



**Breaking Through Barriers**

**Darlington Association on Disability**

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

**Issue number 102**

**1 September - 30 November 2011**

## **Health and Wellbeing day**

On 17<sup>th</sup> June 2011, as part of Carers' Week, we held a Health and Well-being day at the Aston Hotel.

This event was attended by 37 carers; and the aim was to provide a relaxing day out whilst introducing people to a range of complimentary therapies designed to improve their overall health and wellbeing.

We were joined by 5 therapists each demonstrating the benefits of their particular service. Refreshments were served during the day as well as a delicious two course lunch. Transport was arranged for those who required it, and the whole event was free of charge.

Feedback from the day was extremely positive, with all 37 people asking us to arrange another event. The venue, accessibility, transport arrangements, therapists and food were rated as "excellent" by the majority of attendees, with no one rating them less than "good".

Some specific comments included. "I found it a real life saver" ; "Everything was tip top, very educational" ; "Felt spoilt and appreciated" ; "Fantastic ...helped me a lot". So successful was the event that we will be running another one later in the year. See below for details – you don't want to miss it.

## **Your 2<sup>nd</sup> chance - so don't miss out!**

If you missed the last Health & Well-being day, here is your chance to go on the next one. Following the success and great feedback we received from our Health and Well-being day on the 17<sup>th</sup> June, we have decided to plan another event for 9<sup>th</sup> December 2011.

As before, we will be having therapists giving talks and demonstrations on how their proffered therapy can benefit you as a carer.

For more details please call us on 01325 357533, but be quick as spaces are limited!

## **Circle of Friends**

Why not come along to our Circle of Friends group and meet new friends over a coffee. This is a very relaxed, friendly group of ladies who meet once a month at a local coffee shop for a good natter and catch up. Time to yourself to enjoy good company and a nice cuppa. The group have said that this has been a little life saver as they have met new people and friends and get a great sense of well-being once a month for a couple of hours outside of their caring role. See the diary dates (on the back of this newsletter) or contact us for further details.



## Health and Wellbeing Vouchers

Caring for another person can be extremely rewarding but it can also be very tiring and stressful. It is important that carers look after their own health in order to enable them to continue in their caring role.

Co Durham and Darlington PCT have provided funding for us to offer vouchers to carers which can be used to buy a range of therapies such as massage, pedicure and other relaxing treatments from a health and beauty salon, Cocoon, based on Grange Road in Darlington. These vouchers are available to both male and female carers, and feedback received from those who have used the service so far has been very positive.

If you feel that you would benefit from taking advantage of these type of treatments then we may be able to provide you with some vouchers – each of which is worth £28.

Please contact us on 01325 357533 for further details.

## Quick Quiz Test your brain power!

1. True or False. Paul McCartney's actual first name is James?
2. How many years have the Queen and Prince Philip been married?
3. Where are the smallest bones in the human body?
4. Which three U.S states begin with the letter C?
5. In Coronation Street the out side of the Rovers Return is painted which colour?

## Things you didn't know about 5 super foods!

**Chilli-peppers** are high in anti-oxidants and vitamin C which helps combat heart disease, they are a natural pain-killer, anti-cancer and anti-inflammatory.



**Acai berries** are little red berries from an Amazon palm tree, they contain lots of nutrients and are the most energy-packing power food in the world!



**Nuts and seeds** are one of the best plant sources of protein, so they're great for vegetarians! They are rich in fiber and antioxidants, and are reported to be cancer-fighting, brain-enhancing, weight-reducing and cholesterol lowering. Although they can be high in fat so eat in moderation.



**Yoghurt** is high in calcium, necessary for strong bones, and the live bacteria in some yogurts help in digestion and protect you against other harmful bacteria.



**Green foods** like spinach and broccoli contain high levels of iron, necessary for good energy levels, particularly important if you want to build muscles like



Popeye!



