



## Caring with Confidence is pushing ahead in North Warwickshire

Caring with Confidence is part of the Government's New Deal for Carers – an initiative aimed at improving support for Carers. Guideposts are now well on the way to establishing Caring with Confidence in North Warwickshire. We aim to help Carers develop skills, support and advise each other, and make friends with others, who may share similar experiences.

The induction session, 'Finding Your Way', has already seen success in Bedworth, Nuneaton and Rugby. Some Carers have already completed the full programme and we are delighted to have received such positive reviews from those who have come along. The past three months have seen us gain four new Facilitators and a Project Administrator and we are all set to push the programme even further. We will feature regularly in the Guideposts Newsletter and keep you up to date with what we are doing, give information about individual courses and introduce you to our six Facilitators who will be working with us on the Project.

The team will be taking Caring with Confidence to the north of the County in stages over the next two years and will be covering all areas including rural locations. If you are on the Guidepost's database you will receive an individual invitation to come along, but if you want to take part sooner please contact us on the number provided below. There are both morning and evening times available but if other times suit you, such as a weekend, we can be flexible. Caring with Confidence is not aimed at teaching you

*"It is a beginning to more information, a sense of not being alone and a friendly social occasion."*

how to look after someone, but help support you to find out what help is available, how to juggle your own time, become more assertive, build friendships and knowledge and much more. We ask that if you are interested or unsure please come and join us on a 'Finding Your Way' session. This will let you come and see what Caring with Confidence is all about. You can pick and choose from a choice of six sessions and create your own individual plan. You can pick them all or simply one or two, depending on what you feel is best for you and your caring role.

Remember that even if you have been a Carer for a long time please come along as you may learn something new and you will also have invaluable advice that will help newer Carer

*Remember that even if you have been a Carer for a long time please come along as you may learn something new and you will also have invaluable advice that will help newer Carers.*

Carer in Rugby who attended a 'Finding Your Way' session

Please see the enclosed flyer for the next Finding Your Way Dates.

If you would like more information about Caring with Confidence then please contact us:

02476 325 556 or [cwc@guidepoststrust.org.uk](mailto:cwc@guidepoststrust.org.uk)



44-45 Church Street,  
Nuneaton CV11 4AD  
Tel: 024 7638 5888

*The Newsletter for people who care In North and East Warwickshire*

## Carers Rights Day 4th December 2009



Carers UK's tenth Carers Rights Day will take place this year on Friday 4th December - with over 1,000 groups, businesses and community organisations running events to support, inform and speak up for the UK's carers.

This year's theme - 'Caring for your income and pension' When giving up work to care, carers first thought is not about their pension, but about managing care and making ends meet. And yet, if they don't get the right advice, they could be missing out on vital contributions to their state pension which could affect them long term. Carers Rights Day 2009 will be about ensuring that carers get all the financial support they are entitled to now and for their future.

### What is happening in carers Rights Day?

Getting the right information makes all the difference! Research carried out by Carers UK reveals that nearly 60% of carers surveyed missed out on benefits for over two years because they did not know they were entitled to them. By helping carers understand and claim what they are entitled to, will make a huge difference to their day to day lives.

Working with Warwickshire County Council on Carers' Rights Day, Guideposts Carer Support Service will be holding three events on the 4th December.



Rugby – Mayor Mrs Kam Kuar, MP Jeremy Wright attending at 11.00am  
Clock Tower Shopping Mall  
10.30am - 3.30pm

Atherstone - Mayor John Moore – MP to be confirmed attending at 11.00

Shortcrust  
51/51a Station Road  
Atherstone  
10.30am - 3.30pm

The event at Atherstone will also celebrate the official opening of Guideposts Trust taking over the 'Shortcrust Project' supporting people with learning difficulties



Nuneaton - Mayor Tom Wilson – MP to be confirmed  
Community Café  
44-45 Church Street  
Nuneaton  
10.30 am- 3.30pm

