

Westminster Carers Service

Feb/March 2012
Volume 1 Issue 2



Moving Forward

Second issue and an opportunity to update you on the course we are preparing for the families, friends and staff who use our services. Take a moment to read our exciting new initiatives, our new ventures and we hope we have something to tempt you...

Westminster Carers Timebank

Back in October 2011 Westminster Carers Timebank was launched by the Lord Mayor, Councillor Susie Burbridge. *Find out more inside.*



Book A Break

Our new service is a fresh way for carers to book support directly with a Care Support Worker of their choice on-line.

What's inside?

.Carers Timebank

.Book A Break

.Individual Budgets

.Personal Assistant

.Internet Training

.CV Writing workshop

.Interviewing skills

workshop

What is a Timebank?



Westminster Carers Timebank is the first time bank for carers in London.

A Timebank is a way for people to share their skills to help each other. For every hour of help you give, you receive an hour of 'time credit', which can then be 'spent' receiving help from someone else; no money ever changes hands and membership is free. These are some of the skills Timebank members are offering or need help with.

Skills being offered by members:

- Translation
- Book keeping
- Language lessons: Italian, Spanish
- Giving lifts
- Basic computer skills

Members need help with:

- Reading
- Learning Arabic
- House sitting
- Simple decorating
- Cooking/Baking
- Computer skills

The first swap for our Timebank is due to take place at the start of February, with one member offering to teach another member how to swim! We'll let you know how they get on.

What can you offer, or what would you like help with?

Contact Sushi - Timebank Intern to find out more 020 7434 0670 or timebank@westcarers.co.uk

Independence & Choice

How will You manage Your Care & Support?

Many of you will be experiencing the changes that are taking place in adult social care and the introduction of Personal Budgets.

Those who meet the criteria for a service will be given a Personal Budget. A Financial Assessment will be carried out and you may be asked to make a contribution towards the support package.

With a Personal Budget you can choose who *you want* to provide your care, as long as your identified needs are met by any arrangements you make.



What can I do with my Personal Budget?

You may choose to employ the same carer support worker/s you have now, a new person or a family member who can help you.

The big change is that you will now be responsible for paying that person directly and dealing with their tax, National Insurance contributions and other deductions that must be made by an employer.

What does this mean? Want to find out more?

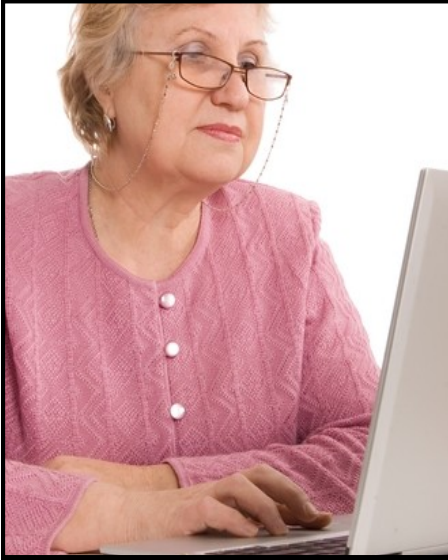
Why not come along to our **FREE sessions from Penderels Trust,** who have been helping people live independently for over 20 years using Personal Budgets

There will be a presentation on the roles and responsibilities of employers, legal requirements and health & safety.

You can ask any questions that you may have.

THIS EVENT IS FOR ALL CARERS AND CARE SUPPORT WORKERS—see the Training Board.

Book A Break



Want support for Family, a Neighbour or a Friend?

We are launching a new service for carers on our website.

Everybody knows how important it is to have time off. If you need regular time off each week, occasional cover or a longer break, you can register now to book a care support worker with our Book A Break service online.

All our care support workers are carefully selected trained, supervised and CRB checked by us, so you can Book a Break without worrying.

When you start using the service you will be able to:

- See all the care support workers who are available to take your booking.
- Book a care support worker as and when you need one
- Have your booking confirmed.

Then you can have the break you need confident that someone trained and reliable will be there to look after the person you care for.

If you have any questions about this service, please contact your Care Coordinator who will be happy to help you 020 7434 0670.

Care Support Workers

Have you put your profile on our website yet? Are you looking for more work?

[Book A Break](#) is a new way for families to find out who is available for work and book you directly using your email address.

Don't have an email address? We can set one up for you.

Make sure you attend one of the [Book A Break](#) and [Introduction to IT sessions](#).

