

**Including  
our pull-  
out centre  
section on  
training  
sessions  
for carers  
in Leeds**

**Carers Leeds, 6-8 The Headrow, Leeds LS1 6PT ☎ 0113 246 8338**  
E-mail: info@carersleeds.org.uk Website: www.carersleeds.org.uk  
Company Registered No: 3242065 Charity No: 1058706

# CARERS NEWS

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## News from Carers Leeds

## October / November 2010

### New Saturday Drop-in

We are pleased to be able to offer a new monthly drop-in service, open to carers who are unable to come into Leeds during the week, perhaps because they work.

On **Saturday 30<sup>th</sup> October** and **Saturday 27<sup>th</sup> November**, between **10.00 am** and **1.00 pm**, carers can drop into Carers Leeds for information and support. No appointment is necessary.

Our usual opening hours are Monday - Friday between 9.30 am and 4.00 pm. On Mondays we often have meetings and training: we try to answer the telephones to callers but are not able to see carers at our city centre offices. From Tuesday to Friday you can make an appointment to see a Carers' Support Worker between 9.30 am and 3.30 pm. You can also drop into Carers Leeds on those days and a support worker will see you whenever possible. We offer later appointments on Thursdays, from 3.30 pm until 6.00 pm. In addition, we will make every effort to see carers at other times if required.

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This edition is so packed I've no space for an Editorial!  
Hope you enjoy reading it.  
Jill Foalks (Editor)

### **Events at Carers Leeds**

In the current economic climate Carers Leeds is having to make the best possible use of our funds. We hope you appreciate why we have reintroduced the charge of £3 per person for individual Wellbeing appointments and also will continue to make a charge of £2 per person for coach trips.

If you find the charges a barrier to attending, please let us know and we will do our best to see you are not excluded. If you've booked a place on any event and then can't attend, please ring 0113 246 8338. We usually have waiting lists and can offer your place to another carer.

### **Carers Leeds Annual General Meeting "Supporting carers across Leeds"**

All our readers are invited to our AGM on **Thursday 11th November** at Wheeler Hall, St Anne's Cathedral, St Anne's Street, Leeds LS2 8BE at **11.00 am** followed by a buffet lunch.

The Deputy Lord Mayor of Leeds, Councillor Patrick Davey, will officially open the meeting and our guest speaker is Carole Cochrane, Chief Executive of the Princess Royal Trust for Carers.

\*\*\* Please ring to reserve your place,  
for catering purposes \*\*\*

**More News from Carers Leeds on page 9**

# Events for Carers in October & November

\*\*\* Bookings taken from Tuesday 5th October: tel. 0113 246 8338 \*\*\*

Events are free of charge unless stated but donations are welcomed.

Carers can reserve places on 2 bookable events per newsletter.

## Wellbeing Days

Monday 11th October,  
Monday 25th October and  
Monday 22nd November  
at Carers Leeds.



Choose from aromatherapy massage, Indian head massage, foot massage with pressure points, relaxation or face and neck massage with pressure points.

Individual appointments, lasting 40 minutes, are available between 10.00 am and 2.10 pm at a cost of £3 per carer.

\*\*\* Need to book: tel. 0113 246 8338  
from 5th October \*\*\*

*Please note: Each carer may have a maximum of two therapy sessions between April 2010 and March 2011.*

## Carers' walk

Meet Linda at the Kirkstall Abbey Visitor Centre, Leeds LS5 3EH on **Wednesday 20th October** at **11.00 am** for an hour's walk then coffee at the Abbey House Museum.

This event is open to all carers and to Carers Leeds volunteers.

\*\*\* Need to book: tel. 0113 246 8338  
from 5th October \*\*\*

## City Museum tour Tuesday 5th October

Join other carers for a short guided tour of the museum and then look around in more detail. Meet at Carers Leeds at **10.00 am**.

\*\*\* Need to book: tel. 0113 246 8338  
from 5th October \*\*\*

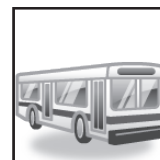
## Carers' Cafés

All carers are welcome to drop in to Carers Leeds on **Thursday 14th October** and **Wednesday 10th November** from **11.00 am to 12.00 pm** to enjoy a cup of tea or coffee with a cake or some fruit, whilst chatting with other carers.

