



**Carers**

Wakefield & District



**NEWS-SHEET**

Issue No. 51

Winter 2011

# **CARERS RIGHTS DAY CONFERENCE**

## **Friday 2 December 2011**

### **MONEY MATTERS!**

Opened by:

**Elaine McHale**

**Corporate Director**

**Family Services, Wakefield MDC**

**Information Stands**

Guest Speakers:

**Carers Assessments \* Personalisation**

**Sharon King (Carer/Author)**

**Free Hot Lunch**

Workshops throughout the day:

- \* **Personal Budgets**
- \* **Making Art through 'I Pads'**
- \* **Wiltshire Farm Foods**

*Workshop spaces limited, please choose two,  
they will be repeated after lunch*

**at Wakefield Trinity Wildcats**

**10.00am - 3.00pm**

**Contact us on (01924) 305544 to book a place**

Carers Wakefield & District, FREEPOST NEA 8632, 25 King Street, Wakefield WF1 2BR

Tel: (01924) 305544

E-mail: [info@carerswakefield.org.uk](mailto:info@carerswakefield.org.uk) Website: [www.carerswakefield.org.uk](http://www.carerswakefield.org.uk)

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# A TRIO OF CARERS' CHRISTMAS LUNCHES



We know many more carers this year,  
so have arranged three lunches, across the District.  
They are on different days so hopefully you can fit it around your caring responsibilities.

**Tuesday 13 December**  
**Holmfield Arms**  
*Thornes Park*  
*Wakefield*  
*WF2 8DY*

**Thursday 15 December**  
**The Old Mill**  
*Wakefield Road*  
*Horbury*  
*WF4 5HJ*

**Tuesday 20 December**  
**The New Wheatsheaf**  
*Altofts Lane*  
*Whitwood, Castleford*  
*WF10 5PZ*

Come and join with other carers, please only choose one of the festive lunches to attend.

We will meet from 12.00 noon for the 12.30pm meals.

Priority will be given to current carers, who we are asking to make a contribution of £5 towards the cost. Places are limited, please book early.

The restaurants have asked us to choose our courses prior to our visit, please take a look at the menus opposite, then indicate on the reply slip which lunch you will be attending, your menu choices and send it together with your non-refundable payment.

Confirmation of your booking will be sent to you nearer the time.

Any questions, please contact us on **(01924) 305544**.

✂

## CARERS CHRISTMAS LUNCH REPLY SLIP

✂

I/we would like to come to the Christmas lunch at (*please choose only one*):

Holmfield Arms     The Old Mill     The New Wheatsheaf    No of Places.....

Name(s).....

Address .....

Postcode.....Tel No.....

I enclose a cheque/postal order for £..... payable to Wakefield & District Carers Association.

Starter(s).....

Main(s).....

Dessert(s).....

Please return no later than **Friday 2 December** to:

**Carers Wakefield & District, FREEPOST NEA 8632, 25 King Street, Wakefield, WF1 2BR**

## Holmfield Arms - Wakefield

Tuesday 13 December



### Starters

#### **Tomato & Jersey Cream Soup (v)**

Served with croutons, multi-grain bread & butter

#### **Brie & Cranberry Filo Parcels (v)**

Filo pastry parcels filled with Brie & cranberries, with a cranberry sauce dip & salad garnish

#### **King Prawn Cocktail**

King prawns on a bed of mixed leaves, topped with prawn cocktail sauce, served with multi-grain bread & butter

#### **Chicken Forestiere Pate**

A chicken liver, Madeira & mushroom pate, served with thick-cut toast, caramelised red onion chutney & butter

### Main Courses

All main courses are served with British root vegetables, Brussels sprouts & roasted potatoes

#### **Traditional Turkey**

Served with a bacon & chipolata roll, sage & onion stuffing & cranberry sauce

#### **Braised Beef in a Chianti Wine Sauce**

With chestnut mushrooms, balsamic onions, garlic & thyme

#### **Oven Baked Salmon Tail Fillet**

With a tomato concasse and dill butter sauce

#### **Chestnut & Mushroom Roast (v)**

A creamy mix of mushrooms, nuts & brown rice, topped with chestnuts, cashew nuts & cranberries

### Desserts

#### **Christmas Pudding (v)**

Rich & fruity Christmas pudding, with brandy sauce

#### **Cream Profiteroles (v)**

Choux pastry buns filled with cream & drizzled with chocolate sauce, served with double cream