On the 4th December Guidepost Carer Support Service will aim too:  
Increase the take up of benefits  
Make sure that carers know their rights  
Guide carers towards practical support  
Promote other organisation's to carers  
Promote the ICE Cards  
Promote services from WCC customer first team  
Promote Guideposts - Area Forums / Social Network

Guideposts will also be supported by: -

- Rethink, CAVA
- Pension Service, Age Concern
- Warwickshire Welfare Rights Advice Service
- Rowan Organisation, PHILLIS
- WCC

We are on the web  
[www.guidepoststrust.org.uk](http://www.guidepoststrust.org.uk)



Funded by Warwickshire County Council





# Parent Carer News



Michelle Sawyer - Parent Carer Support Worker

This will be a new feature within the newsletter which will be packed with information for parent carers, and information on any activity groups etc that are going on in the different areas. If you have any information or would like to ask any questions, please feel free to contact us.

### New services for parent carers in Warwickshire.....

#### Children First

A new counselling service for children and young people via the CAF. This service is for children and young people with needs identified by the Common Assessment Framework. If you think a child or young person you know would benefit from the service, please contact Wendy Harrison on 01788 537112 or you can contact Michelle Sawyer on 02476 385888 for more information.

#### KOOTH—www.kooth.com

This is a new free online advice service for young people between the ages of 11-25. If you are feeling stressed, embarrassed about something or need advice about relationships, eating disorders, self harm, feeling depressed or you have school worries, please visit the website for more information or call Michelle Sawyer on 02476 385888.

## Nuneaton Carers Social Network Events at the Cedar Pub and Bollywood Event



PAM SIDHU - BME SUPPORT WORKER

### CEDARS PUB

Carers attended a social network event held on the evening of July 9th at the Cedars Pub. This was a sociable event and attended by carers and their cared for. All parties, including carer support workers enjoyed the evening because of the good company and an enjoyable carvery meal.

### BRING AND SHARE LUNCH

Further social networks were discussed and the new lunch time social networks; this will be in the form of a 'Bring and Share Lunch' where carers and staff will bring in and share food while listening to a guest speaker with other carers at the Hatters Space Community Centre,. This information will also be on the Social Network leaflets from November to January, which will be sent out to all carers with this Newsletter.

### BOLLYWOOD NIGHT



Another successful event held by Guideposts Carer Support Service for carers. The event was again well attended with 14 carers enjoying a great night in the cafe.

Bollywood night gave the carers a chance to mix and learn about the different cultural backgrounds, they watched a Bollywood movie, had a dance and also they were able to taste Indian food. We had carers dress up in sarees and we had a lady doing Henna painting which all the ladies that attended the event had a henna painting done. The carers had a great night and really enjoyed themselves that's what it's all about.

## Guideposts Carer Support Service Christmas Office Hours

Please note that the office will be closed from:-  
**Midday 24th December 2009**  
and we re-open **Monday 4th January 2010**

In the case of emergencies please ring Social Services Out of Hours Emergency Services on 01926 886922.

**We wish you all a Very Happy and Peaceful Christmas and New Year from Tracey & All the Staff at Guideposts.**

## Tendering Update

Thank you to all Carers who have offered assistance with the tendering process for our contract with Warwickshire County Council. News hot of the press is that our contract has been extended until 1st September 2010.

### WARWICKSHIRE SLIPPER SERVICE

Badly fitting, damaged and worn out slippers increase the risk of a person falling at home. This service aims to replace old slippers with new footwear for only £5.00 a pair and to provide falls prevention advice.

This service is countywide and the slippers are available from

**The Community Café, 44-45 Church Street**

The slippers are available for any Warwickshire resident over 50 years of age BUT you must try before you buy to make sure the slippers are a good fit. For more information contact:

**PHILLIS ON 01926 731142**

*We are on the web*  
[www.guidepoststrust.org.uk](http://www.guidepoststrust.org.uk)

**BEST CAFE AWARD**

# Guideposts Community Cafe Voted Best Cafe



**BEST CAFE AWARD**

September was a very exciting month for Guideposts Community Café as we were voted 'Best Café' by our customers via Oak FM radio (formerly known as Fosseway Radio) awards. We were presented with the award by Oak FM presenter Ian Ison in the Community Café and also 'The Mayor and Mayoress of Nuneaton & Bedworth' attended.



