

Make sure you are checking the person you look after, especially if they are unable to check for symptoms without your help.

Bowel cancer

About 1 in 20 people in the UK will develop bowel cancer.

It's the third most common cancer in the UK and the second leading cause of cancer deaths, claiming over 16,000 lives each year.

The good news is that when it's found early, 90% of people can be successfully treated.

The Symptoms

If you spot one or more of these, see your GP right away:

- **Change in bowel habits for a few weeks or more.**
- **Looser, softer or more frequent pooing.**
- **Blood in your poo.**
- **Unexplained weight loss.**
- **Unexplained lump in the tummy, pain in the tummy or bum, or a straining feeling in the bum**

Lung cancer ...is most common in men and women aged 50+

You're also more at risk if you smoke or used to smoke – **So be extra aware.**

The symptoms

If you spot one or more of these, see your GP right away:

- **A cough that lasts more than three weeks.**
- **A long-standing cough that changes.**
- **Unexplained weight loss.**
- **Coughing up blood.**
- **Repeated chest infections.**
- **Persistent breathlessness, tiredness or lack of energy.**
- **Persistent chest or shoulder pain.**

If you do spot any of these symptoms you should:

- **Go to your GP.**
- **Tell your GP about your symptoms.**
- **Tell your GP you are worried you may have cancer.**

Please feel free to come and talk to me, Miranda, I'm a trained Cancer Chancer Champion here at the Carers Centre.

Telephone for an appointment on 0161 770 1188 (Press 1).

For more signs and symptoms of cancer visit:
www.spotcancerearly.com

For more about cancer visit:
www.cancerhelp.org.uk

If you want to talk to someone in confidence about cancer call:
Free phone: 0808 800 4040

For bowel cancer screening visit:
www.cancerscreening.nhs.uk

Or you can request a bowel cancer screening kit by calling
Free phone: 0800 707 60 60

Oldham Standing Conference for Mental Health

Throughout the life of the Oldham Standing Conference, we have listened to the information people have given to us about issues that are important to them. Carers have consistently talked to us about the specific issues that they face when caring for someone with a mental health. We have also found that the needs of carers are not all the same and they can differ quite considerably, depending upon the type of mental health diagnoses the person they care for has. Understandably, the experience of a person looking after someone with dementia, compared to supporting someone with a psychosis, is worlds apart, as too are what they need from local services.

For this reason, at the last Standing Conference on 15 April, we felt it important to respond to this feedback and devote a full Standing Conference to carers issues. We attempted to capture the complexities of people's situations, and from this we are able to make some recommendations for service commissioners to respond to. Oldham LINK wanted to ensure that it called upon the specialist expertise of the Princess Royal Trust Oldham Carers Centre to support this work. To ensure that carers issues were properly understood, so that the resultant issues could be negotiated with our statutory services and beyond.

In the morning we introduced delegates to the Triangle of Care. Guest speaker Tracy Collard



(Pictured)
Discussion group facilitated by Miranda De Blasio, Oldham Carers Centre Manager.

from the Bolton Pathfinder site told everyone about how the Triangle of Care had been implemented within Greater Manchester West NHS Foundation Trust. This was followed by Miranda De Blasio (Manager of Carers Centre) who talked about implementing the Triangle of Care within Oldham.

In the afternoon discussion groups talked about implementing the Triangle of Care. Later on, there were themed discussion groups (dementia carers, mental health carers and service users), where people could discuss more general issues.

In the afternoon, Debra Sparks (Carers Senior Development Worked) and Colin Carey (Carers Strategy Team) informed the audience about the new Carers Personal Budgets that are now available in Oldham.

Oldham Mental Health Carers Support Group

Caring for someone with a mental illness?

The term 'Mental Health Carer' means anyone providing vital help and support to someone with mental health issues. With very little information and advice provided Carers are often left feeling isolated, overwhelmed forgotten and confused.

When someone becomes mentally ill it is often difficult to understand, hard to discuss and it can mean major adjustments to family life, finances and social activities for all involved.

About Us

We are a friendly, informal support group for Carers, providing:

- An opportunity to meet and talk to people in a similar situation as yourself.

- A source of information.
- Speakers talking on a range of mental health issues.
- Advice, support and an opportunity for socialising.

