

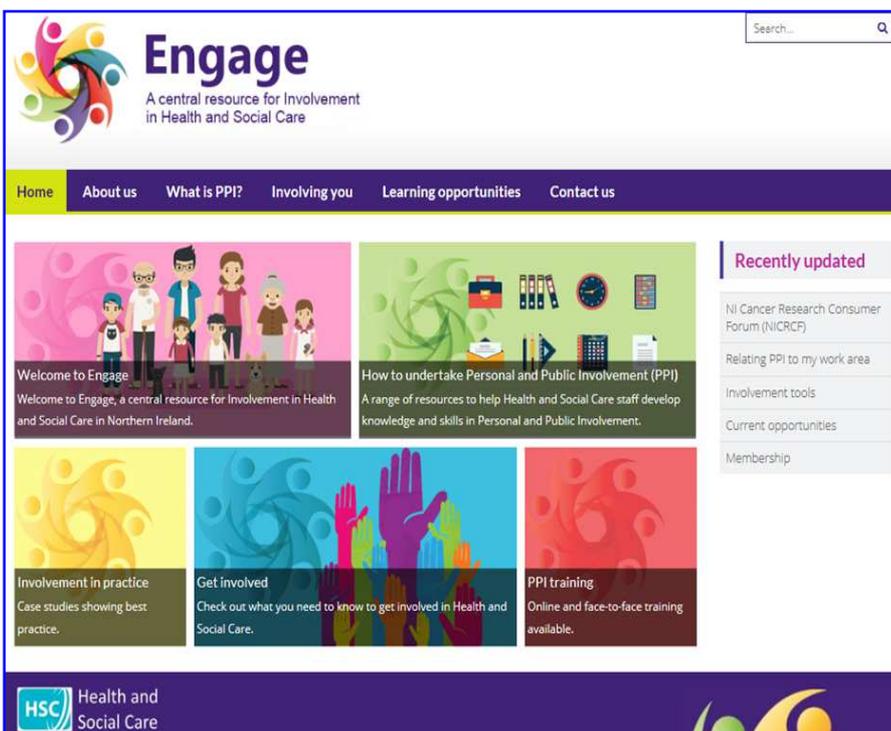
Engage – a central resource for Involvement in Health and Social Care

A new website to support Involvement in Health and Social Care has been launched. 'Engage' has been designed to provide a wide range of information, guides and links to support Personal and Public Involvement (PPI). The Public Health Agency, working in partnership with Health and Social Care staff, service users and carers developed the resource.

Engage will stimulate carers to get involved and provide them with the necessary information to start to understand Health and Social Care. It will enable people to increase their knowledge and find out about the different ways in which they may get involved at either the regional or local level. A series of case studies are available to show how the involvement of service users and carers has made a difference to Health and Social Care in a range of different project areas.

A range of guides and resources specifically aimed at people who want to get involved have also been developed to help people develop their skills. This includes an e-learning programme to help people to understand Health and Social Care and the importance of ensuring their voice is heard.

Check out Engage at <http://engage.hscni.net>



The screenshot shows the Engage website homepage. At the top left is the Engage logo, a colorful swirl, with the text 'Engage' and 'A central resource for Involvement in Health and Social Care'. To the right is a search bar. Below the logo is a navigation menu with links: Home, About us, What is PPI?, Involving you, Learning opportunities, and Contact us. The main content area features several sections: 'Welcome to Engage' with a group of people illustration; 'How to undertake Personal and Public Involvement (PPI)' with an illustration of a person at a desk; 'Involvement in practice' with an illustration of people; 'Get involved' with an illustration of hands; and 'PPI training' with an illustration of a person. On the right side, there is a 'Recently updated' section listing: NI Cancer Research Consumer Forum (NICRCF), Relating PPI to my work area, Involvement tools, Current opportunities, and Membership. At the bottom left is the HSC Health and Social Care logo.

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Positive Futures—Autism Outreach Service

The service summarised:

A support service for Children and Young People with a diagnosis of Autism Spectrum Disorder and their families/carers covering the Western Trust area (All of Fermanagh, Omagh and Derry/Londonderry). The Family / Carer Support Service focuses on 2 age groups, those aged between 4 and 13 years old and those between 14 and 18 years old.

