



The Princess Royal Trust  
*Barnet Carers Centre*

# Carers' Voice

SUPPORTING AND INFORMING CARERS IN BARNET

Spring 2011



Inside this issue



12th - 19th June 2011

## The True Face of Carers



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## An introduction from our Director of Services

Welcome to the latest issue of Barnet Carers Centre's "Carers Voice" newsletter.

After the harsh winter, spring is finally here bringing in a climate of challenge and change. The charity sector is adapting to the new coalition government's spending cuts and we at Barnet Carers Centre are ready and prepared to keep the Carers' agenda high on funders' minds.

My name is Adrian Scott, and I am the new Deputy Director of Services. I oversee the delivery of the Centre's services and all of us here at Barnet Carers Centre are positive and looking forward to continuing our work delivering high quality services to Carers.

The theme for Carers Week 2011 is - *The True Face of Carers*, highlighting the reality of daily life as a Carer.



Adrian Scott – Director of Services

What "type" of Carers are there out there? Is caring one of the hardest jobs to do or one of the most rewarding?

We plan to continue to bring awareness across the borough of Carers' lives and experiences, and what really makes a difference to Carers' and their caring role.

Details of the programme of events are in this issue and can also be found on our new look web site – see us at [www.barnetcarers.org](http://www.barnetcarers.org).



## Carers Assessments - Have You Had One?

Most Carers have a legal right to an assessment of their own needs. It is your chance to discuss with the social services department of your local authority what help you need with caring. You can discuss any help that would maintain your own health and balance with other aspects of your life, such as work and family. Social services uses the assessment to decide what help to provide.

Carers Assessments allow you to apply for certain services from Social Services such as Occupational Therapy, Respite, Direct Payments and Care Packages. For more information about Carers Assessments or to request a form please ask your social worker or call the Carers Centre where we will be happy to send you a form and to help you to complete it. Call the Adult Carer Support Team on 8343 9698.

We would like to say a big, 'congratulations' to Ruth Rees, one of our longest standing volunteers here at Barnet Carers Centre for her award at the Civic Awards Ceremony on 23 March 2011.



Ruth received her Civic Award from the Mayor of Barnet, Councillor Anthony Finn, for her volunteer services in the London Borough of Barnet. Ruth has been a volunteer at Barnet Carers Centre and an active member of the community for many years. Well done Ruth!

### Volunteer Therapists Needed

We are always looking for qualified therapists to help us to give Carers a break at our Relaxation Days and Evenings.

If you are a therapist and can spare a couple of hours a month please call the Centre on 8343 9698.

All volunteers are asked to undergo a full Criminal Records Check.

Thank You!

### GP Outreach Volunteers

We have a wonderful team of volunteers who visit GP surgeries in Barnet chatting to patients and raising awareness of the work that we do at Barnet Carers Centre.



We currently have several surgeries who have agreed to work with our volunteers to identify hidden Carers and we need some new and enthusiastic volunteers to perform this role.

You will ideally have a friendly, outgoing personality and have approximately 4 hours free per month.

The visits are usually every other week and you will attend the same surgery each time so that you get to know the staff and patients.

If you feel that you may be able to help please call Anna Constanti on 8343 9698 for more information. A full CRB check will be required.

## Honourable Fraternity of Ancient Freemasons

A heartfelt thank you to the Charity Committee of the Honorary Fraternity of Ancient Freemasons who helped fund a laptop for the Centre and Wii console and games for the BYCAS Young Carers. Thank you so much!

## Regular donations

A donation of just £3 a month is a small amount to some people but could make a huge difference to the lives of Carers in Barnet.



Small regular donations from donors will provide Barnet Carers Centre with the

stability that is needed to help us plan ahead and keep running vital services for Carers in Barnet.

If you would like to become a regular donor to Barnet Carers Centre please call Fauzia Malik 020 8343 9698 or email [fauzia.malik@barnetcarers.org](mailto:fauzia.malik@barnetcarers.org)

## Barnet Carers Centre is launching a Subsidised Will Scheme

We may be able to help towards the cost of writing your will. You are eligible for the scheme if:

- You are over 55
- You are resident in Barnet
- You do not have a will



There are a limited number of wills that Barnet Carers Centre can contribute towards and an application form will need to be completed with proof of eligibility. Call the Centre to request a fact sheet.