## Naughty Chocolate Fudge Cake

### Ingredients

175g (6oz) Self raising flour  
2½ Tbsp Cocoa Power  
1 Tsp Bicarbonate soda  
150g (5oz) Caster sugar  
2 Eggs beaten  
150ml (1/4 pint) sunflower oil  
150ml (1/4 pint) semi skimmed milk  
2 Tbsp Golden Syrup

### For the coating and filling

75g Unsalted butter  
175g Icing sugar  
3 Tbsp Cocoa powder  
Drop of milk

1. Pre-heat oven to 180c/ 350f/ gas mark 4. Grease and line two 18cm (7in) sandwich tins.
2. Sieve the flour, cocoa and bicarbonate of soda into a bowl. Add the sugar and mix well.
3. Make a well in the centre and add syrup, eggs, oil and milk. Beat well with electric whisk until smooth.
4. Spoon the mixture into the two tins and bake for 25-30 minutes until risen and firm to touch. Remove from oven, leave to cool before turning out onto a cooling rack.
5. To make your butter icing, place the butter in the bowl and beat until soft. Gradually sift and beat in the icing sugar and cocoa power then add enough milk to make the icing fluffy and spreadable.
6. If the cake has risen a little too high then use a serrated knife to even off the top, now sandwich the two cakes together with the butter icing and cover the sides and the top of the cake with more butter icing.

**Enjoy!**



## Tell Your Doctor



Many of the 6 million carers in the UK are not known by their GP to be carers. It is important for family doctors to know who carers are in order to offer them access to health services and sources of information.

There are significant benefits from telling your GP that you have caring responsibilities. These include:

- Greater consideration of your specific needs
- Appointment times (or home visits) that do not conflict with your caring responsibilities.
- Having arrangements in place should you become ill. This will help protect the person you are caring for.
- Routine health checks – specifically for carers.
- Access to information about aspects of treatment or medical procedure for the person you care for – which may otherwise not be given.
- Advice about your own health and about keeping fit and well.

If your GP does not know you have caring responsibilities we would urge you to make them aware on your next visit. This will help to ensure that the importance of informal carers is not being ignored.

## Quiz Answers How did you do?

1. True
2. 63
3. Ear
4. California, Colorado, Connecticut
5. Green

## DAD Stakeholder Forum – register your interest now!

DAD is a user led organisation. To help us be as user led as possible we are proposing to hold a regular Stakeholder Forum. As well as Trustees and members of the Senior Management Team, we want this group to include people who use DAD services. This would give service users the opportunity to bring along new ideas and help to influence decision making.

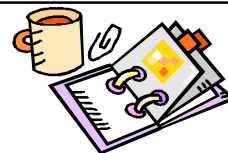
DAD members could:

- bring ideas and concerns about our day to day operations
- suggest how alternative funding might be obtained
- contribute to / or challenge our policies
- put forward proposals on how we could do even more for disabled people and carers.

Stakeholder meetings would take place two or three times a year, taking up a full morning or afternoon.

If you would be interested in becoming a member of DAD's Stakeholder Forum please contact our Chair, Gordon Pybus, to register your interest. E-mail [gordon@darlingtondisability.org](mailto:gordon@darlingtondisability.org), phone 01325 489 999 or call into our main office, 20 -22 Horsemarket, Darlington.

### Diary Dates



The Dementia & Mental Health Group are held at the Evolution offices, Church Row (next to Boot & Shoe). Circle of Friends group will be held at a Coffee Shop in Darlington (phone office for details).

Male Carers' Group is held upstairs at William Stead on Crown Street (a lift is available if required).

Thursday	1st <b>September</b>	Dementia Carers' Support Group. 1.30 – 3.00pm.
Wednesday	21st September	Male Carers' Group 6.00—7.00pm
Thursday	22nd September	Circle of Friends group, 10.30—12noon.
Thursday	29th September	Mental Health Carers' Group 1.30—3.00pm.
Thursday	6th <b>October</b>	Dementia Carers' Support Group. 1.30 – 3.00 pm
Wednesday	19th October	Male Carers' Group 6.00—7.00pm
Thursday	20th October	Circle of Friends group, 10.30—12 noon
Thursday	27th October	Mental Health Carers' Group 1.30—3.00pm.
Thursday	3rd <b>November</b>	Dementia Carers' Support Group. 1.30 – 3.00 pm
Wednesday	16th November	Male Carers' Group 6.00—7.00pm
Thursday	17th November	Circle of Friends group, 10.30—12noon
Thursday	24th November	Mental Health Carers' Group, 1.30—3.00pm
Thursday	1st <b>December</b>	Dementia Carers' Support Group, 1.30—3.00pm.

### Tuesdays & Fridays

**Carers Drop-in at Age Concern, Tuesdays 10.00am - 12 noon, Fridays 12noon—2.00pm**