#### **Mascarpone & Madagascan Vanilla Cheesecake (v)**

With a spiced mandarin & red berry sauce, served with double cream

#### **Luxury Chocolate Tart (v)**

With chocolate sauce & double cream

## The Old Mill - Horbury

Thursday 15 December



### Starters

#### **Roast Parsnip & Caramelised Onion Soup (v)**

Served with a bread roll & butter

#### **Breaded Mushrooms (v)**

With a garlic mayonnaise dip

#### **Pork & Plum Pate**

A coarse pork pate with plum & brandy, garnished with a glazed sweet plum, served with toast & butter

#### **Prawn Cocktail**

Prawns on iceberg lettuce with Marie Rose sauce, served with brown bread & butter

### Main Courses

All main courses are served with new & roast potatoes & a selection of seasonal vegetables

#### **Roast Turkey**

With sage & onion stuffing, bread sauce & cranberry sauce

#### **Traditional Roast Topside of Beef**

With Yorkshire pudding & horseradish sauce

#### **Sea Bass with Roasted Tomato & Dill**

With a buttery sauce of slow roasted tomato & dill

#### **Butternut Squash, Walnut & Cheese Tart (v)**

Butternut squash, walnuts, spinach, red peppers in a Cheddar cheese pastry

### Desserts

#### **Christmas Pudding**

Served with brandy sauce

#### **Millionaire's Ice Cream Cake**

Shortbread base topped with layers of chocolate & caramel flavour ice creams & toffee sauce, finished with milk chocolate curls & chocolate sauce, served with vanilla ice cream

#### **Chocolate & Cherry Bombe**

Rich chocolate crumb base with Belgian chocolate mousse & a soft centre of cherries in brandy, served with cream

#### **Tumbleberry Pie**

Crisp pastry filled with Bramley apples, raspberries, blackcurrants, blueberries, redcurrants, dusted with sweet sugar snow, served warm with custard

## The New Wheatsheaf - Castleford - Tuesday 20 December



### Starters

#### **Cream of Vegetable Soup (v)**

Served with crusty bread & butter

#### **Duo of Melon (v)**

Honeydew & watermelon, topped with a pineapple salsa

#### **Wheatsheaf Prawn Cocktail**

Greenland prawns, set on a bed of lettuce, coated in a Marie Rose sauce

#### **Chicken Liver Pate**

With toasted brioche and homemade cider & apple chutney

### Main Courses

All main courses include self service of potatoes & vegetables

#### **Your Choice of Meats from the Carvery**

Served with crusty bread & butter

#### **Chicken & Leek**

Chicken breast, in a creamy leek & white wine sauce

#### **Seared Salmon Fillet**

With vegetable ribbons and tomato & chive beurre blanc

#### **Yorkshire Ravioli Alfredo (v)**

Fresh Egg pasta ravioli, filled with tomato, mozzarella & basil, topped with grated Yorkshire cheese

### Desserts

#### **Traditional Christmas Pudding**

Served with thick, creamy rum sauce

#### **Choice of Cold Desserts**

From the dessert trolley, served with fresh cream

# CARERS' GROUPS



## WALKING GROUP

The walks will be on the following dates at 10.45am:

- \* 16 November \* 21 December \*
- \* 18 January \* 15 February \*

For further information about any of the walks contact Carers Wakefield & District on (01924) 305544.



## CARERS INFORMATION & ADVICE DROP-IN

Hemsworth Library,  
every Friday, 10.00am - 12.00 noon.

Pop in and meet  
Tracey McHale,  
Carers Support Worker.

## WAKEFIELD CARERS GROUP

10.30am - 12.00 noon

25, King Street, Wakefield WF1 2SR

Thursday 24 November: *Samaritans*

Thursday 26 January: *Chair Based Exercise*

Thursday 23 February: *Relaxation Session*

Please let Jan Way or Linda Blackburn know on (01924) 305544 if you would like to attend any of these sessions.

## PONTEFRACT CARERS GROUP

10.30am - 12.00 noon

Baileygate Court  
Sheltered Housing Complex  
North Baileygate, Pontefract

Future meetings:

Tuesday 10 January

Tuesday 14 February

Tuesday 13 March

For more details ring  
(01924) 305544.

## MEN'S GROUP

Visit to

*The Royal Armouries Leeds*

(Admission Free)

Friday 18 November, 11.00am - 3.00pm.

We can offer lifts in cars for up to 11 people  
(first come first served).

Leaving 25 King Street Office at 11.00am and  
leaving the Royal Armouries at 3.00pm back to  
King Street, Wakefield.

Please ring (01924) 305544

or email [info@carerswakefield.org.uk](mailto:info@carerswakefield.org.uk)  
and let us know if you would like to attend.

Please state if you would like a lift,  
or you will be making your own way there.

## THE 1<sup>ST</sup> THURSDAY CLUB

1.00pm - 3.00pm

South Elmsall  
Town Council Social Centre  
Westfield Lane

A Support group for unpaid carers  
and the person they care for.

