

On the 25th May 2018 the new European GDPR regulations came into effect. We wanted to take this opportunity to let you know the purpose of our mailing list has not changed and we are reviewing the membership of the Carers mailing list (Database). **In order to update our mailing list, we are asking you to let us know if you no longer wish to remain on it.** The database is growing all the time and therefore it has become necessary to ensure the information we hold is accurate and up-to-date.

The purpose of the Carers Register (mailing list) is:

- To keep Carers up-to-date with relevant information and events
- To provide a profile of carers in the WHSCT and use the statistics gathered to evidence future planning and funding bids

How we manage your personal data?

We take protecting your data seriously. We do not share your information with any other departments or external agencies.

What happens if my caring role comes to an end?

If your caring role comes to an end and you no longer wish to receive information you or a member of your family will need to contact us. We are happy to assist former carers with advice and information. However due to the large number of carers currently registered we would encourage former carers to come off the mailing list within a year of their caring role coming to an end. If circumstances change where a former carer takes on a new caring role in the future, they are welcome to come back onto the mailing list.

What do you need to do?

If you wish to remain on the mailing list you don't need to take any action.

However if you wish to update your information or have your name removed from the mailing list please email:

Carers.Support1@westerntrust.hscni.net

Or telephone

[\(028\) 2234 4217 \(Fermanagh/Omagh/Castlederg\)](tel:02822344217)

[\(028\) 7135 5023 \(Strabane/L'Derry/Limavady\)](tel:028271355023)

If you opt to remove your details from the mailing list, we will ask if you are interested in being on a list of people who can help out at events from time to time.

CONTENTS

1. **Carers Database**
2. Stay well this winter
3. Benefits information
4. Walking groups
5. **Carers Survey**
6. Christmas recipe
7. Carers Groups/
Carers
Support Contacts
8. **Christmas events**

STAY WELL THIS WINTER

As an informal carer you are entitled to a free flu vaccination. Other groups who are eligible for a flu vaccination are:-

- ◆ Those aged 65 or over
- ◆ Those with a long term health condition
- ◆ Those who are pregnant
- ◆ Parents of a 2 or 3 year old

What is flu?

You can catch flu—short for influenza—all year round. It's especially common in winter, which is why it's also known as 'seasonal flu'. It usually peaks between December and March.

It's not the same as the common cold. Flu is caused by a different group of viruses. The symptoms tend to be more severe and last longer.

Symptoms of flu

The symptoms of flu include:

Fever (typically 38-40°C)	Fatigue/unusual tiredness
Headache	Running nose
Sore throat	Shortness of breath or a cough
Loss of appetite	Aching muscles
Vomiting or diarrhoea	Sensitivity to light
Insomnia	Dry, unproductive cough

What to do if you have the flu

It is important to remember that for most people, flu is a mild illness that can be treated at home with rest, drinking plenty of fluids and taking medication, such as paracetamol as directed to control the symptoms.

If you have a high temperature and breathing difficulties, if your symptoms are getting worse over time or you haven't improved after a week, you should contact your GP or the GP out of hours service. Western Urgent care Tel: (028) 7186 5195.

Remember

You can reduce the risk of flu spreading by using tissues, binning them once used and washing your hands after you sneeze or cough.

Benefits Information

Social Security Agency
Improving Uptake of Benefits Community Outreach Officers

Name	Office Base	Telephone	e-mail
Derek Moran	Enniskillen	Ring 'Make the Call' 0800 232 1271 to make an appointment with a Community Outreach Officer	derek.moran@nissa.gsi.gov.uk
Sharon Scott	Strabane		sharon.scott1@nissa.gsi.gov.uk
Steven Horner	Foyle Lisnagelvin Limavady		steven.horner@nissa.gsi.gov.uk
Thomas Corey	Omagh		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, L/Derry

Tel: (028) 7126 9327

The Resource Centre, L/Derry

Tel: (028) 7135 2832

Rosemount Community Resource Centre, L/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.