You can also have your **Flu jab** at the **October** café - see page 4.

*Please note we've changed the day of the November Café as it clashed with our AGM*

## Christmas Shopping Trip to Meadowhall



You and the person you care for can take the opportunity of doing your shopping on **Thursday 25th November**. Coach leaves Carers Leeds at **10.30 am prompt** so please arrive at 10.15 am. We return to Leeds for around 4.15 pm. **£2** per person, payable on boarding the coach.

\*\*\* Need to book: tel. 0113 246 8338  
from 5th October \*\*\*

**MORLEY CARERS** We meet in the Community Room at Morley Fire Station, Corporation Street, **10.00 am to 12 noon**.

On **Tuesday 19th October** join Margaret to make an individual greetings card.

On **Tuesday 16th November** meet with other local carers for chat and mutual support.

Light refreshments served. More details from Jill at Carers Leeds: tel. 0113 380 4306

## Theatre Matinee

Join us at the West Yorkshire Playhouse to see 'A Christmas Carol'  
Meet at Carers Leeds at **1.15 pm**. The performance ends about 4.10 pm.

\*\*\* Need to book: tel. 0113 246 8338 from 5th October \*\*\*

## Wednesday 1st December



*In exceptional circumstances Carers Leeds may be able to contribute towards transport and / or replacement care costs to enable carers to attend events. More events on pages 4, 8 & 11*

# Carers' Support Groups

For more details about all of the groups on this page, please call Angie at Carers Leeds on 0113 380 4301.



Many carers tell us they find it helpful to attend a support group to chat, share experiences and support each other over a cuppa. Why not try one of these groups yourself?

## Aspergers Carers Support Group

Leeds Mind, Grove Villa, 82 Cardigan Road, Leeds LS6 3BJ

Last Thursday of each month: **28th October & 25th November, 10.30 am - 12 noon**

## West Wedge Carers Support Group



Neighbourhood Action, Hillside Hall, Cross Lane, Farnley, Leeds LS12 5AA

3rd Friday of each month: **15th October & 19th November, 12.30 pm - 2.00 pm**

## Crossgates Carers Support Group

Crossgates & District Good Neighbours, Station Road, Crossgates, Leeds LS15 7JY

1st Wednesday of each month: **6th October & 3rd November, 2.00 pm - 4.00 pm**

## PACES Parent Carers Express Support Group

Nesfield Family Resource Centre, Nesfield View, Belle Isle, Leeds LS10 3LA

2nd Tuesday of each month: **12th October & 9th November, 12 noon - 1.30 pm**



## Wheatfields Carers Support Group

Wheatfields Hospice, Grove Lane, Headingley, Leeds LS6 2AE

2nd & 4th Wednesdays of each month: **13th & 27th October & 10th & 24th November, 1.30 pm - 3.00 pm**

## WETHERBY CARERS

Wetherby Town Hall (Micklethwaite Room on the 1st Floor), Wetherby LS22 6NE

3rd Thursday of each month: **21st October & 18th November, 10.00 am - 12 noon**

## Communication Café

This group is for carers of people recovering from a stroke who have communication problems.



The cared-for person is very welcome to come along too.

For more information on dates, times and venues, please call Angie on 0113 380 4301 or Cath on 0113 295 3070.

## Horsforth Carers Support Group

The Grove Methodist Church, Town Street, Horsforth, Leeds LS18 4RJ

1st Tuesday of each month: **5th October & 2nd November, 1.00 pm - 2.30 pm**

## Otley Parent Carers Support Group

**NEW venue!** Meet at The Bowling Green, (Wetherspoons), 18 Bondgate, Otley LS21 3AB for a get-together, chat and light lunch.