**A very warm welcome to MHP Solicitors**

A very warm welcome to Mir Hickling Hayward Patel Solicitors who have become corporate supporters of Barnet Carers Centre. We are really pleased to be working with them and they are looking forward to helping us support Carers.

## Connect With Us Online!

Barnet Carers Centre are please to announce the launch of its new website @ [www.barnetcarers.org](http://www.barnetcarers.org)

Our new website uses the latest internet technology to convert our Carers Voice Newsletter so it can be read via the internet. In addition, visitors can view our broad range of services, including latest events, register with us and download other publications.

### Site Features

*Carers Voice Online; Adult Carer Support Services; Young Carer Support Services; Community Home Support Services; Fundraising; Up and Coming Events; Links to the Carers Support Organisations Network (CSOrgs); Useful Links to Other Agencies; Register With Us; Online Publications; and much more...*



Visit [www.barnetcarers.org](http://www.barnetcarers.org)



## Carer Quality of Life Measuring Tool

A new manual to measure the quality of life of adult Carers was launched on Wednesday 16 February 2011. The Adult Carer Quality of Life Questionnaire (AC-QoL), published by The Princess Royal Trust for Carers, in association with the University of Nottingham, is a simple 40-item instrument which measures Carers' quality of life in eight domains: support for caring; caring choice; caring stress; money matters; personal growth; sense of value; ability to care; and carer satisfaction. Barnet Carers Centre has begun to use this tool to measure change and impact of support provided to our Carers. Data from completed questionnaires will eventually demonstrate how and if the intervention (support) affects each domain.

To support our services Carers can request the questionnaire which can be completed over the phone with one of our carer support outreach officers.

## Dementia Training For Carers

Are You a Carer For Someone Living with Dementia?

We would like to invite you to a series of training sessions focusing on the everyday challenges of living with Dementia.

The course consists of four, weekly, two hour sessions. We request that Carers try to attend all four sessions in order to gain full benefit from the training.

### Training Timetable

**Wednesday 18th May** – What is Dementia?

**Wednesday 25th May** – Living with Dementia, Treatment, Medication and Challenging Behaviour

**Wednesday 1st June** – Living with Dementia, Legal Matters and Resources

**Wednesday 8th June** – Living Well for the Carer and the Cared For

**Time:** 1.30pm – 3.30pm

**Where:** Advice and Information Centre, Meeting Room, 1st Floor, Edgware Community Hospital, Burnt Oak, Broadway Edgware, HA8 0AD

Please call 8343 9698 to book your place.

## Rapid Response Project

In October 2010 the Rapid Response Project was established to set up a process and procedure to provide a rapid response to Carers where the caring situation is at risk of breaking down.

The Rapid Response Project Team membership was formed from the health service, Barnet Council and Barnet Carers Centre.

The Project culminated in March 2011 with two presentations to over 150 people outlining the response that Carers can expect from both the statutory sector and voluntary organisations within Barnet.

## Falls and Accident Training For Carers

We are holding a training session for Carers dealing with the prevention of falls and accidents.

**Wednesday 22nd June 2011**  
at 10.00am – 12.00pm

at Barnet Carers Centre,  
303 Ballards Lane,  
North Finchley N12 8NP

Please call 8343 9698  
to book your place



## Celebration Send off for Tracey Stanley

Tracey has left her job at the BYCAS Fun & Crazy Clubs where she was a Play Leader for 4 years and also led BYCAS Crew when it first started up in 2007/08.

She will be sadly missed, but we will still see her on outings. She got a jolly messy send off from the Fun Club, and The Crazy Club had a nice party to say 'Goodbye'.

## CARERS WEEK

CARERS WEEK IN JUNE IS FAST APPROACHING AND WE WANT TO ARRANGE AN EVENT OR OUTING TO CELEBRATE BIG TIME!!!!

LET US KNOW YOUR IDEAS FOR THIS AND ALSO YOUR IDEAS FOR A THEME TO GO WITH IT FOR GETTING DRESSED UP.

IN THE PAST WE HAVE HAD HAWAIIAN BARGE PARTIES, SCOOBY DOO SPONSORED WALKS AND OPEN TOP BUS RIDES WEARING SNAZZY 'T' SHIRTS WE HAVE DONE OURSELVES. SO C'MON LETS HEAR BACK FROM YOU DUDES WITH SOME CREATIVE IDEAS THAT WILL BLOW US AWAY!

### UP AND COMING EVENTS

JUNE 11th MOAT MOUNT OPEN SPACE for ARCHERY.

