



# **West Cork Carers Support Group**

## **NEWSLETTER**

Outlining the range of supports offered to Carers

Registered charity No. 17761

# **April May June 2014**

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## **Weekly Supports**

### **Carers Drop-in times**

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

and by appointment at other times at our office in Bridge Street, Bantry

### **Carers Support-line**

**Telephone: 027-51731**

**Wednesdays and Thursdays from 10am – 1pm**

The Drop-in Service and Carers Support Line are confidential services offering Carers:

- 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](mailto:westcorkcarers@eircom.net)**

Website: **[www.westcorkcarers.ie](http://www.westcorkcarers.ie)**

# News/Information on Services

## WEST CORK CONSUMER PANEL

Interested in Mental Health?

The West Cork Consumer Panel has been set up as a Voice for people involved in Mental Health. Users of the services, Carers & Professional's meet to discuss any issues people may have and we try to address concerns people may have. It is part of a national organisation assisting in change, understanding and a voice for Users of the Mental Health Services.

**The next Consumer Panel meeting will be held on Wednesday 9<sup>th</sup> April @ 11am in West Cork Development Partnership, Bantry.**

## Help us to 'Keep in Touch'

We often get information on courses, training opportunities, offers & events at short notice. In order to get this information to you quickly, and between our newsletters, we can e-mail you. If you would like to be kept up to date with this type of information please email us @ **westcorkcarers@eircom.net** and ask us to 'keep in touch'. If you need help with setting up an email address please call John, our IT Support Assistant, on 027-53848.

## Facebook

Come visit us on our Facebook page. It's a place to ask for advice, share information, join in discussions and feel supported. We hope you are enjoying exchanging experiences, sharing new ideas and helping each other and those in your care.

We will also post news about our organisation and events. If you "Like" and "Share" our postings you can greatly help us to spread our message far and wide. So come on, don't be shy, ask questions, have debates, and share ideas – **visit:**

[www.facebook.com/westcorkcarerssupportgroup](http://www.facebook.com/westcorkcarerssupportgroup)

## West Cork Carers Support Group's Strategic Plan 2014 – 2018

We have now completed the process of reviewing our service and developing our strategic plan for 2014 - 2018. This process has helped us to clarify the position of our organisation, what we want to achieve over the long-term and how we will achieve it, taking available resources into account. A report of the review of our service and our strategic plan can both be found on our website:

[www.westcorkcarers.com/publications](http://www.westcorkcarers.com/publications)

We would like to take this opportunity to thank everyone who helped with this process and ensure you that we are committed to growing and strengthening our services and supports for Carers over the coming years.

## Alice Taylor, the renowned author launches the Carer's Guide and Emergency Card

**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. **The Carer's Guide and Card are available from West Cork Carers Support Group, contact: 027 53848.**

## Ballybunion Respite Breaks

There will be three short respite breaks available for Carers in the Towers Friendship Centre, Ballybunion, Co. Kerry this year.

Dates are:

- Saturday 7<sup>th</sup> June to Friday 13<sup>th</sup> June
- Saturday 19<sup>th</sup> July to Friday 25<sup>th</sup> July
- Saturday 30<sup>th</sup> Aug to Friday 5<sup>th</sup> Sept

The Ballybunion Respite week consists of full board from Saturday to Friday with some social activities organised and some therapies are also included. There is a minimal charge of €50 per person (€75 per couple) per week. Many of the rooms are twin or triple beds and Carers must arrange their own transport.

For people attending for the first time, be assured that it is always a very welcoming place. Many Carers find the best part of the week is sitting down to a prepared meal and just relaxing and enjoying the views from the sun porch.

Some Carers bring the person they are caring for with them. This is only possible if they are independent and do not require assistance, as the staff in the Towers are not in a position to provide any personal assistance.

If you would like to book or need more information please contact the Community Work Dept. HSE South, Rathass, Tralee on **066-7195634 or 066-7195634.**

# Focus on Service Providers

## West Cork Child Development Services (WCCDS)

### CoAction and HSE working together for children with disabilities, complex developmental delay and autistic spectrum disorders

In January 2013 this new service started in West Cork. It is a partnership of staff from CoAction and the HSE working together in new teams for children with complex needs. West Cork Child Development Services provide team based services for families with children aged 0-18 years. This new service is based on a national programme called Progressing Disability Services.