3rd Monday of each month: **18th October & 15th November, 1.00 pm - 2.30 pm**

## Mental Health Carers Support Group

Carers Leeds, 6-8 The Headrow, Leeds LS1 6PT **5.30 pm - 7.00 pm**

2nd Thursday of each month - *but please note there's no meeting on 14th October.*

**11th November** is our usual meeting.

## Substance Misuse Carers Support Groups

Carers Leeds, 6-8 The Headrow, Leeds LS1 6PT

Last Tuesday of each month: **26th October & 30th November, 12 noon - 1.30 pm**

**NEW evening group** on the 3rd Wednesday of each month: **20th October & 17th November.**

# Information and learning events for carers - full details on page 8

\*\*\* Need to book: tel. 0113 246 8338 from 5th October \*\*\*

## Lunchtime Tai Chi

Join Sue at Carers Leeds on **Thursdays 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> October** for a lunch hour session between **1.00 pm** and **2.00 pm**



## Carers' Craft Circle

**Wednesday 20th October** at Carers Leeds from **10.30 am - 1.00 pm**

Put a personalised pattern on to a tea towel, for a gift or for fun.

## Healthy Food, Healthy Eating

Join us on **Thursday 4th November** at Carers Leeds, from **11.00 am - 1.30 pm**, for this event which is open to Carers Leeds volunteers and to all carers.

## Power of Attorney Information Event

Join us at Carers Leeds on **Wednesday 3rd November** from **10.30 am - 12 noon**.

## Christmas Events - dates for your diary

- Chapeltown community party - Thursday 9th December
- Garforth community party - Friday 10th December
- Middleton community party - Wednesday 15th December
- Pudsey / Bramley community party - date to be confirmed
- Christmas Party in central Leeds - Thursday 16th December



## Seasonal flu vaccines for carers

Carers are encouraged to have the seasonal flu vaccine to protect themselves and the person they are caring for. Flu can increase the risk of serious illness such as pneumonia, or can make existing conditions worse. The flu virus changes every year so you need to have the flu jab every year as the vaccine has been changed to protect you against each year's new virus.

The vaccine takes 7 to 10 days to start working. The vaccine does not contain any live viruses, so it cannot give you flu. Side effects are usually minor compared with the risks associated with seasonal flu! Your arm may feel a bit sore where you were injected and some people get a slight temperature and aching muscles for a couple of days afterwards due to their body responding to the vaccine and building immunity.

Carers Leeds will be providing free flu jabs for carers during our Carers' Café on 14<sup>th</sup> October. The café will be from 11.00 am until 12.00 pm as normal but carers can drop in for flu jabs between 11.00 am and 1.00 pm at our city centre offices. Carers can also attend any of the NHS staff sessions listed in the enclosed flyer. Alternatively, anyone who is the main carer for someone (or who is eligible for Carers Allowance) is entitled to a flu jab from their GP.

**YOU WILL NEED TO TAKE THE VOUCHER BELOW TO OBTAIN YOUR FREE FLU JAB AS PROOF YOU ARE A CARER.**



## Carers Leeds in Partnership with the Flu Campaign 2010

This slip entitles you, as a carer, to receive a flu vaccination at Carers Leeds, a Health Centre or Clinic session. Please take this slip with you.

