



**Breaking Through Barriers**

Darlington Association on Disability

# **Carers' Support Service News for Carers**

Issue number 101

1st June—31st August 2011

## **Health And Well-Being Day**

**Friday 17th June 2011**

**At The Aston Hotel**

**Nr Aycliffe Village. DL1 3NL**

**(at the junction of A1M and A167)**

**A Free day which includes 5 Therapists  
giving talks and demonstrations of their relevant  
Complementary Therapy.**

**Therapies include :**

**Reiki**

**Bach**

**Life coaching and more !**

**Free 2 course lunch will be provided !**

**Free Transport available if needed !**

**If interested please call to book your place as soon as  
possible, as spaces are limited and going quick !**

**For more information or to book your  
place call The Carers' Support Service on  
01325 357533**



## Young Adult Carers' Project

Darlington Association on Disability Carers' Support Service has joined forces with YMCA Tees Valley to provide support for young adult carers in Darlington. We are the first area in the North East to bridge the gap between the young carers and the adult carers' support services, to offer support in a variety of ways. Any young adult that is aged 16 – 25 years, living in the Darlington Borough that cares for or helps care for a parent, guardian, neighbour or sibling can access the support.

The project aims to ensure that YACs get the best from any opportunities, not only to achieve personal and educational goals but to raise aspirations for their future.

Group sessions will be running on Wednesday evenings, twice a month, from 6-7.30pm at the YMCA Foyer building, off Borough Road. We are also able to provide advice, support and guidance for YACs on a one to one basis. Please contact me at [jennifer@darlingtondisability.org](mailto:jennifer@darlingtondisability.org) or give me a call on (01325) 357533 for more information.

## Watch Your Step!

Falls Awareness Week starts 20th June 2011. Sadly, it's true that falling is a natural part of ageing. Around 30% of over 65s and 50% of over 85s will fall each year. It can happen as a result of many factors; as we age our muscles weaken, making it difficult to right ourselves if we trip or stumble; combinations of medicines can cause dizziness; and a natural deterioration in eyesight can affect our balance as well as judgement when it comes to negotiating obstacles such as stairs and uneven paving. What's not true, however, is the common belief by old and young alike that falls are just another inconvenience to put up with. Age UK will be raising awareness of the simple interventions that can help to prevent falls - such as strength and balance exercise, medication reviews and regular eye-tests - during Falls Awareness Week. If you would like to find out more about preventing falls and local classes and activities, check the Age UK Events List, visit [http:// www.ageuk.org.uk/fallsweek](http://www.ageuk.org.uk/fallsweek). Email [falls@ageuk.org.uk](mailto:falls@ageuk.org.uk) or call 0800 169 8787.

## We're on the Telly!!!

DAD Carers' Support Service has been working in partnership with other independent carer organisations across Tees Valley to inform carers of the information, advice and practical support we can offer them.



Following a successful bid to Co Durham and Darlington Primary Care Trust for funding, we have engaged in a media campaign to raise our profile. This has included TV and radio advertising backed up by posters and leaflets. The "stars" of the adverts are carers from across the area and we thank them very much for their help with this project.

Because other carer centres are involved we have called ourselves "Tees Valley Carers". If you know of anyone who you feel would benefit from any of the services we can offer, please do encourage them to give us a call. They can either call DAD Carers' Support Service directly, or they can contact the telephone number given on the advert which is 0845 303 9820. If they live in Darlington they will then be diverted directly to our own line. We can also be contacted via the website: [icareforsomeone.com](http://icareforsomeone.com). Please look out for the adverts and let us know what you think!

## Summer songs quiz!

All songs with 'Summer' in the title.

The song title is at the top, the artist is underneath.

Just fill in the Consonants.

1. \_ u \_ \_ e \_ \_ i \_ \_ \_ \_

\_ o \_ \_ \_ a \_ o \_ \_ a /  
o \_ i \_ i a \_ e \_ \_ o \_ - \_ o \_ \_

2. \_ u \_ \_ e \_ i \_ \_ \_ e \_ i \_ \_

\_ \_ e \_ o \_ i \_ ' \_ \_ o o \_ \_ u \_

3. \_ u \_ \_ e \_ o \_ ' \_ \_

\_ \_ \_ a \_ a \_ a \_ \_

4. i \_ \_ \_ e \_ u \_ \_ e \_ \_ i \_ e

\_ u \_ \_ o \_ e \_ \_ \_

5. \_ \_ u e \_ \_ u \_ \_ e \_

\_ a \_ a \_ a \_ a \_ a

6. o u \_ \_ a \_ \_ \_ u \_ \_ e \_

A \_ \_ a

## Summer Fruit Pudding

### Ingredients

8oz (225g) redcurrants

4oz (110g) blackcurrants

1lb (450g) raspberries

5oz (150g) caster sugar

7-8 medium slices white bread from a large loaf

### Equipment

You will also need a 1½ pint (850 ml) pudding basin, lightly buttered.

