

The newsletter of the
Carers' Centre Bath &
North East Somerset



**Pull out
and keep
What's On
guide.**

Growing Isolation For Marjory

Eighty-four-year-old Marjory Rayner is blind and cares for her husband, Hugh, who has Alzheimer's disease. They met at a ball in Bath, when Marjory was a nurse at the Royal United Hospital, and have been married for 42 years.

"We used to love ballroom dancing together, but have had to stop as Hugh can no longer drive which is depressing for us both," explained Marjory. "We care for each other, he is my eyes and I have to remember everything for both of us; it's a real struggle."

Marjory has been getting help from the Carers' Centre for the past 18 months, and receives extra support through its befriending service. "I have a monthly visit from volunteer Enid Green, she has become a good friend and such a help to me," said Marjory. "Hugh and I also go to the Two's Company events together, which gives us the chance to get out of the house, meet new people and have a break.

"Sometimes I feel like my life is finished now," said Marjory sadly. "I can't get out easily, my friends can't visit anymore and I can't even have a conversation with Hugh as he can never remember anything. It drives me round the bend to be here with him all day. I get frustrated and very down."

To help her feelings of isolation, Marjory has joined the Carers' Centre Bath Peer Support Group, bringing carers together for mutual help and support. "It's good to hear other's problems and to be able to just talk – it gets it all out of my system and I realise I am not alone in being a carer."

**For help and support contact
01761 431 388**

Eco E-newsletter

Care Time is now available as an e-newsletter. If you want to help us reduce our postage and printing costs, as well as do a bit to save the planet, please send us your name, address and email address to info@banescarerscentre.org.uk and we will ensure you receive Care Time electronically.

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On Guide**

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Carers Get Online

A celebration to launch the new Carers' Centre website brought carers, journalists and BBC Radio together for a major publicity event. The Centre was packed with people wanting to get online and take a look at the new site at www.banescarerscentre.org.uk

Chief Executive, Sonia Hutchison, said, "It was a superb event, everyone responded well to the journalists and reporters, really letting them know about what life can be like for carers. Our website is a great place where people can find out all about our services and contact us direct, in confidence, to get the help and support they need."



Chief Executive Sonia Hutchison shows carer Wendy Filer the new website.

The website has a unique Carers' Chat area where people can get online together and share experiences, support each other and make new friends 24 hours a day 7 days a week. It needs carers' input to get it off the ground so why not log on and start a discussion with a fellow-carer?

Facebook, Twitter and Flickr sites are accessible from each page of the new website. Everyone can follow the latest news and tweets and view the latest photos from the Carers' Centre.

Carers Simon Fossey and Gary Smith take a look at the site with Gary's wife, Sue.



Doctor! Doctor!
If you let your GP know you are a carer and how you get support from the Carers' Centre, they will learn more about our work and may help us with funding.

Bath Carers Help Each Other

A new support group for carers in Bath has been launched by the Carers' Centre. The Bath Carers Peer Support Group meets every month in the city centre and is led by Anna Ferguson, who cares for her parents and volunteers for the Centre.

Anne Wright, who cares for her husband, David, has joined the group. She said: "It's a great idea to bring us all together and it's so good to meet people who really understand what being a carer is like. I can offload with people who know how trapped I feel."

Interested in joining? Contact the Carers' Centre.

Left to right: Bath-based carers Anne Wright, Anna Ferguson, Layla Miah, Julie Smyth and Marjory Rayner.



David's in the Driving Seat

The Carers' Centre is looking for new recruits to support its army of volunteers helping to support carers in the area.

David Wicks, from Weston in Bath, has been working as a Carers' Centre volunteer for five years.



David Wicks

"My wife died of cancer ten years ago," said David. "She had a volunteer driver to help her get to daycare when she was unwell, and after I retired, I thought that becoming a volunteer driver would be a good idea and keep me out of mischief!"

Volunteering can mean driving carers to and from events, helping with administration at the busy Centre in Radstock or befriending carers who are isolated.

