



WEST CORK CARERS SUPPORT GROUP

Newsletter

OUTLINING THE RANGE OF SUPPORTS OFFERED TO CARERS

APRIL – MAY – JUNE 2017

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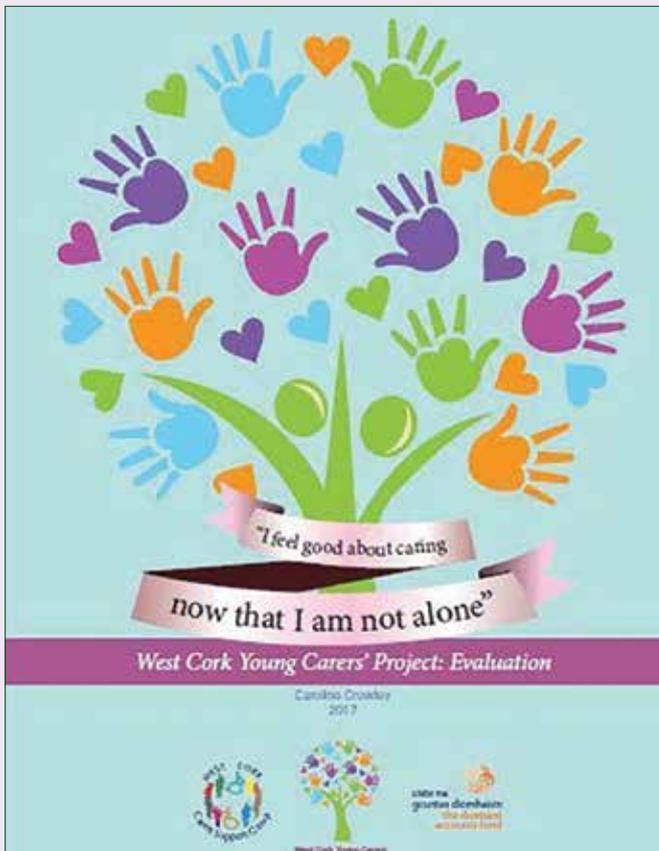
Dear Carers,

Welcome to our spring 2017 newsletter. We hope you enjoy receiving and reading this newsletter and are able to benefit from our service.

We have had some wonderful events in the first quarter of the year and it was lovely to see many of you having the craic at our New Year's parties and other events. This edition brings a number of interesting articles, exciting new events and a feature on National Carers Week. As we go to print we are organising a launch of our innovative Young Carers Project. This project was funded by Dormant Accounts for a 12 month period starting in March 2016.

The launch is scheduled for 27th March at The Ludgate Hub in Skibbereen to recognise the 1st anniversary of the project, with an independent evaluation of the achievements and an update on the service going forward. The evaluation was carried out by Dr Caroline Crowley, Rural Development and Social Inclusion Researcher. A full copy of the Report can be accessed on the Young Carers Website.

SOME HIGHLIGHTS FROM THE FIRST YEAR OF THE PROJECT:



An increase in Young Carers receiving services from zero to 30

A far better understanding of the key issues for Young Carers which will be used to expand services in the future

Young Carers able to receive peer support from other Young Carers who understand

West Cork schools being receptive to ideas to better support Young Carers while in education

Meeting a group of young people who willingly give up their time to help look after others

A big thank you to all the Young Carers who have engaged with the project and helped to shape the services provided e.g. confidential chatroom, website, Facebook, School Support Grant and many enjoyable and informative courses and outings.

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Weekly Supports

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

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

Carers Drop-in times are:
Tuesdays 10am to 1pm and
Thursdays 2pm to 5pm
at our office in Bridge Street, Bantry

The Carers Support-line number is: 027-51731

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

Outside of these times, if there is a trained support worker available, we will deal with your query immediately. If not, please leave your contact details and we will contact you as soon as possible.