Children who previously attended the HSE Early Intervention team, the Autism Services and CoAction now attend the WCCDS.

The teams link with other children's services e.g. Primary Care, ENABLE Ireland, Child and Adolescent Mental Health Services (CAMHS)

#### The service is for children who;

- ✓ Are aged 0 to 18 years (or still attending school)
- ✓ Present with complex difficulties in the functional skills needed for everyday tasks and interactions
- ✓ Require the supports of an interdisciplinary team to address these difficulties

#### How to make a referral

- Referrals are accepted from parents, Public Health Nurses, GP'S, Area Medical Officers, Paediatricians, NEPS psychologists and allied health professionals, but must be accompanied by an application form signed by the parent/s or guardians.

#### Who is on the team?



#### What to expect from the WCCDS

- When a child is referred and accepted a keyworker is assigned to the family. The keyworker will provide the child and family with support, advice, resources, information and help to co-ordinate the service. The service aims to be child and family centred and parents are involved in decision making with the team in respect to supporting the needs of the child. The team will work with the child and family to identify needs and to provide intervention. The team works closely with pre-schools and schools and other services.

**If you have any queries about this service or would like any further information, please email the Service Manager, Hazel Trudgill, [hazeltrudgill@coaction.ie](mailto:hazeltrudgill@coaction.ie) or telephone 023 8855505**

## Up-Coming Events

## Up-Coming Events

### CELEBRATING NATIONAL CARERS WEEK

**JUNE 9<sup>TH</sup> TO 13<sup>TH</sup> 2014**

National Carers Week is a great opportunity to celebrate the wonderful work that Carers do in our community. We have organised the following events:

- **Monday 9<sup>th</sup> June**  
**Male Carer Healthy Eating Demonstration**  
at 'Bakewell' in Bantry from 11.00am – 1.00pm. Come along and enjoy a morning's demonstration on healthy eating recipes  
**Fee:** €5 per Carer
- **Tuesday 10<sup>th</sup> June**  
**Refresh your image!**  
Join us for a morning of 'Fashion and Fun', followed by lunch from 10.30am – 2.00pm in the Maritime Hotel, Bantry  
**Fee:** €10 per Carer
- **Thursday 12<sup>th</sup> June**  
**Mindfulness**  
Enjoy a morning of 'mindfulness' followed by lunch from 10.30am – 2.00pm in the Inchydoney Hotel, Clonakilty  
**Fee:** €10 per Carer

**Booking is essential for all these events.**

**Please book early to avoid disappointment.**

We hope that the weeks events will not only be a chance for Carers to come together and take some well-deserved time out, but also an opportunity to raise awareness of Carers and to generate discussion about Carer issues.

### Dancing Workshop

We have organised a Carer's dance workshop in the **Ouvane Falls, Ballylickey, Bantry**

on  
**Wednesday 16<sup>th</sup> April**  
from 10.30am – 12.30pm.

A selection of dances will be covered from Set, ceili, waltz and two hand dances. If there is a good turnout and interest a course may follow.

**Booking essential by Friday 11<sup>th</sup>**  
Contact 027 5384 to book a place.

### Guitar Lessons

Would you like to learn to play the guitar? West Cork Carers can offer guitar lessons at our Bridge Street office. If you are interested, please contact us on 027 53848. You do not need to own a guitar as we can organise a loan for the duration of the lesson. Advice on guitar care & maintenance, including string changes, can also be arranged.

### I.T. Trouble Shooting

Are you having difficulty with email, facebook, skype, ipads, mobiles and technology in general?

Come along on **Wednesday 28<sup>th</sup> May** to the WCCSG office in Bantry from **7.30pm – 9.30pm** for an evening's troubleshooting on all aspects of IT.

**Booking essential by Friday 23<sup>rd</sup> May**

Please ring us in advance to notify us of your specific needs so we can ensure we have the correct information.

### Spring Trip

#### Brown Envelope Seeds Farm

Prepare for summer and come along on

**Wednesday 21<sup>st</sup> May** from **10.30am – 12.30pm**

to the Brown Envelope Seeds Farm in Skibbereen. Enjoy a tour of the farm, gardens, seed pollination and storage areas, followed by a cuppa and chat.

