

North Leitrim & West Cavan Carers' Group

NEWSLETTER **MARCH/APRIL 2007**

NEXT MONTHLY MEETING - FRIDAY 30th MARCH

Come and join us for coffee, tea, chat and a well-deserved morning break with some fellow Carers, in Manorhamilton at the Granary Restaurant on Main Street, at 11 am.

We're making plans for events and days out in the year ahead, so be sure to join us if you'd like to hear what's on, or would like to share some suggestions! The meetings are informal and really just an opportunity to spend some time with people who know what caring's all about.

If you can't get to the meeting because you don't have transport, please ring Secretary Susan Carleton on 071 9643329, or Development Worker Hayley on 087 989 0336, and we'll do what we can to organise a lift.

New members are especially welcome, and you can always bring a friend along. Whether you're caring for an older person, child or neighbour, remember - this group is there for you!

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FUNDING NEWS

HSE GRANT APPLICATION SUCCESSFUL

The Group's request for funds made to the HSE NW this year has resulted in an award of €1,000 towards the running costs for 2007. This is great news as not only does it provide the group with some funds but it also shows that the HSE knows the value of the group and is aware of the support it can offer.

Secretary Susan Carleton is currently looking at other sources of funding, with a view to raising enough money to pay for an annual break and some activity days and events during the year.

As you'll see below, there will be a planning meeting for anyone interested in working on fundraising

THURSDAY 5TH APRIL 2007 - FREE BISCUITS!

If you enjoy planning and fundraising, join members of the group for their next business meeting at noon, Thursday the 5th in Dowra. The group plans to meet in the Resource Centre. All we need are your ideas, support, and help eating all these biscuits, so don't worry, there's no surprise homework involved... besides, the coffee and biscuits are free. If you've got an idea or comment but can't make it to the meeting, ring Susan at (086) 0677524 or e-mail carersgroup@eircom.net.

INFORMATION DAYS

One of the projects the group is planning is a series of 'information days' where representatives from the group will be joined by workers from the community sector, the Health Service Executive and other support groups in letting people know about the group and other resources in this area. The group hopes to combine the first one of these with a coffee morning in aid of the Alzheimer's Association. More details in the next newsletter!



CARERS' GROUP OFFERS SUPPORT ON-LINE

As you may have seen in local papers recently, the North Leitrim & West Cavan Carers' Group has launched a new website for family Carers in the region, and invites contributions of personal stories and/or photographs, tips and ideas for fellow Carers, suggestions for group events or activities and Carer-related news.

The new website can be found at www.carersgroup.com

Carers who find themselves without cover or transportation can now participate online in a local fellowship that can provide support and resources to anyone caring for ageing parents, special needs children and disabled or terminally ill family members, neighbours or friends. For homebound Carers who would like to attend the group's gatherings and events, including monthly coffee mornings and respite days out, the Carers' Group can also help with transportation and cover.

Local businesses and organisations have also been invited to send information about services and products they can offer local Carers and people with disabilities for inclusion in the website.

All your contributions, suggestions and questions can be sent by email to carersgroup@eircom.net. You can also phone the group's Secretary Susan on 071 9643329 or 086 9677524.

If you don't have a computer at home, when you get into town you may have time to call into the local library, where computers are available to use and the staff can assist you in finding your way to the website.

SUPPORTS AND RESOURCES

BENEFIT ADVICE FOLLOWING THE 2007 BUDGET:-

SOCIAL WELFARE:- 1800 690 590

TAX OFFICE:- 1800 314 414

CITIZENS INFORMATION SERVICE:- LO-CALL 1890 777 121

THE SENIOR HELPLINE:- 1850 440 444

Ring from anywhere in Ireland for the price of a local call - if you have worries, feeling lonely, or just want to hear a friendly voice, the line is open from 10am -1pm & 7pm-10pm 7 days a week

CANCER HELPLINE:- Freefone 1800 200 700

ACTION BREAST CANCER HELPLINE:- 1800 30 90 40

SMOKING QUITLINE:- Callsave 1850 201 203

IRISH CANCER SOCIETY:- 01 2310500

Talk to a specialist cancer nurse for advice, support & information in confidence, weekdays 9am-5pm

HSE NW (Health Board) INFOLINE:- 1850 636 313

THE CARERS ASSOCIATION:- Resource Centre, 4 Teeling Street, Sligo. Tel: 071 9143123 or drop in for a chat.

A MESSAGE FROM THE SECRETARY - FREE T-SHIRT

...if you're willing to walk for it! This one's especially for anyone eager to get outside and enjoy Spring, and for those of us still wearing our Christmas chocolates (like yours truly). I'll be walking the Cavan Way sometime this summer to raise money for our group, and have started training on the Dowra end of it. I'd love some company on the day, so if you're interested, please ring or e-mail or stop by a meeting, and we'll set up our sponsor cards and FREE t-shirts. I'm also working on goodie-bags for the end of the walk, if you need a bit of extra incentive. The more the better, so tell your family and friends!