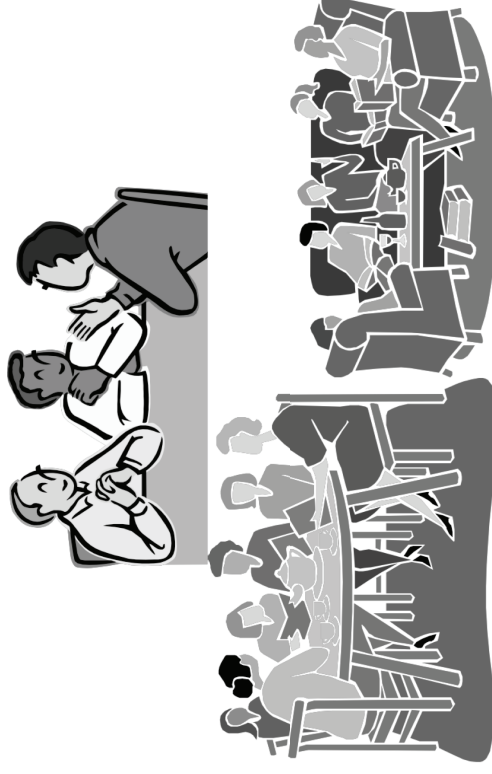


## Courses Connect Carers in Leeds

October/November 2010

### FREE COURSES FOR CARERS PULL - OUT SECTION

Wellbeing, Life Skills, Information, Exercise



Course Name	Who is it for?	What is it about?	Date	Time	Venue	Contact for booking a place
<b>What is meant by Confidentiality and Information Sharing?</b>	Mental health carers	Focus on information sharing and confidentiality. This course will cover what the law says, what you can expect from professionals and on working with professionals to gain information that helps you as a carer. This course will take place via one hour long phone calls arranged weekly; course materials will be sent to carers taking part.	<b>2 x one hour phone calls to suit individual needs</b>	To suit individual needs	Not Applicable	<b>Carers Team Carers Connections 0113 295 4422 Email: <a href="mailto:carerconnections@leedspft.nhs.uk">carerconnections@leedspft.nhs.uk</a></b>
<b>Individual Carers CV Writing – one to one support</b>	All carers	For carers who may want to consider applying for employment, courses or voluntary works. A one hour session with an employment adviser and possibly a follow-up session. Look at how to present your skills and qualifications and prepare to take advantage of future opportunities by writing your CV.	<b>Wednesday morning appointments available</b>	10.30 am or 11.30 am	Carers Leeds 6/8 The Headrow Leeds LS1 6PT	<b>Carers Leeds 0113 380 4309 or 246 8338 Ext 210 Email: <a href="mailto:info@carersleeds.org.uk">info@carersleeds.org.uk</a></b>
<b>Dealing with a crisis</b>	Mental health carers and services users	This course is to look at crisis situations and the emotions that are experienced during the crisis for both carers and service users. It will also explore ways to cope during a crisis situation. Practical information will be given about the services available when in a crisis.	<b>Thursday 14<sup>th</sup> &amp; Thursday 21<sup>st</sup> October</b>	12.15 pm for 12.30 pm start - until 3.00 pm	The Lovell Park Centre Wintoun Street Leeds LS7 1DA	<b>Carers Team Carers Connections 0113 295 4422 Email: <a href="mailto:carerconnections@leedspft.nhs.uk">carerconnections@leedspft.nhs.uk</a></b>

Course Name	Who is it for?	What is it about?	Date	Time	Venue	Contact for booking a place
<b>Looking After Me</b>	Carers of adults	For all carers of adults to help you cope even better, to look after your health and to take more control of your situation.	<b>Thursday 28<sup>th</sup> October - Thursday 2<sup>nd</sup> December</b>	11.30 am – 2.00 pm	St George's Centre, Great George Street Leeds LS1 3BR	<b>NHS Leeds Expert Patients Programme Team</b> <b>0113 277 1811or</b> <b>07944 299403</b> Email: <a href="mailto:epp.account@nhsleeds.nhs.uk">epp.account@nhsleeds.nhs.uk</a>
<b>PLUS Course</b>	Carers who support someone with psychosis	This course is for carers who offer support to people who experience psychosis, hallucinations, bi-polar disorder or schizophrenia. ** If you are interested in this course please contact us as soon as possible so we can give you further information about the course. **	<b>Tuesday 9<sup>th</sup> November - Tuesday 14<sup>th</sup> December; a 2 week break then Tuesday 4<sup>th</sup> January - Tuesday 8<sup>th</sup> February</b>	Evening sessions	The Lovell Park Centre Wintoun Street Leeds LS7 1DA	<b>Carers Team</b> <b>Carers Connections</b> <b>0113 295 4422</b> Email: <a href="mailto:carerconnections@leedspft.nhs.uk">carerconnections@leedspft.nhs.uk</a>
<b>Say No Nicely</b>	All carers	This session can help you find the courage to use your 'NO' voice and be heard – giving you more time to do what you want to do!	<b>Thursday 25<sup>th</sup> November</b>	10.30 am – 2.00 pm	Carers Leeds 6/8 The Headrow Leeds LS1 6PT	<b>Carers Leeds</b> <b>0113 380 4309 or</b> <b>246 8338 Ext 210</b> Email: <a href="mailto:info@carersleeds.org.uk">info@carersleeds.org.uk</a>
<b>Stress Positive</b>	All carers	How often have you felt over stressed? Come along and discover how you can change the way you react and feel more relaxed and confident.	<b>Friday 26<sup>th</sup> November</b>	10.30 am – 2.00 pm	Carers Leeds 6/8 The Headrow Leeds LS1 6PT	<b>Carers Leeds</b> <b>0113 380 4309 or</b> <b>246 8338 Ext 210</b> Email: <a href="mailto:info@carersleeds.org.uk">info@carersleeds.org.uk</a>

Please note that each of the Carers Leeds events below counts as one of your two bookable events for October and November.