From Our Experience

Self-help groups do make a difference!

- Mental health problems are 24 hours a day
- Carers own health can suffer
- The burden of responsibility can sometimes be too much
- Life can be very lonely when 'on duty'
- all the time

For further information contact the Carers Strategy Team on 0161 770 1447

Carers Independent Advocacy Service

A Carers Advocate is available at Oldham Carers Centre offering impartial advice, information and advocacy on carer's rights and the person they look after, particularly around social care issues. Carers will often need advice and guidance through the maze of services they use for the person they look after. Communicating their needs as well as the person they care for can be difficult and sometimes overwhelming. The advocate will attend meetings with the carer and offer specialised advice in community care law.

The service aims to:

- Support families to find positive solutions
- Support carers in their communication with staff and professionals
- Give carers advice and information about their rights and the rights of their relatives
- Support carers to understand the system
- To be a point of contact for carers when they have concerns about the person they look after

If you have any anxieties or concerns and feel you may need support from our advocate please contact the Carers Centre on 0161 770 1188 where the carers centre staff will endeavour to assist you prior to a referral to this service.



Caring & Sharing In Oldham

Soroptimist International is a World Wide Service Organisation for Women and the largest Women's Service Organisation in the world. They have General Consultative Status with the Economic and Social Council, United Nations (ECOSOC) and welcome Women from all walks of life to join together to give service through friendship. Soroptimist International works for the good of the community, at Local, National and International levels through Programme Action which is at the core of Soroptimist ideals.

The Objects of Soroptimism are:

- The advancement of the status of women.
- High Ethical Standards.
- Human Rights for all.
- Equality Development and Peace, through Goodwill, Understanding and Friendship.

CARING & SHARING IN OLDHAM

On Saturday 5th March 2011, Soroptimist International celebrated The United Nations International Women's Day (8th March). Princess Royal Trust Oldham Carers Centre joined together with: Dr Kershaw's Hospice, Oldham Community Leisure Limited, Victim Support, Fatima Women's Association, Oldham Family Crisis Group, Community Relations from Greater Manchester Police, The South African Women's Network, Oldham Volunteer Centre, Girl Guides, Oldham Cancer Support Service, Home Start and the Childrens hub. It was held in the Performance Area of Gallery Oldham and brought together by Soroptimist International of Oldham & District.

The youth woodwind section from Oldham Music Centre performed in the foyer and the event was opened by Shobna Gulati (Sunita



Alahan, pictured from ITV's Coronation Street). Shobna visited each of the stands and talked to all the exhibitors. In her opening address, she pledged her support to all the organisations in the Borough who are working on women's issues.

In the afternoon the Mayor and Mayoress came to talk to the exhibitors and to draw a Free Raffle of 11 prizes; all of which had been donated by local businesses. A commemorative booklet, with details of all the exhibitors, was handed out to visitors on the day and a lot of new friends and contacts were made.

To receive any further details contact:

Soroptimist International of Oldham
Membership Office
107 Ashton Road East
Failsworth
Manchester M35 9PP

Telephone: 0161 682 5847

They meet at 7.30pm on the 1st and 3rd Monday of each month at Trinity Methodist Church, Radcliffe Street, Royton, Oldham OL2 6RH.

Gardening and Stress Relief

Planting a beautiful garden can be a great way to relieve stress! Whether you have a small patio to decorate, or a vast amount of space to tend, the act of making your particular stretch of nature into a haven can be a stress reliever in itself, and the garden that you create can bring you even more peace. Here's why:

Sunlight:

Just getting out in the sunlight can actually improve your mood! (In fact, there's a condition called Seasonal Affective Disorder that affects some people during winter months when there is less sunlight.) Sunlight also provides an influx of vitamin D, and the fresh air that goes with it is good for your health. Getting outdoors to work with your garden is a great excuse to get more of this good stuff.

Getting In Touch With Nature:

Being in touch with nature and the great outdoors can help you feel more removed from the stresses of daily life. With the amount of time we spend indoors (caring, at work, watching TV) many people feel an urge to connect with nature that goes unfulfilled. While you may not have the time to go camping or take a nature hike each day, having your piece of nature right outside your back door can help you feel some of this connection.