Thursday 1 December:

*Christmas Cake and Mince Pies*

Thursday 5 January:

*Community Occupational Therapist*

Thursday 2 February:

*Cake and a Chat*

Thursday 1 March:

*Moving and Handling*

## KNIT AND NATTER!

25 King Street, Wakefield  
on the 3rd Thursday of the month,  
10.30am

Come along & support our 'Knitting Fest'.

## ACKWORTH CARERS' GROUP

College Lane Surgery, 1.30pm - 3.00pm

Friday 18 November: *Police Talk*

Friday 16 December: *Boccia & Musical Bingo*  
(*Christmas fun*)

Friday 20 January: *Samaritans Talk*

## BME LADIES CARERS GROUP

10.30am - 12.30pm

Thursday 24 November  
Agbrigg Community Centre

Thursday 16 February

Pinmoor Children's Centre

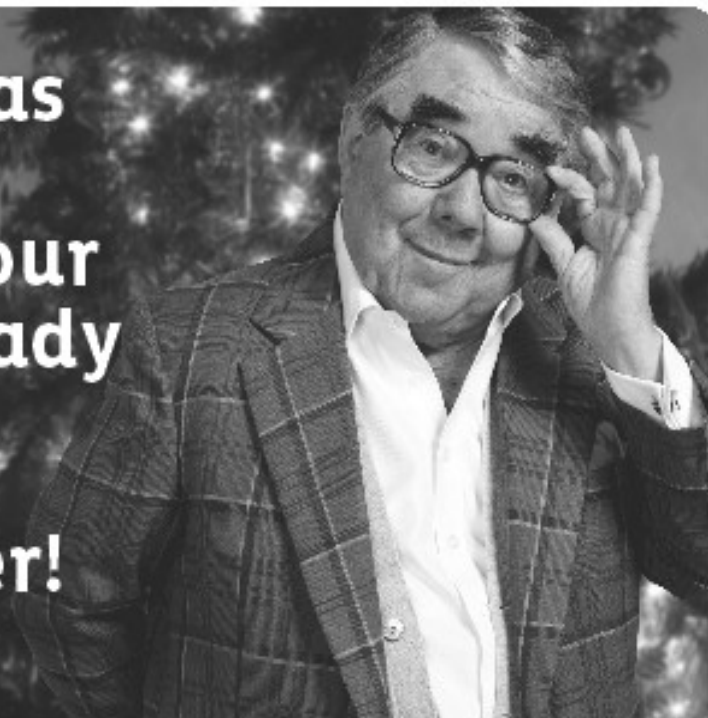
Thursday 29 March

Agbrigg Community Centre

The BME Ladies Carers Group support carers  
from the black minority and ethnic community.  
Please contact Lucy Horobin on  
(01924) 305544.

# Tasty Christmas Turkey Dinner delivered to your freezer and ready in minutes.

## What a cracker!



Honey Roast Turkey Breast £3.95



Make your Christmas extra special with Wiltshire Farm Foods. We're proud to offer you a delicious range of warming, festive dishes. From roast turkey to cranberry & port cheesecake, all meals are delivered to your freezer by your friendly, local driver, and are ready to cook in minutes.

Simply request our **FREE** brochure and order over the phone or online. You can then enjoy free delivery to your door. Go on, relax, put your feet up - and leave your Christmas mealtimes to us!



**TASTY MEALS FROM ONLY £2.95**



**FREE NATIONWIDE DELIVERY**

Cranberry & Port Cheesecake £1.80



### CHRISTMAS SELECTION PACK for only £29.95

**Main Courses:** ● Honey Roast Turkey Breast ● Steak in Creamy Mushroom & Brandy Sauce ● Roast Chicken in Red Wine & Mushroom Sauce ● Roast Pork with Apricot & Leek Stuffing ● Gammon & Mushroom Pie ● Pork & Leek Sausages with Port & Cranberry Gravy

**Desserts:** ● Christmas Pudding & Custard ● Cranberry & Port Cheesecake ● Sherry Trifle ● Sponge with Raspberry Compote & White Chocolate Sauce



For your **FREE** brochure or to order a Christmas Selection Pack call us on

# 0800 773 773

Shop online at [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)



**Wiltshire Farm Foods**

taking care of mealtimes

**Festive  
Activities**

# CARERS FESTIVE MORNING

Drop in to our  
**Christmas Coffee Morning**  
on  
*Tuesday 6 December*  
*10.30am - 12.00 noon*  
at  
**25 King Street, Wakefield**

**Enjoy a mince pie and a chat!**

## **PARENTS REFERENCE GROUP - PARENT CARERS**

The Parents Reference Group Wakefield is looking for more parents of disabled children aged under 19, to join their group. The aim of the group is to get parents involved in strategic decision making about the provision of services. The group is supported by Wakefield MDC and NHS Wakefield District and want to involve parent carers at all levels of planning and development of services that are cost effective and responsive.

