

# Count on us!



Carers really do count!

Spring/Summer 2017 Newsletter

## Sanctuary Day

On 3rd May a group of Kirklees carers met up for a quiet day of reflection and creativity, high up on the hills above Slaithwaite. Carers described the venue, Westwood Christian Centre, as "stunning" and "peaceful".

The day, devised and led by Huddersfield carer Andrea Hindson, provided an opportunity for all those who attended to take time out from their normal, busy routines and to join in activities which were specifically designed to refresh people in an holistic way. Andrea commented on the importance of trying to balance mind, body and spirit. The day included time for reflection and meditation, for folk to explore some of the feelings involved with being a carer.

You could also choose from a varied range of art and craft activities, including felting, card making, printing and watercolour painting. This was a great opportunity to try new skills, as well as relax and socialise. Some people preferred to sit quietly and read, or simply enjoy the beautiful gardens whilst enjoying a cuppa. For the more adventurous there was a tai chi workshop outside in the warm sunshine, and an easy circular walk which took in the gorgeous



views over the Colne Valley. There was even a trapeze swing which resulted in lots of laughter, not to mention some interesting "action" photos!

We all sat down together for a tasty and wholesome lunch of home-made soup, freshly baked bread, and scones and curd tart, donated by the Bolster Moor Farm Shop. One carer, Mavis Schindler, had very kindly been busy baking and everyone tucked into her tea loaf and cream sponge cakes.

After lunch Andy Kind, the warden at Westwood, showed people around some of the self-catering flats, which are available all year round for those needing some peace and quiet in a lovely setting, close to home, yet feeling a million miles away.

A key part of the day was the "Carer's Journey", an enjoyable yet powerful way for people to explore coping techniques to support emotional well-being. According to feedback everyone had a fabulous day out. The fact that people wanted to stay says it all. As one carer put it "a day to remember, such love and care for us all".

## Who are Carers Count?

Carers Count works in the Kirklees area with carers over the age of 18 who look after either an adult over the age of 18 or a child with a disability. It is a free, independent support service.



Watch our YouTube film explaining what we do: [www.youtube.com/watch?v=WbzFSEY\\_Neg](http://www.youtube.com/watch?v=WbzFSEY_Neg) or go to YouTube and search for Carers Count.

## Service Managers: Maureen Connor and Heather Ellis



Maureen and Heather share the role of Service Manager for Carers Count. Although their role is managing the project, they both have a very 'hands on' approach to the service and you will often see them at the groups, events,

training sessions etc. So if you have any questions at all about the service, please let them know.

# Carers Count Arts & Craft Group day trip to Port Sunlight



On a bright December day a small group of carers, mainly from the Arts & Craft group with two members off staff, travelled to Port Sunlight on the Wirral, Merseyside. The trip was open to all carers and had been well publicised. We were heading for the Lady Lever Art Gallery in the beautiful model village of Port Sunlight. Port Sunlight was built by Lord Lever (Sunlight Soap) along similar benevolent lines to that of another 19th century philanthropist, Titus Salt, who built Saltaire. It was the first time any of us had ever visited Port Sunlight.

visitors were invited to sit down in the seats provided to hear a free Christmas concert. Most of the group enjoyed this.



Most of us travelled by train from Huddersfield with a couple of people travelling by car. Initially the trip was intended for everyone to see a set of world famous silk screen prints made by Pablo Picasso. This was the first chance to see the prints outside of London and the British Museum. The exhibition also had a video of the printmaking process. As well as two rooms of Picasso prints, the large museum holds a wide variety of paintings, ceramics and furniture, something there for everyone to enjoy.

We had a lovely time at the gallery. People were identifying pre-Raphaelite paintings, then Impressionist paintings and portraits and we were able in some cases to buy postcard copies in the gallery shop. We were all fascinated by the history of the gallery and its garden gifted to the people of Merseyside by Lady Lever. We were also interested to see a beautiful collection of antique Chinese pottery and artefacts. There was much more to explore in the model village including a local museum, but unfortunately we ran out of time.

We all enjoyed lunch in the spacious gallery cafe, for much less than we were expecting to pay and we said that it would be lovely to visit Port Sunlight again maybe in summer. After the trip feedback was very positive. Everyone had enjoyed themselves and people said they looked forward to the next trip.



When we first arrived a children's choir was assembled in the main gallery and



I have never spoken to anyone from the Carers Count team who has not been very kind and helpful.



## Carer Awareness Officer



**Ann Marie Brabiner:** My key role is to offer training and support to GP practices across Kirklees. Improving carer awareness and letting professionals know about the support available locally through Carers Count. At present I am working with 44 practices across Kirklees and Locala teams to ensure professionals

are aware of support for carers and their issues and concerns. The emphasis is on greater flexibility, improved communication and listening to carers' views to move forward together. It is really important that as a carer you let your GP know about your situation and make sure your records are updated. If you have any questions then please ask to speak to your practice Carers' Champion who will be happy to assist. If you have any feedback and suggestions then feel free to let me know at Carers Count.

# Want to make a donation? Here's how to do it...

Carers Count is funded by Kirklees Council to provide information and support to unpaid carers in Kirklees. We are a partnership project managed by a charity called Cloverleaf Advocacy. The funding we receive from Kirklees Council covers the cost of most of the services and group activities that we run. Most of our services are provided free of charge or in the case of group activities we ask for a small donation to cover costs.

Recently a number of you have been so pleased with the services you have received that you have asked if we accept larger donations. The answer is yes we do. Any money we raise in this way is used to provide extra services for carers such as 'Pamper Days' and day trips.

If you feel you would like to make a donation please make cheques payable to Cloverleaf Advocacy and post to us at Carers Count, 8 Upperhead Row, Huddersfield HD1 2JN. *Cloverleaf Advocacy 2000 Ltd. is a not-for-profit company limited by guarantee. (Company No. 3790911 Charity No. 1097608.)*

There is of course another way you can contribute to our service and this is to donate your time to volunteer. Carers who currently volunteer with our service tell us that they get an awful lot out of this and by volunteering they have been able to 'give something back' and also 'build their self confidence'. We have several volunteering roles within the service and for more information or to arrange an informal chat, please contact Elaine Peaker on 0300 012 0231. We do appreciate that carers' time is precious so we are grateful for any amount of volunteering time offered.

# How we have spent the donations...

So far Carers Count have used your donations for the Bridlington carers' day trip and put it to good use buying supplies for our art and crafts group. It also goes towards paying for Kate who does the therapies for the coffee and chat groups and also helps us to pay for the room rental. All this means we can continue to support carers for longer and in different ways. We also hold a Christmas party which includes presents for carers.

