



The Princess Royal Trust
Carers Centre
(North & West Oxfordshire)

Caring Matters

Volume 18 Issue 2 Summer 2010

Reaching out to Carers in the community

Area covering
Banbury, Bicester,
Kidlington, Woodstock, Witney
and surrounding villages

27 Horse Fair
Banbury
OX16 0AE

office hours:
(walk-in help)
Monday—Friday
10.00am – 4.00pm

telephone:

Office: 01295 264545
Carers Line: 08457 125546
Monday—Friday
9.00am – 5.00pm

**Answer phone to leave
messages out of office hours**

fax:

01295 270660

e-mail:

carers@ccnwoxon.org.uk

websites:

www.carers.org

www.oxoncarers.org

**We offer FREE
confidential support,
information and advocacy
for carers in our area.**

Company No: 2769509
Registered Charity No: 1015800



CATHY EVANS, CHIEF EXECUTIVE

Summer is here again and whatever the weather we hope you will be able to join us for some of our planned events which are advertised inside.

This year we hope to reach even more Carers who are not yet registered with us, so we can support them with the variety of help we have on offer. So please do let others know about The Carers Centre.

We are also holding a training course for Carers, "Occupations and Activities" to be held each Thursday for 4 weeks, beginning on September 15th, at The Methodist Hall in Kidlington. It is hoped that some Carers from Oxford and South & Vale Carers Centres will come along so you can make new friends as well as benefiting from some time out. Do call us if you are interested as there are only a few places available.

Our Annual Golf Day is on September 2nd this year at the Chacombe Golf Club and if you or anyone you know can get together a team of Golfers, then please call Elaine for details (ext 208). The funds we hope to raise are vital and will support Carers in our area. It is always a great fun day with raffle, auction and refreshments available.

Good wishes to everyone and do contact us again!

Please contact Cathy Evans 01295 264545 Ext. 207 (with voicemail)

Oxfordshire Carers Support

Details of the support provided to Carers throughout Oxfordshire by all 3 Carers Centres in the North & West, Oxford City and the South & Vale are available on our website www.oxoncarers.org.uk, where you can access information, advice and links to alternative sources of support.

For telephone support out office hours you can call the **FREE** Carers Direct line on 0808 802 0202 for information and advice. Lines are open 8am to 9pm Monday to Friday, 11am to 4pm at weekends.



**The
Macular
Disease
Society**

Banbury Macular Disease Support Group

A new Group will meet on the second THURSDAY of every month from 2pm—4pm at The Banbury Methodist Church, Marlborough Road, Banbury. OX16 5BZ. Meeting open to anyone affected by central vision loss. Carers are welcome too. Contact Tony McNulty 01264-321963

NEW MONDAY SOCIAL GROUP

This Evening Social Group meets from **7pm to 9 pm on the 3rd Monday of every month** and welcomes Carers and Former Carers who enjoy out of hours social activities. Proposed evenings include bowling, darts, quiz nights, canal side walks, and visiting speakers on occasions. It is a self organised group who meet in a variety of locations chosen by the group.

First meeting is at **The Mill Arts Centre front bar, Banbury**
on 26th July 7 pm to 9 pm

Graham Ablett from Oxfordshire County Council's 'Community Development Team' will help the group plan their preferred activities and venues and will have information on some funding to help support this, so do come along with your ideas!

Please ring **Graham Ablett, on 01280 706051** for more information or
Ring Cathy on 01295-264545 Extension 207

North Oxfordshire Asian Carers Support

My name is Faeema Khan and I provide free and confidential support to Asian Carers from communities in Oxford City. based at The Oxford Carers Centre where I run The Sahara Group. I speak Urdu and Pashto.

From **June 9th** I will be working with The Carers Centre in Banbury to offer support to Asian carers. I can meet carers at The Carers Centre by appointment.

We will also be planning a shopping trip!

I will be attending the **Carers Group at the East Street Centre in Banbury** once a month on Wednesdays
1—3 p.m.

If you would like to contact me to talk about how I can help you in your caring role please call
Oxford Carers Centre on 01865 205192.



Carers Centre Volunteer Befriending Project

The volunteer project which is run by Elaine Gilbert, has 40 volunteers who regularly help 60 carers have a break from their caring role. New Volunteers, Judie Miskimmin-Jones and Cheryl Gibney have been introduced into a caring situation, and are doing very well. Volunteers offer a carer a much needed break from the person they care for, by sitting for 2-3 hours each week or fortnight. Elaine's Tel. **01295 264545 Extension 208** A big thank you to all the volunteers who give their time to help carers to have a break.