Referrals will come from 3 sectors within the Trust in line with the Social work team responsibilities within the Children's Autism Service; the Derry/Londonderry area of the Trust (Derry/Londonderry, Limavady and Strabane areas), the Omagh area and the Fermanagh area of the Trust.

a) Children (4 - 13 years old)

Part of the Family / Carer Support Service will focus on children aged between 4 and 13 years old. There will be 24 children across the Trust offered this service on a roll on roll off basis (10 in the Derry/Londonderry areas, 6 in the Omagh area and 8 in the Fermanagh area).

This service will offer respite for the families/carers of the children and young people and the development of social and play skills for the child.

The children may be seen in their home on a fortnightly basis and / or taken to age-appropriate activities by a support worker. When appropriate, assisting and facilitating the children to become engaged in mainstream and group activities and develop friendships with other children will be an objective.

b) Young People Input

The focus of work for the 14 – 18 year old young people will be transition and the development of life skills required for progressing to adulthood.

The service will offer support at different levels depending on the need of the individual:

Level 1 – Individual support

Level 2 – Group support and training

The service will see 12 young people every 6 months across the Trust Area.

This will involve 6 young people within the Derry /Londonderry area, 2 within the Omagh area and 4 within the Fermanagh area of the Trust.

c) Referrals and review process

In total 36 children and young people will be seen by the Family / Carer Support Service across the Trust every 6 months or on a roll on roll off basis depending on assessed clinical need.

All referrals will be made by the Social Workers within the Children's Autism Service and based on assessed need.

<https://www.positive-futures.net/news-media/230/a-fighting-chance-for-a-fuller-more-valued-life>

Benefits Information

Social Security Agency
Improving Uptake of Benefits Community Outreach Officers

Name	Office Base	Telephone	e-mail
	Enniskillen	Ring Make the call 0800 232 1271	
Sharon Scott	Strabane	077 3977 3716	sharon.scott1@nissa.gsi.gov.uk
Steven Horner	Foyle Lisnagelvin Limavady	077 3977 3719	steven.horner@nissa.gsi.gov.uk
Thomas Corey	Omagh	077 3977 3722	thomas.corey@nissa.gsi.gov.uk

Not sure what benefits you are entitled to or need a benefits check?

For independent advice and support contact: -

Omagh Independent Advice Service

Tel: (028) 8224 3252

Dove House Resource Centre, Derry

Tel: (028) 7126 9327

The Resource Centre, Derry

Tel: (028) 7135 2832

Rosemount Community Resource Centre, Derry

Tel: (028) 7128 2829

Limavady Community Development Initiative (LCDI)

Tel: (028) 7776 5438

Citizens Advice Bureau:

(Fermanagh) Tel: (028) 6632 4334 **(L/Derry)** Tel: (028) 7136 2444

Spencer Rd, L'Derry Tel: (028) 7134 2536 **(Strabane)** Tel: (028) 7138 2665

Carers NI also provide advice and support via a helpline Tel: (028) 9043 9843

Benefit Rates

(April 2018)

CARER'S ALLOWANCE

£62.70

Carer premium - £34.95

Earnings limit - £116

ATTENDANCE ALLOWANCE

Higher rate - £83.10

Lower rate - £55.65

DISABILITY LIVING ALLOWANCE

Care Component

Highest - £83.10

Middle - £55.65

Lowest - £22.00

Mobility Component

Higher - £58.00

Lower - £22.00

Disability and Carers Service, Castle Court, Belfast (Administrate Disability Living Allowance, Attendance Allowance and Carer's Allowance, Tel: 0800 587 0912 Text: 028 9031 1092 (for hearing impaired))



Western Health
and Social Care Trust

CARERS WALKING GROUPS

The carers walking group aims to improve Carers physical and mental health, giving them an opportunity to meet with others in similar situations and make new friends. This enables improvement of information sharing, reduces stress and gives carers opportunities for further understanding and involvement in how services operate. It also gives carers well-earned time out from their caring role.

The Carers Support Team has established a walking group for Carers in **Omagh**, that meet on a **Tuesday morning**. The team is keen to encourage informal (unpaid) carers to participate.

