



West Cork Carers Support Group **NEWSLETTER**

Outlining the range of supports offered to Carers

Registered charity No. 17761

January February March 2014

Contents:

Page 2	News/Information on Services/Planning our Future
Page 3	Diabetes Prevention/Respite Opportunities for Carers
Page 4	Up-Coming Events/Recipe Corner
Page 5	Launch of Aids for Carers/Know Your Rights
Page 6	Booking information/Diary of Events

Weekly Supports

Carers Drop-in times

Tuesdays 10am to 1pm & Thursdays 2pm to 5pm

at our office in Bridge Street, Bantry

West Cork Carers Support-line number is: 027-51731

This service is available **every Wednesday and Thursday from 10am – 1pm**

The Drop in service and Carers Support Line is a confidential service offering:

- A listening ear
- Information on benefits and entitlements
- Information and referral to other relevant sources of information, services and supports

Contact Us

West Cork Carers Support Group, Bridge Street, Bantry, Co. Cork

Telephone: **027-53848** or E-mail: **westcorkcarers@eircom.net**

Website: **www.westcorkcarers.ie**

News/Information on Services

Happy New Year

All staff and the management committee of West Cork Carers Support Group would like to take this opportunity to wish you all a very happy, healthy and prosperous New Year.

Respite Care for Older People

Are you planning respite in Community Hospitals for 2014? Bear in mind when you are using Respite Services, as per the changes announced in 2013, after the **first 30 days** respite in any 12 month period, there is now a charge.

Under the Health Amendment Act 2005 a charge of **€175.00** per 5 day week will be levied after the first 30 days and must be paid on admission to the unit

Upcoming 'Talking Circles' 2014

Community Mental Health and Wellness Discussions (part of the Irish 'trialogue' network) provide an opportunity to talk openly about mental health in West Cork.

Up-coming meetings will be held on:

Tuesday 28th January, West Cork Development Partnership, Main St., Bantry

Friday 28th February, Upstairs Dunmanway Family Resource Centre, Kilbarry Rd. Dunmanway.

Tuesday 25th March, Beara Adult Education Centre, Castletownbere.

All meetings 11am-1pm, with refreshments provided.

This is part of the West Cork Co-Operative Leadership Project in collaboration with DCU. Generously funded by Genio. For further details contact West Cork Mental Health Services on **027-52970**

Reviewing our Services/Planning our Future

Patricia Kelleher (PhD) of *kelleherassociates* has undertaken a comprehensive review of West Cork Carers Support Group's services.

A core focus of the review was listening and hearing the views of Carers who use the service as well as other service providers who work closely with WCCSG.

We would like to thank everyone who returned the Internet Survey questionnaire, took part in interviews, made written submissions and shared their experiences.

Your opinions and views will help us to shape our programme of supports and services in the coming years and we really appreciate your help with this.

If you would like to read Patricia's full report please visit our website:

www.westcorkcarers.ie/publications

Counselling Services for Carers

Why Counselling? Counselling can help us during difficult and stressful times in our lives. It supports us to explore beneath the stories and experiences that we sometimes feel defined by and frees us to live more authentic and satisfying lives.

Counselling raises our self awareness through an exploration of our thoughts, feelings and behaviours and helps us to identify and change unhelpful patterns.

Above all counselling is a safe, nurturing and confidential experience which encourages us to uncover our true potential and personal power.

Two services that may be of help to Carers in West Cork:

1. West Cork Counselling and Support Service is a subsidised counselling service operating across the West Cork region. They provide affordable and accessible counselling to individuals over the age of eighteen who reside in West Cork.