JUNE (TBC). MASSIVE BARGE PARTY ON THE REGENTS CANAL, with fancy dress, party games, karaoke and party buffet.

JULY 28th London Zoo

AUGUST 25th CLACTON PIER, BEACH & RED ARROWS AIR SHOW.

### DO YOU WANT A PEN PAL?

Please call 8343 9698 to speak to Sangita for more information

## New Staff!



BYCAS would like to warmly welcome Millie Henshaw-Devall to the team. Millie is our new Time 4 Us Support Officer.

Some of our young carers have already met with Millie at BYCAS clubs.



# Community Home Support Services

## Services

Enjoying good quality life experiences are important to all of us. These include; being able to develop and maintain independence, having choice and control over decisions that affect our lives, maintaining health and wellbeing, learning and maintaining skills throughout our lives and having the respect of others around us.

This is important in every area of our lives – work, education, leisure, and especially in our own homes.

Barnet Carers Centre offers a wide range of services including, Respite Breaks for Carers, Children's Respite and Personal Care through it's Community and Home Support Services (CHSS) Team.

All of our highly qualified, trained care workers are there to help the Carer to have a break and the person you care for maintain and develop independence in the community and at home. Please call Tanja on 8343 9698 for more information.

## Meet the Care Workers



Kamal Pasha has been a Care Worker for the CHSS Team for over 13 years.

Kamal enjoys working with vulnerable people. During his time as a care worker he has developed a real satisfaction at being able to put a smile on his clients' faces. It gives him great pleasure and finds the work spiritually rewarding.

## MIR HICKLING HAYWARD PATEL THE FRIENDLY FACES OF LAW

If you found yourself in need of good advice or legal representation, who would you call?

At MHHP Solicitors we put our clients first and, between the four of us, we'll be able to help you whatever your problem or legal requirement.

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Call us for advice you can trust and help when you need it.



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Drop in for a chat, call us on 020 8275 5556  
or visit [www.mhhplaw.com](http://www.mhhplaw.com)

**MHHP**  
Mir Hickling Hayward Patel

## Abseiling for Barnet Carers Centre

Two Intrepid lawyers from Barnet based Solicitors Mir Hickling Hayward Patel will be abseiling off a water tower in Church Langley on Saturday 30th April all to raise money for Barnet Carers Centre.

Steven Hickling and Ruth Hayward are the 2 intrepid lawyers and their fundraising target is £600 so if you would like to support them please call the Centre to donate on 0208 343 9698.

Good luck - Ruth and Steven!!

## Carers Week Fundraising Events 11th - 17th June

An Evening of Clairvoyance with Pollyanna and Friends - Saturday 11th June.

After January's successful event Pollyanna will be hosting another Evening of Clairvoyance on Saturday 11th June 7pm to 9pm. All proceeds will go to Barnet Carers Centre.

Entry is £5 per person or a donation. To be held again at Arkley Golf Club, Rowley Green Road, Barnet, Herts EN5 3HL.

Telephone the Centre to book your place 0208 343 9698 or email [fauzia.malik@barnetcarers.org](mailto:fauzia.malik@barnetcarers.org)

**Carers Week Tin Collection** at Marks and Spencer Whetstone 11th to 17th June.

If you can spare a couple of hours to hold a tin for our collection at M&S Whetstone then please let us know. Call the Centre on 0208 343 9698 or email [fauzia.malik@barnetcarers.org](mailto:fauzia.malik@barnetcarers.org)

## Up and Coming Fundraising Events (phone to book):

**Wine Tasting Event** at Barnet Carers Centre. Thursday 19th May. Admission £5 per person 7pm to 9pm. Sample a range of wines from different parts of the world.

**Table Top Sale** Saturday 11th June 9am to 12noon at Finchley Methodist Church, Ballards Lane (corner of Essex Park) buses 82, 125, 460. Tables are £5 per vendor. To book your table call 0208 343 9698 or email [fauzia.malik@barnetcarers.org](mailto:fauzia.malik@barnetcarers.org)

The National Garden Scheme – London Gardens 2011 - A long term supporter of Barnet Carers Centre will be hosting an open garden event with a donation going to Barnet Carers Centre - Sunday 26th June 2pm to 6pm, 18 Park Crescent, Finchley, London N3 2NJ. Admission £2.50 (children go free). Finchley Central tube, Buses 82 to Essex Park also 125, 460, 626, 683.