NEW DROP IN COMPUTING FACILITY

From 11th June at The East Street Centre, Calder Close, Banbury. OX16 3WR
Times can be booked between 2.00 p.m. and 4.30 p.m.

This new facility is aimed at:

- People who have not used a computer before or who have bought one and are feeling a bit lost but who don't want the commitment of a course. We'll have learning packs and an IT expert on hand to help if they get stuck. The packs will be on Word Processing, and using email and internet.
- People looking for jobs who don't have access to a computer. We'll have help on how to use the internet in your Job Search and experts on hand to help write a CV, complete an application form, draft a letter of application or covering letter.

Only £1 per hour and after 5 hours you have a 6th hour FREE of charge.

Please contact: Carole Millard, Administrative Manager Telephone Tel **01295 266763**

CARING MATTERS NEWSLETTER - JUNE 2010

[Please tick all boxes to indicate your responses to the following and return you slip as soon as possible, using the FREEPOST address below]

N.B. All Carers and Former Carers (up to one year following their caring role having ceased) may attend trips, activities or training events **free of charge**. If your caring role ceased over one year ago please see the information about "Friends of the Carers Centre".

We encourage all Carers to contact us to update your status so that we can direct you appropriately to further support.

Send to:

The Carers Centre (N & W Oxfordshire)
FREEPOST OF-910
27, Horse Fair
Banbury
Oxon
OX16 0BR

Please print your details below:

Mr / Mrs/ Miss / Ms / (select)

Name: _____

Address: _____

Postcode: _____

Telephone: _____

- ◆ Please send me information about becoming a full member of The Carers Centre []
- ◆ Please ask my allocated Carers Support Worker to contact me []
- ◆ I would like to become a Volunteer []
- ◆ I would like to help with some fundraising activities including street collections []
(Please state the town most suitable for you) _____
- ◆ Please send me more information about Time for Carers funding []

NEW IN JUNE FOR CARERS IN EMPLOYMENT & CARERS WISHING TO MOVE INTO EMPLOYMENT

Are you trying to balance your caring responsibilities at home with your work commitments?
Would you like some expert information, advice and support to take up training opportunities, or go back to work?

This new group meets **every 2nd Monday of the month from 7pm to 9pm**
With the first information and registration meeting being held on
19th July at 7pm at The Carers Centre

There will be qualified and experienced staff available to provide the following:

- ◆ Information on related benefits
- ◆ Funding opportunities for training and to support you at work
 - ◆ CV and letter writing
- ◆ Completing application forms online and paper based
 - ◆ Interview skills and practice
- ◆ Advice to help with difficult issues in the workplace

Refreshments, Informal discussions and occasional speakers
For further information please call **Cathy Ext. 207 or Carol Ext. 203**

Trips.....and.....Events

The following events are now available for booking. We encourage early replies with any payments required as we have restricted numbers per trip.

Registered Carers please note that if you are bringing a Guest or your Cared For there will be a payment required as stated.

KEW GARDENS

Come along and join us in a wander around these sumptuous gardens. Refreshment facilities available or bring your own lunch. Wheelchairs available. Wear comfortable shoes and bring a brolly!!

Thursday 1st July

Coach pick up: Banbury Carers Centre 9.00a.m.
Kidlington , Exeter Hall 9.30 a.m.
Leaving Kew Gardens 4 p.m.

Carers (Free) _____ Guest £15 _____

Friends of the Carers Centre £5 _____

Total payable £ _____

STOKE BRUERNE

Discover the delights of this working Canal Boat Museum in Northamptonshire Take a canal boat trip, enjoy some craft activities and plenty of refreshment choices. N.B. Not suitable for people with poor mobility.

Tuesday 3rd August

Coach pick up: Kidlington, Exeter Hall 9.00 a.m.
Bicester, Bure Place 9.15 a.m.
Banbury Carers Centre 9.35 a.m.
Leaving Stoke Bruerne 3 p.m.

Carers (Free) _____ Guest £15 _____

Friends of the Carers Centre £5 _____

Total Payable £ _____

BOURNEMOUTH

Come and join us on the most popular trip of the year! Enjoy seaside sights, sounds and treasures, cafes and fish 'n chips on the sea front.

Wednesday 1st September

Coaches pick up: (1) Witney, Barclays Bank 9.00 a.m, Kidlington 9.20 a.m.
(2) Banbury, Carers Centre 9.00 a.m., Bicester, Bure Place 9.20 a.m.
Leaving Bournemouth 5 p.m.

Please be aware walking is involved on this trip and you "may" require sun lotion!.