A Journey to Success

WEST CORK CARERS SUPPORT GROUP NOW FULLY COMPLIANT WITH THE GOVERNANCE CODE

At the February 2017 Board Meeting of West Cork Carers Support Group, the Board of Directors declared our full compliance with the Code of Practice for Good Governance of Community, Voluntary and Charitable Organisations in Ireland.

We would like to pay tribute to our Board, especially the Governance Code/Policies Subgroup, and The Wheel for their support on this journey. It goes to show that high standards in governance can be achieved by any non-governmental organisation willing to put time and reflection into the process.

As an organisation that supports Family Carers, and a charity, we felt it was important to demonstrate high levels of transparency and governance in our work.

After considerable work and reflection, the board is delighted to be able to declare full compliance with the code. This will be an important legacy for the organisation into the future.

**For more information see
www.governancecode.ie.**

EUROPEAN HEALTH INSURANCE CARD (EHIC)

Are you planning a trip abroad?

The EHIC card allows you to access public healthcare services if you become ill or get injured when visiting certain European countries. It doesn't cover private treatment or the cost of repatriation to Ireland, if one of you becomes very ill.

The countries covered by the card are the 28 member states of the EU, the three other members of the EEA (Iceland, Liechtenstein, Norway) and Switzerland. The card is not required for a visit to the UK if you can show that you are ordinarily resident in Ireland. In practice, this means showing a driving licence, passport or similar document.

If you currently hold a Medical Card, a GP visit card or a Drugs Payment Scheme Card you can apply online at www.ehic.ie Otherwise, you can download an application form from ehic.ie or get it from your Local Health Office. If you have a smartphone you can also download the free EHIC App. This helps you contact health services in the country you are visiting. The app does not replace the EHIC and you will need the card in your possession when you are travelling.

In order to apply online you will need to provide your name, address, date of birth and Personal Public Service Number (PPSN). If your EHIC card has expired you can renew it online at ehic.ie. There is no charge for the card. Any website attempting to charge you for your EHIC is not connected to the HSE or any State services. Separate applications will have to be made for each individual travelling as this card is unique to you and your PPSN.

It is advisable to apply for the EHIC at least a month before you intend to travel, however a Temporary Replacement Certificate can be obtained either online or from your Local Health Office if you have concerns about obtaining the card if travel arrangements are made in a shorter period of time if you have lost or mislaid the original card.

WEST CORK CARERS SUPPORT GROUP IS ON FACEBOOK!



West Cork Carers has our very own Facebook page! Join up as a follower by 'liking' our page. 'Liking' our Facebook page will keep you updated on what's happening around West Cork, including a range of information and events which may assist you, your family or friends. The page also provides you with links to a community of people from all walks of life, many of whom share something in common – their caring role. To join, simply search for **West Cork Carers Facebook**.

IN THE PICTURE DEMENTIA FRIENDLY GALLERY PROGRAMME

AT UILLINN, WEST CORK ARTS CENTRE

Tuesday's at 11am on, 11th April and 6th June 2017

West Cork Arts Centre invites people living with dementia, their professional and family Carers to visit the gallery, to look and experiment with others in a safe and welcoming environment.

This programme represents a different way for rural Ireland of including people with dementia, their family members and Carers into a local arts facility. It is facilitated by artists and gallery educators trained in dementia care and communication skills.

Call 028-22090

to discuss and book your visit.

www.westcorkartscentre.com

RehabCare

Investing in People, Changing Perspectives

Bantry Respite Service, Droumleigh South, Bantry.

RehabCare is the provider of a choice of person-centred health and social care services that facilitate people who are disadvantaged to participate in the life of their local community in ways that match their choices, aspirations and needs. RehabCare promotes and facilitates person centered care, thereby giving clients, as far as possible, their choices based on the social model of care. Our aim in our Respite Service is to provide a break for clients, in a home from home setting whilst providing professional care and support to those using the service.