If you have any ideas as to how we could use the donated money then do not hesitate to get in touch with your suggestions, we are all ears!

## Calling all carers!

**Do you care for someone?**

**Let your GP know if you are a carer and ensure your records are updated**

**Register NOW!**



It has been lovely to meet you. You are like a breath of fresh air.



# Getting to Know... Sue Purdie



## **What is your role?**

Information and Advice Worker

## **Describe your role in one sentence:**

Providing information and advice to carers to help them to stay healthy and happy in their caring role.

## **What would you say you are best at?**

It's always hard to say what you are good at. I can usually see and understand other people's points of view but this can also be a negative as it can make me indecisive!

## **What is the most important aspect of your work?**

Providing information and advice which will improve quality of life for both the carers and their loved ones.

## **What is your favourite place?**

I love travelling when I get the opportunity. In this country I love the Peak District. Tissington is beautiful on a lovely summer's day. The most spectacular place I have been to is Machu Picchu in Peru – really amazing, and Lake Titicaca was so interesting. We visited the reed islands where if someone doesn't pull their weight in the community, a piece of the island is cut off and they are floated away!

## **What do you enjoy doing in your spare time?**

Playing with my grandson, Oscar George, who was born on Christmas Eve and walking in the Peak District as often as possible. Spending time with friends and family with a lovely meal and a nice glass of Prosecco!

## **What is your greatest achievement?**

Obtaining my degree in Health and Community studies aged 53 and then getting my lovely job here.

## **What is your greatest fear?**

Driving on busy motorways – I hate them!

## **What would you change about your life?**

I would like to spend more time in a nice climate.

## **How do you relax?**

Reading travel books or watching travel programmes – I am sucker for "A Place in the Sun – Home or Away!" I love a hot bath. I also find walking in beautiful countryside really relaxing or a walk by the sea.



Lynne is wonderful at her job, so helpful! Nicola too, I have seen her a few times to get advice.



# A day in the life of... an Information & Advice worker



"My name is Nicola and I am an Information and Advice worker at Carers Count. I mainly provide advice on benefits – carrying out benefit checks, making applications or challenging decisions, although no one day is 'typical' and no two days can be the same!

**9am–10am** I check my emails and open any post sent to me. In today's post is some information from Motability that I requested for a carer whose partner is newly in receipt of High Rate Mobility, so I can send that on to them. I have an email from E.ON about a grant I have applied for to clear a fuel debt asking for proof of benefits so I ring and leave a message about that.

**10am–2pm** Today I am at my Age UK advice drop in. Some weeks it is quiet and I get chance to make phone calls or update client case notes, other weeks it is like Piccadilly Circus but I aim to see as many people as possible. If people can't be seen today I can take their details and arrange for an appointment, usually within two weeks.

This week a carer has attended as he has reached carer breakdown and feels he cannot continue in his caring role, his Dad has gone into temporary respite care so we discuss the options available to him, check the rules about Carers Allowance and explore housing options and residential care.

Another carer calls in to ask if her Mum can claim Council Tax Reduction as she has recently been awarded Pension Credit, she has all the details with

her so I log onto 'Better in Kirklees' and complete the application for her there and then.

There is no one else in the waiting room so I grab a quick bite for lunch.

When I return, a carer from my existing caseload is waiting. He has been for a face to face assessment for his Personal Independence Payment renewal and has not been awarded any points. I completed the form for him so I am sure he meets the criteria. We spend quite a bit of time going through his decision notice, making notes on what we disagree with and why and draft a reconsideration asking the DWP to review their decision.

**2pm–3:30pm** Off out to a home visit in North Kirklees to a carer whose Mum has short term memory problems resulting from a stroke last summer. They had requested an AA form which we filled in, as she often is confused in the night for large chunks of time she is likely to be entitled to the higher rate. Once this is awarded her daughter can make a claim for Carers Allowance as she has recently given up work to care for her Mum.

**3:30pm–4:30pm** Home just in time to miss rush hour traffic. Logon to quickly check my emails, I have an email from a carer asking me to look over a letter to their GP asking for medical evidence, make a note to do that tomorrow morning. Spend around an hour updating my case records, ready to begin again tomorrow!"



A great time to relax on the beach and enjoy the sand between my toes.



# Information and Advice



Nicola Moffat (Specialist Benefits Advisor), Sue Purdie, Debbie Neary and Ros Walters – the Information and Advice workers help with any enquiries with regard to the caring role. Steph Walker has left the team to pursue other career options. Pete Hulse is retiring to Italy after working with the team for the last 4 years.

Examples of what we can help with:

- Benefits advice
- Assistance to fill out forms, for example Attendance Allowance, Carers Allowance, Personal Independence Payment,
- Accessing respite care

- Accessing disability equipment and assistive technology (e.g. care phones, gas detectors), blue badges for parking etc.
- Signposting to other relevant specialist services
- Signposting to suitable social groups and courses, both within our service and elsewhere
- Advising with regard to rights (for example accessing Carers Assessments and Care Assessment for the cared for person)

- Linking carers with volunteer befrienders
- Providing information with regard to accessing volunteering opportunities both within our service and externally

We carry out home visits if that is more convenient to the carer or carers can be seen at the office by appointment or on a Tuesday at our drop in session. We also provide other drop in sessions as specified in this newsletter.

# Information and Advice Drop-ins

## Carers Count

8 Upperhead Row  
Huddersfield  
HD1 2JN  
Every Tuesday  
10:00–14:00  
No need to book,  
just turn up!

## Age UK

12 New Street  
Huddersfield  
HD1 2AR  
Every Wednesday  
10:00–14:00  
No need to book,  
just turn up!

## Rosewood Centre

Dewsbury Hospital  
WF13 4HS  
First Monday  
of every month  
13:00–16:00  
No need to book,  
just turn up!

## Monday Mix

Paddock  
Community Trust  
Paddock Village Hall,  
West View,  
Paddock  
HD1 4TX  
Third Monday  
of the month  
10:00–12:00



# Introducing... Ros Walters

I joined the Carers Count team in February as an Information and Advice Worker. I have previously worked as an advice worker in a variety of settings and am pleased to be part of a dedicated team providing support and advice to carers.



Start every day with new hope



# Introducing... Debbie Neary



My name is Debbie Neary and for the past two years I have been working as a coordinator at Carers Count on the Time For Me Project. I have now been given a wonderful opportunity to further develop my skills and experience by working within the information and advice team, supporting carers with general enquiries.