Carers (Free) _____ Guest £15 _____

Friends of the Carers Centre £5 _____

Total payable £ _____

SALTER'S STEAMERS

Take a leisurely ride on the river from Oxford to Abingdon with refreshments, see the wildlife, chat with friends and enjoy a couple of hours of rest and relaxation, with coach return to Oxford.

Saturday 18th September

Coach pick up: Banbury , Carers Centre 1.10 p.m. and Kidlington, Exeter Hall 1.45 p.m.
Boat trip at 2.30 p.m. and leaving Oxford at 4.30 p.m.

Carers (Free) _____ Guest £15 _____ Friends of the Carers Centre £5 _____

Total Payable £ _____

CARERS CENTRE 18th AGM

TUESDAY OCTOBER 12th

BANBURY TOWN HALL
12.00 to 2.30 p.m.

With Guest Speaker
Buffet Lunch and Refreshments

Followed by short Annual General Meeting

We welcome all Carers registered with us, as it is an opportunity for questions and discussions about the future support services for carers.

FREE EVENT BUT WE NEED TO KNOW IF YOU WISH TO ATTEND

"It was the best day out I've had for ages. The food was lovely and I sat next to someone I met a long time ago, somewhere else"

CHRISTMAS SHOPPING in READING

Come along and take a leisurely stroll through the Oracle Shopping Centre, and buy early for Christmas.

Refreshment places in abundance!

Tuesday 30th November

Coach pick up: Banbury Carers Centre 9.00a.m
Bicester, Bure Place 9.20 a.m..
Kidlington , Exeter Hall 9.40 a.m.
Leaving Reading at 4 p.m.

Carers (Free) _____ Guest £15 _____

Friends of the Carers Centre £5 _____

Total payable £ _____

N.B. To All Trippers.....

We are not able to refund any payments made at the time of booking unless we can reallocate the places so please make sure you contact us if you wish to cancel any places you book.

Please notify us in plenty of time if you wish to cancel.

Please be aware that our staff are not insured to offer any personal care during trips or events, so please make your own suitable arrangements for those with poor mobility.

THANK YOU

"The coach driver was really funny and the staff made us laugh and we had a really good time. My husband enjoyed coming out with me for the day because we don't have a car now"

PLEASE COMPLETE THE REPLY SLIP WITH PAYMENT IN FULL FOR ALL TRIPS BOOKED, and RETURN YOUR CHEQUE MADE PAYABLE TO 'THE CARERS CENTRE' .

Name: _____

Address: _____

Tel. No: _____

I enclose a payment of £ _____ as total payment indicated above for each trip.

MEMBERS of the CARERS CENTRE

If you previously registered to become a Member of the Carers Centre for a small payment , you do not need to register to become a "Friend of the Carers Centre". This membership provides lifetime membership, entitling Carers to voting rights at formal Carers Centre meetings such as the Annual General Meeting.

However, if you are a full member and wish to now resign your membership please let us know as soon as you are able to by contacting **Ian on 01295 264545 Ext. 205**. Thank you.

FRIENDS of the CARERS CENTRE

Our funding bodies require us to provide a Carers Support Services in North & West Oxfordshire for Carers over 18 years of age and Former Carers up to one year following their caring role ending for whatever reason

The Carers Centre would very much like to continue to welcome and support Former Carers who were registered with us during their caring role whose Caring responsibilities come to an end .

If you think this may apply to you, in order to continue to receive some of our services please:

**complete the reply slip and return it to us with your annual subscription of £5:00.
Cheques made payable to The Carers Centre**

This will entitle you to attend Carers Groups, go on trips, attend events and training at a subsidised charge and you will receive our quarterly newsletter.

.....
Friends of the Carers Centre

I _____ wish to register to become a "Friend of the Carers Centre"

Person I was caring for *(please circle)*

Spouse/ Partner Child Sibling Other Family Member Friend Other

Date when caring role ceased: _____ (approx)

Address:

.....
.....

Telephone No.:

**I enclose a subscription payment of £5:00 which runs to March 31st 2011.
I understand that I will be entitled to receive free newsletters and attend Carers Groups and at a subsidised charge I can participate in events and training.**