### Method

Place the fruits with the sugar in a large saucepan over a medium heat and let them cook for about 3-5 minutes, until the sugar has dissolved and the juices begin to run. Remove the fruit from the heat, and line the pudding basin with the slices of bread, overlapping them and sealing well by pressing the edges together. Fill in any gaps with small pieces of bread, so that no juice can get through. Pour in the fruit and juice (except for about two thirds of a cupful), then cover the pudding with another slice of bread. place a small plate or saucer on top of the bowl and place a 3 lb or 4 lb (1.3 kg or 1.8 kg) weight on top of the plate, leave in the fridge overnight. Just before serving the pudding, turn it out on to a large serving dish and spoon the reserved juice all over, to soak any bits of bread that still look white. Serve cut into wedges, with a bowl of thick cream on the table.

## Telecare Consultation

Darlington Borough Council is consulting on a draft Telecare Strategy 2011 – 2013 and welcomes your views. Telecare equipment is used inside the home to support people to be as independent as possible and in conjunction with the 'Lifeline' service. Examples of telecare equipment include: Fall Sensors – which can identify if someone has tripped and not got back up. Bed Sensors – which can identify if someone has got out of bed and not got back in.

Ways in which the draft strategy can be accessed and you can feedback your comments include: Council website: [www.darlington.gov.uk](http://www.darlington.gov.uk) – see Health and Social Care link. Telephone: 01325 346270. E-mail: [publicinformationteam@darlington.gov.uk](mailto:publicinformationteam@darlington.gov.uk) Post: Public Information Team, Central House, Gladstone St., Darlington DL3 6JX

## Do you care for a person with dementia?

Would you be interested in talking part in a study looking at Carers' experiences of dementia care and services?

If you would like more information or to complete a questionnaire visit: [www.dementiaproject.net](http://www.dementiaproject.net) or contact: Dr Rosie Harding, School of Law, Keele University, Staffordshire, ST5 5BG Telephone: 01782 734353.

Email: [r.harding@law.keele.ac.uk](mailto:r.harding@law.keele.ac.uk)

### Answers to quiz:

1. Summer Nights - John Travolta / Olivia Newton-John
2. Summer In The City—The Loving Spoonful
3. Summer of '69 - Bryan Adams
4. In the Summertime - Mungo Jerry
5. Cruel Summer – Bananarama
6. Our Last Summer – Abba

### Diary

The Dementia & Mental Health Groups are held at the Evolution Offices, Church Row (next to Boot & Shoe). Circle of Friends Group is held at Binns café, downstairs. Male Carers' Group is held at Enterprise House, Valley Street.

### Dates



Thursday	2 <b>June</b>	Dementia Carers' Support Group 1.30-3.00pm
Wednesday	15 June	Male Carers' Group 6.00-7.00pm
Thursday	16 June	Circle of Friends Group, 10.30-12noon
Thursday	30 June	Mental Health Carers' Group 1.30-3.00pm
Thursday	7 <b>July</b>	Dementia Carers' Support Group 1.30-3.00pm
Wednesday	20 July	Male Carers' Group 6.00-7.00pm
Thursday	21 July	Circle of Friends Group 10.30-12.00noon
Thursday	27 July	Mental Health Carers' Group 1.30-3.00pm
Thursday	4 <b>August</b>	Dementia Carers' Support Group 1.30-3.00pm
Wednesday	17 August	Male Carers' Group 6.00-7.00pm
Thursday	18 August	Circle of Friends Group 10.30-12.00noon
Thursday	25 August	Metal Health Carers Group 1.30-3.00pm
Thursday	1 <b>September</b>	Dementia Carers' Support Group 1.30- 3.00pm
<b>Tuesdays &amp; Fridays</b>		Carers Drop-in at Age Concern, Tuesdays 10.00am - 12 noon, Fridays 12noon—2.00pm