Carers Week
8th-14th June 2015

Building Carer Friendly Communities

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK by:

- Raising the profile of the role of caring in the national, regional and local media and encouraging groups and organisations to take part and organise events and activities.
- Helping the public identify themselves as carers and access the support, advice and information they need.
- Celebrating and recognise the contribution the UK’s 6.5 million carers make to the people they care for and their communities.
- Highlighting the challenges of caring and campaigning for sustainable funding for services and support for carers and the people they care for.

This year the focus is on building Carer Friendly Communities. Communities which support carers to look after their loved ones well, while recognising that they are individuals with needs of their own.

Once again Carers Centre will be organising events for carers during the week and helping to raise awareness of our services. See inside for details of what we are planning and make sure you get involved.
Meet Michelle Hermiston, our new Hospital and GP Link Worker

I am the new Hospital and GP Link Worker based within the Carers Centre. I am working at Princess Royal Hospital and in local GP surgeries to offer support, advice and guidance and information to carers.

If you are a carer and are at Princess Royal Hospital and need some advice or support ask ward staff to page me on 07659506567. Alternatively you can call me directly on 01952 240209 or email me.

If you are a carer attending you local GP surgery and need some support ask if they are able to complete a Carers Centre referral form. Or you can call me directly or drop me an email and I will contact you.

If you are a Health Care Professional and want to know more about the Carers Centre and how I can help you to help carers please contact me and I can arrange a visit. I can also give a short presentation to your practice staff explaining what we do and how carers can be signposted. In addition, if appropriate and practical, I am available to attend clinic sessions in your surgery/practice where carers could approach me directly about the support available to them.

I am excited about my new role supporting unpaid family carers in Telford and Wrekin and look forward to hearing from you.

Contact details: Michelle Hermiston
Phone: 01952 240209
Email: michelle.hermiston@carerscontact.org.uk

DIRECT PHONE NUMBERS TO THE CARERS CENTRE

Each support worker at the Carers Centre can be contacted on their direct line telephone number. If they are engaged or not available, there is an answer machine for each number where a message can be left. The numbers to call are:

- Doron - Ironbridge Gorge Passes.... 01952 240209
- Linda - Initial Assessment Officer..... 01952 262061
- Lara - Adults (under 65) with a Physical Disability.................. 01952 262063
- Louise - Adults with a Mental Health Issue......................... 01952 262064
- Clare - Adults with a Learning Disability......................... 01952 262065
- Fi - Support Worker.......................... 01952 916077
- Janice - Events and Information...... 01952 262060
- Joan - ERCS.................................. 01952 458043
- Michelle - Hospital/GP Link Worker .... 01952 240209
- Debbie - Manager............................. 01952 262066

You can ring the main number on 01952 240209 to be transferred through to the appropriate person/extension

Are you a Professional?

Did you know that Carers Centre run Carer Awareness Training for Professionals. The sessions are free to attend and they last for around one hour.

Each session covers Carer Awareness and how Carers can be supported within Telford & Wrekin. It is facilitated by staff from Carers Centre, including a member of the Young Carers Team.

For more details or to book a place on a session, please call Lara on 01952 262063.
Afternoon Tea

An invitation to all Carers and Cared for to attend an afternoon of dancing, socialising and a light afternoon tea (dancing is optional)

Tuesday 9th June
2pm till 4pm
St. George’s Social Club, Church Street, St Georges, Telford TF2 9LU

We hope you can come & join us for sandwiches, cakes and plenty of tea with music to dance to

Please phone us on 01952 240209 to book your place

Quiz Night with Fish and Chip Supper

Thursday 11th June
7pm until 10pm
at Dawley British Legion

Join us for a fun quiz night and fish supper at Dawley British Legion club on the Thursday of Carers Week.
Carers and cared for welcome.
Choice of fish and chips, sausage and chips, spring roll and chips, cheese and onion pasty and chips.
Please phone us on 01952 240209 to book and give your choice of food

Trip to Trentham Gardens

Wednesday 10th June

Outing for Carers and their cared for. Transport provided and coaches will be wheelchair accessible.