This service is available to individuals affected by any issues that they would like to explore, which may include;

- Illness & Health Related Issues
- Unemployment & Redundancy
- Bereavement
- Family Relationship Issues
- Stressful & Distressing Life Events
- Grief & Loss

It is their policy that counselling will be affordable to all. A mutually agreed upon fee is arranged with your counsellor during your initial session. Guidelines are as follows:

- €10 - €20 SW Recipients & FIS
- €20 - €35 Medical Card Holders
- €35 - €50 All others

For an appointment at the **Dunmanway** or **Skibbereen** centres: **Tel:** 023-8856852 or **Email:** info@wccss.com
Alternatively, call in and speak to one of the team at Ross House, Main Street, Dunmanway, from 9am to 1pm Monday to Friday.

2. New Counselling in Primary Care (CIPC) Service is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist.

It is a service for medical card holders, who are 18 years of age or over, and who want help with psychological problems that are appropriate for time limited counselling in primary care.

The service is suitable for people who are experiencing certain difficulties such as: depression, anxiety, panic reactions, relationship problems, loss issues, stress.

Referral to the CIPC service must be through your GP or a member of your local Primary Care Team (PCT) which includes public health nurses, physiotherapists and occupational therapists. Remember to discuss your needs with your GP or a member of your PCT who can then refer you to this free counselling service, if it is the most suitable option for you

Diabetes Prevention in West Cork - Primary, Community and Continuing Care (PCCC)

In large studies carried out in USA, Finland and China it was found that progression to diabetes could be halted or delayed in 58% of cases by lifestyle intervention. With this in mind the diabetes prevention service was set up in West Cork and has now been running for two years. The service is run by Clinical Nurse Specialist - Ber O'Riordan and Community Physiotherapist - Clair Haseldine.

The aim of this free service is to prevent or delay the development of type 2 diabetes in people who have a moderate to high risk of developing diabetes. Screening can identify persons at risk and there are safe interventions which can reduce the risk factors (The Diabetes Prevention Programme 2002).

The diabetes prevention service identifies people at risk by using the FINDRISK score. FINDRISK is a diabetes self-assessment tool, developed and validated in Finland, which accurately assesses an individual's risk of developing type 2 diabetes. It is a straightforward questionnaire, which calculates a person's risk score into one of five groups. The risk of developing type 2 diabetes within 10 years is categorised as low, slightly elevated, moderate, high and very high. This risk assessment tool has been tested for reliability and validity, and is in use in many countries around the world.

If the client is found to be at moderate risk (or above) they are offered a place on the 'Walk away from Diabetes' educational workshop. This workshop is a 3-hour course which offers participants the opportunity to explore their personal risk and to identify the changes they need to make to remain healthy. The programme utilises an approach to promoting behavioural change. The Walking Away programme is highly successful at promoting increased physical activity, and behaviour changes necessary in reducing the risk of progressing to type 2 diabetes.

If a client already has raised glucose levels, indicating a high risk they are also offered a one to one service of lifestyle intervention over a period of six months. The main goals are increasing physical activity, reducing saturated fat, increasing fibre and weight loss of 5-10%.

If you wish to contact Ber O'Riordan for further information her email is Bernadette.oriordan@hse.ie and her mobile is 087-1312890.

Respite Opportunities for Carers

The Cork Carers Association have an offer available for Carers (subject to availability) of a two night break for two people in the peaceful and relaxing self-catering Grove House Cottages, Skibbereen.

www.cottagesforcouples.ie The offer is for one short break of 2 days in either the Barn at Grove House (sleeps 4 (one double bed and 2 single beds)) or Riverbank Cottage (sleeps 2 (one double bed)). If other cottages are available Grove House will be happy to offer Carers a complimentary upgrade. These breaks are available from Sunday to Thursday inclusive from the beginning of October to the end of June.

Application forms are available from Peter Cox, Carers Association, 9 Tuckey Street, Cork City. For further information please phone 021-480639

One Night Special in the Maritime Hotel, Bantry.

Stay overnight in the Maritime Hotel following West Cork Carers Support Group's New Years Party on Thursday 23rd January for a 1-Night Special in a Double or Twin Room.

Special rate of €39 per person sharing for bed and breakfast (single supplement of €25).