I will also be helping out at some of the groups, events and carer trips. I am looking forward to meeting you all and being able to sit and chat in a warm and welcoming environment.

# Introducing... Louise Spencer



Hello my name is Louise Spencer, I started work in November for Carers Count as a Community Engagement Worker. My role is to help support existing groups and develop peer support groups. I work in partnership with the mental health charity Community Links CLEAR Service which provides support to individuals throughout Kirklees who have mental health problems through group work.

Part of my role is working with new and existing carers groups to keep you informed about what's available in your area. Read on and you will see there is a lot of good work going on to support carers throughout Kirklees.

Carers Count have recently opened our doors to parent carers, for children with additional needs. I have visited a few groups and would like to visit all the parent and young people's groups for children with additional needs in Kirklees over the coming months.

If groups contact me, I would be happy to feature them in future editions so our parent carers know a little more about the great work your support groups provide. There are 21 parent and young people's groups listed on [www.kirkleeslocaloffer.org.uk](http://www.kirkleeslocaloffer.org.uk). This website has lots of useful information for parent carers.

Carers Count would like to develop a support group for parent carers, with an emphasis on developing your skills and resilience, which is important when we are living in a time of financial constraints. We would like to meet with you to find out what training and skills would be helpful in supporting you as a carer. Look in our "What's On" booklet to find out about the Parent Carer Pamper & Chat Sessions we will be organising throughout Kirklees this Autumn. Why not come along, meet our team, make new friends and have a lovely relaxing treatment and let us know how our service can best support the important work you do.



You can't pour from an empty cup, so keep it topped up!



# Groups



## Downs & Special Friends

Our group welcomes all children with special needs and their parent carers. We are a multicultural, inclusive group that offers support to children with any disability and their families, whether diagnosed or still awaiting a diagnosis and any age. One of our main aims is to end the stigma surrounding disability within our communities.

We also offer support to new parents with babies that have Down's Syndrome.

We believe in enabling our young people, so their talents and abilities shine through. That is why you will always find something fun and interesting going on at Downs and Special Friends. The venue we use has a room dedicated to arts and crafts which has lots of materials for creativity.

We have new things for our young people to try each month from organised sports activities, workshops and children's entertainers. Our group meets every month, on the 3rd Saturday between 11am and 1pm at the Young Batley Centre, Thomas Street, Batley WF17 8PR. We charge £1 per entry and usually have a raffle.

In addition to this we also invite our members to Streetbikes which runs once a month, every 2nd Saturday 12:30pm till 3pm at Spenborough Athletic Track. A safe and secure environment with bikes for all ages and abilities, from wheelchair bikes to trikes and arm-only bikes. Group pays for person with disability and carer is free, anyone else is £4 when you arrive.

Please contact Jackie Eva on 07801 101998 if you would like to know more about our group or Streetbikes.

## Growing Works: Sprout

Sprout (Strong Parents Reaching Out) is outdoor activities for families who have a child or young person with additional needs, no need for a diagnosis and no age limits. Siblings and other family members are just as much part of the group. We also support families who have adopted or foster children in their care. Fun together for the whole family, relax and share information, make friends and face challenges together.

## Mary Sharpe Welcomes New Members to Almondbury Disabled Leisure Group

This group has been supporting Almondbury's senior citizens, disabled persons and their carers for 20 years. Mary would love new members to join and benefit from its varied activities, interesting speakers and regular day trips out. Mary's group is sure to give you a warm welcome. It's the perfect place to make new friends, visit new places and learn new things.

This small disabled leisure group, meets on Tuesday afternoons at 1:30 pm until 4:45pm. We organise monthly speakers covering a variety of interesting topics. Our regular day trips include visits to sea side resorts, mystery tours and meals out. We play bingo, have raffles, tea/coffee and refreshments.

Mary is looking for new younger members to join the group, bringing new ideas to keep this well attended group going strong for many years to come.

We are based in The Hut, Alms Row, Almondbury, Huddersfield HD5 8HQ. This is a wheelchair accessible wooden building off School Lane (just behind the bus terminal in Almondbury.) The coach we use is wheelchair accessible and fitted with a lift. Subscriptions are £1 per week.

If you would like to attend or find out more please contact Mrs Mary Sharpe, Secretary on 07782 414932.



If you feel your family would benefit, Sprout sessions are fortnightly at Hope Bank Works in Honley and Northorpe Hall in Mirfield. £5 for the first child, £7 for two children, £9 for three or more children. Refreshments and fun activities included. If you would like to know more call us on 07719 509703 or visit our website to register: [www.growingworks.org.uk/sprout](http://www.growingworks.org.uk/sprout)



## Group Workers



Hello all, we are the Carers Count group workers – Amina Bulbulia, Shazia Bi, Debbie Neary and Louise Spencer. Pop along to one of the groups to say hello, we would love to see you there. We facilitate the carers groups and training courses we offer around Kirklees.

# The Whitfield Centre Welcomes Carers to Our New Vintage Tea Parties

Why not come along and find out more. Our Vintage Tea parties take place from 1:30pm to 3pm on the last Thursday of the month. These fun creative sessions offer carers a much-needed break and a chance to talk to other carers. For £3 a session you receive complimentary refreshments and the opportunity to try new crafts. Each session we invite craft teachers to demonstrate interesting crafts.

A warm welcome is assured when you visit the Whitfield centre. We are a community centre that provides varied activities for people with or without sight loss, who can come along and enjoy new experiences, regain independence, meet new people and

make new friends, whilst improving their health and feeling less lonely. Weekly activities at our centre include computer sessions, arts & crafts, indoor curling, dancing, chair exercise, bingo and much more.

We have a fabulous weekly luncheon club each Thursday for those wanting to come just for lunch. Each day we prepare freshly cooked and locally sourced food which is available to order at the centre. The centre has its own transport and picks up anywhere in North Kirklees.

For more details please call in or contact us on 01924 445222.

# Masoom Care

**Are you a BME carer living in Kirklees? Caring for a family member and struggling to communicate in English? Do you want to be involved in a friendly, active group? Then Masoom Care is the ideal group for you.**

We provide a warm friendly environment for all carers to meet and share their experiences. We are based in Crosland Moor and meet fortnightly on a Tuesday 11am–2pm at Sandy Mount, Blackmoorfoot Road, Crosland Moor, Huddersfield HD4 5QP.

We provide activities such as yoga, zumba, pilates, Bollywood dancing to help carers be more active. To enable carers to cope with the physical and health demands they face on a daily basis. A light lunch is provided donation of £1 is requested. We use qualified interpreters, covering all South Asian languages.