Service provided

Bantry Respite Service provides a three night respite service (Monday – Thursday or Tuesday - Friday) to any persons both male and female with a physical and/or sensory disability who live in West or North and South Lee Area and are between the ages of 18 & 65 years old, at the time of referral. We offer transport to and from stays via ourselves or Local Link Transport. If you live outside of the West Cork area arrangements can be made with the Health Service Executive.

If you would like any further information or would like to visit our service please contact **Myra O Sullivan, Team Leader 027-55429** or **Catherine Doyle, Community Services Manager 086-0433112**



ORGAN DONOR AWARENESS WEEK 1st-8th APRIL 2017

Organ Donor Awareness Week 2017, organised by the Irish Kidney Association, takes place from April 1st to 8th. The focus of Organ Donor Awareness Week is to raise awareness about the ongoing and ever-increasing demand for organ transplantation, which relies on the public for organ donation. Its key message is that families need to talk and keep the reminders of their willingness to donate visible by carrying the organ donor card and permitting Code 115 to be included on their driver's license.

**For more information go to:
<http://www.ika.ie>
where an Organ Donor Card
can be requested to be sent to you by post,
or where you can download
the Smartphone App.**

IT FOR YOU

Phishing (pronounced "fishing") is a type of spam email where scammers try to reel you in and attempt to obtain sensitive information such as usernames, passwords, and credit card details (and sometimes, indirectly, money) by masquerading as a trustworthy entity. Phishers try to gain information by sending you emails and/or links to sites that look like sites you trust, such as your online banking provider or social networks, enabling them to steal your data as you enter it. Most of us receive plenty of these emails each year, such as "your bank security is broken, click here" or "we need your help to retrieve funds", or "your subscription's about to run out".

Follow the tips below and stay better protected against phishing attacks.

1. Be sensible when it comes to phishing attacks.

Be wary of emails asking for confidential information – especially if it asks for personal details or banking information. Legitimate organizations, including and especially your bank, will never request sensitive information via email.

If it's too good to be true, then it usually is! If the email tells you that you are due a refund from your phone provider or a tax refund for example (even if the email contains authentic looking logos), be very suspicious as these types of scams are currently very popular. Scammers are good at making their scams look authentic.

Never ever open an attachment in an email unless you're 100% sure of its contents.

If you have reason to believe that a financial institution or company actually does need personal information from you, pick up the phone and call the company yourself – using a telephone number you have verified yourself not the one that the email provides

2. Does that email look suspicious?

Plenty of phishing emails are fairly obvious. Watch out for poor grammar or dodgy spelling; they will usually be punctuated with plenty of typos, words in capitals and exclamation marks. They may also have an impersonal greeting – think of those 'Dear Customer' or 'Dear Sir/Madam' salutations – or feature implausible and generally surprising content.



3. Be wary of threats and urgent deadlines.

Don't get pressured into providing sensitive information. Phishers like to use scare tactics, and may threaten to disable an account or delay services until you update certain information. Some of these threats may include notices about a fine, or advising you to do something to stop your account from being closed. Ignore the scare tactics and contact the company separately via a known and trusted channel.



National Carers Week is an annual campaign to raise awareness of caring, highlight the challenges Carers face, and recognise the contribution Carers make to families and communities throughout Ireland.

The campaign is brought to life by thousands of Carers and organisations who come together to organise activities and events throughout the week, drawing attention to just how important caring is. Visit the National Carers Week Facebook Page www.facebook.com/nationalcarersweek for daily updates about events happening nationwide.

West Cork Carers Support Group hopes that Carers Week will also help more people to identify themselves as Carers, be aware of the supports they can receive, and seek the supports that they deserve.

Carers Week is also a time for celebration, recognition and fun. We hope to see many Carers taking some well-deserved time out for themselves and joining us at our West Cork events detailed below.

CARERS CARDIAC FIRST RESPONSE COURSE

Over 10,000 people die each year from cardiovascular disease in Ireland with approximately half of those deaths estimated to be caused by sudden cardiac arrest. The vast majority of cardiac arrests happen out of hospital and usually in close proximity to a friend or a family member. Survival from cardiac arrest is known to depend on a number of factors, among them the quality of the CPR provided, and proximity to an automated external defibrillator (AED). A trained Cardiac First Responder plays a vital role in keeping a person alive until they can receive expert clinical care.