Pick up in Wellington (bus stop outside Leisure Centre) at 10am and Stirchley (bus stop on Grange Avenue) at 10.30am

Entry to gardens included. Bring your own lunch or you can buy food there.

The Trentham Estate is a destination that appeals to all ages and interests, whether you’re looking for a stroll around the award-winning gardens, a ramble around the lake and woodlands, retail therapy in the timber lodge shopping village or a visit to the Garden Centre. There’s plenty for everyone to enjoy!

Open to all carers.

Booking is required as space is limited.
Please phone 01952 240209 by 12noon on Thursday 28th May to book.
If places are oversubscribed, names will be drawn at random and carers will be notified if they have a place on Monday 1st June.

Carers Week Walk: Wednesday 10th June

Come and join us for a walk around Blists Hill Museum.
Meet at 10.30am Free entrance to museum.
Booking required, as numbers are limited
Phone 01952 240209

Newport Pamper Morning

Tuesday 9th June
9.30am - 12noon
Cosy Hall, Water Lane Newport
Limited spaces, booking essential
Contact: Clare on 01952 262065 or 01952 240209

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Carer Best Practice Example: Experts by Experience

Strategy Outcome: Having your say

The carer led Partnership Board, which oversees the delivery of the local multi-agency Carers Strategy, has enabled carers to develop and enhance their knowledge and skills to become ‘Experts by Experience’. Carers who are board members are supported in the initial stages through the Councils Community Engagement Team: a Board Development Pack outlines roles, responsibilities and expectations. Carers can claim a financial offering for their time and contribution currently £6.50 per hour plus additional expenses to cover travel and replacement respite which is incurred.

Carer Partnership Board members provide representation at a range of meetings which include:
- CCG: Health Round Table and representation in the public gallery
- Health and Well Being Board
- Contribute to the work undertaken by Health Watch.

When subject areas raised at Carer Partnership Board require greater exploration then sub groups are set up. For example one of the local carer strategy outcomes is ‘A Life Outside Caring’. This groups membership of carers and other organisations includes the Carers Centre, British Red Cross, DWP who are currently developing a ‘Pathway to Employment’. The pathway will provide useful prompts for both carer and professional when addressing the Care Act eligibility criteria around accessing employment opportunity.

Experts by Experience have contributed in other ways such as:
- Peer Challenge Reviews
- Commissioning Carer related services
- Response to policy and practice guidance
- Developing Carer Champion initiative; whereby organisations and individuals become Carer Aware
- Ward assessment visits with the Acute Hospital Trust
- Promotion of Butterfly Scheme (Dementia alert for staff) at local acute hospital
- Being part of the solution in addressing complaints which are carer related

Telford & Wrekin are working towards carers being Experts by Experience in:
- Peer supporters in completing carer assessments, promoting the value of assistive technology
- Providing peer support to carers with regard to reducing delay and preventing breakdown in care provision
- Participating in the development of Carer Assessment Tools

For further information contact: Jill Tiernan: Carer Commissioning Officer (01952 388918) or email jill.tiernan@telford.gov.uk

New digital process makes applying for Carer’s Allowance faster

A new digital application system means carers can apply for their allowance at a time that suits them. Carer’s Allowance is a benefit for people who are looking after someone with substantial caring needs. The new digital process now simplifies the process. One of the many improvements for applicants is a new way of verifying that the person they care for understands the claim – removing the need for them to sign a paper declaration. The service works on any device, meaning maximum convenience for users.

Find out more at www.gov.uk/transformation/apply-carers-allowance.html

Carers Commissioning Officer
- Jill Tiernan

Puzzle Corner

Try and solve these problems, no prizes just a bit of fun to stretch your brain. Answers on page 8.

1. How much dirt is in a hole 6 and a half feet wide, 8 feet deep, and 5 feet long?

2. You are right next to a river and have a 5 gallon container and a 3 gallon container. You need to measure out 1 gallon of water. How do you do it?
Creative Folk have been asked by Telford & Wrekin Council/CCG, as a preferred provider for Carers activities, to do an awareness campaign over the coming months to highlight the role of carers and to celebrate all they do not only for the people they care for but also for the larger T&W community. We want to try and highlight to people who look after someone that they may well be a carer and to encourage them to register and benefit from all the information and help out there.