We try to cover topics to make their caring role easier. We signpost carers to other agencies and Health Care Professionals. If you would like to know more about our group then please contact us on [info@masoomcare.org](mailto:info@masoomcare.org) or 07434 246958 [www.masoomcare.org](http://www.masoomcare.org).



Freedom from duty and stress, the space to be alone and do as I please, these things were a real privilege.



# Assistive Technology

Solutions for  
daily living

For information contact 01484 221000



## coreassets CHILDREN'S SERVICES

Independent Support is a national government initiative launched in January 2014 and designed to help parents and young people navigate through the Education, Health and Care (EHC) planning process. An Independent Supporter provides time limited impartial information and support to families and young people with special educational needs who are going through the process of developing an Education, Health and Care (EHC) Plan.

What can an Independent Supporter do to help?

- Explain the EHC Assessment and how an EHC plan is developed
- Explain who does what and when
- Help you to recognise the difference between goals, aspirations and outcomes
- Help you to navigate the Local Offer found on the local authority website
- Ensure you have all the information you need to make a decision e.g. how to request a personal budget, how to choose a school or setting
- Provide impartial information and support for you to be confident to express your views
- Be a point of contact throughout the EHC Assessment

This is a FREE service with Core Assets Children's Services working as your Independent Supporter provider. To request support or to find out further information please contact Dawn on 07587 669585.

Saxon Mews,  
Saxon Business Park,  
Hanbury Road, Stoke Prior,  
Bromsgrove B60 4AD  
T: 01527 571620  
M: 07587 669585  
[www.coreassets.com](http://www.coreassets.com)



All first class, you have lightened my load.



# Believe in children



# Barnardo's

## Kirklees Young Adult Carers

Kirklees Young Adult Carers is a group for carers aged 16–25 years living in Kirklees and helping to care for someone at home. The group is a chance to meet other young adult carers, have fun and get information about support available for carers in Kirklees. The group meets on the first Wednesday of the month, 4:30–6pm at various venues across Kirklees. For more information about the group or support for Young Adult Carers in Kirklees, please contact either:

**Liz Robson on 01484 426 100**

**Elizabeth.robson@barnardos.org.uk** or

**Heather Ellis on 0300 012 0231**

**heather.ellis@carerscount.org.uk**

# Carers emergency support card

## IMPORTANT

I am a carer  
someone depends  
on my care

Manage@home

Your Online **MED2QUIP** Retail Store

mobility & disability aids to help you stay safe & independent at home



Manage At Home is Medequip's online retail store of independent living products and equipment. Our daily living aids are designed to help you to live your life at home more easily; manage tasks, enjoy yourself and remain independent.

- An extensive range of products
- Safe and secure website
- Free delivery on all orders over £50
- Easy to use website
- Freephone advice from 8am to 5pm Mon - Fri

Manage@home

MANAGE AT HOME  
SIDHIL BUSINESS PARK  
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HALIFAX  
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**0800 910 1042**

Are you a carer? Does someone depend on your care? Then plan for an emergency with a Carers Card...

### The Carers Card

The Carers Card identifies you as a carer if you have an accident or are unable to identify yourself. You can write up to 3 emergency contacts on it. In an emergency these are the numbers to call to let someone know that they need to provide help to the person you care for in your absence.

### How to fill in the Carers Card:

<b>IMPORTANT</b> I am a carer	<b>In an emergency contact:</b>
My name: <input type="text"/>	Name: <input type="text"/> Tel: <input type="text"/>
The person who depends on my care: <input type="text"/>	Name: <input type="text"/> Tel: <input type="text"/>
	Name: <input type="text"/> Tel: <input type="text"/>

Write your name in here

Write the name of the person who depends on your care here

Write the names and phone numbers of your emergency contacts in here.

Please use ink and write clearly.

Write the contact you would like to be phoned first at the top.

You can use any phone numbers; landlines or mobile numbers.

You can put 3 different contacts, or the same contact with different phone numbers.

If the best person to contact is the person you provide care for, then you can put their details in.

### Once you've filled in the card:

- put it in your purse or wallet and carry it with you when you go out.

### Important information:

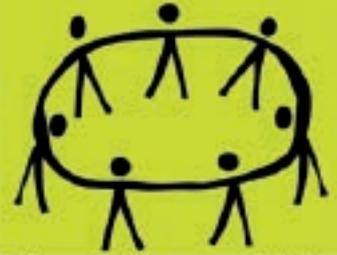
#### Please make sure:

- your emergency contacts agree to their details being included on your card
- your emergency contacts understand that they may be contacted in the case of an emergency
- all details are kept up-to-date.



You don't have to pretend here, if you feel rubbish you can say so. Everyone in the group is supportive.





PCAN is a parent led group offering information to support parents of children with additional needs in Kirklees. Many of our members tell us how helpful it is to

meet other parents to share knowledge and experiences so we run several informal 'meet and chat' events. You're very welcome to come along to any of our events listed below to meet other parents and to relax with new friends over yummy cakes and refreshments. We occasionally have guest speakers too. For more information, call us on 07754102336.

### Cathedral House

St Thomas' Rd, Huddersfield HD1 3LG  
Friday 2nd December  
9.30am-12.30pm  
in the Café

### Taleem Centre

36 Orchard Street, Dewsbury WF12 9LT  
Tuesday 6th December  
10am-12.30pm  
in the building next to main centre

### Bex's Café

72d Westbourne Road,  
Marsh, Huddersfield HD1  
Tuesday 13th December  
7pm-9pm

## Pete's Panzanella Recipe



*This Tuscan-style salad is great for using up day old bread but fresh bread can be used. Salting the tomatoes produces a great liquid to use with the other dressing ingredients.*

### Ingredients

1 pound mixed tomatoes, cut into bite-sized pieces  
1 teaspoon salt  
Ciabatta or rustic sourdough bread, cut into 1½-inch cubes (about 3 cups bread cubes)  
5 tablespoons extra-virgin olive oil, divided  
1 small shallot, minced (about 1 tablespoon)  
1 medium clove garlic, minced (about 1 teaspoon)  
¼ teaspoon Dijon mustard  
1 tablespoon white wine vinegar or red wine vinegar  
Freshly ground black pepper  
¼ cup basil leaves, roughly chopped

### Directions

Place tomatoes in a colander set over a bowl and season with 1 teaspoon salt. Toss to coat. Set aside at room temperature to drain, tossing occasionally, while you toast the bread. Drain for a minimum of 15 minutes.