### **Carers' Craft Circle**

**Wednesday 20th October** at Carers Leeds from **10.30 am – 1.00 pm**

Put a personalised pattern on to a tea towel, for a gift or for fun.

**\*\*\* Need to book: tel. 0113 246 8338 from 5<sup>th</sup> October \*\*\***

### **Lunchtime Tai Chi**

Join Sue at Carers Leeds on **Thursdays 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> October** for a lunch hour session between **1.00 pm and 2.00 pm**. Open to all carers but especially working carers during their lunch breaks.

*Book for all 3; counts as one bookable event.*

**\*\*\* Need to book: tel. 0113 246 8338 from 5<sup>th</sup> October \*\*\***

### **Information Event on Power of Attorney**

Do you want to learn how Powers of Attorney work and why you may need to make one?

Join us at Carers Leeds on **Wednesday 3rd November from 10.30 am - 12 noon**.

There will be a speaker from Clarion Solicitors, Leeds, with time for questions and answers. Light refreshments provided.

**\*\*\* Need to book: tel. 0113 246 8338 from 5<sup>th</sup> October \*\*\***

### **Healthy Food, Healthy Eating**

Please join us on **Thursday 4th November** at Carers Leeds from **11.00 am - 1.30 pm** for some fun trying out recipes and foods for healthy living - tortillas, smoothies and delicious fresh fruit!

This event is open to Carers Leeds volunteers and to carers.

**\*\*\* Need to book: tel. 0113 246 8338 from 5<sup>th</sup> October \*\*\***

## More News from Carers Leeds

### Hospital Based Carer Support Worker

Thanks to funding from Lloyds TSB Charitable Trust Jane Mosley is now based at St James's Hospital on Mondays and Tuesdays, and is able to provide confidential advice, information and support to carers (whether they are visiting or are a patient). You can contact Jane on 07854 481024 or on email: [carerssupport@leedsth.nhs.uk](mailto:carerssupport@leedsth.nhs.uk) Although based at St James's Jane can be available at any of the hospital sites across the city by prior arrangement. Jane looks forward to meeting you.....

### Carers Leeds working with the Royal College of General Practitioners

The RCGP asked if we would attend a meeting at the Department of Health in London. They wanted our input and expertise on how best to engage with GPs regarding carers' issues. RCGP are putting together a training programme to be delivered to GPs nationally. Jane Mosley represented Carers Leeds, along with 10 delegates from other organisations; she put forward her thoughts and ideas and spoke about our success rates with our Yellow Card Scheme and partnership working with surgeries across the city.

### Please bear with us!

While we get our new database fully functional we may need to shorten our opening hours for a limited period, for staff training. Please leave a message if you get the answering machine; we will return your call as soon as possible.

*Val Hewison, Manager*

### Events for Volunteers and Carers

We have been fortunate to receive funding from the Leeds Community Foundation to run events on the theme of healthy lifestyles for Carers Leeds volunteers and carers. You may notice that two events in this newsletter are specifically for both our volunteers *and* carers : 20th October for a walk around Kirkstall Abbey followed by coffee at the Abbey House Museum and 4th November for a healthy food and eating event at Carers Leeds.

### Easy Fundraising

This is a painless way to help us raise funds while you do your Christmas shopping online! Thank you to everyone who has already nominated Carers Leeds to benefit from their online shopping. If you are not 'in the know' visit [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) and start shopping!

### Thank you!

We would like to say a big thank you to **Markel Insurance** who once again have shown their great support for Carers Leeds by presenting us with a cheque for £459.38 recently. In total they've raised over £1,000 for us in the past 18 months!

### Carers Leeds Prize Draw

Please find enclosed with this newsletter a book of 5 tickets for our 2010 Prize Draw. Full details are on the tickets. Money raised by their sale will go towards paying for the wide range of free and subsidised carers' events we offer each year.

If everyone who gets our newsletter could sell just £1 worth of tickets, we'd make over £6,000!