"It gives me a real buzz to help people," added David. "I take Carers' Centre literature out to GP surgeries, clubs and shops so more people can find out about support and advice. I also help when Care Time needs to be sent out; we are a good team and we have great fun."

People with some time and energy to give are welcome to get in touch and apply to become a volunteer. Applications can also be made through the Carers' Centre website at www.banescarerscentre.org.uk



Trisha Jordan,
Volunteer Manager.

Charity Auction Raises £10,000

A grand auction in Bath has generated a massive £10,000 to be split between the Carers' Centre and the Peggy Dodd Day Centre in Bath.

Over 100 generous bidders competed for items and experiences donated by supporters and businesses from the area.

Rosie Cole, whose husband, Den, has Alzheimer's disease and is cared for at Peggy Dodd each day, is a trustee for both charities, and the driving force behind the auction.

"We were thrilled with the turn out, the night was great fun, and everyone went home with a smile on their face.



Gerard Coles in action with
auctioneer Bunny Harvey.

"I wanted to raise much-needed funds for these two marvellous causes who do so much to help carers like me, I simply wouldn't have any quality of life without their help, care and support," added Rosie.

**1:5 Will
Be Carers**
The Princess Royal
Trust for Carers
estimate that one in
five people in the UK
will be a carer by
2013.



Carers' Centre Chair,
Jill Tremellen, with her
husband, Colin.

Sonia says...Good News for Carers

This spring brings good news for carers in Bath & North East Somerset as the Carers' Centre has received another year of full funding from BathNES Council.

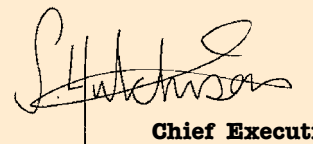
We have also received £920 from Quartet Mall Foundation Grant to fund carer support groups across the area. The Charity Auction raised £4,500 to replace the very worn carpets at the Centre. The Medlock Charitable Foundation donated £1,000 and trustees from St John's Hospital donated £1,500 towards our work.

A big thank you to all our funders!

We can help support carers' developmental needs and can access grants of up to £500 to help with learning and training. We can also access small grants for individual breaks and for essential household equipment. Get in touch to find out more.

Caring can leave you feeling down, drained and tired. It's really important to take a break from your caring role, so please take a look at our latest What's

On guide and find out where carers can get together and share their worries, or leave them behind and enjoy some time out.



Chief Executive



Carers' Update

Important news and information for carers

New weekly benefit rates from 11 April 2011

Carers' Allowance.....£55.55

(Earnings limit £100.00)

Attendance Allowance

Lower rate.....£49.30

Higher rate.....£73.60

Disability Living Allowance

Care Component

Lower rate.....£19.55

Middle rate.....£49.30

Higher rate.....£73.60

Mobility Component

Lower rate.....£19.55

Higher rate.....£51.40

For more information contact the Carers' Centre or the Benefits' Enquiry Line on 0800 882200

Carers' Training

Learn first aid, relaxation techniques, how to take better care of yourself and meet other carers.

Book now for the St John Ambulance Carers' Course, at the Carers' Centre 10am – 2pm each Wednesday during July 2011.

Carers Flying High

Through the charity fly2help, the Carers' Centre has a limited number of places for carers to enjoy a ride in a private plane on July 16th 2011.

If you would like to be considered for this once-in-a-lifetime opportunity, please contact the Carers' Centre on 01761 431388 or email info@banescarerscentre.org.uk

Carers' Reality Check

The Carers' Centre has produced a moving 10 minute film with local carers talking about their lives and real experiences of caring. Visit www.banescarerscentre.org.uk/carers-stories

Contact the Carers' Centre



The Princess Royal Trust
for Carers
Network Member

Carers' Line: 01761 431389

Office: 01761 431388

Email: info@banescarerscentre.org.uk

**Freepost: The Carers' Centre
(no stamp needed) FREEPOST
(SWB 10722) Radstock BA3 3ZZ**

Visit us: 1 Riverside Cottages, Radstock BA3 3PS

Website www.banescarerscentre.org.uk



Bath and North East Somerset