Meanwhile, preheat oven to 350°F and adjust rack to centre position. In a large bowl, toss bread cubes with 1 tablespoon olive oil. Transfer to a rimmed baking sheet. Bake until crisp and firm but not browned, about 15 minutes. Remove from oven and let cool.

Remove colander with tomatoes from bowl with tomato juice. Place colander with tomatoes in the sink. Add shallot, garlic, mustard, and vinegar to the bowl with tomato juice. Whisking constantly, drizzle in the remaining ¼ cup olive oil. Season dressing to taste with salt and pepper.

Combine toasted bread, tomatoes, and dressing in a large bowl. Add basil leaves. Toss everything to coat and season with salt and pepper. Let rest for 30 minutes before serving, tossing occasionally until dressing is completely absorbed by bread.



# Rogue Traders

These are dishonest tradespeople who often turn up unannounced. They may leaflet an area before making doorstep calls and often offer roofing, gardening and handyperson jobs. The work may be unnecessary, done to a poor standard and overpriced.

Remember

- Obtain 3 written quotes before choosing a trader.
- Don't pay any money upfront, particularly in cash.
- Only pay for work once it has been completed and you are satisfied with the job.

## Bogus Callers

These are people who try to con their way into your home to steal or trick you out of money. They often pretend to be from a professional company such as your energy or water provider or the council. They may say they are conducting a survey or pretend to be an old friend.

Remember

- You don't have to let anyone into your home.
- Check doors and windows are locked before answering the door so no one can sneak in.
- Ask for ID through the letterbox and call the number on your bill or phone book to check the caller's identity. Keep the door locked until you're happy to let them in.

## Cold Callers

These are uninvited callers at your door. They may be persuasive salespeople offering large discounts and time-limited offers. They may refuse to take 'no' for an answer and use pushy tactics.

Remember

- Don't buy from doorstep callers.
- If you do sign a contract for a purchase costing more than £42 from a seller in your home, in most cases you have at least 14 days to change your mind.
- If cold callers are a problem in your area, you may want to consider setting up a Cold Calling Control Zone. Speak to your neighbours and call 0345 404 0506 for more information.

## Telephone Appointments

Some companies may contact you by telephone to make an appointment to visit you in your home. Although less intrusive, this is still a cold caller and you shouldn't feel pressured into making a decision.

Remember

- Ask a friend or neighbour to be with you if you arrange an appointment over the phone.
- Don't be afraid to say no, on the telephone or on the doorstep.

The Golden Rule - If in doubt... keep them out!

Call 0345 404 0506 to discuss any queries/concerns

## Trusted Traders Directory

Age UK Calderdale and Kirklees have an online directory of trusted traders which is free for anyone to use. All traders are local and vetted by Age UK C&K.

You can check the directory at [www.aubdcalderdaleandkirklees.co.uk](http://www.aubdcalderdaleandkirklees.co.uk) or if you don't have access to the internet you can call us free on 0800 012 6508 and we will search for you.

# Pete's Farewell



Sunshine, good food, mountains, wine, olives, coffee, the list could be longer but Heather said "Keep it short". So this is just a big THANK YOU to all the carers that I've worked with over the last three years. I'm retiring and moving to live in Italy. I'm so excited to finally be moving there permanently after planning the move for over ten years. Our house is in central Italy close to the Sibillini Mountains, an area of outstanding natural beauty.

Grazia e auguri per il future! — *Pete*



**A BIG thank you to Carers Count for such a wonderful day, sunshine and company.**



## Lynne Heighway



Hi, my name is Lynne and I am the Receptionist, Triage and Admin Worker for Carers Count. I have been with the project since we started and I am thoroughly enjoying my role here, being able to help carers to improve their lives is a very rewarding job. We are helping more and more carers as they find out about our service through friends, other organisations, leaflets, posters and events. If we can help you or any carers you know please get in touch.

## Shazia Bi



Hi, my name is Shazia and I'm an Administrator for Carers Count. I'm delighted to be working with a great team.

Although Lynne and Shazia tend to work behind the scenes, they are the cogs that keep the wheels turning and their support is invaluable to keep our busy service running smoothly.



Business  
directory

# Need a trader you can trust?

Put your mind at rest and visit the  
Age UK Trusted Traders Directory today

- Large selection of trustworthy traders from your local area
- All traders have been checked by local Age UK staff and with West Yorkshire Trading Standards
- All traders agree to comply with our Customer Charter to ensure that they deliver a high level of care and service
- The service is free to access and available to everyone



Call us free on  
**0800 012 6508**

or visit us online  
**[www.aubd.co.uk](http://www.aubd.co.uk)**

Registered charity number 1102020



## Libby and Bertie Lounge at HRI

Age UK Calderdale & Kirklees are supporting Huddersfield Royal Infirmary to create a positive experience for patients when they leave hospital.

They are opening a lounge with a pleasant environment where patients can await their onward journey home. Staff and volunteers will be on hand to sit and talk and respond to any queries or concerns, signposting to services that may help when they get home.

Patients will be warmly received and enjoy a chat each other and the volunteers supporting the service. The lounge area will have a television, cold food and drinks, magazines and even games to help people relax while they await their transport home.

The Libby and Bertie Lounge will be open from April 2017.

If you would like to volunteer at the Libby and Bertie lounge, please contact Age UK Calderdale and Kirklees on 01422 252040 or download a volunteer application form from our website.



I just arrived at the art group in a really low, stressed mood due to ongoing tasks and within five minutes of being here I could relax and get things into perspective.



# Free Home Energy Checks for Older People



We are offering free home energy checks all year. Last year we helped over 100 people to spend less money on their energy bills, including one client who lives alone in a typical brick end terrace in Halifax. He reported his house felt cold and damp with the back door being especially draughty and that this had a definite effect on his health.

Our adviser visited and carried out the following actions:

- Provided advice on keeping warm at home and energy efficiency measures
- Fitted external door brushes and draught excluders around the door
- Fitted radiator panels on all radiators on external walls

- Fitted a cold alarm
- Fitted some missing light bulbs
- Gave him a copy of Age UK information booklet 'Save Energy, Pay Less'
- Let him know about other Age UK C&K services including our personal alarms and referred him to our Safe and Warm project
- Let him know about Gateway to Care services

He was very happy with the service and felt that it had made a big difference to the heat in his house saying that it felt at least 30% warmer.

The aim of the check is to deliver practical energy efficiency information and expert advice to older people. The project will enable people to change energy use behaviour and benefit from small practical measures which could potentially reduce their energy bills whilst remaining warm and well in their own homes.