What you will learn on our course:

- How to recognise and treat choking
- How to recognise and treat heart attack (includes administration of aspirin)
- Recognition and treatment of stroke
- How to place a person in the recovery position
- How to perform cardio-pulmonary resuscitation (CPR)
- The safe use of an Automated External Defibrillator (AED)

Course details:

Course cost: Normally €80, we are offering this Pre-Hospital Emergency Care Council and Irish Red Cross approved and certified course to Carers registered with WCCSG for €40

Date: Monday 12th June 2017

Venue: Skibbereen - location to be confirmed

Times: 10am to 1.30pm

ALISON KINGSTON NUTRITIONAL THERAPIST / EATING PSYCHOLOGY COACH

As part of National Carers Week - West Cork Carers Support Group are hosting an event with Alison Kingston (read her article below) on Wednesday 14th of June in Solace Holistic Centre, Clonakilty from 8pm – 9.30pm

Alison says: "I am passionate to bring a refreshing perspective to nutrition and food. I think how we talk about food in terms of 'good', 'bad', 'fattening', 'slimming', 'calories' etc is having a serious effect on people's psychological thoughts about their bodies. There is such a big emphasis on losing weight to be healthy which in my view isn't helpful for long-term physical and mental health. The emphasis needs to be on feeling energised and happy.

I would like to take a step back from WHAT we eat and focus on HOW we eat. For example, when we eat during a stressed state, our digestive system struggles to break down food. The effects can include, but are not limited to, feeling tired and bloated afterwards, and heartburn is a common symptom people experience after eating quickly.

Long-term effects of eating in a rushed state are reduced nutrient absorption, increased inflammation, poor energy, decreased immune function, poor blood sugar balance, and lowered metabolism, which can collectively lead to weight gain. What I have explained here are some of the BASICS of eating psychology.

I am very aware of the wording I use around food. I don't talk about food in terms of calories or good/bad. I use the term nourishing for the body. When I work with people struggling with food and with a very low self-esteem, I help the client acknowledge their negative thoughts and emotions about their body, their need to control their food intake and how this makes them feel.

WCCSG event for Carers on the 14th June will be a mix of nutritional and eating psychology advice. I will be explaining the importance of macro-nutrient balance at each meal, how our eating rhythm affects our energy and metabolism and what nutrients are vital to support our body during times of stress. There will be time for questions and of course fun".



STEPPING STONES
TO HEALTH

Buffet Supper & Cinema Night

Enjoy a fabulous buffet meal in the Maritime Hotel followed by a movie in the Cinemax Bantry.



- Date:** Thursday 15th June 2017
Times: 7pm Buffet Supper in the Maritime Hotel
Venue: 8.30pm Movie in the Cinemax Bantry
Cost: €10 per Carer. Free for Young Carers (under 18 years)
Booking: Essential - call 027-53848

N.B. Movie title to be announced after 1st May.



WEST CORK CARERS SUPPORT GROUP'S FLEXIBLE RESPITE SCHEME

West Cork Carers Support Group is very aware of the need for family Carers to take a break from caring. We have a small grant available 'The Flexible Respite Grant' to help with the cost of relief home care services.

The Grant is available to Carers if they need to take a break and arrange for someone to look after their loved one in their absence, including times when you would like to attend one of our events or training courses. Carers will need to make their own home care respite arrangements e.g. via their existing Home Helps, or Private Home Care Services.

A list of Private Home Care Service providers operating in the West Cork area can be provided on request.

If you would like to attend any of our events and 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'.

Funding for this scheme is limited, so the applications will be prioritised by date of application until the funding limit is reached.