Please do *not* send cash through the post - either post us a cheque (payable to Carers Leeds) or postal order with your counterfoils to Carers Leeds, 6-8 The Headrow, Leeds LS1 6PT, or call in with cash, by the end of November.

Many thanks for your support and good luck!

## Opportunities for carers to get involved

**Leeds Mental Health Watch** is an independent group of Mental Health Service Users and Carers, commissioned by NHS Leeds and supported by Leeds Involving People. Members attend meetings at decision-making level to improve mental health services. There are currently vacancies on the group for people who have an interest in channelling their experiences of caring for a Mental Health Service User, into shaping and improving the services that matter to them.

The group is very keen to accommodate carers' needs, from arranging meetings around people's routines to providing replacement care costs. They are also looking into how people can be involved remotely, without having to commit to attending regular group meetings. Members receive out of pocket expenses and an involvement fee for their time.

For more details please telephone Joseph Alderdice on 0113 237 4508.

### Experiences of Autism wanted

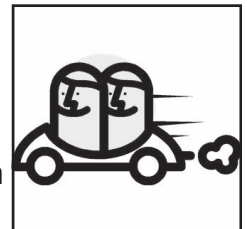
The Department of Health has funded the Health Experiences Research Unit at the University of Oxford to look at the experiences of people diagnosed with autism and parents of children/adults with autism. They would like to include the experiences of people at the more severe end of the spectrum too.

This work is part of the Department of Health's Autism Strategy and will be completed in March 2011. The University is recruiting participants until the end of November 2010. For further details please contact Sara on 01865 289374 or e-mail [sara.ryan@dphpc.ox.ac.uk](mailto:sara.ryan@dphpc.ox.ac.uk)

## More local & national news

### Your Car

This is a new membership scheme in Leeds that provides you with a low-cost, reliable and accessible alternative to calling a taxi. It has been designed specifically to support people who might have difficulty using public transport and where taxis don't meet all of your needs. Drivers are specially trained to help people who might need more support, patience and understanding when they make their journey.



Membership only costs £1. For an application form call Leeds Alternative Travel on 0113 386 8880 or visit [www.YourCar.org.uk](http://www.YourCar.org.uk) Once you've registered you pre-book journeys by phone and pay at the end of each journey.

### The Get SET Go Group

*Mandy writes* "This is a social group for people who have mental health problems, their carers, friends and family. The purpose of the group is to try to encourage members to get back into the community through social activities. We try to encourage people to get involved with the organisation and running of different events, hold karaoke evenings to boost their confidence and have days out etc.

We want to encourage carers to come along, either with or without the person they care for, as I think that attending a social event with people who understand disabilities may help them as well as give them a little respite. I have a small group of volunteers who help me who are also service users themselves.

The group has been going for 3 ½ years now and is working really well. I wonder if anybody who uses Carers Leeds would like to come along to any of our events. They will all be made very welcome.

If you would like any more information, please call Mandy on 0113 264 0121 or 07541 973705"

## The Relatives and Residents Association Leeds Branch AGM

If you support someone who lives in a care home, you may be interested in attending this Annual General Meeting on **Friday 22nd October at 11.00 am** at Carers Leeds, 6-8 The Headrow, Leeds LS1 6PT. Guest speaker is Danny Whitworth of 'Learning for the Fourth Age.'

## Sport and Active Recreation Programme for Disabled People

Do you care for somebody who is interested in taking part in sport? Did you know that there are a number of sessions available throughout Leeds for children and adults to participate in sport, for fitness or for social reasons?

Some of these sessions are run by Leeds City Council and some are run by private clubs hiring the facilities. They cover a wide range of opportunities including:

adapted cycling	athletics	boccia	football
chair based exercise	goalball	multi sport clubs	swimming
wheelchair basketball	tennis	wheelchair racing	

A summary of the sessions currently available is detailed in the Sport and Active Recreation Programme for Disabled People. The document also contains information on useful websites and club contacts, leisure centres and getting around (transport services). Visit:

[www.leeds.gov.uk/disabilitysport](http://www.leeds.gov.uk/disabilitysport) to download a copy of the programme; contact Ross Bibby, Disability Sports Development Officer, on 0113 395 0159 or e-mail [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

## Help! 2 seminars

The free *help!* 2 seminars aim to provide parents and full-time carers with information and advice, to support them in the care of their child with an autism spectrum disorder (ASD). They run from 10.00 am until 2.30 pm. Upcoming sessions include:

in Upper Poppleton, York:

### **12th October: Supporting the siblings of your child with an ASD**

This seminar is aimed at parents/carers who have a child with an ASD and additional siblings. It will focus on the needs of the siblings (up to 18 years) and strategies to teach them about their brother/sister and ASD's.