To qualify for the Home Energy check you must be:

- Over 65 and on low income (below £16,190 p.a ) and /or
- Over 65 and vulnerable (with a physical or mental disability, a medical condition) or
- Over 65 and living in a hard to heat property.

For more information or to book your home energy check, please contact us on 01422 252040 or 01484 535994.

## Carers Trust Mid Yorkshire Trustee Recruitment



### Who are we..?

We are a network partner of Carer's Trust, Britain's leading carer support charity (formerly known as Crossroads Care). We provide a range of high quality support services for unpaid carers and the people they look after, no matter what age they are or what type of illness or disability they have. Carers Trust Mid Yorkshire presently works with over 500 families who have caring responsibilities. We have trained staff who provide regular breaks to reduce the

stress on carers and to give them peace of mind. The opportunity to receive care from, volunteer or work for a caring organisation, with time to care for others in a way that matters to them. Carers Trust Mid Yorkshire is a major provider of direct support for unpaid carers in Huddersfield, Dewsbury, Batley, surrounding areas and Wakefield with further services being developed in South Leeds and Calderdale. If you are interested or would like more information about our services then please call us on: 01484 537036 or email [info@carerstrustmidyorkshire.org.uk](mailto:info@carerstrustmidyorkshire.org.uk).

### We are currently recruiting Trustees

There are some huge benefits and rewards in being a trustee and for many people it can be a life changing experience or the route to a new career path. Carers Trust Mid Yorkshire are currently looking for new trustee talent to inject some energy and fresh ideas and strengthen the already well regarded board. If becoming a trustee is of interest, then in the first instance, please send your CV and covering letter to:

Mr R Clampett, Carers Trust Mid Yorkshire,  
Trafalgar Mills, Leeds Road, Huddersfield HD2 1YY or email it to:  
[info@carerstrustmidyorkshire.org.uk](mailto:info@carerstrustmidyorkshire.org.uk) FAO Mr R Clampett.  
[www.carerstrustmidyorkshire.org.uk](http://www.carerstrustmidyorkshire.org.uk)



I had forgotten what it was like to walk barefoot.





## Advocacy

Carol Short and Rehana Patel, the advocacy team at Carers Count, support carers to have a voice and ensure that they are listened to in matters around their caring role. Carers often feel that they are not listened to and this can be very frustrating and disempowering for them.

Advocates can support carers with a range of issues, including: support at meetings; support to make a complaint; support to understand information; carers assessments and other assessments; support to liaise with professionals.

## What on earth is advocacy?

This is a question I get asked a lot when I tell people what I do for a living! Carers Advocacy involves supporting people with issues or problems, usually to do with the health and social care system. A carer is someone who looks after someone else – that someone else may be living with them, living somewhere else or in residential care. An advocate will help you access the information you need to make informed decisions and choices. The advocate will not tell you what to do but will support you to make your own decisions and will act as a loudspeaker for you, to ensure that your voice is heard. An advocate can help you to prepare for meetings with professionals involved by supporting you to work out what you want to say. The advocate can go with you to meetings and appointments and can speak on your behalf if you want them to, or prompt you if needed.

Common issues we work with may be around care and carer assessments, reviews and meetings with social services, raising concerns or complaints about care packages or respite and issues regarding adaptations to property or changes to where you live. There are often many professionals involved once you enter the health and social care system and often they all think they know best. As advocates, we believe that you are the expert on you and the person you care for and we will support you to ensure that your views and wishes are taken into account. On a personal note, I absolutely love my job and feel privileged to work as an advocate for carers who do an amazing job in very trying times.

### LAB WELLBEING: MAY /JUNE/JULY RESEARCH VOLUNTEERS WANTED

#### LW

Find that having a coffee and a laugh with others releases stress? Would you benefit from an opportunity to reintroduce some life balance, practice using some mood boosting tools and gain more confidence at dealing with difficult situations? Do you enjoy learning things with others in a fun, friendly environment?

Proper Job Theatre Company is seeking people with experience of caring to take part in this free personal development course: LAB Wellbeing. Do you have a day a week free ...or know anyone who does? Then join this award-winning company to see if the course can make a difference to your mood and well-being. You will be in good company - LAB project staff have an excellent track record of working with adult learners throughout Kirklees. Carers and cared for are both welcome.

From May to July the Wiseminds Wellbeing programme - a Kirklees College Adult Learning course – is being offered free to those wanting to help with national research into the impact of community learning on well-being, specifically mental health. Wiseminds is a national learning project which harnesses the strength of the creative arts to foster good mental health and well-being.

Each three day course takes place once a week - during the day. Tutors use creative activities, laughter, drama and other techniques to develop a range of skills and confidence in adult learners.

The goal is to recruit in two 'groups':

#### **Group A**

- Fifty percent of course participants to be generally interested in creative activities and want to boost confidence, mood, reduce stress.

#### **Group B**

- Fifty percent of the course participants - self- reported mild to medium health issues..sleep problems, anxiety, low mood or mild depression.

Free places are being offered to those eligible and interested in helping with research. All you need to do is simply enjoy the course and rate how you feel before and afterwards. All ages are suitable, there are no exams, very little written work and the previous participants have found the course excellent fun! As a bonus, travel expenses are paid and a £20 supermarket voucher is offered upon completion. If interested in learning more, please get in touch with **Melissa Wong** at [labwellbeing@properjob.org](mailto:labwellbeing@properjob.org) or on 01484 514687

For more information about Wiseminds and the national research project please contact Sarah Fawcett [SFawcett@kirkleescollege.ac.uk](mailto:SFawcett@kirkleescollege.ac.uk)



Be good to yourself, you deserve it





# Volunteering

Hello my name is Elaine Peaker and I'm the Volunteer Co-ordinator for Carers Count. My role is to recruit, train and support volunteers who want to help carers. I will then try

to match people who might have similar interests. A volunteer may offer to keep in touch with a carer regularly or may go to the library, cinema or for coffee perhaps on a weekly basis. Whatever carers may like to do in their precious spare time, a volunteer can help to make a difference to that person's life.

Aiming to reduce isolation...



...and to improve quality of life!

**VALLEYS COMMUNITY TRANSPORT**  
Part of the Denby Dale Centre

**Wednesday**  
09:30 to 14:00  
Door2Door  
**MORRISONS SHOPPING**

**Friday**  
09:30 to 16:00  
Door2Door  
**BARNSELEY SHOPPING**  
(1<sup>st</sup> & 3<sup>rd</sup> Friday)

See Ring & Ride [Programme](#) for:

- ☞ LUNCHEON TRIP
- ☞ COASTAL DAYS OUT
- ☞ BOUNDARY MILL TRIP
- ☞ CHRISTMAS LIGHTS TRIP

Accessible Minibus Hire for...