Guideposts Receptionist Maureen accepting the 'Best Café' award from presenter Ian Ison.



The Mayor of Nuneaton & Bedworth with presenter Ian Ison together with Community Café Manager - Sandra Lippolis & Deputy Manager Mark Lippolis -top right

We would like to say 'Thank You' to everyone who voted for us and if you would like to hear the interview and read more you can visit Oak FM's website.

The Community Café offers a wide range of delicious hot and cold food which is freshly made, together with our daily specials. We also offer a take-away service of drinks and food.

Why not come along for a coffee or lunch - you won't be disappointed.

Community Café staff and volunteers together with The Mayor of Nuneaton & Bedworth - pictured bottom right

## Whats happening in the Community Centre

DAY	TIME	EVENT	PROVIDED BY
Monday	10.30-1.30	Complimentary Therapist	Inner Kalm
<b>Fortnightly</b>			
Tuesday	10.00-12.15	IT help for older people	Silver Surfers
<b>Weekly</b>			
Tuesday	1.00-3.00	Insurance, utilities etc	Age Concern
<b>Fortnightly</b>			
Tuesday	10.00-12.00	Benefits, debt etc	CISWO
<b>Monthly</b>			
Tuesday	10.00-1.00	Foot Health	Alan Birch
<b>Monthly</b>			
Wednesday	10.00-12.00	LD Carers Advocate	Independent Advocacy
<b>Monthly</b>			
Wednesday	10.40-1.40	Free 20 min legal advice	Moore & Tibbits
<b>Monthly</b>			
Thursday	10.00-12.00	Older peoples advice	PHILLIS
<b>Monthly</b>			
Thursday	10.00-12.00	Health Trainers	NHS

For more information speak to Maureen on Reception or call 02476 385 888



## Internet Access at the Community Cafe

The Community Café is proud to announce that we are able to offer 'Internet Access' to the general public in the Community Café. The team were successful in securing two desktop computers from Warwickshire County Council for this exciting project.

If you are a Carer and can produce on your first visit the new ICE (Emergency ) Card then it is FREE for one hour. For non-carers you can book in with Maureen at the Reception and the following charges will apply:-

**Half Hour at £1.50**

**One hour for £2.00**

**Printing chares per sheet - 20p colour - 10p black**

No tutor is available so knowledge of the computer is essential.

### **"SILVER SURFERS"**

However if you have no computer experience and are aged 50 & over you can book with 'Silver Surfers',

For both services please speak to Maureen on Reception or call 02476 385 888.



## What does carers assessment mean to you?

Written by Elaine Cook

We would like to invite carers to share their views and experience of carers assessments. We will be holding a discussion group on this subject and would welcome your thoughts and input as we strive to improve the assessment process. Your views would be greatly appreciated. Please contact **Katie Liggins** at WCC Carer and Customer First Team on **01926 743026** if you are interested in joining our focus group which will be held on:-

13th November from 10.30-12.30  
at Bulkington Village Centre,  
(lunch will be provided).

Or you may wish to email me at the following address: **katherineliggins@warwickshire.gov.uk**. Please note if you wish to discuss the assessment process on a one to one basis instead, please contact me and I would be happy to arrange this.

Thank You.

We are on the web  
[www.warwickshire.gov.uk/carers](http://www.warwickshire.gov.uk/carers)

# rethink

CARERS  
RIGHTS DAY

### Mental Health Carer Information & Support Service for Warwickshire

If you provide care for someone with a mental health problem then the Rethink Carer Information and Support Service could help you. Caring can be both scary and isolating especially when it comes to issues surrounding mental health. Many people, including those within your family may find it difficult to talk about, or even accept, the difficulties you are facing.