**CUT-A-THON** Our talented fundraiser Pollyanna will be holding a cut-a-thon at Barnet Carers Centre and is seeking sponsorship for the number of haircuts she can do in 2 hours. Tuesday 12th July, Barnet Carers Centre 10am to 12noon.

**Family Fun Day** Saturday 16th July – Trent Park 11am to 3pm. There will be face painting, henna tattoos and more fun and games. £5 per child, meet at 11am at the duck pond (about 5 minutes walk from the café near the main entrance on Cockfosters Road).

**Strawberry Cream Tea in aid of Barnet Carers Centre** Saturday 23rd July. Our lovely Trustee Gill Struthers will be holding a Strawberry Cream Tea in aid of Barnet Carers Centre on Saturday 23rd July 3pm to 6pm. There will be raffle prizes and lots of fun and sunshine (fingers crossed!). Tickets are £10 per person. To book your place call Gill 0208 446 2062 or email [johngillst@aol.com](mailto:johngillst@aol.com)

**Marks and Spencer Coffee Morning**, Thursday 22nd September 10am to 12 noon at Marks and Spencer Whetstone, 1430 High Road, Whetstone, London, N20 9DR. Please come along and join us.

An early Autumn evening of song and music featuring Barnet Voices on October 22nd 7pm to 10pm tickets £7 per person. Finchley Methodist Church, Ballards Lane (corner of Essex Park) buses 82, 125, 460. Places are limited please call the Centre to book your place.

**Fundraising Gala Dinner** - We are pleased to announce, 'The Butterfly Ball', a Fundraising Gala Dinner to be held on Saturday 25th February 2012 at the Emerald Suite in North London – further details to be announced. If you are interested in helping with this event or donating raffle prizes please let us know [fauzia.malik@barnetcarers.org](mailto:fauzia.malik@barnetcarers.org)

You are very welcome to donate to Barnet Carers Centre using your credit or debit card over the phone simply call 0208 343 9698 and have your card details ready.



It's an exciting time of year and with the summer holidays coming there are lots of new activities and events to keep the children entertained during the school break.



For a full list of summer activities in Barnet go online @

[http://www.barnet.gov.uk/summer\\_holiday\\_activities](http://www.barnet.gov.uk/summer_holiday_activities)

## Useful Links

### Parent Support Courses -

[www.barnet.gov.uk](http://www.barnet.gov.uk), type parent support course in search field.

**Disabled Children's Activities - The Choice** bulletin is a newsletter for disabled children, young people and their families and for those with complex and special needs.

<http://www.barnet.gov.uk/disabled-childrens-activities>

**Day out with the Kids** - Fun way to plan a family day out with the kids.

<http://www.dayoutwiththekids.co.uk/>

## Useful Telephone Numbers

Barnet Link – 020 8885 1900

Barnet MENCAP – 020 8349 3842

Barnet Play Association – 020 8344 2755

DabB (Disability in Barnet) –  
020 8446 6935

Disabled Children's Team –  
020 8359 4246

IPOP – 020 8441 0404

Parentline Plus (freephone) –  
0808 800 2222

Parent Partnership – 020 8359 7687

## UP AND COMING EVENTS

### Parent Partnership Barnet – Annual Conference Wednesday 18th May 2011

For parents / carers of children with special educational needs who live in Barnet are invited to hear about special educational needs and attend workshops relating to issues relevant to your child. For further information call Karen Dempsey: 0208 359 7637 or email [Karen.dempsey@barnet.gov.uk](mailto:Karen.dempsey@barnet.gov.uk)

### Summer Shed - Monday 25th - Friday 29th July

Summer Shed is for anyone between the ages of 6-12 and is delivered by Chicken Shed's highly experienced and energetic performers. This activity will run from 10.00am - 4.00pm each day. Each week has limited places so book early to avoid disappointment. There is a 50% discount for siblings so the whole family can come along. Please contact the box office on 020 8292 9222 for more information.

### IPOP Football Club

The IPOP Football Club is open to all disabled children 5-18 who live in Barnet. It aims to give children the confidence and skills to play football with non-disabled children.

Each session costs £3, which must be paid each term. For more information please call Bryony Esmat, Football Development Worker on 020 8221 0404 or email: [bryony@ipop.co.uk](mailto:bryony@ipop.co.uk).