Know Your Rights: Carers and Free Travel

Citizens Information

Question 1:

I care full-time for a relative with a disability and I have applied for Carer's Allowance. Although I am not yet aged 66 would I be entitled to a free travel pass, if I qualify for this allowance?

Answer:

Everyone aged 66 and over living permanently in the State is entitled to the Free Travel Scheme. If you are under age 66 and registered for a Public Services Card, you will be awarded free travel with your Carer's Allowance. You will be issued with a new Public Services Card which will also be your Free Travel Card. The card will have "F-T" printed in a yellow octagon in the top left-hand corner.

If you have not yet registered for the Public Services Card, you will be asked to register before your Free Travel Card is issued to you.

The Public Services Card allows people to access a range of government services and payments and it will eventually replace the Free Travel Pass. In order to keep your entitlement to Free Travel, you must register for the Public Services Card when requested to do so by the Department of Social Protection. Your entitlement to Free Travel will be disallowed or withdrawn if you don't register.

You must show your Public Services Card to the travel operator when you are travelling on public transport.

Note that people under 66 getting PRSI-

based Carer's Benefit are not entitled to a Free Travel Card.

It is also important to note that people under age 66 who are getting Carer's Allowance are not entitled to a Free Travel Card which allows their partner to accompany them free of charge when travelling. The Free Travel is only for the Carer.

Question 2:

The person I am caring for is unable to travel alone. Can they get a Companion Pass?

Answer:

If the person you are caring for is in receipt of Free Travel and is unable to travel alone they may get a Free Travel Companion Card. This allows them to be accompanied by any person over 16 years of age, free of charge. To qualify for a Free Travel Companion Card the person must satisfy certain conditions. Entitlement to the Companion Free Travel Card may be subject to periodic review.

They should complete the application for a Companion Pass and send it to the Department of Social Protection. If they are aged over 70 they should complete form FTO/70 and self-declare the reasons why they are unfit to travel alone due to their medical condition. If they are under 70, they should complete form FTU/70 and sign the authorisation section of the form which will allow their doctor to give the Department of Social Protection the

necessary medical information to support their application.

Question 3:

Can I get a Companion Pass for my child who has a disability?

Answer:

Free travel companion passes are issued to people aged 16 or over and are therefore not available for children. The exception would be children who are visually impaired. A visually impaired child will qualify for a Free Travel Companion Pass if they are under age 18 and either they:

- satisfy the blindness condition for a Blind Pension, **or**
- are registered with the National Council for the Blind or the National League of the Blind of Ireland.

Further information is available from West Cork Citizens Information Service. See contact details below:

Know Your Rights has been compiled by West Cork Citizens Information Service which provides a free and confidential service to the public.

Address: Wolfe Tone Square, Bantry, Co. Cork. Weekly outreaches in Dunmanway, Clonakilty & Bandon.

Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service, 0761 07 4000. West Cork Helpline: 0761078390

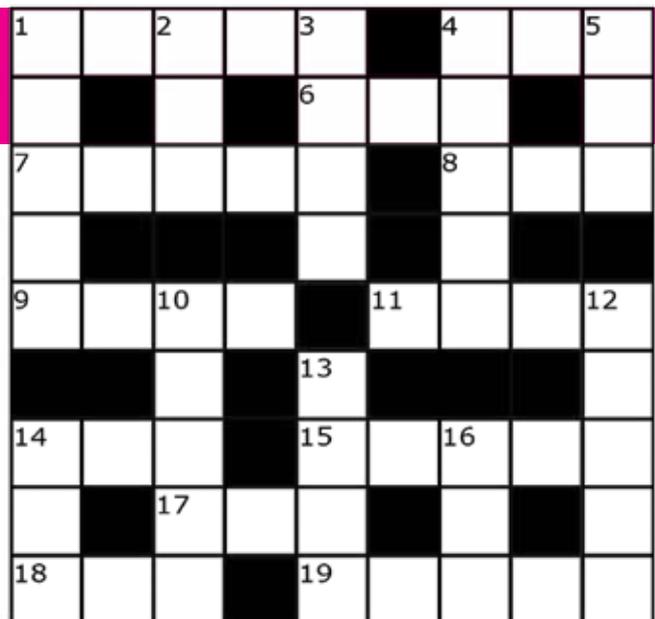
COMPETITION TIME

Across

- Untrue
- Pull behind
- Twosome
- Make changes to
- Burden
- Intertwine
- National symbol
- Wrath
- Burstyn or DeGeneres
- Number of years old
- Oozes from infections
- Syrup choice

