

Wirral Carers E-news

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HAPPY NEW YEAR!! Happy new year one and all.



MEDIA RELEASE FROM WIRRAL COUNCIL

Deadline approaches for this year's Chris Salmon Poetry Competition

Anyone wanting to enter this year's Chris Salmon Poetry Competition has until January 16 to submit a poem.

'Music' is this year's theme, and organisers are hoping for a bumper crop of entries.

The annual poetry competition began in 2010 in memory of poetry loving Chris Salmon, a student at Caldy Grammar School who tragically died from a rare streptococcal infection in February 2009, aged just 15.

The competition is run annually by the Christopher Salmon Foundation, in conjunction with Wirral Libraries, and is open to people of all ages with cash prizes awarded to winners and runners up in each age category. They will also be invited to attend a workshop and awards evening hosted by a renowned local poet. The overall winner aged 18 or under also becomes Wirral's Young Poet Laureate for the following 12 months.

Announcing the competition last year, Chris's Parents Julie and Rich Salmon, said: 'We are absolutely delighted that the competition has grown so much in popularity and now attracts entrants ranging from age 4-94! It is wonderful to be able to do something positive and creative in Christopher's memory which has captured the imagination of so many talented people.'

Cllr Chris Meaden, Wirral's Cabinet Member for Leisure, Sport and Culture, said: 'Poetry is a great way of remembering this inspirational young man and our libraries play a major part in helping promote the competition. These awards have helped open up poetry to many people who may not have thought of writing before.'

The Christopher Salmon Foundation was set up in 2009 and has so far raised over £48,000 in Christopher's memory. Further details can be seen on the charity's website www.chrissalmon.org.uk.

Full details of this year's competition and official entry forms are available from Wirral libraries and on the charity's website, www.chrissalmon.org.uk. Completed forms should be returned to Diane Mitchell at Birkenhead Library by January 16, 2016.

Do you have a poem about being a carer or around your caring role and wish to share with other Carers please send to info@wirralcarers.co.uk and we can have a feature page of poems and quotes.

What Matters to Wirral?

**Join the biggest conversation about health and wellbeing that
Wirral has ever seen.**

Come and tell us what matters to you.

What Matters to Wirral – Carers' Workshop Wednesday 20th January 2016

**Old Market House, Birkenhead, CH41 5AL
10.00am – 12.00noon**

We need your voice to help us understand what really matters to you as a person and a carer, so we can make sure our local health services work better for you, and so we can find the right ways to keep you involved and informed.

Please confirm your attendance with healthy.wirral@nhs.net or
contact the Carers Helpline on 0151 670 0777 or
cws@wired.me.uk

We look forward to meeting with you.

Thank you for helping us on our journey to create a happier and healthier Wirral.

Or fill in our survey online:

healthywirral.org.uk from 11th January

**Last minute
reminder FREE
training**



FREE HEALTH & SAFETY TRAINING FOR CARERS

The Lonsdale Trust Wallasey is offering free accredited training for carers.

Awarding Body:	British Safety Council
Course:	Level 2 Health and Safety in Health and Social Care
Date:	Monday, 11 th January 2016
Duration:	9.30 am to 4.30 pm
Training Fees:	Free of Charge

On completion of training each candidate will be given a written multiple choice examination paper. On successful completion, an accredited certificate will be awarded. The fee for the examination and certificate is payable by each candidate, in advance, and costs £20.00

In order to enable carers to take up this offer the Trust will take care of the person you care for **free of charge** for the day whilst you attend the training

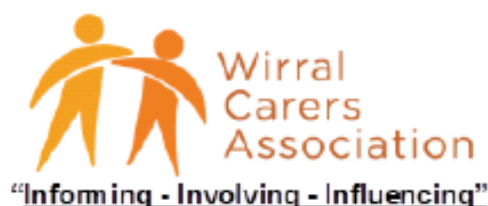
Spaces are limited – please contact us to secure your place

The Lonsdale Trust Wallasey

0151 630 2076

lonsdaletrustwallasey@hotmail.co.uk

DO YOU CARE FOR SOMEONE??



**are hosting a health and wellbeing
information event**

WELFARE BENEFITS EXPLAINED

(including PIP, ESA, DLA, carers allowance etc)

**A chance to learn about your entitlements
from specialist organisations on a 1:1 basis**

Thursday 21st January, 2016, 1:30pm – 4pm

**The Lauries Centre
142 Claughton Road, Birkenhead CH41 6EY**



What Matters to Wirral?

“What Matters to Wirral” is the start of the biggest conversation around health and wellbeing that Wirral has ever seen

Starting January Healthy Wirral are launching a wide range of workshops and an online survey.

The team at Healthy Wirral want as many people as possible to tell them what matters to them about health and social care in Wirral. The feedback will be used to shape health and social care services around the needs of all people in the community, wherever they live, and whatever their needs.