Omagh—Tuesday morning 10 am

L/Derry—Thursday morning 11am

Fermanagh—Friday morning 11 am

The walking groups are suitable for all abilities. If you are interested in joining a group please contact either Cathy or Geraldine before hand so we can arrange for you to complete a short health questionnaire. Cathy on (028) 6634 4163 (Fermanagh/Tyrone) or Geraldine on (028) 7135 5023 (L/Derry).

The team are keen to start groups in other areas provided there is enough interest and a commitment from participants to complete Walk Leader training (half day Free training).

CARER'S EMERGENCY CARD

Enclosed with this edition of the carers newsletter is a Carer's Emergency Card, for you to complete and carry in your purse or wallet. Should you be taken unwell a first responder will know there is someone at home depending on you.

Calling all Former Carers!!

Are you a former carer with a bit of spare time on your hands? Would you be interested in sharing the knowledge, skills and expertise that you have built up as a carer to help current carers?

We are looking for volunteers to help with various events that we hold throughout the year. Could you help at any of the following:

- ◆ Man an information stand. To reach out and connect with new carers, (full training will be given).
- ◆ Our carer's events are always hectic and a few pair of extra hands are always welcome!
- ◆ We provide training for healthcare professionals and from time to time, having a carer come along to tell their story can have a positive impact on the effectiveness of the training.

We will not ask for a huge commitment from you, if you were able to give a few hours every couple of months we would be delighted with that. Travel expenses will be reimbursed.

If you would like more information, please get in touch with Geraldine McLaughlin on 028 7135 5023 or email

geraldineann.mclaughlin@westerntrust.hscni.net



 **Advice Line**
028 9043 9843

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

Have your say on Carers Support Services

The role of Carers Support Coordinator has been in place since the legacy Trusts merged to become the Western Trust in 2009. Things have progressed over the years with limited investment. We feel it is time to review our activities and give you the opportunity to influence our plans for the future. The team have devised a **Carers Satisfaction Survey** which is available via the following link.

<https://www.surveymonkey.co.uk/r/WHSCtCarersatisfaction>

We would encourage you to participate in the survey please. Doing the survey online, you have the benefit of completing it at a time that suits you. The survey is confidential, and the survey cannot be tracked back to you by completing it online.

If you don't have access to a computer or mobile device to do the survey online please contact the office (028) 6634 4271 or (028) 6634 4163 for a hard copy of the survey which we will print and send to you with a SAE for return.

The survey asks you about yourself and for limited information about the person you care for. This is necessary so that we can build a profile of the Carers we are in contact with. The information is useful when we are seeking additional investment for Carer activity/resources.

The survey asks for your views about the following:

- ◆ [The Carers Newsletter](#)
- ◆ [The Carers Discount voucher scheme pilot 2017](#)
- ◆ [Carers Week and Christmas events](#)
- ◆ [Carers Support Team advice and information](#)
- ◆ [Volunteering](#)

It is essential that the work we do, not only meets the requirements set down by the Health and Social Care Board, but more importantly meets your needs.

Carers Rights Day 30th November 2018

Caring for a loved one can be difficult, so getting the right information at the right time is very important. Every year we hold information events on Carers Rights Day to support carers and raise awareness. Many people do not recognise themselves as a carer, they simply see themselves as a son, daughter, spouse or parent and by not recognising themselves as a carer they could be missing out on practical and financial help.

The Carers Support Team and their volunteers will be out and about in our hospitals, pharmacies and GP surgeries on 30th November 2018 to promote Carers Rights Day. We encourage you to play a part too by telling other carers who do not receive the Carers Newsletter to get in touch with us on (028) 6634 4163 or (028) 7135 5023. Further information on all aspects of caring including carers rights, practical and financial help can also be found on the Carers NI Website - <https://www.carersuk.org/news-and-campaigns/carers-rights-day>

Photos Page 6

Christmas Pudding Recipe

We know it's a little early to mention the 'C' word! but as carers you are used to having to plan ahead of time! So just in case you would like to get ahead of the game this year we have included this Christmas Pudding recipe.

