

this issue

We have moved p1

DPfC New Services p2

Events so far p3

What's on at The Carers House p4



irwinmitchell (IM)
solicitors

Irwin Mitchell is proud to sponsor the Doncaster Carers Newsletter

Editor: Ashlea-Ann Osborne

We would like to thank everyone who helped in the move to the new premises.

Refurnish who moved our office equipment and furniture

Dial Doncaster who helped empty the garage

King Asia for donating boxes to put all our equipment in

Volunteers and carers who without their support the move would not have gone so smoothly so a big thank you to:

Adam, Duane, Debbie, Julie, Kerry, Paul, Pat, Rosemary and Shamila. Special thanks go to Chris, Matthew, and Shahid for the hard work they put in.

We have Moved

There have been many changes here at Doncaster Partnership for Carers, not least of which is a change in location!!



On the 1st of May we moved to our new premises (pictured above), The Carers House 2 Regent Terrace, South Parade, Doncaster.

Our new premises are situated on the edge of the town centre. We felt a central location would make it easier for carers to visit us.

We have a large meeting room where we hold our Open House sessions this room is also available to hire for meetings and training sessions at a very competitive rate.

Take a look inside the newsletter to see what else is new at
THE CARERS HOUSE

Bernard Rounthwaite
Chairperson DPfC

Also join us on...

 Find us on
Facebook



DONCASTER CARERS FORUM

Doncaster Carers Forum exists to provide a collective voice for carers in Doncaster. It is a carer led group for all unpaid carers (and former carers) and representatives of carer / user groups in Doncaster.

Doncaster Carers Forum aims to raise the profile of unpaid carers by speaking up for carers at decision making levels, representing carers locally and breaking down barriers between all organisations which have anything to do with supporting unpaid carers.

The forum is currently looking to encourage carers and representatives of carers groups to become members of the forum and join them in raising the profile of carers locally

Contact Debbie on 01302 637566 for more details (The next meeting is due to take place on 28th Aug 2012 at The Carers House)

DPfC NEW SERVICES

Befriending Line

Do you sometimes feel you don't have anybody to talk to?

Would you like to hear a friendly voice on the phone, someone who understands about caring?

DPfC Telephone Befriending is a new project. The service is available to ALL carers living in Doncaster.

Aims of the project

- To offer companionship and relieve isolation for Carers
- Provide support through a telephone befriending service

Who can access the Project?

The project provides a telephone befriending service to all carers of people with:

- Mental ill health, substance misuse, Alzheimer's, Learning Disabilities, Physical/Sensory Disabilities, Long term illness, Children with an illness/Disability

If you would like to access this service contact DPfC at The Carers House 01302 637566

Advocacy service

The Advocacy service can help you by:

- Supporting you to get the services you need
- Attending meetings (such as case reviews) with you
- Providing you with the information you need to be able to make informed decisions
- Writing letters, or supporting you to complete forms (Please note we do not do benefit forms)

This service can be accessed by contacting DPfC at The Carers House 01302 637566

Every Wednesday
DPfC hosts

OPEN HOUSE

From 10.00am -
3.00pm
At the Carers House

Carers are invited to come and spend time at the house where they can have a cuppa and a chat with other carers, enjoy some lunch, find out what's happening in and around Doncaster and join in after lunch activities (Arts, crafts, therapies)

BME Carers Social Club

The BME Social Club supports and encourages carers from the BME communities to:

- Engage with other carers,
- Access training
- Participate in social outing and events
- Access support

The club meets on the First and Third Tuesday of the month at:

The Carers House
10.00am - 12.00pm

(Not during school holidays)

WHAT'S BEEN HAPPENING AT THE CARERS HOUSE

CARERS WEEK OPEN DAY

Carers Week saw the official opening of The Carers House the new premises of Doncaster Partnership for Carers Ltd (DPfC). We relocated at the beginning of May and it took a lot of hard work to get it ready for visitors on the 20th June, which was the official open day.

The day went well with lots of people coming throughout the day to see where we had moved to and what new services we were providing. The Open Day was used as a platform to advertise DPfC's new Befriending and Advocacy services as well as the BME Carers Social Club and Open House sessions, to carers, voluntary groups and organisations. We had lots of interest in the new services both from potential users and volunteers.

We had lots of activities taking place at different times of the day with the Carers Quiz proving popular with everyone. Taster Arts and Crafts session took place in the afternoon where people were encouraged to have a go as well as sign up to future sessions.