So if you see us out and about doing ‘Vox Pop’s’, coming into sessions and workshops please help us by expressing your views and opinions, letting us use artwork you have created and even having a photo or short film of you - it’s really important we use this opportunity to start making an impact. Or contact me directly and have your say about the important role you have.

We hope to produce an awareness film as an end result and a paper format.

Many Thanks for your help
Anne Marie Lagram  07429710171
creative.folk@aol.com
www.creativefolk.info

Shropshire RCC Carers Support Service is offering a programme of workshops to help you care with confidence. Funded and commissioned by Telford & Wrekin Carers Commissioner.

- Workshops are led by clinical and professional experts in a relaxed and informal style; with time to chat and share experiences with other carers
- Sessions are Free to carers and family members
- Light refreshments are provided
- Help is available with the cost or travel and with arranging and paying for respite care if needed

Planning for emergencies and for the longer term
With Liz Holdsworth
Tuesday May 26th 10am-3pm at Meeting Point House, Telford

Managing Stress and Anxiety
With Emma Boyden, Psychological Well Being Practitioner
Thursday 11th June 10.30-1.pm, Glebe Centre, Wellington

Understanding Dementia - Carers Survival Guide
With the Admiral Nurses
Tuesday June 16th 10am-3pm, Meeting Point House, Telford

Let’s Talk About Dementia- care and communication
With the Admiral Nurses
Thursday July 9th 10am-3pm at Meeting Point House

To find out more or book your place call 01743 341995
“This was the first time I had ever attended a carers event and it was the best thing I’ve done. I learned so much and felt reassured that I am not alone”
WHAT IS HAPPENING FOR CARERS IN TELFORD & WREKIN

Changes to Carers Rights from 1 April 2015

Fact 1: From 1 April 2015 Carers rights have changed. Carers now have the same rights as the person they care for. Young Carers rights and recognition has been strengthened too.

Fact 2: New rights entitle carers, young carers and parents of disabled children who provide regular care to an assessment of need regardless of income or finances.

Fact 3: During the spring Paul Taylor: Director of Health, Well being and Care for the Council held Care Act sessions and met with over 75 carers.

In Telford & Wrekin we are:

- Working in co-production with a group of carers to develop a ‘carer friendly’ assessment document which will be Care Act compliant
- The Council and Carers Centre are working together to understand how the allocation of Carers Direct Payments is undertaken in a fair and equitable manner
- Seeking out carers (Experts by Experience current and former) who can help us to promote services working alongside people who access our service. If you are interested please contact the Carers Centre on 01952 240209
- We have commissioned a wide range of creative, educational and wellbeing sessions delivered by local providers for carers who are known to the Carers Centre and/or have received an assessment of need. Take a look at the opposite page to find out more
- Developing Carers Partnership Board, we are looking for new members, if you are interested please speak to the Carers Centre on 01952 240209
- Working with 14 local authorities to develop a regional commitment to carers
- We are commissioning Information, Advice and Support services for local carers over the coming year
- Carers Partnership Board has been asked by Shropshire and Telford Hospital NHS Trust to participate in the review of their Carer Policy.

Frequently asked question: “If we don’t meet the eligibility (being a carer) will we lose our carers allowance”

Answer: The two are not related so the answer is “no”. Carers Allowance is awarded by the Department of Works and Pensions and recognises that you have lost earned income by giving up work to care. Determining eligibility under the Care Act is a Council responsibility. In most cases, if you are already in receipt of carers allowance you are likely to be eligible for a carers assessment and access local support.

Carers Commissioning Officer
- Jill Tiernan

Thought for the Day

Be with people who know your value, not your price

Instead of putting up fences, build bridges

Snippets...

If you live in Telford & Wrekin you can get a free Telford Loyalty Card (TLC). Card holders have access to discounts, not only across council leisure services (swimming, gyms, golf, skating, etc) but also across a wide range of retailers and services.