Down

- Candid
- Strong cleaner
- Whirling water
- Add up
- Bee product
- Brainstorms
- Aladdin's benefactor
- Come across as
- Mischievous one
- Legs, when sitting



Complete this crossword, cut out this section and send it into us @ **West Cork Carers Support Group, Bridge Street, Bantry**. All correctly completed entries received will be entered into a draw to win a €25 voucher for The Maritime Hotel in Bantry! Deadline for entries is 31st May 2017. Winner will be notified by post.

Name*: _____ Tel: _____

Address: _____

*You must be registered with West Cork Carers Support Group to enter this competition. The decision of WCCSG is final and no correspondence will be entered into.

Congratulations to **Tim Sarsfield**, winner of our last crossword competition, answers below:

Across: 1. Going 4. Apt, 6. Rap 7. Ernie, 8. Ale, 9. Tune, 11. Star, 14. Die, 15. Opera, 17. Dim 18. Was 19. Baggy. **Down:** 1. Great, 2. Inn, 3. Grew 4. Apart, 5. Tee, 8. Needs, 12. Ready 13. Comb, 14. Dew 16. Egg

Up-coming Events

PLEASE SEE OUR BACK PAGE FOR THE FULL LIST OF EVENTS & COURSES DURING APRIL MAY JUNE 2017

CLONAKILTY SUPPORT GROUP MEETING



All Carers are welcome to attend our Clonakilty Carers Support Group meeting when Catherine Cahalane, Cardiovascular Public Health Nurse, will give a talk on Stress & Relaxation plus tea/coffee and chat.

Venue: Clonakilty Day Care Centre, Hospital Grounds, Clonakilty

Date: Thursday 6th April 2017

Times: 8pm to 10pm

Cost: No charge and all welcome

WEBSITE DESIGN COURSE



Would you like to learn how to design and create a website? We will be hosting a workshop that will show you the fundamentals of building your own website. This course is open to both adult and Young Carers, but places will be limited, so early booking is recommended.

Venue: The Ludgate Hub, Skibbereen

Date: Saturday 8th April 2017

Times: 10.30am to 12.30pm

Cost: €10 for Adult Carers, Free for Young Carers

Booking: Essential by calling 027-53848

ARCHERY



This "have-a-go" session will be facilitated by a qualified instructor and is great fun, plus a wonderful form of modern meditation.

The Benefits of Archery as Meditation: unlike other meditations, archery gives you a simple goal (hit the target) to focus on, making it less frustrating than other forms of meditation and supplying you with a sense of gratification when you achieve your goal.

Venue: Russagh Mill Hostel, Skibbereen

Date: Monday 15th May 2017

Times: 10.30am to 12.30pm

Cost: €10 per person

Booking: Essential by calling 027-53848

DANCERCISE



Come and join us for a morning of wiggling, jiggling and giggling in the Quality Hotel. Learn to Dancercise (dance & exercise) with "Michael" who was part of Clonakilty's very own "Strictly Clon Dancing". This is a chance to try something new – so bring your dancing shoes, your smile and plenty of water.

Venue: Quality Hotel, Clonakilty

Date: Thursday 1st June 2017

Times: 10.30am to 11.30am Dance class. 11.30am to 12.30pm Tea/Coffee & Scones

EXPERIENCES OF FORMER CARERS RESEARCH PROJECT (WCCSG AND UCC)



UCC
Coláiste na hOllscoile Corcaigh, Éire
University College Cork, Ireland



In 2016, a number of former Carers from West Cork took part in a joint UCC/WCCSG research project and generously shared their experiences of being a Carer/former Carer.

