



Luton Carers Network





Foreword

There are an estimated 18,000 carers in Luton, around one in five people will become carers at some point in their lives. Hidden carers often spend more than 20 hours a week looking after loved ones.

Without help and support, they can find themselves struggling with what can be very physical and emotional demands, trying to balance work and home life, and potentially risking their own health and wellbeing as a result.

Carers give a vital contribution to their families and communities providing unpaid support for someone who is ill, frail or disabled. We value the work of our carers, who are quite literally, indispensable.

I am delighted to launch the new Luton Carers Network, a network of voluntary organisations that will link together to provide information, advice and support to carers across the town. I hope that the event and booklet will provide carers, professionals and the general public with an awareness of what partners within the network will set out to deliver for the much valued unpaid carers within the Borough.

A handwritten signature in blue ink, which appears to read "Mahmood Hussain".

Councillor Mahmood Hussain

Active Luton

Active Luton really cares about those that care for others and we appreciate the difficulties Carers face each day.

It is often difficult to find the time to look after yourself and to find that little bit of 'Me Time' that is so important for your wellbeing and your feel good factor. Having the time and the opportunity to keep yourself fit and healthy is so important to young Carers since it allows you to keep up the sterling work you do.

Active Luton currently manages many gyms, swimming pools and fitness classes across Luton and this year it is targeting young Carers (16 - 24 years) by providing a wide range of affordable activities for you to take part in.

Active Luton is offering young Carers something called '10 for 10' vouchers, which allow you to use Profiles Gyms and fitness classes for just £1.

The offer can be used up to three times, so in effect young adult Carers will be able to access 30 sessions per year for £1.

Once you visit one of Active Luton's sites, you will be greeted by a member of staff and will be offered a Health MOT. That will be your starting point to keeping fit and healthy.

Furthermore you will also be issued with one of Active Luton's 'Go 4 Less' cards, which offers 10% discount on many other activities throughout their sports centres.

There will also be four events per year based on physical activity involving partners such as SEPT, Family Action Luton and CYCD to provide additional help.

To sum it up, supporting Young Adult Carers to remain fit and healthy is at the heart of what Active Luton does. It has experts to help and guide you in a fun and exciting way, so why not be part of this exciting opportunity?

Please contact Terry Nicholls or Matt Wells on Luton 413704 or 400272 to find out how you can join us.

Luton Carers Partnership Board

Luton Carers Partnership Board is a group of that meets regularly to discuss Carers' issues.

It's main purposes are to:

- Ensure that the views and needs of Carers are voiced and heard by statutory bodies and fed into plans
- Enable discussion, consultation and networking with Carers and organisations that represent Carers
- To keep Carers and organisations that work with Carers informed of changes of policy and local developments which are likely to impact upon Carers
- To oversee the development and progress of Luton Carers Network
- To monitor the quality of services provided to Carers

The Partnership Board welcomes the input of Carers and would like more Carers in Luton to be involved. Our next meeting is in January 2014.

If you would like to get involved or find out more then please contact Bridget Moffat at Luton Borough Council (tel 01582547778) or email bridget.moffat@luton.gov.uk.

More information about the Partnership Board and the Council's services for Carers can also be found on the Luton Borough Council Website under "I care for someone"

Disability Resource Centre

The Disability Resource Centre is delighted to announce the start of a new service completely dedicated to unpaid Carers in Luton.

New funding by London Luton Airport Limited (LLAL) will enable us to provide information and practical support to a far greater number of Carers in Luton than we do already.

We now employ two peripatetic Carers Support Officers who will take the service out to each of the five areas of Luton, and can even visit Carers in their own homes if necessary.

Some Carers will just need some advice or information, for which, there will be an information pack, a dedicated website, a separate database full of information relating to Carers, and people to talk to on the phone.

We will make full use of existing local services to develop an integrated, holistic support system to Carers, and will add additional partners to our network including Luton GP practices.

We will also be working in close conjunction with the Carers Partnership Board in Luton.

Two other significant partners with us in this project are Luton Law Centre and Cicstart. Luton Law Centre will provide any legal advice that Carers might need, and Cicstart has vast experience in helping people get back into work, if that is what they wish to do.

We aim to make a real difference to Carers, including those who may be

- New Carers
- Carers in distress
- Carers who cease care responsibility
- Carers with changing circumstances
- Carers who need advocacy
- The families of Carers

Please call us on 01582 470900.

Luton Asian Carers Support Services

The existing five support groups providing services for Asian Carers have come together to form a partnership with CYCD. This partnership aims to provide more and better support for the carers in Luton.