New: FREE swimming at Telford & Wrekin Leisure Centres if you are over 50 and have a Telford Loyalty Card (TLC).

Unwanted household item? You can get a discount on the cost of the council’s Bulky items collection e.g. if you have a TLC, if there is a resident over 60, if a resident has long standing illness or disability or are on certain benefits. Phone 01952 384384 for more details.
Access to workshops to give advice and support on:
- Understanding Dementia
- Managing Stress
- First Aid and Handling Emergencies

Shropshire RCC
Tel 01743 341995
ingo@shropshire-rcc.org.uk

**Cooking sessions**

Cooking sessions designed to help you shop on budget, prepare and cook simple, healthy meals, learn new skills. Sessions are fun and relaxed.

To find out more contact Carers Centre on 01952 240209

**Dementia Sense**

Living Well with Dementia: gain skills and confidence and learn about lifestyle planning.

For full details contact:
078866 90026

**Dementia Sense**

Pottery workshops - Have A Go Sessions

For details ring: 07886690026

**Creative folk**

- Creative workshops
- Making music
- Photography
- Journaling
- Start your own business: enterprise development

For further information contact: 07429 710171

**The Place**

Arts & Crafts
Drawing & Painting
Singing Group

01952 380987

Half price theatre tickets
01952 382382

www.theplacetelford.com

**Ironbridge Passes**

Free passes for Carers to visit any of the 10 Ironbridge Gorge museums in the World Heritage site.

To reserve your pass contact Carers Centre on:
01952 240209

**FREE OFFERS FOR CARERS**

A series of workshops which focus on:
- Understanding dementia
- Legal and money matters
- Providing care & support
- Coping day to day

For details ring 01952 250392

**Free relationship support to family carers:** face to face or telephone counselling available.

For further information ring or speak to Carers Centre Support Worker
01952 240209

**Pamper Sessions**

Back, head or hand massage
Relaxation and wellbeing classes

Booking essential on:
01952 240209

**Moving and Handling Advice for Family Carers**

One to one advice and home assessments on safe moving and handling tasks.

Contact 01952 607713

Shropshire Community Health NHS Trust

**Ironbridge Passes**

Free passes for Carers to visit any of the 10 Ironbridge Gorge museums in the World Heritage site.

To reserve your pass contact Carers Centre on:
01952 240209
Carers Cooking workshops are back!

6 places available on these next courses, where you will learn how to cook quick and easy nutritious meals.

**Men only group**
Admaston House
Every Monday from 8th June - 13th July
10am-1230

**Ladies only group**
Admaston House
Every Monday from 14th September - 19th October
10am-12.30pm

Booking essential, please call 01952 240209

Booking is for all 6 sessions, for Carers only

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**Carers Walks**
Enjoy the summer weather, get some fresh air and join us for a gentle walk...

**Wednesday 10th June**
Carers Week Walk around Blists Hill
Meet at Visitors Entrance at 10.30am
Booking required, as numbers are limited

**Wednesday 15th July**
Madeley
Meet outside Tesco Park Avenue, TF7 5AB
10.30 start
Please arrive 15 minutes before the walk to register and wear suitable footwear and clothing for weather conditions.

**Wednesday 19th August**
Coalport
Meet at Maws Craft centre
10.30am start

For more information please call Clare on 01952 262065 or 240209

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**Come Potter About**
Pottery Workshops
FREE to all CARERS
A programme consists of four workshops
17, 24 June, 01, 08 July
23, 30 Sept, 07, 14 Oct
04, 11, 18, 25 Nov
Wednesdays 10 -2pm
Ketley Community Centre, Old Red Schoolhouse, Ketley TF1 5AN
To book your place contact: Julia Pitkin
07886 690026 julia@juliapitkin.com

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Puzzle Corner Answers

1. How did you do?
None, there is no dirt in a hole

2. Fill up the 3 gallon container first. Pour it into the 5 gallon container. Fill up the rest of the 5 gallon container again, and fill up the rest of the 3 gallon container. Fill up the other 3 gallon container. First, pour it into the 5 gallon container, and fill up the rest of the 3 gallon container.