Call Marcia on 020 7434 0670.

Training Board

Training and Information sessions for - Families & Staff

All training will take place at: Seven Dials Club, 42 Earlham Street
Covent Garden London, WC2H 9LA (Nearest tube Covent Garden)

Families, please note that on **6, 13, 16 and 19 March**, cover cannot be guaranteed as we expect the majority of staff to take up the training on offer that is outlined overleaf.

If you are a carer thinking about hiring a Personal Assistant or you are a care worker asked to work for someone privately, you should attend these two sessions with Penderels Trust.

They will be on the same day for about 5 hours in total.

The Good Employer Workshop

Delivered by Penderels Trust

Are you thinking about using your Personal budget to hire a care support worker or personal assistant?

Have you been asked to work privately as a carer or Personal assistant?

- Understand the responsibilities of an employer

This is not just for families but also staff. You can find out for yourself what should be done.

Please call Marcia for date and details.

020 7434 0670

Boundaries

Delivered by Penderels Trust

- Job descriptions
- Health & safety
- Negotiating your tasks
- Health & Safety

How can you ensure that you do not go beyond your agreed duties?

Please call Marcia for date and details.

020 7434 0670

Training Board

for Staff only (usual pay rates apply)

All training will take place at: Seven Dials Club, 42 Earlham Street
Covent Garden London, WC2H 9LA (Nearest tube Covent Garden)

CV Writing Workshop

- presented by Prospect Services
Is your CV up to Date?

Come along and get expert advice and help on writing your CV.

You can book a 1-2-1 session in the afternoon with an advisor.

Tuesday 6 March
Time: 10 am -1 pm

Interview Skills

When was the last time you went for an interview?

Do you feel confident about job interviews?

What is the best way to prepare for an interview?

Come along to this session to help you get that next job.

Date: Friday 16 March
Time: 9.45 am - 1 pm

Personal Assistant

presented by Prospect Services

- What is a PA?
 - How do I become one
 - What kind of jobs are there?
- Come and find out the difference between a PA and a care support worker

Date: Tuesday 13 March
Time: 10.30 am - 12.30 pm

Career Change

Have you thought about a new career?

What would you need to do to start a new career?

If you have thought about a change in direction, why not come along and see what you can do to make this happen.

Date: Monday 19th March

If you know that you usually have a client at the same time as you have book training please inform your Care Coordinator or Marcia on 020 7434 0670, so that where possible we can arrange cover.

Training and Information sessions for - Families & Staff

All training will take place at: Seven Dials Club, 42 Earlham Street
Covent Garden London, WC2H 9LA (Nearest tube Covent Garden)

Book A Break - How does it work?

Care Support Workers

If you wish to be considered for work you will need to register and upload your 'Personal Profile'.

Getting together your CV will help towards this, with a few changes

You will be contacted during February by a Care Coordinator to attend a session which will show you how to register and upload your details, for which you will be paid.

Book A Break - How does it work?

Families and Friends

Are you caring for someone and wishing to use this service? Please telephone the office and speak to your Care Coordinator who can arrange for someone to visit you at home, or for you to come into the office to be shown how you can register and how the system works.

Please telephone 020 7434 0670

Introduction to the Internet

- Learn how to use the internet for shopping, finding out information, how to set up an email account and of course how to Book A Break
- Training can be in the office for staff and families.
- Family members can also have training on the internet in their own home. [Call the office and speak to Marcia 020 7434 0670](tel:02074340670)

Young Carers Service

Westminster Carers Service also have a Young Carers Service. There are an estimated 175,000 young carers in the UK helping to care for a parent, grandparent or sibling.

We currently support 100 young carers who have extra responsibilities because they care for a family member. We offer young carers help and advice, advocacy and a variety of activities during school holidays to enable them to meet other young carers and have some time for themselves.

We can help

We can help with information and advice about school or work.

We can help if you're worried about the person you care for

We'll give you a safe, confidential and non judgemental environment where you can talk about your situation, your concerns and how you're feeling.

We can speak to school, other services or organisations on your behalf. We know that you'll need a break sometimes from being a carer so you can just be yourself and meet other young people like you. So get in touch if you are caring for someone at home .

Contact Us

If you would like to make an comments on this newsletter or contact us about any of our services, you may do so in the following ways:

Visit the website: www.westcarers.org.uk

By Email: westcarers@westcarers.co.uk

By telephone: 0207 434 0670

By post: **Westminster Carers Service**

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