At the Carers' Service we provide a number of ways to support you including:

- One to one support
- Telephone support
- Regular mailings
- Support groups
- Social activities
- Opportunities to get involved with mental health services

The support groups run in 3 areas across the county and this is a good opportunity to have a chat about what is going on for you, as well as listen to advice from other carers, the true 'experts', who have most likely had experiences, or are experiencing, similar problems to you.

If you would like to make new friends then the service runs regular lunch time get-togethers as well as evenings out. Don't worry if you haven't been before as there is always a member of staff or Specialist Carer Support Worker on hand ready to break the ice.

Anyone can access the service as long as they provide care for someone with a mental health issue. This includes emotional care or simply 'just being there'. You do not have to be related to, be living with the person, or be accessing other carer services to use us. Likewise the person you care for does not have to be undergoing treatment, or be known to local services. The Rethink Mental Health Carer Information and Support Service is on:

Phone: 01827 715730  
Fax: 01827 715730  
Email: [ciss@rethink.org](mailto:ciss@rethink.org)

Rethink CISS  
76 Station Street  
Atherstone  
Warwickshire CV9 1BU

Warwickshire County Council Demonstrator Site  
Learning Difficulties Service  
Written by Claire Madden

*"Why can't I just book a break from my caring role?"*

Following a carer asking this very question at a Warwickshire County Council Carers Forum, the 'Carers Breaks Project' has been launched. The project is looking at making breaks for carers with learning difficulties more accessible by putting specialised carers' services online.



The service will mean that carers will be able to book respite stays and sessional support through a website allowing greater flexibility and choice in where, when and who cares for the cared for. The project is being run as a national pilot in Warwickshire in partnership with NHS Choices. A number of recent workshops resulted in good feedback from care providers, carers and staff at Warwickshire County Council. Lots of questions were raised and answered and suggestions were put forward that are being actioned. At the end of the workshop people were invited to say whether they would like to stay involved in the design, implementation and trial of this project. Everybody who attended was keen to do so, but we welcome as many of your views as possible, so if you care for somebody with learning disabilities and are interested in finding out more about this project, then please telephone:

Claire Madden (Project Officer) on 01926 746980 or email:- [Claire.madden@warwickshire.gov.uk](mailto:Claire.madden@warwickshire.gov.uk)



## CARERS INFORMATION



ADVANCED NOTICE 2010

### ST. JOHN'S FREE TRAINING FOR CARERS ON FIRST AID AND MOVING & HANDLING

We have been approached by St. John's Ambulance who are offering free training for carers in First Aid and Moving & Handling.

The sessions will be in Rugby, North Warwickshire and Nuneaton and Bedworth and will be held in the New Year. Each session will be three hours. If you are interested please give us a call on: **02476 385 888** and speak to Judy or look out for more information in the next newsletter.



Alternatively you can visit one of our Carers Rights Day events and register with one of our Carer Support Workers your interest for more information.

At the end of November 2009, the Rugby telephone number will no longer be in action. All Carer Support business will be through one number.



GUIDEPOSTS

### CARER SUPPORT SERVICE

Working for Carers in Rugby,  
North Warwickshire, Nuneaton & Bedworth

TEL: 024 7638 5888

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

Until the end of January 2010, there will be an automated message stating the office telephone number. All Rugby Carers will be issued with a 'Fridge Magnet' (as shown above). If you live in North Warwickshire or Nuneaton & Bedworth and would like one please call **02476 385 888**.

### Rugby Bring and Share Lunch changes from November 2009

Please note that the change and time of venue for the bring and share lunch from November 2009:-

This bring and share lunch will now be held at 13 Elsee Road, Rugby between 12.30pm and 2.30pm. This will commence on Thursday 26th November 2009 with the 10 minute speakers continuing. Thanks to Jenny Hicks for all her help in this joint venture

### Rugby CAVA North Street Rugby change of drop in day from November 2009

Please note that from November 2009 the drop in to see a Carer support worker will be Tuesdays each month from 10am to 12noon starting Tuesday 3rd November 2009

### New GP Drop in Surgery Commences November 2009

Please note that a Carer Support worker will be at The Whitehall Medical Practise, Morton Gardens, Rugby for 1 hour each month, on the second Friday, starting on Friday 13th November 2009 between 9.30am to 10.30am

### Rugby Area

The Alz's café meets at the Betts Hall, Age Concern, Clifton Road, Rugby usually on the 3rd Monday of the month between 7pm and 9pm. Invitations can be obtained by contacting the local Alzheimer's society on **01926 888899**.