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Useful Telephone Numbers
Some of our most requested phone numbers, why not cut out and keep handy in case you need them...

**A4U:** Free, confidential and impartial information, advice and advocacy 01743 539201
**Access Team (Telford & Wrekin Social Services):** 01952 381280
**AgeUK:** information, advice, help at home 01743 233123
**Alzheimer's Society:** 01952 250392
**British Red Cross:** Support services including Stay Well at Home, Home from Hospital 01952 209840
**Citizens Advice Bureau:** Advice line 0845 1461554 (10am - 3pm)
**Mind:** offering support for emotional or mental distress 01952 588367
**Stroke Association:** 01952 261742
**Thrive:** e.g. help on benefits, housing, form filing.
General Advice Drop-ins 01952 504325
**Wrekin Housing Trust:** 01952 217100
FREE Pamper sessions for carers

Why not come along to sit, relax and enjoy the morning...

Held twice a month on Tuesdays
09.30am-12.30pm at The Glebe Centre, Glebe Street, Wellington
TF1 1JP

Various treatments available including Back, Head or Hand Massage, Reflexology, Mini Facial At the end of the session there is a period of meditation/relaxation

Booking is essential as places fill quickly!

Contact: Clare on 01952 262065 or 240209

Tuesday 26th May
Learning Together: Emergency and Future Planning
See page 5 for details

Tuesday 2nd June
Pamper Session: 9.30am - 12.30pm

Tuesday 9th June
Newport Pamper Morning: 9.30am - 12noon

Tuesday 9th June
Afternoon Tea: 2pm - 4pm

Wednesday 10th June
Trip to Trentham Gardens

Wednesday 10th June
Carers Walk Blists Hill: 10.30am

Wednesday 10th June
Wellington Carers Group: for all carers at the Glebe Centre, Glebe Street, Wellington from 10.30am to 12 noon

Tuesday 11th June
Learning Together: Managing Stress and Anxiety
See page 5 for details

Thursday 11th June
Hadley Carers Group: for all carers Castle Farm Community Centre, High Street, Hadley from 10.30am-12.30pm

Thursday 11th June
Quiz with Fish & Chip Supper: 7pm - 10pm

Friday 12th June
Information Stand Sainsbury’s Telford: 10am - 3pm

Tuesday 16th June
Pamper Session: 9.30am - 12.30pm

Tuesday 16th June
Learning Together: Understanding Dementia
See page 5 for details

Friday 19th June
Newport Coffee Morning: drop in for all carers at Newport Library between 10.30am-12.00noon.

Tuesday 23rd June
Relaxation and Wellbeing Classes
11am – 12 noon
Watling Street Community Centre TF1 2AB

A class specifically designed for carers, combining deep breathing and relaxation with slow and gentle movements. Sessions are devised to reduce stress, improve balance and general mobility. Each class includes a seated relaxation session to help improve health and wellbeing

For future dates, more details or to book a place, please contact Clare on 01952 262065 or 240209

Tuesday 7th July
Pamper Session: 9.30am - 12.30pm

Wednesday 8th July
Wellington Carers Group: for all carers at the Glebe Centre, Glebe Street, Wellington from 10.30am to 12 noon

Thursday 9th July
Hadley Carers Group: for all carers Castle Farm Community Centre, High Street, Hadley from 10.30am-12.30pm

Tuesday 9th July
Learning Together: Let’s Talk About Dementia
See page 5 for details

Wednesday 15th July
Carers Walk: Madeley. Meet outside Tesco Park Avenue, TF7 5AB at 10.15am

Friday 17th July
Newport Coffee Morning: drop in for all carers at Newport Library between 10.30am-12.00noon.