No charge, but booking essential as spaces limited

**Please call us on 027 53848 to book your place by 16<sup>th</sup> May**

### Male Carers Events

Come along and enjoy a  
**Coffee Morning**

**on Monday 19<sup>th</sup> May** at the WCCSG office in Bantry from 10.30am – 12.30pm.

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### Cookery Demonstration

As part of the National Carers Week and Men's Health Week celebrations from 9<sup>th</sup> to 13<sup>th</sup> June, join us for a

**Healthy Eating Demonstration**  
on Monday 9<sup>th</sup> June at 'Bakewell' in Bantry from 11.00am – 1.00pm.

**Fee:** €5 per Carer

**Booking essential because places are limited**  
Please call to book by Thursday 5<sup>th</sup> June on 027 53848

### Dzogchen Beara Retreat Centre

Join us for a morning of **Relaxation and Meditation** in the **Dzogchen Beara Retreat Centre** on

**Thursday 26<sup>th</sup> June** from 10.30am – 2.00pm.

The morning will begin with tea/coffee and scones. Then there will be a tour of the beautiful surroundings and a session of meditation followed by lunch.

Cost is €5 and booking is essential as places are limited. Please book early by ringing 027 53848 to secure your place.

# Know Your Rights

## QUESTION: What is the Long Term Illness Scheme and how do I apply for it?

### ANSWER

If you have certain long-term illnesses or disabilities, you may apply to join the Long Term Illness Scheme and you will be supplied with a Long Term Illness book. This book allows you to get drugs, medicines, and medical and surgical appliances directly related to the treatment of your illness, free of charge. There are no prescription charges. It does not depend on your income or other circumstances and is separate from the Medical Card Scheme and the GP Visit Card Scheme. You must be ordinarily resident in Ireland and hold a PPS number.

If you already have been given a Medical Card, you do not need to apply for a Long Term Illness book however, medical card holders who are also on the Long Term Illness Scheme can use the scheme to get prescription drugs for the long-term illness without paying a prescription charge. The illnesses covered by this scheme are as follows:

- Acute Leukaemia
- Cerebral Palsy
- Cystic Fibrosis
- Diabetes Insipidus
- Diabetes Mellitus
- Epilepsy
- Haemophilia
- Hydrocephalus
- Mental handicap
- Mental Illness (in a person under 16)
- Multiple Sclerosis
- Muscular Dystrophies
- Parkinsonism
- Phenylketonuria
- Spina Bifida
- Conditions arising from the use of Thalidomide

There is no income requirement or means test. If you have a medical condition that is not listed above, you should consider applying for a [Medical Card](#) or a [GP Visit Card](#).

To apply, fill in the application form, which is available from your Local Health office or Citizens Information Centre. Your doctor or consultant will sign the form to confirm your condition and list your medication.

Completed applications should be sent to:

**Health Service Executive (HSE),  
Floor 2, Mallow Primary Care Centre,  
Mallow,  
Co. Cork**

A Long-Term Illness book will be issued to you if you are approved for the scheme. This book contains the type and quantity of the drugs or medicines you need for your prescribed illness. Your doctor will sign it and you can then bring this to the pharmacy when you need any of the items. If your doctor or occupational therapist prescribes a medical or surgical appliance, it will be supplied to you from your Local Health Office, there is no separate application form for medical/surgical appliances - your doctor lists the type of appliance in your book and signs it.

Further information and application forms are available from Bantry or Macroom Citizens Information Centre  
***This article has been compiled by the West Cork Citizens Information Service, Wolfe Tone Square, Bantry which provides a free and confidential service to the public Tel: 0761 07 8390***  
***Information is also available online at [citizensinformation.ie](http://citizensinformation.ie) and from the Citizens Information Phone Service, 0761 07 4000 or West Cork Help-line 0761 07 8390***

### Dzogchen Beara

Dzogchen Beara is a Tibetan Buddhist Retreat centre under the spiritual direction of Sogyal Rinpoche, author of *The Tibetan Book of Living and Dying*. Registered as a Charitable Trust in Ireland, it is the long-term retreat centre for Rigpa - an international network of Buddhist Centres. The centre has a programme of retreats and seminars available for viewing and download at [www.dzogchenbeara.org](http://www.dzogchenbeara.org), including the up-coming:

#### **Rest and Renewal Breaks at the Care Centre at Dzogchen Beara**

The Care Centre at Dzogchen Beara serves people facing life challenges, such as ill-health, disability, life-limiting illness, or bereavement or loss, as well as their families, carers and supporters. The Care Centre is a sanctuary for anyone looking for a reflective, relaxing break. You may wish to participate in a retreat or seminar or are welcome to enjoy your time at the centre in your own way; accommodation and hospitality is offered to all. The centre is an ideal location for respite breaks for carers and also offers wheelchair-friendly accommodation and welcomes guests staying with their Carers.

Mary Moriarty is the new Care Coordinator at the Care Centre. When planning your break you can contact Mary to discuss what kind of stay you would like to have so that the care team can do their best to support you in this. A bursary fund is available. Contact: Tel: 027 73370 or [info@dechenshying.org](mailto:info@dechenshying.org) or visit [www.dechenshying.org](http://www.dechenshying.org)

# Diary of Events

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

## April

Date	Time	Venue	Event/program	Cost
<b>Thursday 3<sup>rd</sup></b>	8.00pm to 10.00pm	Dunmanway Day Care Centre	<b>Dunmanway Support Group</b> Yoga and relaxation evening	Free
<b>Monday 7<sup>th</sup></b>	10.30am to 12.30pm	Adult Education Centre, The Square, Castletownbere	<b>Beara Support Group</b> Stress Management Session	Free
<b>Wednesday 16<sup>th</sup></b>	10.30am to 12.30pm	Ouvane Falls, Ballylickey, Bantry	<b>Bantry Support Group</b> Dancing Booking essential by Friday 11 <sup>th</sup> April	Free
<b>Monday 28<sup>th</sup></b>	10.30am to 1.00pm	Driving range Rosscarbery	<b>Golf lesson for all Carers</b> Booking essential by 24 <sup>th</sup> April	€5 per person

## May

<b>Thursday 1<sup>st</sup></b>	8.00pm to 10.00pm	Day Care Centre Clonakilty	<b>Clonakilty Support Group</b> Crime Prevention Talk	Free
<b>Monday 19<sup>th</sup></b>	10.30am to 12.30pm	WCCSG Office Bantry	<b>Male Carers Support Group</b> Coffee Morning	Free
<b>Wednesday 21<sup>st</sup></b>	10.30am to 12.30pm	Brown Envelope Seed Farm	<b>Skibbereen Support Group</b> Spring Outing Booking essential by 16 <sup>th</sup> May	Free
<b>Wednesday 28<sup>th</sup></b>	7.30 to 9.30pm	WCCSG Office Bantry	<b>I.T. Trouble shooting workshop</b> Booking essential by Friday 23 <sup>rd</sup> . Please ring us in advance to notify us of your specific needs so we can ensure we have correct information.	Free

## June

<b>Thursday 5<sup>th</sup></b>	8.00pm to 10.00pm	Dunmanway Day Care Centre	<b>Dunmanway Support Group</b> Coffee and Catch up	Free
<b>Monday 9<sup>th</sup></b>	11.00am to 1.00pm	'Bakewell', Bantry	<b>Male Carer Support Group</b> Healthy eating demonstration Booking essential by 5 <sup>th</sup> June	€5 per person
<b>Tuesday 10<sup>th</sup></b>	10.30am to 2.00pm	Maritime Hotel, Bantry	<b>Refresh your image!</b> Fashion and Fun, followed by lunch Booking essential by 5 <sup>th</sup> June	€10 per person
<b>Thursday 12<sup>th</sup></b>	10.30am to 2.00pm	Inchydoney Hotel, Clonakilty	<b>Mindfulness and lunch</b> Booking essential by 5 <sup>th</sup> June	€10 per person
<b>Thursday 26<sup>th</sup></b>	10.30am to 2.00pm	Dzogchen Beara	<b>Morning's meditation followed by lunch</b> Booking essential by 20 <sup>th</sup> June	€10 per person

### 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 facilitate 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.