Carers inputs and feedback are invaluable in terms of assisting WCCSG to further develop its supports for former Carers, to secure funding to continue this work and to inform national policy to support former family Carers in Ireland.

Following the collation of participant experiences and perspectives, Dr Carol Kelleher will present the insights from the research at two participatory interactive workshops:

Session 1: Wednesday 31st May @ 7pm in WCCSG office, Bantry

Session 2: Wednesday 21st June @10.30am in O'Donovan's Hotel, Clonakilty

All research participants and any other former Carers interested in assisting with the development of supports for former Carers are warmly invited to attend.



Booking will help us organize these events, so please contact us on

027-53848

if you would like to attend or require any further information.

Diary of Events

APRIL

DATE	TIME	VENUE	EVENT/PROGRAMME	COST
Thursday 6th	8pm-10pm	Clonakilty Day Care Centre	Clonakilty Meeting Catherine Cahalane Cardiovascular PHN will give a talk on Stress & Relaxation	No Charge All welcome
Saturday 8th	10.30am-12.30pm	The Ludgate Hub, Skibbereen	Website Design Course With Sean O'Neill from Union Hall Computers For Carers & Young Carers	€10 per Carer No charge for Young Carers. Booking Essential

MAY

DATE	TIME	VENUE	EVENT/PROGRAMME	COST
Thursday 4th	8pm-10pm	Dunmanway Day Care Centre	Dunmanway Meeting Beaded Jewellery Workshop	No Charge All welcome
Monday 8th	10.30am – 12pm	The Sarah Walker Gallery Castletownbere	Beara Meeting Pilates Taster Class with Tricia Lyne	€5 per Carer Booking essential
Monday 15th	10.30am-12.30pm	Russagh Mill Hostel, Skibbereen	Archery Maid Marions & Robin Hoods welcome!	€10 per Carer Booking essential
Wednesday 31st	7pm– 9pm	WCCSG Office Bantry	Presentation of findings from the Former Carer Research with Dr Carol Kelleher	No Charge All welcome Booking essential

JUNE

DATE	TIME	VENUE	EVENT/PROGRAMME	COST
Thursday 1st	10.30am-12.30pm	The Quality Hotel Clonakilty	Clonakilty Meeting Dance/exercise class followed by Refreshments	€5 per Carer Booking essential
Monday 12th	10am-1.30pm	Skibbereen Venue to be confirmed	Cardiac First Response Course CPR/ Defibrillator Training	€40 per Carer (Normally €80 per person). Booking Essential
Wednesday 14th	8pm-9.30pm	Solace Holistic Centre, Clonakilty	An evening with Alison Kingston, Nutritional Therapist/Eating Psychology Coach	€10 per Carer Booking essential
Thursday 15th	7pm- 10.30pm	The Maritime Hotel & Cinemax, Bantry	Buffet Supper and Movie Night For Carers & Young Carers	€10 per Carer No charge for Young Carers. Booking Essential
Wednesday 21st	10.30am - 12.30pm	O'Donovan's Hotel Clonakilty	Presentation of findings from the Former Carer Research with Dr Carol Kelleher	No Charge All welcome Booking essential

WEST CORK CARERS SUPPORT GROUP

Bridge Street, Bantry, Co. Cork Registered Charity No. 20066710

Telephone: **027-53848** | E-mail: westcorkcarers@eircom.net | Website: www.westcorkcarers.ie

West Cork Carers Support Group complies with The Governance Code for the Community, Voluntary and Charitable Sector in Ireland.

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

All of our events are subsidised and whilst there is fee for some events, concessions can be arranged where necessary.

If you have booked a place on any of our courses, or events and you are unable to attend, please let us know as soon as possible.

Please note that fees are non-refundable if cancellation is made less than 48 hours before the event.