



# Carers Week 9-15 June 2008

*Carers can't afford to be ill*



Register for  
Carers Week now

*Carers can't afford to be ill*  
April 2008  
Newsletter 35

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e [mail@carersweek.org](mailto:mail@carersweek.org)  
w [www.carersweek.org](http://www.carersweek.org)

## New posters, leaflets and other items now available

This year's new materials are now available to be ordered, and every local partner who has registered with us has been sent a pack and order form.



Amongst the items available free of charge are:

- 2 new leaflets
- A4 and A3 size posters
- Banners
- Balloons
- Bookmarks
- Carrier bags
- Stickers
- Superdrug 10% off vouchers



Other items also available are Carers Week t-shirts (four different sizes) and folders.

Remember the **ONLY** way to access free materials is to register with us, so please complete and return the registration form as soon as possible.

## Thank you

Many thanks to everyone who took part in the Carers Week annual survey, or encouraged others to do so. A total of 1,997 carers from throughout the UK, completed the form, and the results will be released at the start of Carers Week.

**Paul Matz**

*Carers Week Manager*

# Celebrity support Carers Week



"Having cared for just how difficult a be. Some carers sin opportunity to do take for granted li doctor or spending or friends at the w for inviting me to Carers Week; I'm d

**Sir David Jason**

## Carers corner. This month

"I have just filled in the carers survey, however I would like to add some more comments.

I was working full time when my father became ill. His strokes happened over the weekend and then the third stroke he had early on the Monday morning and had to be hospitalised from that day onwards.

I became his carer and had to give up my job. For several years I had to rely on benefits and carers allowance so that I could look after my Dad. Now work from home but earn only a little over a third of my previous income.

Having earned £28,000 per year, then having to rely on benefits, now only earning £10,000 (and therefore no carers allowance) finances are a

# es Week

"Carers face many challenges each day which in themselves can be exhausting without the worry of ill-health. As an agony aunt and from talking to people that are experiencing difficulties when caring for others, I know that there are still many people suffering in silence and struggling to cope. If I can help raise awareness of the role that carers carry out, and show them that there is support available, then I am proud to give my support to Carers Week."

**Denise Robertson**

a loved one I know  
and draining it can  
mply don't get an  
the things we all  
ke visiting the  
g time with family  
weekend. Thank you  
support carers and  
delighted to do so."

**OBE**

"From personal experience, I know caring can demand a lot of your time and attention, which in some cases can put pressure on other areas in your life such as financial responsibilities and relationships. These problems can prove to be exhausting and mentally gruelling and can really take its toll on your health and wellbeing. I hope that Carers Week can again help to achieve change, and make a real difference to the lives of carers in this country."

**Sally Lindsay**



## Elspeth from Buckinghamshire reflects on her caring role.

constant worry especially as I had to buy a new car as I can only drive automatics now my left leg is blocked 4 inches in the thigh in the femoral artery.

I have difficulty with walking, and now my right leg is giving me constant pain and is under investigation. As I am not able to lift anything more than 20lbs and I could lose my central vision due to the PXE; this doesn't make life easy either.

I love my Dad to bits and I wouldn't have it any other way; I will always care for him no matter what. However, my life is on hold. I don't have a social life really, I may go out once a fortnight to a friend's house but I am constantly on edge in case the phone rings and it's my Dad or about him.

This is, I am sure, the way it is for most carers, not having a life of their own. You even feel guilty if you go out for a coffee when you are shopping, even if there is a neighbour there waiting for you to come back.

A carers' life would be far less stressful if it weren't for the constant worry as to how they are going live, never mind feed the person we are looking after etc.

The last thing is that as I am looking after someone who is 83, who often tells me the same things, who is picky about what they eat and often doesn't really care about things breaking down and having to be replaced in the house (e.g. I have just had to pay for a completely new shower including cubicle as the old one was too dangerous as the base was



Local partners are welcome to reproduce the quotes on these pages in your newsletters, leaflets, press releases etc. Electronic copies of the pictures are available by sending a message to [mail@carersweek.org](mailto:mail@carersweek.org) with 'Please send celeb pictures' in the subject line.

"The contribution that carers make is far too often ignored. Let's work together and demand the changes we need in order to make their lives better."

**Tony Robinson**



"I am delighted to be supporting Carers Week again. The issues affecting carers throughout the UK will simply not go away and so it is vital we keep up the momentum to ensure carers do not go unrecognised."

**Phyllida Law**

## WHAT MPs SAY ABOUT CARERS

That this House expresses its admiration for the six million people in the UK who provide unpaid help and support to a relative or friend, who because of frailty, illness or disability, would not otherwise be able to manage; notes that as a consequence of caring disproportionate numbers of people experience ill health, poverty and discrimination, is concerned that large numbers of carers are unknown to statutory agencies and therefore their health needs are often overlooked; notes that Carers Week, a partnership of ten national charities, takes place this year from 9th to 15th June, with the theme '*Carers can't afford to be ill*', believes that carers need to be viewed as key partners in community care and need health and social care provision that is accessible and flexible; and notes that in the next two decades the UK will need substantially more carers.

**The 2008 Carers Week parliamentary motion above has been tabled by parliamentary champion, Anne Begg MP. Please write to your MP to encourage them to sign the motion.**

split, it was also too high to step into).

As I am sure you are only too aware old people have to be fed on time, cannot queue for anything as they don't have time, plus far more (which is funny if you are talking to others who are in the same boat as you) but it makes me feel old as I live with my Dad and sometimes feel is it me or him that going a bit mad.