If this sounds appealing to you... we currently run three walking groups, one in L/Derry, one in Fermanagh and one in Omagh. If you are interested in joining a group please contact Louise on (028) 6634 4180 (Fermanagh/Tyrone) or Geraldine on (028) 7135 5023 (L/Derry).

NEED A
BREAK
FEELING
ALONE



STRUGGLING
TO COPE
EXHAUSTED

Get in touch:

0808 808 7777
advice@carersuk.org



Do you need Welfare Reform Advice?



Help is available through face to face advice or by telephone from your local Citizens Advice or Advice NI independent advice centre.

Call our free independent welfare changes helpline Monday - Friday 9am to 5pm.

0808 802 0020
welfarechanges@adviceni.net



Carers Information

<http://www.westerntrust.hscni.net/services/CarersInformation.htm>

Follow us on Facebook:-

<https://www.facebook.com/WesternHSCTrust>



The Carers Northern Ireland Advice line is open Monday — Thursday from 10am — 4pm.

Advice Line
028 9043 9843

CARERS UK FORUM

The Carers UK online forum is a community of people who know exactly how you feel. They may be strangers – at first – but you'll be surprised how sharing an experience, a problem or just having a good old rant to a fellow carer can make a world of difference.

[VISIT THE FORUM](#)

You can talk about real issues with people who understand and who can support you through everything caring has to throw at you.

The screenshot shows the Carers UK forum homepage. At the top, there is a navigation bar with the Carers UK logo, a search bar, and buttons for 'JOIN' and 'DONATE'. Below this is a secondary navigation bar with links for 'Home', 'Help & advice', 'About us', 'How you can help', 'News & campaigns', and 'For professionals'. The main content area displays a list of forum topics under the heading 'SUPPORT & ADVICE'. The topics are:

TOPICS	POSTS	LAST POST
New to the forum? Tell us a bit about yourself here.	3050	28321 By Bowlingbun Tue Jan 20, 2015 11:27 am
All about caring Share information, support and advice on all aspects of caring.	5264	52645 By Bowlingbun Tue Jan 20, 2015 11:29 am
Tips and practical advice Share your ideas about the practical side of caring.	575	4527 By Anna_1505 Tue Jan 20, 2015 12:08 pm
Carers' health issues <small>PRIVATE: Only viewable by Carers UK members. Discuss your own health issues here.</small>	444	6712 By Mervette Sun Jan 18, 2015 5:09 pm
Former carers For anyone who is bereaved or no longer providing care.	163	2809 By Juggler Thu Jan 15, 2015 3:32 pm

What members say

The Carers UK online forum is a lifeline. It's very reassuring to know that other people feel the same and it makes you feel that you are a normal person. It's just a help to know that you're not alone.

Reading other people's experiences makes me realise deep down we're all going through our own ups and downs. It showed me that it was okay to cope at any level, and not to feel bad if others seemed to cope better.

I joined a few days ago and each time I log on someone else has posted a useful tip, suggestion or some support. Thank you all so much, at last I'm not alone.

How do I join?

Anyone can visit the forum and look at the public sections. However, to post on the forum you need to join Carers UK as a member.

When you join Carers UK we ask for a donation to help support our work to reach carers. However, we know that many carers are not in a position to make a donation, which is why we offer [free membership](#). The forum is available to all members, regardless of whether you are able to donate or not.

<https://www.carersuk.org/help-and-advice/get-support/carersuk-forum>

CARERS WEEK EVENTS

Monday 11th June 2018—Silverbirch Hotel, Omagh (evening event) 7 pm

Tuesday 12th June 2018—Killyhevlin Hotel, Enniskillen (day event) registration 10—10.45 am

Thursday 14th June 2018—White horse Hotel, L/Derry (day event) registration 10—10.45 am

Your invitation is enclosed with this newsletter. Please complete the booking form and return to the Carers Support office to secure your place. The allocation of places will be on a first come first served basis. If you are concerned about arranging alternate care for your loved one, please secure your place at the event first, you can always cancel later if need be.

If you need alternate care please explore your own family networks first. If you are having difficulty please contact the cared for persons keyworker (social worker/nurse) or the Carers Support Office as soon as possible.