- Our volunteers and staff will continue to identify new 'hidden' carers
- Culturally appropriate individualised support for carers to promote their Health and Wellbeing (continue to run exercise sessions and health checks)
- Provide help and support for carers and their families, making home visits when necessary
- Provide accessible information (in different community languages, verbally face to face or on the phone) and through CYCD website. Provide advocacy and signpost carers to our own health and wellbeing services as well as other relevant services.
- Working with partners and other agencies to provide the best services available for carers to improve their quality of life

- Facilitate carers to develop their own support network through regular support sessions (making new friends, learning new skills)
- Provide opportunity for carers to access recreational and leisure activities to promote their social inclusion and reduce isolation.

Teams of volunteers and staff are based at each of these groups. Please see the contact details below:

Bandhob Carers Support Group, CYCD
(Bangladeshi Community)
Mr Fazilat Ali Khan on 01582 519500

Guru Nanak Carers Support Group
(Sikh Community)
Mrs Shindar Mudhar on 01582
478426/721072

Guru Ravidass Carers Support Group
(Sikh Community)
Mr Kishore Kaler on 01582 450053

Khidmat Carers Support Group
(Pakistani/Kashmiri Communities)
Mr A H Dawood on 01582 435242

Ujala Carers Support Group
(Hindu Community)
Mr V Pattni on 01582 562139



Mind BLMK Carers Support Service

Mind BLMK offers a range of services promoting mental health recovery, wellbeing and independence in the Bedfordshire Luton and Milton Keynes area.

The Carers Support Service is funded by London Luton Airport Limited (LLAL) and has enabled us to extend our services to support those who care for someone with a mental health need or might be feeling that their own wellbeing is being affected by their caring role.

We recognise that everyone has different support needs and to reflect this we have designed three ways to access our services.

Support Groups

SEPT has been successfully running support groups for carers in the evening and day time. Mind BLMK will team up with SEPT to continue these groups and develop an additional group to give more options to carers.

Educational Programme

Twice a year we will run a 9 week programme which carers can attend to learn more about specific mental health and wellbeing issues along with learning about their rights and how to improve their own wellbeing.

Mentor Support

Some people may feel they need individual support. Our mentor service can be a great way to support people to achieve short term goals.

If you are interested in finding out more about Mind BLMK's Carers Support Service, please contact 01582 757625 or email hq@mind-blmk.org.uk

African Caribbean Carers Group

The African Caribbean Carers Group is excited to announce, the start of a new service specifically for carers in Luton.

New Funding by London Luton Airport Limited (LLAL) will enable us to provide information and practical outreach work. We will now employ a support outreach worker and support/co-ordinator.

Many carers will need some advice or information, for which there will be an information pack, a separate database with information for carers and people to talk to on the phone.

The other significant partners are Lewsey Farm Learning Centre and BME wellbeing clubs, carers' network. We will be involving them in our hard to reach carers.

We aim to make a significant difference to African Caribbean carers including:

- Access to a venue where they can receive accurate and effective advice and signposting to relevant agencies
- New Carers
- Hard to reach carers
- Carers who require bereavement counselling
- Carers will share coffee mornings and 'cook & eat' sessions
- Carers circumstances and health checks
- Carers health and wellbeing

We want to ensure that the services we provide are reviewed constantly and with quality assurance, monitoring system.

For further information please call us on 01582 691990 or email us at africancaribbeancarers@live.com





YAWN Life

YAWN Life is a carer led newly formed Community Interest Company whose objective is to improve life opportunities for people with learning disabilities and their parents/carers.

Our day opportunity service focusses on the person with a learning disability but we are now pleased to announce a new service to specifically support their parents/family and carers.

As the person cared for moves through life, the changes and challenges they face present new territory for the carer to negotiate, new feelings to accept and new needs to be recognised.

Particularly at times of change and transition carers can benefit from help to accept the differences, both in the cared for person and the changing caring role they then play.

Our new service will provide information tailored to needs but also provide the support to ensure that carers have the confidence and strength to benefit from it.

Where appropriate we will:

- Help with understanding of processes and practical completion of forms.
- Introduce and support parents/carers to access partner services who can provide specialist help.
- Provide a listening ear and strategies – giving confidence and reassurance, helping to alleviate mental stress and acting as advocate when necessary
- Offer social and information events – opportunities to meet, share with other carers and learn more

Support will be individualised to need; we can talk on the phone, meet at our office, visit at home or support in a group.

Please call us or email:

Jeanette@yawnlife.co.uk
07983434524

Julie@yawnlife.co.uk
07792734183



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