### Fibrolads - Rugby

For males who support another person with Fibromyalgia - contact Maurice Clarke for full details on **01788 819336**.

### Dads Group - Community Café, Church Street, Nuneaton

If you are a Dad, Grandad, Stepdad or male carer who cares for a child with disabilities, then come along to this group to meet others. They meet on the 1st Wednesday of the month 7.30pm-9.30pm.

### Nuneaton Area

The Alz's café meets at Hatters' Space, Abbey Street, Rugby usually on the 1st Wednesday of the month between 7pm and 9pm. Invitations can be obtained by contacting the local Alzheimer's society on **01926 888899**.

### Nuneaton Area

RETHINK support for carers of mental health meets at the FCH Well Being Centre, 183 Queens Road, Nuneaton meets on the 1st Monday of every month between 7pm and 8.30pm

### Nuneaton/Bedworth

HEADWAY - who support people and their carers and families with Brain Injuries meets on the 1st Monday of every month, between 2pm and 3.30pm at Hatters Space, Abbey Street, Nuneaton.

### Parkinson's Disease Society—Nation wide

Further details can be obtained from the Information & support worker - Anita Hallett on **0844 225 3649**.

### Bedworth Carers Group

The Bedworth Carers group meets in Bedworth above the Citizens Advice Bureau on the 1st Wednesday of every month between 1.00 and 3.00pm. Further information can be obtained from Gordon Nash Telephone **02476 758200** or Will Roe telephone **02476 491383**.



Information on local groups came from **Mollie Toye - Rugby Carer Support worker**.

If you want to advertise any carers groups please contact **02476 385888** and speak to Judy.



GUIDEPOSTS

# Merry Christmas



## Ask Chris....

We are on the web  
[www.guidepoststrust.org.uk](http://www.guidepoststrust.org.uk)

Christine Grimley - Deputy Manager

Q. I have heard that the Carers Emergency Card is being re-launched. Is my old card still valid?

A. Every cardholder will be contacted and invited to complete an up-to-date application to confirm details are still correct. You are still covered by your old card until the new one is received. However, please ensure that you destroy your old card once your new one is received as the numbers will be different.

Q. What is the latest information on the Swine Flu pandemic?

A. For the most up-to-date information go online at National Pandemic Flu Service or telephone 0800 151 3100 - minicom 0800 151 3200. People with swine flu typically have a high fever or high temperature (over 38c) and may also have aching muscles, sore throat and/or a dry cough. In other words, the symptoms are very similar to seasonal flu. The first batches of vaccine are expected to be available in October. The vaccine will initially be given to the following groups in this order:- People aged between six months and 65 yrs who usually get the seasonal jab, pregnant women subject to licensing, people who live with those whose immune systems are compromised, such as cancer patients or people with HIV/AIDS and people aged 65 and over in the seasonal flu vaccine at risk groups.



Can it really be that time of year again, Christmas carols playing in every shop and every TV advertisement trying to convince you to part with your hard earned cash. Being a carer can feel isolating at the best of times but especially at this time of year. Make sure you make the most of any help offered and if no one offers, ask for help!

One of the essentials for a Happy Christmas is to be prepared – so here are a few tips to help and maybe save you a pound or two in the process.

When doing the weekly shop stock up on all non perishable items from toilet rolls and cleaning products to non perishable food stuffs. Keeping an eye out for special offers. This will give you less to do when the shops get busy. Add batteries, matches and a few treats (such as nuts, wine and chocolate)

Check the medicine cabinet and stock up with regular remedies for indigestion, colds etc. **Make sure repeat prescriptions are ordered and collected in good time.**

Write your cards early, not only is this a chore out of the way, but it means you can post them 2nd class instead of 1st this will save you £4.50 if you have 50 cards to post.