<p align="center">For Sale Mobility Scooter CTM HS - 250 - £120 Tel.01295-262563</p>	<p>Items for sale or wanted. Call 08457 125546</p> <p>Whilst the Carers Centre has taken every reasonable precaution in compiling this information, it is provided on an "as is" basis. The Carers Centre makes no representations or warranties of any kind (express or implied) with respect to the contents of these advertisements (including, but not limited to all documents and graphics) and any such representations and warranties are hereby disclaimed.</p>	
<p align="center">For Sale 3 ft Adjustamatic bed with massage system £500 ono</p> <p>Massage Therapy Chair £50 ono</p> <p>Sherborne Lift & Rise Chair Mink £250 ono Matching Armchair Available</p> <p>Acorn Straight Stairlift £500 ono (fitting Available £350) Tel. Janis 07896 935563</p>	<p align="center">For Sale</p> <p>Pressure Mat with radio linked pager, to alert night time wandering. Brilliant for Carers of people with Dementia. Purchased 2 years ago for £250. Only used for 6 months. Worth a million pounds! Offers to Kathy Wilcock. 01869- 337702.</p>	
<p align="center">A.S.A.L.D Adults supporting adults with Learning Difficulties A <u>new</u> support group in Banbury Monthly lunch club/chat. For details of the next meeting: Sharon 01295 276769</p>	<p align="center">For Sale Electric Scooter Road Knight Mini 4 2004 New Batteries £450 ono Tel 01295-720761</p>	<p align="center">Whistler Mobility Scooter 4 wheel folding 3/4 Years Old £125 Ono 01295-758439</p>
<p align="center">Alzheimer's Support Group 1st & 3rd Fridays 10.30-Noon. Carers Centre, 27 Horse Fair Banbury Telephone Shirley Baker 01295-267504 Or 07525 404176</p>	<p align="center">For Sale 6 sturdy grab rails. 5 approx 12 inches long, 1 approx 18 inches. Good condition, complete with screws. £30 ono T Conrad 01295 278634.</p>	
<p align="center">Dementia Support Group Meets in Methodist Church, Witney. 1st and 3rd Monday every month 2pm—3.30pm Contact David Janes on 01865 455816</p>	<p align="center">For Sale As New Aqua Smoother Bath Aid Seat Battery Operated £25 Ono. Ring Mr Welbourn 01295-750630</p> <p align="center">SUPPORT GROUPS</p>	<p align="center">PoSCh Parents of Special Children Friendship, chats, advice. Meet twice monthly, Bicester Children's Centre, Glory Farm/Bardwell Schools campus, Bicester Marion Aslett 01869 249604 or 01869 320553</p>
<p align="center">Breathe Easy Group (Banbury) The local branch of the British Lung Foundation 1st Monday every month 2-4 pm TA Centre, Oxford Road, Banbury Further details: (or just turn up) Jenny Smith 01295 259912</p>	<p align="center">MS Society New Drop-In Centre Meets 1st Thurs of every Month at the Town Hall, Banbury 2.30 pm - 5.00 pm Refreshments, chat and advice. Guest speakers (none in August) Transport help or further details Jo 01235 832374</p>	<p align="center">Red Cross Stroke Club Alternate Tues 10.30am-1.00pm Winter: indoor bowls 10.00-12 noon Community Centre, Woodstock Further details: Ms M Skinner 01993 812295</p>
<p align="center">Chipping Norton Carers Group Meets on the 2nd & 4th Monday each month at 'The Fox' Chipping Norton Further details contact: Shirley Baker 01295-267504</p>	<p align="center">Cluster Care Group Serves 8 villages (still growing!) Meets every Tuesday 10am till 3pm Cropredy Sports Pavilion Please contact: Mary Ennis 01295 750522 or Moya Reed 01295 758531</p>	<p align="center">Shires Spectrum support group. For parents of children with autism or ADHD. 2nd Friday each month 9.30–12.30 Term Time Only Carers Centre, 27 Horse Fair. Further details: Sue White 01295 712287</p>
<p align="center">DIABETES UK Banbury & Area Support Group Informal meetings for those diagnosed, relatives and helpers. Every other month. Rowan Day Centre, Horton Hospital Further details: Val Cherry 01295 709233</p>	<p align="center">Motor Neurone Disease Assoc. (Oxon Branch) Family and Friends Group Please contact Lesley Ogden 01235 850372 For venue and other details ALL WELCOME</p>	<p align="center">Mental Health Carer Group 'RETHINK' (evenings) 1st Tuesday every month The Carers Centre 7.00pm - 9.00pm. Call Nicole McBride :Tel:01865 455879</p>
<p align="center">Parkinson's Disease Group 3rd Thursday every month 7.30pm Rowan Day Centre, Horton Hospital Different speakers are invited. Further details: Sandra Ives 01295 255904 (evenings)</p>	<p align="center">Banbury Stroke Support Group 1st & 3rd Monday each month General Foods Social Club Spiceball Park 12 noon - 2.30 pm Further details: Helen Braisby 01295 267595</p>	<p align="center">Witney Stroke Club Every Friday 2.30-4.30pm Windrush Health Centre Primarily for helping with communication skills Further details: Mrs M Groom 01993 771261</p>