Tuesday 21st July
Pamper Session: 9.30am - 12.30pm

Tuesday 4th August
Pamper Session: 9.30am - 12.30pm

Wednesday 12th August
Wellington Carers Group: for all carers at the Glebe Centre, Glebe Street, Wellington from 10.30am to 12 noon

Thursday 13th August
Hadley Carers Group: for all carers Castle Farm Community Centre, High Street, Hadley from 10.30am-12.30pm

Tuesday 18th August
Pamper Session: 9.30am - 12.30pm

Wednesday 19th August
Carers Walk: Coalport. Meet at Maws Craft Centre at 10.15am

Friday 21st August
Newport Coffee Morning: drop in for all carers at Newport Library between 10.30am-12.00noon.
WIN

"River Cottage Light & Easy"

Lots of tasty, healthy recipes in this Hugh Fearnley-Whittingstall cookbook...

ANSWER: ........................................................................................................

Name: ........................................................................................................ Tel: ............................................................

Address: .........................................................................................................

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Comments: .....................................................................................................

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Please send or e-mail your entries to Carers Centre, The Glebe Centre, Glebe Street, Wellington, Telford TF1 1JP. E-mail: newsletter@carerscontact.org.uk

The draw will be made on 17.07.15 and results will be in the Winter newsletter. The winner will be notified by telephone.

Entries must be received by 17th July 2015

You must be a carer on our database to be eligible for the competition

One word in the list on the right is not in the word search. Words run up, down, diagonally and backwards. Once you have found the missing word, send it in to us on the form below. If you don’t want to cut the newsletter, send all of the details on a piece of paper. All correct answers will be entered into the draw for the prize. You must be a carer on our database to be eligible to enter.
If you have a quick and easy recipe you would like to see in ‘Recipe Corner’, please send it to Janice at Carers Centre, The Glebe Centre, Glebe Street, Wellington, Telford TF1 1JP or email: newsletter@carerscontact.org.uk

Don’t forget... CARERS CENTRE ON FACEBOOK

Why not join up, find out what’s going on in the area for carers, make contact and join in discussions with other carers.

Go to: http://www.facebook.com/carerscontactcentre

Ironbridge Gorge Museums FREE Pass for Carers

If you are a Carer of an adult in Telford & Wrekin, you can borrow a pass giving you unlimited free access to Ironbridge Gorge Museums for up to 5 days. Valid for up to 5 people. Can be used for all of the museums so give yourselves a treat...

For details of how to apply please contact us on 01952 240209

Handy Tips

1. Used Envelopes: Cut a corner off envelopes and use as bookmark corner sleeves – just slide one over the page you are at and you’ll find your place easily the next time you pick up the book. No more folded corners and nice way to utilize used envelopes! You can also use envelopes for To Do lists and to store garden seeds.

2. Mobile phones and printer cartridges can be high value items for charities, so don’t ever bin them. Take them to your favourite charity and donate without having to open your purse.

3. Have a weekly ‘no spend day’ and you’ll find it makes a huge difference to the way you manage your weekly budget. You’ll find that a little thinking space makes you realise that you don’t need it, you just want it - especially when it comes to sweet treats!

Recipe Corner...

Homemade Chicken Nuggets (or Fish Fingers) with Chunky Potato Wedges

Try these this recipe for a healthier snack from the Cooking Bus...why not do their Carers Cooking Course yourself for more ideas (see page 8)

Ingredients (Serves 4):
For the nuggets:
- 2 boneless, skinless chicken breasts or equivalent fish, cut into bite-sized pieces
- 1 cup breadcrumbs
- black pepper
- 1/2 cup plain flour
- 2 large eggs, lightly beaten
- cooking spray

For the wedges:
- 4 Medium sized potatoes/sweet potatoes
- 1tbs Olive oil
- Add flavourings to your taste e.g. curry powder, chilli power

Method
1. Preheat oven to 400 degrees F (200 degrees C) gas mark 6
2. Scrub potatoes and using a sharp knife cut into quarters or smaller depending on potato size.
3. Place in a bowl and add olive oil and sprinkle if desired with chosen flavouring mix together.
4. Spread the potatoes evenly onto a baking tray, place in oven and bake for 30 minutes or until golden brown & crispy.
5. For the nuggets you will need 3 bowls: one for the breadcrumbs, one for the flour and one for the beaten egg.
6. Dip chicken pieces into the flour first, then dip into the beaten egg then coat with the breadcrumb mixture.
7. Place the well-coated chicken pieces on a lightly greased baking sheet in a single layer, and bake in the preheated oven for 20 minutes.