In particular they would like to draw your attention to the following workshops:

- **Designing Diabetes support services workshop (For patients with diabetes and their carers)**
- **Designing Urgent and Emergency Care workshop (For anyone who has recently accessed urgent care facilities. e.g. in the past year)**
- **What Matters to Wirral? Workshops (For any Wirral residents, patients, carers or staff)**

If you'd like to come to a workshop, please let the Healthy Wirral team know by emailing healthy.wirral@nhs.net

If you can't make it to a workshop, you can also visit www.healthywirral.org.uk and complete a short 'What Matters to Wirral?' online survey from 11th January.

**IMCA, IMHA and DoLS Specialist Advocacy Training****City & Guilds Level 2 Award in
Independent Advocacy Training****Care Act Training****Level 3 Qualification in Independent Advocacy**

Looking for something new to kick start the New Year and perhaps improve your career prospects? Then why not have a look at our training courses?

IMCA, IMHA, DoLS and Care Act Training

Our training days are comprehensive courses that provide candidates with the confidence, knowledge and understanding to practice as Advocates in these specialist areas.

The training covers a wide range of topics and the course is delivered by experienced Advocates and Tutors. Our training dates are:

IMCA 2 Day Courses - 18th & 19th January 2016 and 7th & 8th March 2016

IMHA 2 Day Courses - 11th & 12th February 2016 and 31st March & 1st April 2016

DoLS 2 Day Courses - 1st & 2nd February 2016 and 21st & 22nd March 2016

Care Act 2 Day Courses - 18th & 19th February 2016 and 21st & 22nd April 2016

The cost of the 2 day courses is £300.00+VAT and includes Codes of Practice (where appropriate), all materials, lunch and refreshments throughout the 2 days.

Level 2 Award in Independent Advocacy

Our City & Guilds Level 2 Award in Independent Advocacy has been designed to provide a detailed overview of the different types of Advocacy and the role of the Independent Advocate.

Whether you are currently practising as an Advocate and want to gain a formal qualification or you are a new Advocate, individual who wants to become an Advocate or a volunteer, then this 1 day course is ideally suited to you.

Our next training dates are: 25th February 2016 and 7th April 2016

Cost of this 1 day course is £250.00+VAT and includes all materials, City & Guilds registration and certification, tutor support and lunch/refreshments.

Level 3 Certificate/Diploma in Independent Advocacy

We are also registered with City & Guilds to deliver the Level 3 Certificate/Diploma in Independent Advocacy. As this is a work-based qualification you need to be working as an Advocate with a live caseload, to provide evidence for a portfolio which is then assessed by one of our Assessors who will visit your workplace. You can complete the full Certificate/Diploma or just one specialist unit - the choice is yours! This now includes a specialist Care Act 2014 unit. Please contact us for further information.

For further information on this qualification, click [here](#) or to book your place please call Diane Jones on 0151 653 7111 or email access@inclusiveaccess.co.uk or [book online](#)

- Empowering People Through Learning -

Inclusive Access has been successfully supporting people through

City & Guilds Qualifications since 2009.

For further information about our services visit our website

www.inclusiveaccess.org.uk





CARE TO BE DIFFERENT

Helping you secure NHS funding for care fees

Whether or not you pay for care does NOT depend on your money. It depends on your care needs **only**. Be sure to get properly assessed for NHS Continuing Healthcare funding. This website provides lots of information to help you...

Helpful articles and practical advice

- **Hospital discharge and NHS Continuing Healthcare**
- **Why are elderly people wrongly charged for care?**
- **Should I sign hospital discharge forms?**
- **NHS Continuing Healthcare - where does the buck stop?**

For more information visit our website

caretobedifferent.co.uk

How do you get help from PALS?



You can call us on **0800 054 2137** or **0151 363 3948** or on the main Wired number **0151 522 7990**



You can email us on **WirralPals@wired.me.uk**



You can write to us at:
**Wired, Unit 7, Wirral Business Park,
Arrowe Brook Road, Upton,
Wirral, CH49 1SX**



You can also contact us through our website **www.wired.me.uk**

If you require a translation of this leaflet please contact PALS

Patient Advice &
Liaison Service



Patient Advice and Liaison Service (PALS)
Provided to Wirral CCG by Wired

www.wired.me.uk | 0151 363 3948 | PALS - 0800 054 2137



Wirral Mind Courses

January –March 2016

Five Ways to Health & Wellbeing
Be Mindful
Colouring Café Sessions
Making the Most of your Money
The Healer Within
Gentle Self-Maintenance for Hard Times
Inspiration and Motivation
Shape your Destiny
Give Yourself a Break
Feel Well
The Power of Positivity
Introduction to Wellness and Recovery
Food and Mood
Coping with Change
Maintaining Choice and Control
Introduction to Emotional Freedom
Feel Better Now!
Wirral Mind Self-Help Groups

Please note any further information or to book please visit
www.wirralmind.org. or contact: Learning at Wirral Mind
learning@wirralmind.org.uk or tel: 0151 512 2200

Disclaimer: Every effort is made to ensure that the information in this E-bulletin is correct. Wired Wirral Carers can accept no liability for errors and omissions and cannot recommend products or services. Views and opinions expressed in this publication are not necessarily those of Wired Wirral Carers

Question or comment? E-mail us: info@wirralcarers.co.uk why not visit our website: www.wirralcarers.co.uk