If you use this recipe send us a photo of you with your pudding to Carers.Support1@westerntrust.hscni.net



Ingredients

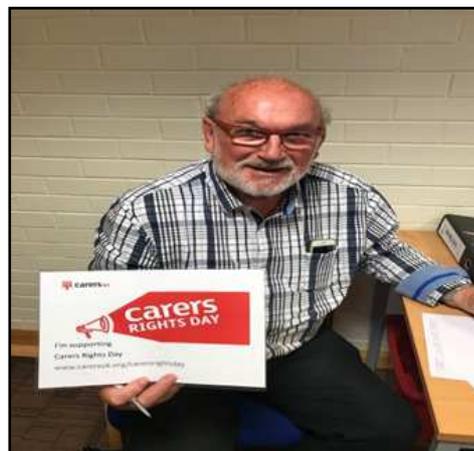
- 3/4 lb. breadcrumbs
- 1 lb. soft brown sugar
- Juices of an orange, lemon and lemon rind
- 1/4 lb. flour
- 1/2 lb. cooking apples (grated)
- 1 lb. butter
- 6 eggs
- 1 tsp. salt
- 1/2 tsp. ground nutmeg
- 1/2 tsp. ground cloves
- 1/2 tsp. cinnamon
- 1/2 tsp. mixed spice
- 1 tsp. baking powder
- 1/2 lb. currants
- 1/2 lb. raisins
- 1/2 lb. sultanas

Method

- ◆ You will need 3—4 pudding bowls with lids, saucepans for steaming your puddings and greaseproof paper.
 - ◆ Prepare the fruit the night before, soak in brandy or Guinness
 - ◆ Grease pudding bowls
 - ◆ Before mixing puddings, prepare saucepans or steamer with boiling water.
1. Cream sugar and butter, add whisked eggs and grated apple
 2. Add all other ingredients
 3. Divide mixture between the bowls, cover with greaseproof paper and secure lid.
 4. Steam for 3 hours and one hour before use.
 5. Makes 4 medium or 3 large puddings

Pictured Right

Mr Niall Birsthistle (Chairman, WHSCT) and Dr Ann Killgallon (Chief Executive, WHSCT) supporting Carers Rights Day 2018.



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 (register) 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



Geraldine McLaughlin

WHSCT Carers
Development Worker,
Rossabbey Office
Abbey Street
Londonderry BT48 9DN

Tel: (028) 7135 5023

Email: [GeraldineAnn.McLaughlin](mailto:GeraldineAnn.McLaughlin@westerntrust.hscni.net)

@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

Join us for the Carers Carol Service & Lunch

Fermanagh—Killyhevlin Hotel, 4th December 2018

Tyrone – Silverbirch Hotel, Omagh 6th December 2018.

L/Derry — White Horse Hotel, L/Derry 12th December 2018.

Carol service 11.30 am (sharp) Lunch 12.30 pm

An opportunity to participate with other carers to sing carols and join us for lunch and a chat afterwards.

Places are limited and will be allocated on a first come first served basis.

Please complete and return booking form below.

Please leave adequate time for travel and parking.

FREECHRISTMASWALLPAPERS.NET

BOOKING FORM

Please **tick** which event you wish to attend.

KILLYHEVLIN HOTEL

SILVERBIRCH HOTEL

WHITE HORSE HOTEL

NAME:

ADDRESS:

POSTCODE:

TEL:

MOB:*

EMAIL: *

DIETARY REQUIREMENTS:

ACCESS REQUIREMENTS:

Return to **The Carers Support Team, 2 Coleshill Road, Enniskillen BT74 7HG** or email details to

Carers.Support1@westerntrust.hscni.net by **23rd November 2018**

**Please provide a mobile number or current email address where possible so that we can confirm your place.*