To book please contact The Maritime Hotel Tele: 027-54700

Caring for Carers Ireland 23rd Annual Respite Weekend & Conference

Caring for Carers Ireland will be holding their 23rd Annual Respite Weekend & Conference, at the **Royal Marine Hotel, Dun Laoghaire** from **28th to 30th March 2014**

This year's Annual Respite Weekend & Conference Package includes:

- 2 Nights Bed & Breakfast
- Welcome tea, coffee and scones on arrival
- Dinner Friday Evening
- Lunch Saturday
- Gala Banquet Saturday night

The cost per person sharing is €192.50. Caring for Carers Ireland will contribute a grant of €50 per member; therefore the cost to members will be €142.50 per person.

For further information or booking forms, please contact West Cork Carers Support Group on 027-53848

West Cork Carers Support Group's Flexible Respite Scheme

If you would like to attend any of the events but need some financial assistance to help pay towards home care supports whilst you attend, please contact 027-53848 and enquire about West Cork Carers Support Group's 'Flexible Respite Scheme'

Up-Coming Events

Up-Coming Events

Carers New Years Parties

This year we are hosting 2 New Years Parties. These events are a chance for us all to get together for some good food, chat, entertainment and to relax after the stress of Christmas.

All Carers are warmly invited to join us on:

Friday 17th January for lunch in the Emmet Hotel, Clonakilty from 12.30 pm and

Thursday 23rd January for dinner in the Maritime Hotel, Bantry from 7.00 pm

Cost for the 3-course meal plus entertainment is €25 per person

Booking is essential. Please call 027-53848 to book your place by 15th January

Patient Transfer & Back Care Course

Saturday 15th February from 10am to 4.30pm

Around 80% of us will have back pain at some stage during our lives. To help reduce the physical strain on your back, we are holding a 1-day training course focusing on the practical elements of caring.

The course will focus on:

- Prevention of back pain
- The principles of safer moving & handling
- Promotion of independence
- Problem solving
- Dealing with the falling/fallen patient
- The use of moving & handling aids

Fee: €20 per Carer

Course will take place in the Bantry Day Care Centre from 10.00am to 4.30pm

To book a place on this course, please contact 027-53848 for a booking form. **Booking essential**

Computer Courses

Want to improve your every day computers skills? The WCCSG in conjunction with the Cork Education and Training Board (VEC) are running Computer Courses for beginners in the Skibbereen and Clonakilty areas this spring.

The courses will cover the following: internet, emails, word, excel, texting, downloading pictures from camera to computer and much more.

These courses will be free to Carers.

WCCSG would like to thank Cork Education and Training Board (VEC) for supporting this project.

If you are interested in attending this course, please contact us by Friday 7th of February

Poires Savoyards

4 large pears, knob unsalted butter, 4 tbsp caster sugar, 175ml double cream, 1 vanilla pod, split and the seeds scraped out.

Preheat oven to 200c/Gas 6. Peel pears, halve, remove the cores and cut into quarters. Butter a shallow ovenproof dish and arrange pears in it overlapping each other. Sprinkle on the sugar and pour the cream over it. Add vanilla seeds along with the pod and mix in well with cream and pears. Bake in the preheated oven for about 20 minutes. Cool slightly and serve. If wished, you can sprinkle with toasted slivered almonds or toasted pine nuts

Making a will

On Thursday 27th February there will be a talk by Karen O'Donovan of Albert Wolfe and Co and the Citizens Information Service on 'How to make legal preparations for your child when making a will'

This meeting will take place in the West Cork Hotel, Skibbereen from 7.15pm

The speakers will cover the following topics:

- Writing a will for your child
- How to choose the right trustee/guardians
- How and when to set up trust and how to administer it
- The content and reason for Letter of wishes contained in a will
- Benefits and entitlements for you and your child
- Potential tax rebates and credits

Tea/coffee on arrival at 7.15pm

All welcome

No charge

Mood and Food – Discover how food can affect and improve your mood

Come along on Tuesday 18th March from 10.30am to 12.30pm at the Riverside Café in Skibbereen and discover more about food.