Take a look at our new website at:
http://telfordcarers.org.uk/

It will be updated regularly to provide help and information online, news on What’s On, as well as having leaflets, forms and newsletters to download.

If you have any “Top Tips for Carers” or any stories or jokes you would like us to consider for inclusion in the next newsletter, please send to Janice at Carers Centre, The Glebe Centre, Glebe Street, Wellington, Telford TF1 1JP or email: newsletter@carerscontact.org.uk

If you have a quick and easy recipe you would like to see in ‘Recipe Corner’, please send it to Janice at Carers Centre, The Glebe Centre, Glebe Street, Wellington, Telford TF1 1JP or email: newsletter@carerscontact.org.uk
Carers Forum: Update

The advisory group for the Carers Forum met on 24th April to discuss forum events for 2015. It has been agreed that two events will be held this year; one during Carers week and one in the autumn.

It was decided that this year the two forums would have different formats but with both the intention is to engage directly with carers and address common themes.

Event one will be in Carers week and will take a more social approach: A quiz night with a fish and chip supper provided from the Flying Fish, Dawley High St. You are welcome to bring the person you care for along to this event as it is less formal.

‘How is this a forum?’

By definition forum means ‘a meeting or medium where ideas and views on a particular issue can be exchanged’.

The Carers Centre Advisory Group value your ideas and views on anything relating to being a carer. This is a different approach with the same aim: to hear you as Carers.

There will be a “Talking Wall” available where we would like to gain your input. We will be asking you to write down anything you wish about the realities of being a carer in Telford and Wrekin. If you feel you would prefer to tell someone, there will be members of the advisory group available to share your thoughts with, they will note them down and add them to the wall. You can be as anonymous as you like. There will be some specific topics highlighted to help start things off but it really is open to you as carers to share anything you wish.

As a result of the information gained on the night, the advisory group will meet shortly after and use this information to discuss and plan a more formal event addressing some of the issues highlighted. This will tie the two events together and ensure that the autumn event is relevant and meeting the views of carers in the borough.

You need to book your place so we can organise the food, please see page 3 for details of all events during Carers Week and how to book.

On behalf of the Advisory Group we hope to see you there!

Carers Support Groups

Carers Groups meet monthly in a variety of venues providing opportunities to meet with others.

Some groups are for all carers while other groups offer more specialised help and support.

If you have not attended the group for some time or are coming along for the first time, please call us first to confirm details.

Hadley Carers Group: meeting on the second Thursday of the month at: Castle Farm Community Centre, High Street, Hadley TF1 5NL from 10.30am-12.30pm. Phone Lara or Louise on 01952 240209 for more details.

Wellington: on the second Wednesday of each month for all carers at the Glebe Centre, Glebe Street, Wellington (please note change of venue) from 10.30am to 12noon. For more information please contact the Carers Centre on 01952 240209.

Newport Coffee Morning: drop in every third Friday of the month at Newport Library between 10.30am–12.00noon. Contact Carers Centre on 01952 240209 or Newport Library on 01952 382965.

Alzheimer’s Support Group: this is a new group being established by carers or ex-carers to give support to anyone who cares for loved ones with Alzheimer’s or dementia. On the third Tuesday of each month at the Glebe Centre, Glebe Street, Wellington from 1.30pm to 3pm. Contact 01952 240209 for more details.

Other Support Groups & Drop Ins

Other organisations also run support groups and meetings in the local area for carers. We hold details of some of these, please ask us if you would like information.

Young Adult Carers - Inbetweeners Group

This group is for you if you are between the ages of 17 to 24 years.

For more information on the Inbetweeners please contact:

Caroline on 01952 916079/01952 458044 or 0787845714 or email caroline.elliott@telfordandwrekinyoungcarers.org.uk