- Bespoke Group Travel
- Bespoke Car Transport

More info: [www.ddc.org.uk/transport](http://www.ddc.org.uk/transport)

**TIME TOGETHER**  
Part of the Denby Dale Centre

**Monday**  
10:00 to 15:30  
**MEMORY GROUP**  
Kirkburton Hub

**Tuesday**  
10:00 to 15:30  
**MEMORY GROUP**  
St James Church, Flockton

**Wednesday**  
10:00 to 13:30  
**FILM & FOOD CLUB**  
Kirkburton Hub

**Thursday**  
10:30 to 12:30  
**COMPUTER COURSE**  
Kirkburton Hub

**Friday**  
10:00 to 13:00  
10:00 to 13:00  
12:00 TO 15:00  
12:00 to 15:00  
**COFFEE MORNING CARERS NETWORK GAMES GROUPS NO MAN IS AN ISLAND**  
Kirkburton Hub

10:00 to 12:00 or 14:00 to 16:00  
**COMPUTER COURSE**  
Huddersfield Mission

More info: [www.ddc.org.uk/activities](http://www.ddc.org.uk/activities)

**THE KIRKBURTON HUB**  
Part of the Denby Dale Centre

**Monday**  
09:00 to 11:00 H  
10:00 to 15:30 M  
**WEIGHT WATCHERS MEMORY GROUP**

**Tuesday**  
10:00 to 11:00 H  
14:00 to 16:00 M  
**ZUMBA GOLD BURTON FRIENDS**

**Wednesday**  
10:00 to 13:00 H M  
13:30 to 15:30 H  
19:00 to 21:00 H  
**FILM & FOOD U3A LANDSCAPES ROCK BAND**

**Thursday**  
09:00 to 10:00 H  
10:30 to 12:30 M  
13:00 to 14:00 H  
14:00 to 16:00 H  
19:30 to 20:30 H  
**ZUMBA GOLD COMPUTER COURSE TUMBLE BEES PRE-SCHOOL GYM TEA DANCE (last Thu in month) HD8 VOICES CHOIR**

**Friday**  
10:00 to 13:00 M  
10:00 to 13:00 H  
12:00 TO 15:00 M  
12:00 to 15:00 H  
**COFFEE MORNING CARERS NETWORK GAMES GROUPS NO MAN IS AN ISLAND**

**Saturday**  
10:00 to 12:00 H  
**COFFEE MORNING**  
(first Sat in Month)

**Sunday**  
18:00 to 20:00 H M  
**ALL HALLOWS YOUTH CLUB**  
(4<sup>th</sup> Sun in month)

H – Hall M – Meeting Room

The Hub is available for hire on an ad-hoc basis or on contract, for community groups, parties, consultations or any other community benefit events.

The building is used as a polling station during elections.

**DROP IN CENTRE & CHARITY SHOP**  
Part of the Denby Dale Centre

Monday 09:30 to 16:30  
Tuesday 09:30 to 16:30  
Wednesday 09:30 to 16:30  
Thursday 09:30 to 16:30  
Friday 09:30 to 16:30  
Saturday 12:00 to 15:00

Sunday Closed  
Bank Holidays Closed  
Christmas Week Closed

We welcome saleable donations and operate a Gift Aid Scheme.

**VOLUNTEER**  
The Heart of the Denby Dale Centre

**VOLUNTEER ROLES**

- Shop Assistant
- Driver
- Drivers Assistant
- Activity Assistant
- Cook
- Computer Trainers
- Photographer
- Micro Volunteering

We welcome volunteers, placements and work experience into our teams to deliver 1,000 hours of activity per month to achieve our charity aims.

**CHARITY REGISTRATION**

**Charity No**  
1118128

**Company No**  
5507412  
Limited by guarantee, registered in England

**KEEP IN TOUCH**

Talk to us **01484 860077**  
Visit us Unit 6, Springfield Mill, Denby Dale, HD8 8TH  
Follow us **@DDCprojects**  
Tweet us **@DDCmanager**  
Discover us **denbydalecentre.org**

# Involvement



The purpose of the team is to engage with carers and to involve them in the service at whatever level they wish to be involved. The involvement of carers in shaping the service and feeding back on what works well and what does not is very important. We keep all our carers regularly informed through mail outs, newsletters and attending events throughout Kirklees. Carers also have the opportunity to participate in meetings such as the Support &

Advisory Group. Additionally, through a selection process they have a presence at more strategic meetings such as Partnership Board meetings and Carers Strategy Group meetings. If you would like to be involved in our support and advisory group, please contact us.

## Carers Count Support & Advisory Group

This meeting is held every 3 months at our Huddersfield Office, please contact Carers Count or see website for future dates.

The purpose of this meeting is to give our carers the opportunity to help shape and form our service. As we would like input from carers on everything we do, especially involvement activities and opportunities.

## Carers Strategy Group

This is an opportunity for carers to discuss things that matter and affect them directly in their caring role. Often there is discussion around local and national policy changes.

## Partnership Boards

There are four main Partnership Boards, these are:

1. Mental Health
2. Learning Disability
3. Older People's
4. Long Term Conditions

Learning Disability Carers Sub Group. The LD Carers Sub Group are a group of carers of adults with a learning disability who aim to build a collective voice of carers, and support carers in Kirklees to become as well-informed and powerful as the organisations they have to deal with. The LD Carers Sub Group feed issues into the Partnership Board.

## Kirklees Mental Health Forum

The Forum is specifically for those carers who care for people with mental health conditions including dementia.

It's run by carers for carers and has now

been established for two years. In that time senior managers have come to speak to the forum members. This gives a great opportunity to find out what The South West Yorkshire Partnership NHS Foundation Trust (SWYFT), Kirklees Council and Social Services are planning and often have carer input into reshaping services. It also gives you the chance to ask the senior guys the questions you want answering but also to meet fellow carers, gain their support and have some fun at the same time in a relaxed and friendly atmosphere.

## NHS Talk

Carers Count are working with the NHS clinical commission in Greater Huddersfield and North Kirklees to give carers a voice. Talk Health is a campaign to raise awareness in Kirklees about the financial challenges faced by the NHS. The campaign focuses on supporting organisations like Carers Count having conversation with local people on how we can tackle these challenges. From time to time we are asked for carers views on particular topics and this allows carers to play a vital role in feeding back and having a voice in service development.