Judy Abbott
Chris Brough
Gil Dawson
Carol Gallacher Jackson
Elaine Gilbert
Louise Franklin
Teresa Mallett
Coral Rafferty
Alizon Reynolds
Topsy Tysoe

Carer Support Worker Areas & Volunteer Project
Bicester, Kidlington, Eynsham & surrounding areas.
Carers Support Worker Manager/SDS Broker
Witney and surrounding areas.
Banbury & Surrounding Villages
Volunteer Project Co-ordinator
Attends Carers who call-in & Time For Carers
Woodstock, Banbury & Surrounding Villages.
Witney and surrounding areas.
GP Worker & CSW Banbury.
Chipping Norton, Wychwoods, Burford and surrounding areas.

Leave Message on Extension
203
212/ 214
201
203
208
211 (please note alteration)
209
201
212
210

All can be contacted for help on 0845 7125546 or 01295-264545

In Judy's area

Kidlington & District Carers Group

1st & 3rd Tuesday every month
Methodist Church Rooms,
10.30 am - 12:30 pm
This is a friendly supportive group
and everybody is welcome

Kidlington Café for Carers & their 'cared for' person with Alzheimer's / Dementia

Last Monday of each month
except Bank Holidays
2.00pm—4.00pm
Baptist Church

Bicester Carers Group

2nd and 4th Thurs every month
Bicester Resource Centre,
Launton Road,
10:30 am -12.00 noon.
Varied programme, please
come along.

**For more information Tel. Judy
on 01295-264545**

Alizon

Bicester Carers Group

Caring for people with Dementia.
2nd & 4th Tuesday every month
Julier Centre,
10.30 am -12 noon
More information call
Maggie Jarrett 07771611041 or
Alizon on 01295-264545

In Teresa's area

Woodstock Carers Group

1st Wednesday every month
Woodstock Bowls & Tennis Club
Cadogan Park, Woodstock
10.30 am - 12.30 pm

Carers Groups

In Carol's area

Banbury Carers in Employment Group Evening Group

The 3rd Monday of each
month between
7.00 pm - 9.00pm at
The Carers Centre
A group specific to Carers
who are working or thinking
about going back into
Employment

The Wednesday Club

every Wednesday
The Carers Centre
10.00 am – 11.30 am.
A lively group of
Carers and Former Carers

Please call **Carol at The
Carers Centre. 01295-
264545 Extension 203**

In Coral & Gil's area

Witney & District Carers Club

Last Wednesday of each month
Methodist Church Centre,
High St, Witney
2.00 pm - 4.00 pm

Alzheimer's & Dementia Support Group

Meets in Methodist Church, Witney.
1st and 3rd Monday every month
2pm—3.30pm
Contact David Janes on
01865 455816

Carterton Carers Group

3rd Thursday every month
(NOT August)
2.00 pm - 4.00 pm
Town Hall
**Please call the Carers Centre first as we
often go on outings
EVERYONE WELCOME**

Banbury Café

An informal, friendly meeting place for people with Dementia and their Carers. A chance to meet others for information, support, friendship and a cup of tea or coffee. We meet on the 3rd Wednesday of each month. 2pm until 4pm at St Mary's Church Centre, Horse Fair, Banbury. OX16 0AA Located to the side of the church. Parking on site, ramp available. We look forward to seeing you there. Contact Katrina 01295-819001 or Shirley 01295-267504

Chipping Norton Café

Details as above. This group meets on the 4th Wednesday of each month, from 10 to 12 noon in the Lower Town Hall, Chipping Norton. Topsy Tysoe, Carers Support Worker will be there to meet and greet you.

YOUNG CARERS SERVICE

Young Carers Services are provided by Spurgeons

Kate: 01295 817607 / 07854 726678

Services provided from Oxfordshire County Council

Rachel: 01869 604112 (North) Julia Graw: 01865 787184 (Central)

Julie Smith: 01491 208636 (South)

The information in this publication is, as far as we know, correct at the time of going to press. The Carers Centre, however, cannot accept responsibility for the quality of information or services provided by other organisations or individuals. It is up to the individual reader to ascertain this for themselves.

The Carers Centre (North & West Oxfordshire) FREEPOST: OF—910, 27 Horse Fair, Banbury, Oxon, OX16 0BR

Telephone 01295-264545 Local Carer Line: 0845 7125546

e-mail: carers@ccnwoxon.org.uk web site: www.oxoncarers.org & www.carers.org