If you book a place and need to cancel, please try to do this as soon as possible so your place can be offered to someone on the waiting list.



Would you know what to do?

Everyday First Aid

Would you like to be confident in an emergency, would you like to be able to save a life?

Learn Everyday First Aid in just 2 hours. It is **FREE**, fun and simple to learn. This will improve your confidence in dealing with emergencies, learn new skills and have a bit of fun too.

It is available to groups throughout Northern Ireland at present. If you would like to book a session for your group email gfitzpatrick@redcross.org.uk

or phone 07808243707 for a booking form.

Carers Groups

The Carers Support Team maintain a list of Carers Support Groups. If you belong to a group and know of any changes e.g. Chairperson/secretary please let us know. We are happy to attend groups to talk about Carers Support, the team, the work that we do and ensure all carers are registered with us.

Some groups have made it a requirement that members are registered on our carers database so they don't miss out on any information.

Members of your group will know if they are on the Trust Carers Database if they receive this newsletter directly to their home. If they are not receiving the carers newsletter please ask them to contact us.

Carer Support Team



Cathy Magowan
Carer Support Coordinator
Western Health and Social Care
Trust
2 Coleshill Road, Enniskillen
Co. Fermanagh BT74 7HG

Tel: (028) 6634 4163

Email:

Cathy.Magowan@westerntrust.hscni.net

CARER DEVELOPMENT WORKERS

Geraldine McLaughlin (Mrs)

WHSCCT Carers Development Worker, Shantallow Health Centre, Racecourse Road
Londonderry BT48 8NL Direct Line: (028) 7135 5023

Email: GeraldineAnn.McLaughlin@westerntrust.hscni.net

Louise Gilheany (Mrs)

WHSCCT Carers Development Worker, Community Services Dept., 2 Coleshill Road
Enniskillen BT74 7HG Direct Line: (028) 6634 4180

Email: Louise.Gilheany@westerntrust.hscni.net

Carers Newsletter

To receive the Carers Newsletter directly to your home please contact the Carers Support Team. If you are registered on our mailing list and your details are **not correct**, please let us know so they can be updated/amended.

If you no longer wish to receive the newsletter, please ring (numbers above) or email Carers.Support1@westerntrust.hscni.net

Top tips for a good night's sleep

We know that carers often struggle to get a good night's sleep. Carers UK have put together some top tips to help.



- ◆ Make sure your bedroom is comfortable – not too hot, cold or noisy.
- ◆ Try not to work or have your computer or TV in your bedroom.
- ◆ Get some regular exercise – swimming and walking are ideal – but try not to do this too near to bedtime as it may keep you awake.
- ◆ Take a look at your mattress. It should be firm enough to support you comfortably, but not so firm that you feel perched on top of it. You should try to replace your bed every 10 years so that it maintains maximum support and comfort.
- ◆ Try to cut down on tea and coffee in the evening.
- ◆ Try not to eat or drink a lot late at night - have your evening meal earlier if you can.
- ◆ Don't drink too much alcohol. It may help you fall asleep, but makes you more likely to wake up in the middle of the night.
- ◆ Spend some time relaxing before you go to bed – a warm bath may help. There are many different relaxation techniques. You could try tapes and books available in your local library or you could join a class.
- ◆ Try to keep a regular pattern of going to bed and rising at the same time every day, even if you are not tired
- ◆ Keep a notepad by your bed so that if you are worried about something, you can write it down and be ready to deal with it the next day.
- ◆ If you still cannot sleep, try not to lie there worrying. Get up and do something you find relaxing like reading, watching TV or listening to quiet music. After a while you may feel tired enough to go to bed again.
- ◆ Complementary therapies such as massage or aromatherapy can be a good way to relax.

While the tips above may help with sleeping problems, if your sleeplessness becomes intolerable, a visit to your GP may help.

It is particularly important to see your GP if you are suffering with stress, anxiety or any physical ailment, so that you can start getting treatment. Even just talking to your GP may help ease your worries. Knowing that someone is taking your concerns seriously does make a difference and can help you sleep.

Remember to talk to your family and friends. The people who care about you will want to know if you are struggling and they can offer support and friendship.

For full article see Carers UK website.

<https://www.carersuk.org/search/getting-enough-sleep>