There are opportunities for carers from Black and Minority Ethnic background (BME) in Kirklees to get involved in different Carers Boards. This is due to the fact that we are a diverse community and we feel it is important and beneficial to obtain views from a wide range of carers, in order to put forward a collective viewpoint. These views can then be fed back to service managers and commissioners who may be making decisions about local services.

## How would you like to be involved?

Below are some of the things you might be interested in:

Carers Count Support & Advisory Group

Carers Strategy Group

Partnership Boards

Learning Disability Carers Sub Group

Kirklees Mental Health Forum

Volunteering at Carers Count

NHS Talk Health

If any of these opportunities sound of interest to you, or you would like more information, please contact Ann Marie Brabiner or the Involvement Team on the Carers Count number: **0300 012 0231**.



You are somebody's reason to smile



# Useful Contacts



**Age UK Calderdale & Kirklees**  
Support and services to improve  
older people's lives  
[www.ageuk.org.uk/calderdaleandkirklees](http://www.ageuk.org.uk/calderdaleandkirklees)  
01484 535994



**C&K Careers**  
Provides careers information, advice  
and guidance for all ages  
[www.workabout.org.uk](http://www.workabout.org.uk)  
01484 226800  
01924 324200



**Carers Trust Mid Yorkshire  
Crossroads Carer Service**  
Support services for carers  
and the people they care for  
[www.carerstrustmidyorkshire.org.uk](http://www.carerstrustmidyorkshire.org.uk)  
01484 537036



**Carers UK**  
Information, advice and support for carers  
[www.carersuk.org](http://www.carersuk.org)  
0808 808 7777



**Citizens Advice Kirklees**  
Advice to help people solve their problems  
[www.citizensadvice.org.uk/kirkleescab](http://www.citizensadvice.org.uk/kirkleescab)  
0844 848 7970



**Cloverleaf Advocacy**  
Independent advocacy service for disabled,  
carers and older people  
[www.cloverleaf-advocacy.co.uk](http://www.cloverleaf-advocacy.co.uk)  
01924 438438



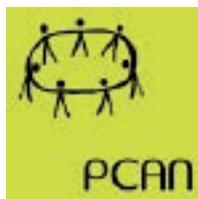
**Connect to Support**  
Online service giving support  
for people living in Kirklees  
[www.connecttosupport.org](http://www.connecttosupport.org)  
0333 600 6330

**Gateway to Care**  
Information, support and advice on health and  
social care with onward referral for services  
[www.kirklees.gov.uk/gatewaytocare](http://www.kirklees.gov.uk/gatewaytocare)  
01484 414933

**Kirklees Local Offer**  
Supporting children and young people with special  
educational needs and disabilities aged 0-25  
[www.kirkleeslocaloffer.org.uk](http://www.kirkleeslocaloffer.org.uk)



**Cruse**  
Support, information and advice  
for people when someone dies  
[www.cruse.org.uk](http://www.cruse.org.uk)  
0844 800 3309



**PCAN**  
Information and help for parents of children with  
additional needs in Kirklees  
[www.pcankirklees.org](http://www.pcankirklees.org)  
07754 102336



**Department of Work & Pensions**  
Information and advice on welfare and pensions  
[www.gov.uk/dwp](http://www.gov.uk/dwp)  
DLA 0345 712 3456  
PIP 0345 850 3322  
AA 0345 605 6055



**Mencap in Kirklees**  
Support for people with learning disabilities,  
their families and carers  
[www.mencapinkirklees.org.uk](http://www.mencapinkirklees.org.uk)  
01484 340811



**Learning Disability Carers Voice**  
For family carers supporting someone  
with a learning disability  
Mark Feeny 01924 496095



**NHS Choices**  
Provides online health and social care information  
[www.nhs.uk](http://www.nhs.uk)



**Demand**  
Manufacture and refurbish equipment that helps  
people with disabilities  
[www.demand.org.uk](http://www.demand.org.uk)  
01484 666261



**Samaritans**  
Call, email, text, write or talk  
face to face about any problems  
[www.samaritans.org](http://www.samaritans.org)  
0845 790 9090



**Single Point of Access (SPA) Kirklees**  
Receive all referrals for mental health  
services in Kirklees  
[www.southwestyorkshire.nhs.uk/our-services/directory/kirklees-single-point-access](http://www.southwestyorkshire.nhs.uk/our-services/directory/kirklees-single-point-access)  
01924 284555



**St Anne's Community Services**  
Support in daily living for a wide range of people  
[www.st-annes.org.uk](http://www.st-annes.org.uk)  
01484 428955



**Volunteering Kirklees**  
Information, advice and support  
with volunteering opportunities  
for both individuals and organisations  
[www.volunteeringkirklees.org.uk](http://www.volunteeringkirklees.org.uk)  
01484 519053

# Tell us what you think!

Carers Count are keen to get your views on how the service is run and the support we provide. Please let us have your comments and feedback on what we currently offer and let us know if there is anything you would like to see us do in the future. Carers are at the heart of our service so should be included at all times. Thank you.

(Please place a tick through the appropriate smiley face) Overall how useful have you found the Carers Count Newsletter?



Extremely Useful!



Useful



Not Sure



Not Useful!

**Comments** (Please let us know what you found good/bad about our Newsletter)

Please return your completed form to Carers Count, 8 Upperhead Row, Huddersfield HD1 2JN. Alternatively, ring or email us.

## How to get in touch

Carers can ring up themselves and ask for help or just purely ask to be put on our database to receive our newsletter and stay up to date with what's happening. A professional can refer them on their behalf; there are a number of ways they can do this. Pop into the office on Upperhead Row, Huddersfield, ring us on 0300 012 0231 or ask a question via our website, Facebook or Twitter.

Email: [info@carerscount.org.uk](mailto:info@carerscount.org.uk)

You can keep up to date with what we are doing on our website:

[www.CarersCount.org.uk](http://www.CarersCount.org.uk)

Have a look at our calendar to see what we are planning. There are useful articles to read and links to other organisations and services.

### Contact us

You can contact us between 9:30am–4:00pm Monday to Friday on 0300 012 0231

We offer a Drop in Service at:

Carers Count Office, 8 Upperhead Row, Huddersfield, 10am–2pm every Tuesday



**If we have not already got your details, please give them to us here!**

Name: .....

Address: .....

.....

Email: ..... Tel: .....

I am:  A current carer  An ex-carer

Another interested party (please state) .....

Preferred method of contact:  Post  Email

**Once completed please return to: Carers Count, 8 Upperhead Row, Huddersfield HD1 2JN**