### **15th October: Meeting your child's sensory needs**

This seminar is aimed at parents/carers of people aged 3-18 years who have a diagnosis of Autism, Asperger Syndrome or ASD. It offers a chance to explore the effect the world has on your child's senses and uses activities that can help them deal with this.

in Halifax:

**14th October: Managing anger in young people with Asperger Syndrome** This is a practical seminar that focuses on communication strategies and dealing with difficult behaviour and is specifically aimed at those parents/carers with children aged 8 - 16 years with a diagnosis of Asperger Syndrome or a child with an ASD who attends a mainstream school.

**21st October: Common toileting difficulties in children with an ASD** The seminar is specifically aimed at those parents/carers with children aged 3 -16 years of age who have a diagnosis of autism, Asperger syndrome or Autism Spectrum Disorder. Parents will gain a better understanding of how the ASD diagnosis impacts on toileting difficulties as well as a number of tips and strategies to help minimise the problems.

To find out more and to book your place, call **Jan Fuller** on **0191 5680732**.

## Holbeck Elderly Aid Carers Group

This group meets monthly and would welcome new members. Any carer over 55 living in the Holbeck area is eligible to join. For more details please call Gloria Jackman on 0113 245 5553.

## Back Page Info Snippets

### Relaxation – Focused Breathing Exercise

Even a few minutes 'time out' can be calming and refreshing, without needing to make any big changes to the place where you are. Here is a short exercise that helps you relax – just by breathing. It's best if you do this in a fairly quiet place without distractions, just sitting in a chair. You might like to close your eyes or listen to some soothing music, but you don't have to.

Put down anything you have in your hands, maybe move your chair around a bit and get into a comfortable position where your spine is fairly straight, your feet are on the floor and your hands are relaxed in your lap. Imagine sitting in the sun, a warm bath or a place you feel really comfortable; really safe. Now relax in your chair. Forget about your body as you sink down into your chair. Take a few deep breaths. Don't try and control your breathing, just follow it in and out, in and out. Place your hands just under your ribcage, allow your breath to push your hands out and feel them drop again, feel your own breath 'breathing you.' Spend a few minutes just breathing like this in and out, in and out. Continue to breathe and when you're ready, slowly open your eyes.

*Thank you to Manchester Carers Centre for this article. Editor*

### Hello and how are you?

**Macmillan Cancer Support** improves the lives of people affected by cancer, including carers. They provide information, and practical and emotional support, for carers of people with cancer. This includes the booklet "Hello and How are You?" which is written by carers for carers, with support from Macmillan.

It draws on the real life experiences of people who've cared for someone with cancer, the challenges they faced and the things they found helpful. The topics covered include Relationships, Information and Support, Working with Professionals and Life after Caring. The latest edition also includes a new chapter on the ethical and legal matters that carers of people with cancer may face.

The booklet is available free from 0808 808 0000 or at [www.be.macmillan.org.uk](http://www.be.macmillan.org.uk)

### Asthma UK calls for schools to adopt Asthma Policy

Asthma UK, a national charity, has highlighted that schools should each hold a clear policy on managing asthma after the death of an 11 year old boy, who died after suffering an asthma attack at school. An inquest found the school had "significantly contributed" to his death. The boy died after being told to sit in the hallway of his school while struggling to breathe. Early intervention by emergency services could have saved his life.

Asthma UK produces a "Schools Pack" giving excellent guidance for schools. Some schools already have a policy, but it is worth enquiring if your child's school's policy matches the guidelines set out by Asthma UK. You can see a copy of the pack at: [www.asthma.org.uk/healthprofessionals/orderingmaterials/schoolpack.html](http://www.asthma.org.uk/healthprofessionals/orderingmaterials/schoolpack.html)

**The Back Page is kindly sponsored by  
Wm Dodgson & Son, Funeral Services: 0113 249 8849**

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