Discover and sample foods which can help with:

- Ability to cope with anxiety and stress
- Balancing the chemicals involved with mood and motivation
- Better relaxation and sleep
- Balancing energy levels
- Having more "Get up and go"
- Breaking addiction patterns associated with food and mood

Fee €5.00 per Carer

Booking essential

Alzheimer's Disease/Dementia Information Evening

On Wednesday 12th March there will be a talk by Dr. Carey and other speakers in relation to Alzheimer's disease/Dementia and associated care.

Agenda

7.15pm Registration

7.30pm Dr. Carey – Medical issues around Alzheimer's disease/Dementia

8.00pm Nursing Home Support Scheme – An overview

8.30pm Improving Quality of Life

9.00pm Close

Meeting will be held in the Parkway Hotel in Dunmanway from 7.15pm to 9.00pm

The event will be run in conjunction the Alzheimer's Society of Ireland.

All welcome

Launch of the Carers Guide, Card and Information Pack

Wednesday 26th March at 11.30am in The Maritime Hotel, Bantry, followed by a light lunch

All Carers are warmly invited to attend the launch of three new innovative aids that have been developed by West Cork Carers Support Group to assist Carers in West Cork.

These aids have been developed as a response to the recommendations from the Carers Needs Research project aimed at improving the coordination of service provision and information for Carers. Many Carers who took part in the research identified the need for enhanced information about services, benefits and entitlements as well as being prepared for an emergency and knowing that someone could step in at short notice, as being of great importance.

The Carers Information pack contains a wide range of advice and information for Carers across the West Cork area. It has been funded by West Cork Carers Support Group and Citizens Information Service. The pack is a good starting point to find out about the various services and supports available in West Cork.

The Carer's Guide is a folder where you can record all of your caring activities plus vital information such as the medical details of the person you care for. The Guide is intended to give Carers some 'peace of mind' in that it will ensure continuity of care if the Carer is away from home. It can also be used to ease communications between the Carer, the Caree and care professionals when you need to take a well deserved respite break.

The Carers Card - In Case of Emergency. Carers often worry about what will happen if, at short notice, they are unable to care. The Carer's Emergency Card identifies you as a Carer and includes a place to write emergency contact numbers. The card should be carried in your bag or wallet. In the event of an accident, this would help alert gardai, the ambulance service or other emergency response staff to the fact that there is also someone else in need of help.

No charge, but please let us know if you will be attending to help us organise this event.

Know Your Rights

Home Carer's Tax Credit

Q. Is there any tax credit available if I am providing full-time care at home?

A. If you are a married couple or civil partners (who are jointly assessed for tax) and one spouse or civil partner works in the home caring for a dependent person you may be eligible to apply for the Home Carer's Tax Credit. A tax credit has the effect of reducing your payable tax by the amount of the credit.

The conditions for claiming the Home Carer's Tax Credit are as follows:

- The married couple or civil partners are jointly assessed for tax
- One spouse or civil partner works in the home caring for one or more dependent people
- The home carer's own income is below €5,080 in the tax year you are claiming for.

You can claim a reduced credit if the carer's income is between €5,080 and €6,700 in 2013.

Carer's Allowance is not taken into account when determining the home carer's income but it is a taxable source of income. This means that if you are claiming Carer's Allowance, it will make up part of your jointly assessed income.

A dependent person is a:

- Child for whom Child Benefit is payable
- Person aged 65 or over
- Person with a disability that requires care.

A dependent person you are caring for cannot be a spouse or civil partner. They can however, be a relative by marriage, or someone for whom you act as a legal guardian.