## The True Face of Carers

12th – 19th June

Barnet Carers Centre has a full calendar of events to celebrate Carers Week 2011



**Sunday 12th June – Sponsored Walk at Trent Park, Cockfosters.** We will be holding a fundraising sponsored walk in Trent Park on Sunday 12th June so dust off your trainers! It is a beautiful 3.5 mile walk through scenic Trent Park. Meet at 11.00am at the cafe near the main entrance on Cockfosters Road. There is a £5 registration payable on the day.

**Monday 13th June – Relaxation Therapies Morning** at Barnet Carers Centre from 10.00am – 2.00pm. A range of complimentary therapies will be available including; massage, healing, yoga and manicure. A light lunch will be served. Call to book your place. Therapies by appointment only. Priority given to current Carers.

### Tuesday 14th June – Film Night

A film night showing 'The Kings Speech' to be held at Barnet Carers Centre on Tuesday 14th June at 6.00pm. Call to book your place. Popcorn will be provided.

**Tuesday 14th June – Trip to Kew Gardens** courtesy of Goldman Sachs. An all expenses paid trip to the beautiful Kew Gardens including transport to and from the Carers Centre and lunch. Priority will be given to current Carers who have not accessed our trips or services before.

**Wednesday 15th June – Professionals Conference** – At: Meeting Room 1, Barnet House, 1255 High Road Whetstone, N20 0EJ, from 9.30am – 12.30pm.

This is an information sharing session for professionals from the voluntary and statutory sector relating directly to the needs of Carers and the provision of services in Barnet. Anyone working in the borough to support Carers is welcome. Call us to book a place.

### Thursday 16th June – International Food & Coffee Morning

At Barnet Carers Centre from 10.30am to 1.00pm. We invite Carers and Former Carers to celebrate the cultural diversity of Barnet and to bring along a traditional dish or delicacy from their land of origin. All participants are asked to bring along a contribution. Please call to let us know what you will be bringing.

### Thursday 16th June – Race Night

At the Meritage Centre, Church End, Hendon, NW4 4JT from 6.30pm – 10.00pm We invite you to join us for a fun night of betting and socialising, with Carers staff and friends. The night will include a bar, raffle and a light buffet. Doors open at 7.00pm entrance fee will be £7 everyone is welcome, bring along your friends and family to this fun evening. All proceeds will go to Barnet Carers Centre. Please call to book your place.

**Friday 17th June – Grand opening of the BYCAS Lounge** at Barnet Carers Centre. This event is for BYCAS families, please call to book your place.

To book for any of the above events please call 8343 9698. Please ask if you need to arrange respite to enable you to attend any event.

## Adult Carer Services

Telephone Helpline –  
020 8343 9698

Our friendly Carer Support Team offer practical help as well as emotional support. Monday to Thursday 9.00am - 9.30pm, Friday 9.00am - 5.00pm.

### Daily Drop In

Come to the Centre and talk through any problems or concerns confidentially with a member of our experienced Carer Support Team. Monday to Thursday 9.00am – 9.00pm. Friday 9.00am – 4.30pm.

### Relaxation Day

Be pampered and enjoy a light lunch. On the first Friday of each month between 10.00am - 3.00pm at Trinity Church N12 – a £5 donation is suggested. Call to book your place.

### Relaxation Evening

Take time out and enjoy a range of therapies, from a reflexology session to a relaxing back or neck massage. On the third Wednesday of each month between 6.30pm - 8.30pm at Barnet Carers Centre – a £5 donation is suggested. Call to book your place.

### Carers Get Together

An opportunity to meet and relax with others in similar circumstances to yours. Every Thursday from 10.30am – 12.30pm.

### Welfare Benefits Surgeries

From 6.00pm – 8.30pm every Thursday from 10.00am – 12.00pm by appointment only.

### Arts & Crafts Group

Be creative with – knitting, card making, embroidery. Meets

every Tuesday from 12.00pm – 3.00pm. Bring your lunch.

### Carers Break and Carers Relief Fund

The Centre has limited access to funds to help you have a break or to help towards the cost of essential equipment. To see if you are eligible please call the Carers Support Team.

### Counselling

Come and talk to a trained counsellor in a non-judgemental, confidential setting. A £10 donation is suggested.

To book or find out more details call us on 020 8343 9698.

All services are held at Barnet Carers Centre unless otherwise stated.

## Specialist Carers Groups

An opportunity to meet with other Carers in similar situations. Speakers are invited to group meetings to discuss topics of common interest. If you would like to attend any of the groups described below, please call the Carer Support Team or simply turn up.