The group has been successful in obtaining funding for this year and will now be organising events and activities through to next April. We are interested in ideas for events so please get in touch!



If you are interested please contact Ian Bradbury or Linda Blackburn  
at Carers Wakefield & District on: (01924) 305544  
or email: [lindab@carerswakefield.org.uk](mailto:lindab@carerswakefield.org.uk) or [ianb@carerswakefield.org.uk](mailto:ianb@carerswakefield.org.uk)



# ANNUAL GENERAL MEETING - 19 OCTOBER 2011

Over 50 carers, trustees and staff enjoyed this year's Annual General Meeting held at Wakefield Town Hall. Kirsty Jewitt from Wakefield and District Housing made a presentation about Carelink - the Community Alarm System. Frances Thompson Family Services followed this with information about 'telecare' support, linked to the Community Alarm System and illustrated this with many examples. They both answered a number of questions from carers.



Our Patron, Amanda Harper BBC Look North presenter, made a speech about how she came to be our patron following contact last year when making a short film for Carers Week. Amanda clearly understands the pressures and needs of carers across the district and has welcomed opportunity to raise the profile of unpaid carers in the area. She went on to explain how an idea develops into a short news film and illustrated this with two videos involving carers which went out during Carers' Week.

The AGM official business was held at 12.00 noon followed by a buffet lunch.

## EMPLOYERS FOR CARERS

Nationally, many large employers, including BT, British Gas, Sainsbury's and several NHS Trusts and local authorities, have come together under this umbrella name, in order to promote the business benefits of supporting carers and provide advice and support on carer friendly policy and practice.

Locally we have already worked alongside staff in the Mid-Yorkshire Hospitals Trust and West Yorkshire Police as well as some smaller employers.

A new leaflet for working carers will be available at the Carers Conference on Carers Rights Day in December.

In Spring 2012, we would like to step up our work alongside local businesses with carers amongst their workforce. A working lunch with business leaders will see the launch of a new publication to highlight why it makes sense to support employees who are also carers. The aim is to open up discussions, to see how Carers Wakefield & District may help organisations in achieving this, and perhaps ultimately move towards a local Charter of Recognition for companies working towards this.

Whether you are an employer, a working carer... or possibly both, if you are aware of an organisation that you feel should be invited to this event, please contact Chris Clark on (01924) 305544 for more details.

### CHRISTMAS CLOSURE

Carers Wakefield & District will be closed from 5.00pm on  
**Friday 23 December**  
and re-open on  
**Wednesday 28 December.**

If your care needs are urgent,  
please ring Social Care Direct on  
**0845 8 503 503.**

### HELP SAVE POSTAGE COSTS

If you have Internet access,  
we can send you your copy by e-mail,  
contact:

**tracys@carerswakefield.org.uk**

with your name and address.



## FREE LEGAL ADVICE

In partnership with Age Concern Wakefield and Beaumont Legal, free legal advice for Carers and Older people is available here at Carers Wakefield or Age Concern Castleford offices. This can include wills, trusts, probate, power of attorney, what to do after a death, employment, residential care charges or selling property.

For a free half hour appointment please contact Carers Wakefield & District on **(01924) 305544** or Age Concern Wakefield on **(01977) 552114**.

## CARE HOME FEES?

Interested in legal advice about care home fees?

Switalskis solicitors have offered a free session for carers and if there is enough interest we will arrange this for early in the new year. Please telephone us on (01924) 305544 to express interest and we will let you know when it is arranged.

## CARING FOR OUR FUTURE

On 15 September, the Department of Health launched, '*Caring for our future; shared ambitions for care and support*' and want to hear your views on the future of care and support.

The government has identified six areas that they believe offer the greatest potential to improve the system.

1. Improving quality and developing the workforce
2. Increased personalisation and choice
3. Ensuring services are better integrated around people's needs
4. Supporting greater prevention and early intervention
5. Creating a more diverse and responsive care market
6. The role of the financial services sector in supporting users, carers and their families.

Take a look at [www.caringforourfuture.dh.gov.uk](http://www.caringforourfuture.dh.gov.uk) if you want to know more. You can post comments on any of the six areas individually or download the feedback form to cover them all. If you don't have access to a computer we will download a copy for you and print it off for you to complete by hand and send in by post. However please take note that the closing date for all responses is Friday 2 December.



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If you do not want to receive any further News-sheets, please contact us:

Tel: **(01924) 305544** E-mail: **tracys@carerswakefield.org.uk**