Save pretty packaging and ribbons all the year round. These can make a small gift look a million dollars.

Home made gifts can be a real treasure. So whatever your talent why not give it a go. (knitting, sewing, cooking, painting flower arranging). Or why not pot up some bulbs in a pretty container and wrap a ribbon round.

Have a walk round the garden or the park, a nice branch, some dried flower heads or cones can be easily decorated with a tin of gold or silver spray to make natural arrangements.

If you don't have a talent, how about making a voucher giving the holder a few hours of your time – decorating, gardening, outings, shopping, sitting.



Remember **IT'S ONLY ONE DAY, enjoy it.**



# Guideposts Social Network Forthcoming Events



## RUGBY

### FESTIVE SEASON LUNCHEON

#### THE ARNOLD HOUSE IN RUGBY

(owned & operated by Masonic Buildings (Rugby) Ltd)

Wednesday 9th December 2009 - 12.15pm for 12.30 pm lunch

£9.95 per person

\*\*\*\*\*

**Chef's Homemade Cream of Vegetable Soup**  
served with crusty bread

**Egg Mayonnaise**  
served with Brown Bread & Butter

**Chilled Fruit Juice**

\*\*\*\*\*

**Roast Norfolk Turkey**  
served with Chipolata Sausage wrapped in Bacon, Stuffing,  
Cranberry Sauce & Jus Gravy

**Steak Braised**  
in Red Wine & Mushroom Sauce

**Chef's Vegetarian Speciality of the Day**

All main courses are served with a selection of  
Seasonal Vegetables & Roast Potatoes

\*\*\*\*\*

**Christmas Pudding with Brandy Sauce**

**Fresh Fruit Salad with Pouring Cream**

**Warm Chocolate Fudge Cake with Vanilla Ice Cream**

\*\*\*\*\*

Coffee or Tea served with Mince Pies

## NORTH WARWICKSHIRE - NUNEATON & BEDWORTH

### FESTIVE SEASON LUNCHEON

#### THE COMMUNITY CAFÉ IN NUNEATON

Thursday 10th December 2009 - 12.00pm until 3.00pm

£8.50 per person

If you cannot make this date there will be another Christmas Meal within the Community Café on Friday 18th December 2009 12.00pm until 3.00pm - £8.50 per person (please book early)

Come along and enjoy a meal, music and loads of fun

\*\*\*\*\*

### Melon

with Raspberry Coulis

**Tomato Soup**

\*\*\*\*\*

**Traditional Roast Turkey**  
with all the Trimmings

**Vegetarian Option**

\*\*\*\*\*

**Christmas Pudding**  
with Brandy Sauce

**Winter Fruit Salad**

\*\*\*\*\*

Coffee or Tea served with Mince Pie



## Beauty & the Beast Pantomime Belgrade Theatre Coventry



Wednesday 6th January 2010

Performance starts at 7.00pm

Tickets £10.00 per person inc transport

Please book early as there are limited places

Booking Form is enclosed separately  
with this Newsletter

If you require any further information please

call 02476 385 888 and speak to Judy.

## No Bake Ginger Cream Log

### Ingredients:-

300ml/10flozs of double or whipping cream,  
1 tablespoon sherry,  
3 tablespoons mixed candied peel, finely chopped,  
175g/6ozs ginger biscuits (just under 1 normal packet size),  
Fresh fruit to decorate - for example kiwi fruit or strawberries.

Preparation time is 15 minutes:

- Whip the cream until thick and stir in the Sherry if used and the chopped peel.
- Sandwich all the biscuits together to form a roll, using about half the cream mixture
- Place the biscuit roll on a serving plate then spread the remaining cream to cover it.
- Cover the log loosely with foil and chill in the fridge for 5-6 hours. During this time the biscuits will soften and all the flavours blend.
- Before serving, decorate the top with fresh fruit of your choice. If using kiwis slice them first or if strawberries cut them in half.

Note that this log stores well in the fridge for 2 days.  
An excellent no fuss no bake alternative to a festive log!