### Former Carers Group

Organised by a Former Carer, an opportunity to meet with other Former Carers. On the first Monday of every month between 1.00pm - 3.00pm – locations vary.

### Older Carers Group

For Carers over 55, the group meets on the first Tuesday of every month from 11.00am - 1.00pm at Barnet Carers Centre. We also have a home visiting service available. Please call for more information.

### Mental Health Carers Group

Meets on the first Thursday of every month from 6.30pm - 8.00pm at Barnet Carers Centre.

### Learning Disability Carers Group

Meets on the last Tuesday of every month from 10.00am - 12.00pm at Barnet Carers Centre.

### Multicultural Carers Group

Meets on the last Wednesday of each month from 11.00am - 1.00pm at Barnet Carers Centre.

### Carers of Adults with Physical and Sensory Impairment Group

Meets on the last Thursday of each month from 6.30pm - 8.00pm at Barnet Carers Centre.

## Barnet Young Carers and Siblings (BYCAS)

For more information on any of these services call the BYCAS team on 020 8343 9698.

### Clubs & Outings

BYCAS run regular outings for the over nine's and clubs for ages 5-17 years in Barnet.

### Schools Liaison Service

BYCAS runs PSHE lessons and assemblies and supports Young Carers in school. Please contact BYCAS for more information.

### "Time4Us" Service

The Time4Us service provides support to young people who are living with the effects of substance abuse within their family.

## Free Carers Monthly Yoga Sessions

We are pleased to announce that we are now offering monthly yoga and breathing relaxation sessions for Carers.

Where: Barnet Carers Centre,  
When: 2nd Friday of each month  
Time: 10.00am – 11.00am

These gentle yoga sessions are for all ages and abilities. They include gentle stretching and breathing exercises and can be done sitting or standing. Please call 8343 9698 to book your place.



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## Volunteers Needed!

Do you have a few hours to spare a week?

Do you have a good telephone manner?

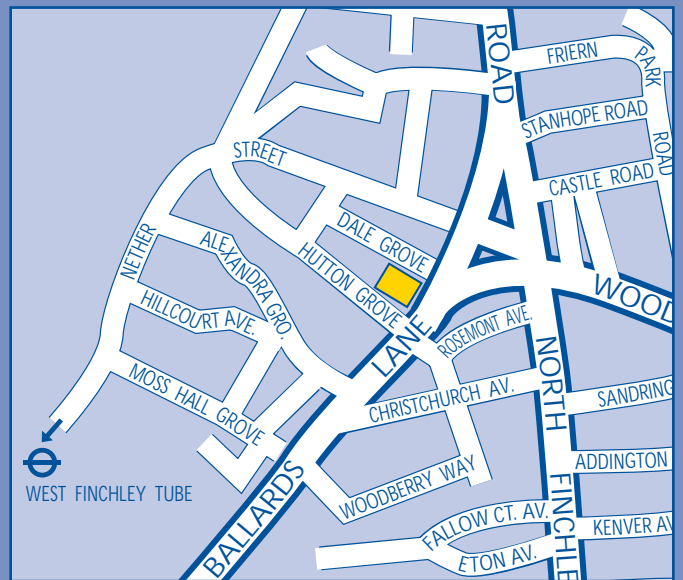
Are you confident on a PC?

If the answer is yes to any of the above then please get in touch.

If you would like to volunteer with Barnet Carers Centre in fundraising, administration / reception please call 8343 9698.

## PLACE AN AD HERE

For a £100 subscription fee per year you can place an ad in three issues of the Carers Voice.



## Getting Here

We are one minutes walk from North Finchley Bus Depot. The following buses pass the Centre: Routes 82, 134, 221 and 460.

West Finchley, Northern Line is the nearest tube and is approximately a 20 minute walk.

## Meeting Rooms For Hire

We have three light, airy meeting rooms for hire in smart, contemporary premises centrally located in North Finchley. They are available from 9.30am - 9.00pm Monday to Thursday.

Meeting Room A seats up to 14 people in a board room style and has multimedia projection facilities

Meeting Room B seats up to 4 people.

Meeting Room C seats 2-3 people.

Each have central heating, air conditioning, comfortable furnishings and drink making facilities.

Meeting Room A is £25 an hour or £100 for the day.

Meeting Room B is £10 an hour or £50 for the day.

Meeting Room C is £10 an hour.

Call Barnet Carers Centre on 020 8343 9698.