The 'Day in the life of a Carer' diary board raised lots of interest, with comments such as 'How does he manage to fit all that in one day' from a service provider after reading the day diary of a local working carer. The diary board consists of written 'DAY DIARIES' of a typical day from a range of different carers living in Doncaster. If you would like to read some of the day diaries call in at the Carers House

Jubilee Celebrations

On the 6th June, carers came together at The Carers House to celebrate the Queens Jubilee.

The theme of the day was red, white and blue with everyone coming dressed the part. The room and the outside of the building were decorated with flags, posters and pictures of the Queen throughout the decades. Even our Raffle took on a Royal theme with all prizes being keepsakes from the jubilee.

The event was well attended and everyone took part in 'A right Royal Quiz' which had been put together by a Carer. The over 60's were overjoyed that they beat the A level History student (she'll never live that one down!!)

Olympic Torch Relay

DPfC invited Carers to come along and watch the Olympic Torch Relay as it past our premises.

Tables and Chairs were put outside for people to sit on whilst they waited for the relay to arrive. And tea and coffee was on hand for everyone.

All who came joined in heartily with the celebrations, flying their flags, dancing along to the music and high fiving the procession- some even continued to follow the torch bearer on his route.



Room Hire

Doncaster Partnership for Carers has a medium sized meeting room (pictured above) available for groups and organisations to hire at the Carers House which is located in Doncaster town centre. The meeting room has access to kitchen facilities for making tea, coffee and other hot drinks and can accommodate up to 24 people.

This room is ideal for meetings or training courses and includes access to a PowerPoint projector and flip chart

Priced AT A VERY COMPETITIVE £10.00 PER HOUR plus £5.00 extra per booking if drinks are required



DPfC Enquiry Line
Tel 01302 637566
 Mon-Thurs 9.30am-1pm
 Except for bank holidays.



Out of hours we have an answer machine for you to leave a message

The Carers House
Opening Hours

Tues - Thurs 9.30am - 4pm

Who we are

Doncaster Partnership for Carers (DPfC) support adults living in Doncaster who care for a family member, partner or friend who cannot manage without their help because they are ill, frail, have a physical disability or a mental health problem.

All our services are **confidential**.

We help carers with:

- Information
- Accessing services
- Complaints
- Training
- Attending support groups
- A listening ear
- Language support (limited)
- Meeting other carers
- Volunteering

We can also give you a 'voice' in health and social care service planning arenas.

Contact us at:

The Carers House
 2 Regent Terrace
 South Parade
 Doncaster
 DN1 2EE
 01302 637566
dpfc@doncastercarers.org.uk

.What's on at The Carers House
September - December

<u>Mondays</u>	Office Closed
<u>Tuesdays</u>	<p><u>Parent Carers Coffee Morning</u></p> <p>Meet other parent carers of children and adults with an illness or disability, share your experiences, gain support and make new friends.</p> <p>2nd Tuesday of the month (term time) 10am – 12noon</p> <p><u>BME Social Club</u></p> <p>A time to meet up with other carers and have some ME time</p> <p>1st and 3rd Tuesday of the month (term time) 10am - 12 noon</p>
<u>Wednesdays</u>	<p><u>Open House for Carers</u></p> <p>A chance for carers to meet up for a chat, gain some info, have some lunch and join in the afternoon activities ALL Doncaster Carers welcome</p> <p>Every Wednesday 10am – 3.00pm</p>
<u>Thursday</u>	<p><u>Therapy Sessions</u></p> <p>Try some Indian head, shoulder and arm massage. Relax and learn new skills as well as being pampered yourself. Go on give yourself some <i>Me</i> time</p> <p>Every Thursday (term time) 10.00 – 12.00</p> <p><u>Confident Carer</u></p> <p>Tips on how to be more confident when dealing with service providers and others, also we will look at the importance of looking after YOU the Carer</p> <p>1.00 – 3.00 TBC</p>
<u>Friday</u>	Office Closed

Articles printed in the Doncaster Carers Newsletter do not necessarily reflect the view of Doncaster Partnership for Carers Ltd. **PLEASE NOTE:** That whilst every care has been taken to provide accurate up-to-date information, no responsibility can be accepted for error or omissions in this issue, neither does the inclusion of any service imply any kind of recommendation.

DONCASTER CARERS FORUM

The Carers Forum meets bi-monthly on the Fourth Tuesday of the month 10am – 12noon at The Carers House



Next Meeting 28th August 10am to 12pm



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