Creating Beauty:

The beauty of nature is a great stress reliever in itself. (Just think of how many times relaxation has been connected with pictures of stunning landscapes or recordings of nature's sounds.) Having your own bit of beauty available as a place for meditation, contemplation and relaxation can provide quite a bit of relief from stress. It's all part of making your home a haven from stress.



How to Get Started...

Given the size of space you have to work with, your personal tastes and the amount of time and money you can devote to the worthwhile and fun project of fixing up your piece of the outdoors, you have many, many options to choose from. Getting started might seem a little intimidating, but finding a few good books or magazines on gardening can give you lots of information and ideas to work with. The following website can help you get going. It's an e learning course and has daily lessons that continue for several months, to teach you little-by-little about landscaping and transforming your own yard into your ideal haven. Please ask at the carers centre if you need help with accessing a computer.

<http://landscaping.about.com>

Once you've started, you should find that the act of creating a garden can bring you peace, and the garden itself can bring you joy!

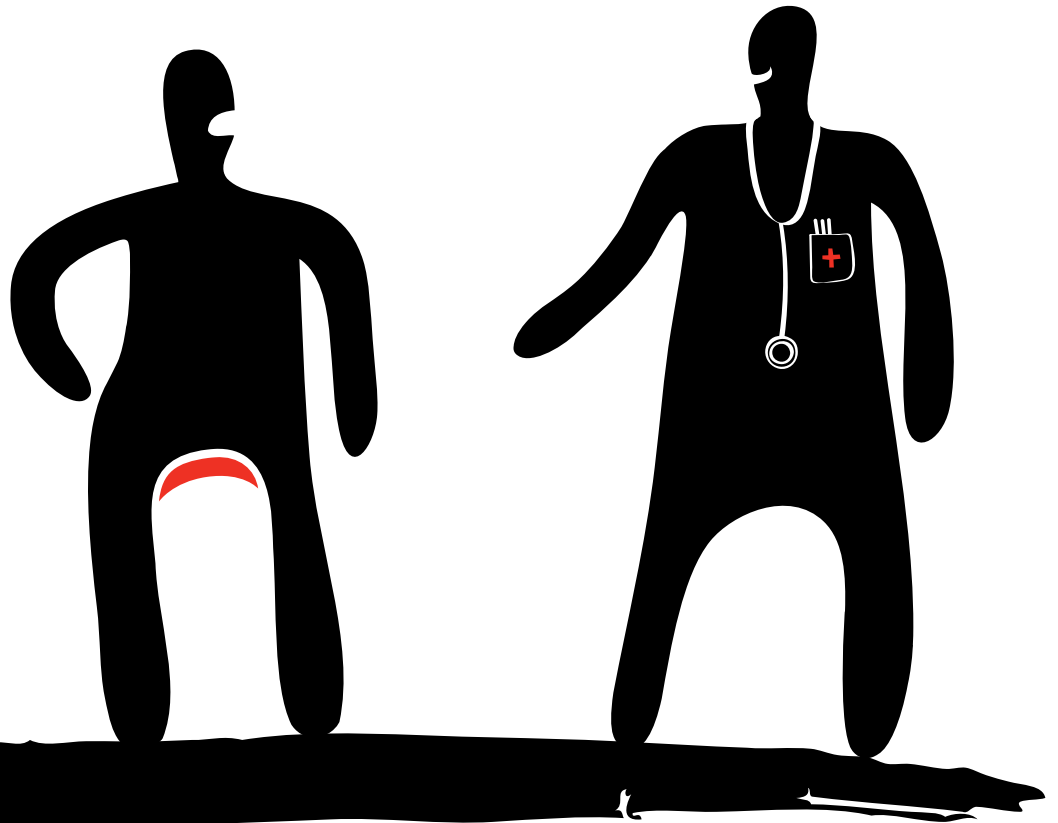
Look out for the 'Build and Design your own hanging basket' days at the Carers Centre (see activities calendar for more details).

Have fun!

Er...

I keep needing
a number two

I'll help you
look after number one



DON'T BE A
CANCER
CHANCER

Change in bowel habits for a few weeks or more?
Blood in your poo? Unexplained weight loss?
Seeing your GP could save your life.