Most carers I know are incredible. They are like people who have a serious illness; in that you never hear them moaning about trivial things, they just roll their sleeves up as it were and get on with everything.

Keep up the fantastic work and keep smiling."



# REGISTRATION FOR CARERS WEEK 9-15 JUNE 2008

PLEASE PRINT CLEARLY OR USE BLOCK CAPITALS

ORGANISATION NAME

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YOUR NAME

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PHONE

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ADDRESS

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POSTCODE

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EMAIL

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YOUR LOCAL AUTHORITY AREA (SOCIAL SERVICES)

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EACH EVENT/ACTIVITY FOR EACH DAY SHOULD BE SHOWN SEPARATELY E.G. IF YOU ARE ARRANGING AN INFORMATION STAND ON MONDAY AND TUESDAY IT SHOULD BE SHOWN AGAINST EACH DAY. PLEASE CONTINUE ON A SEPARATE SHEET IF NECESSARY.

## **WE ARE ARRANGING THE FOLLOWING EVENTS AND ACTIVITIES**

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MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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**FOR OFFICE USE ONLY**

RECEIVED AND ACKNOWLEDGED \_\_\_\_\_

DATABASE \_\_\_\_\_

WEBSITE \_\_\_\_\_

# What's happening in Carers Week?

Following on from A–H last month, we now feature some of the local events that fall under I–P



# Taking part in Carers Week? Now's your chance to shout about it!

If you're taking part in this year's Carers Week, then make sure you contact your local media to tell them about it

The media always wants good local stories, so whatever you're doing e.g. organising an information stand, a fundraising event, a lunch, a forum or any other event or activity, the chances are your local paper, and perhaps also your TV or radio station will be interested to hear about it.

Simply compile and send out a press release to your local media (a model is on the Carers Week website, together with various media tips). As well as helping to generate coverage for your event and organization, it's also a great way of raising awareness of Carers Week and the UK's six million carers.



**I** is for the **Identity & Passport Service in Belfast**, who throughout Carers Week are organizing information stands for their staff

**J** is for the **Jersey Association of Carers**, whose work during the week centres on the local hospital

**K** is for **Kennet Carers**, who have two carers events planned, together with their annual meeting

**L** is for **Lewisham Social Services**, whose well-being day includes massages and flex-relaxation, stress management, laughter classes and yoga

**M** is for **Monmouthshire Crossroads**, who are organizing information stands at various venues, as well as leaflet distribution at health centres and elsewhere

**N** is for **North West Kent Carers Support**, whose activities include a fun run for carers and their families, coffee mornings, a pamper evening and an afternoon tea party

**O** is for **Oakhaven Day Hospice**, who have a special carers day planned, as well several information stands on other days

**P** is for the **Princess Royal Trust Winchester & Andover Carers Centre**, who include pamper days and a garden party amongst their activities.

# Superdrug

There are three elements to this year's partnership between Carers Week and **Superdrug**.

100,000 *Look after your health* bookmarks have been produced, available to all local partners who register with us, and direct to carers.

A similar number of 10% off vouchers have also been printed, again available both direct to carers



and to all Carers Week local partners.

Thirdly, Superdrug is offering a 50% discount to all carers on their full mole screening service with a trained Health Promotion nurse. Lasting around 45 minutes the examination usually costs £95 but any carer making an appointment in June will receive a 50% discount of £47.50. Visit [www.superdrug.com/page/moleclinic](http://www.superdrug.com/page/moleclinic) for your nearest participating store.

Carers can obtain bookmarks and 10% off vouchers by visiting [www.carersweek.org](http://www.carersweek.org) or writing to Carers Week offers, 32-36 Loman Street, London SE1 0EH.

## Who will win Zoom 2008?



*Zoom 2007 winners, Jasmine Grounsell, 14 from Witham, Essex and Nyima Murry, 10 from Clitheroe, Lancashire, received their prizes at a Downing Street reception hosted by Gordon Brown.*

A reminder that Carers Week is again focusing on the photographic talents of young carers in the UK with *Zoom 2008*, a great opportunity for young people who find themselves caring for a loved one to win an exclusive photography package, worth over £750.

Photos submitted can reflect any aspect of a young carer's life – and need to be received by **14 May 2008**. 6,000 application forms have already been distributed, and the form can also be downloaded from [www.carersweek.org](http://www.carersweek.org).

**CARERS UK**  
the voice of carers

0808 808 7777  
[www.carersuk.org](http://www.carersuk.org)

**counsel + care**  
for older people, their families and carers

0845 300 7585  
[www.counselandcare.org.uk](http://www.counselandcare.org.uk)

**CROSSROADS**  
Caring for Carers

0845 450 0350  
[www.crossroads.org.uk](http://www.crossroads.org.uk)

 **help the hospices**

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[www.helpthehospices.org.uk](http://www.helpthehospices.org.uk)

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Supporting older people at home

020 7605 4200  
[www.independentage.org.uk](http://www.independentage.org.uk)

**WE ARE MACMILLAN.**  
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0808 808 2020  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

**MS**

Multiple Sclerosis Society  
0808 800 8000  
[www.mssociety.org.uk](http://www.mssociety.org.uk)

**the neurological alliance**

020 7566 1540  
[www.neural.org.uk](http://www.neural.org.uk)

  
The Princess Royal Trust  
for Carers

0844 800 4361  
[www.carers.org](http://www.carers.org)

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