The person must normally live with you and your spouse or civil partner in the tax year in order to qualify for Home Carer's Tax Credit. A dependent person who is a relative can be cared for outside your home. However, if the person is not living with you they must live next door in a neighbouring residence, or on the same property, or within 2 km of your home. In addition, there must be a direct communication link between you (for example, a telephone line or alarm system).

The Home Carer's Tax Credit for 2013 is €810. If the home carer earns between €5,080 and €6,700, a reduced tax credit is paid. If the home carer earns €6,700 or more for a tax year, then you cannot claim the Home Carer's Tax Credit.

You can claim Home Carer's Tax Credit by contacting Revenue by telephone or using PAYE On-line service. You can also complete Home Carers Tax Credit IT 66 claim form, which you can get from your local Citizens Information Centre.

Applications for the Home Carer's Tax Credit should be made to Revenue.

Alternatively, you may text the words 'Info Credit Home Carer' to 51829 to Revenue for instructions by text message on how to claim a Home Carer's Tax Credit.

Know Your Rights is prepared by West Cork Citizens Information Service, which provides a free and confidential service. Further information on Home Carer's Tax Credit is available from West Cork Citizens Information Service, The Square, Bantry Tel: 0761 07 8390

Diary of Events

**If you are interested in any of the events or courses where booking is required
please call us on 027 53848**

January

Date	Time	Venue	Event/program	Cost
Friday 17th	12.30pm	Emmett Hotel Clonakilty	New Year's Party - Booking essential	€25
Thursday 23rd	7.00pm	Maritime Hotel Bantry	New Year's Party - Booking essential	€25
Tuesday 28th	2.00pm to 5.00pm	St. Goban's Bantry	Bantry Support Group I.T lesson on all aspects of using the Internet - Booking essential	Free
Thursday 30th	10.30am to 12.30pm	Ballydehob Community Hall	Archery for all Calling all Robin Hoods and Maid Marians Booking essential	€5.00

February

Monday 3rd	10.30am to 12.30pm	Adult Education Centre, The Square, Castletownbere	Beara Support Group Carer's Health and Wellbeing by Catherine Cahalane, Cardiovascular Public Health Nurse. Carer's health checks will also be available	Free
Thursday 6th	8.00pm to 10.00pm	Dunmanway Day Care Centre	Dunmanway Support Group First Aid talk by Pauline Lyne	Free
Saturday 15th	10.00am to 4.30pm	Day Care Centre, Bantry	Patient Transfer and Back Care Course Booking essential	€20
Thursday 27th	7.15pm to 9.00pm	West Cork Hotel Skibbereen	Legal Preparations for your Child when making a will" by Karen O'Donovan of Albert Wolfe and Co and the Citizens Information Service	Free
Dates to be confirmed		Skibb/Clon Area	Computer Courses for beginners in the Skibbereen and Clonakilty areas this Spring - Booking essential	Free

March

Thursday 6th	8.00pm to 10.00pm	Day Care Centre Clonakilty	Clonakilty Support Group Carer's will be demonstrating their Therapeutic Hand Care skills and giving fellow Carer's hands some TLC	Free
Wednesday 12th	7.15pm to 9.00pm	Parkway Hotel Dunmanway	Alzheimer's Disease/Dementia Information Evening	Free
Tuesday 18th	10.30am to 12.30pm	Riverside Café Skibbereen	Mood and Food Discover how food can affect and improve your mood Booking essential	€5.00
Monday 24th	10am to 12.30pm	Bantry Golf Club	Male Carers Golf lessons Booking essential	€5.00
Wednesday 26th	11.30am to 2pm	Maritime Hotel Bantry	Launch of Carer's Guide/Card/Information Pack Booking essential	Free

Notification of cancellations and late arrivals

If you have booked a place on any of our courses, lunches or events and you are unable to attend, please let us know as soon as possible. Giving us as much notice as possible will not only facilitates us being able to give your place to another Carer but will also have an impact on the financial planning of the event. Also, if circumstances predict that you are going to be running late to an event, please ring us and let us know