

**BRIXHAM DOES CARE
CARERS NEWS
LETTER
01803 857727**



**JANUARY-MARCH
2012**



Happy New Year Everyone

Our sincere thanks to all of you for the lovely cards, kind wishes and gifts that staff received. We would also like to thank all of you who use Brixham Does Cares services, for your continued support. I look forward to seeing you in the coming year.

Also big thank you to everyone who attended Mince Pie morning. We hope that everyone enjoyed it as much as we did.

As we get back to normal, if you are planning a New Year “spring clean” the shop would be very pleased to receive any unwanted items.

Emma.

Carers Mini Bus Trips and Coffee Mornings



January

Wednesday 18th January

Carers Coffee Morning at 11am in the BDC Cafe.

February

Wednesday 8th February

Carers Coffee Morning at 11am in the BDC Cafe.

Tuesday 28th February

A mini bus trip to Trago Mills. The minibus will leave the Town Hall at 11am and will leave Trago Mills at 3pm.

March

Wednesday 14th March

Carers Coffee Morning at 11am in the BDC Cafe.

Tuesday 27th March

A mini bus trip to House of Marbles at Bovey Tracey. The mini bus will leave the Town Hall at 12 noon and will leave House of Marbles at 3 pm.

Please note from January tickets for the minibus trips must be purchased in advance in the BDC office. Each trip will cost £3.00 per person. If you have never attended the mini bus outings or coffee mornings it would be lovely to see you, you would be made very welcome.

New Year's Eve/Day Word Search

AULD LANG SYNE
BABY NEW YEAR
CELEBRATE
CHEERS
COUNTDOWN
DECEMBER
FATHER TIME
FESTIVE
FIRST
HOLIDAY

JANUARY
MIDNIGHT
NEW YEAR'S DAY
NEW YEAR'S EVE
OLD MAN TIME
PARTY
RESOLUTION
THIRTY-FIRST
TWELVE O'CLOCK
WINTER

J A N C O U N T D O W N U A R
Y O N E J M A R K S T H E R E
N D O F A T H E R T I M E E T
T H G I N D I M F A P E T T W
N R I A U L D L A N G S Y N E
E O E D A R O F R E R A T I L
W M V S R E E H C I D E R W V
Y M I B Y B R E F I A N A C E
E E T A N M L D L S U M P M O
A A S R R E S O L U T I O N C
R Y E O B C H F T H E P A S L
S S F R I E M I T N A M D L O
E N A Y A D S R A E Y W E N C
V T H I R T Y F I R S T G Y K
E R A E Y W E N Y B A B E A R



Struggling to pay your Energy Bills

- ◆ Budgeting
- ◆ Payment Methods and Understanding tariffs
- ◆ Energy discounts
- ◆ Getting all the benefits you are entitled to
- ◆ Applying for loans and grants to help pay fuel bills
- ◆ Dealing with energy debts/credit issues
- ◆ Switching Supplier
- ◆ Applying for energy efficiency grants

Citizens Advice Bureau

If you have any concerns or would like any information on any of the above items the Citizens Advice Bureau will come and hold a workshop at Brixham Does Care. In the past this has been a very helpful and informative workshop if you are interested please call into the office or phone on 01803-857727.

A letter to all Carers from our Director Ian Graham

Everyone at Brixham Does Care hopes you had a relaxing, peaceful and enjoyable time over the Christmas holidays, we also wish you a Happy New Year and a welcome to 2012.

The need to write to you formally stems from the topic of finances. I am sure you are all aware of the state of the nation's budget and it is no surprise that the economic downturn and the turbulence of national and international finances is the key to the current dilemmas.

You will probably have read in the press or seen on TV the increasing concern nationally regarding NHS and Local Authority budget reductions. It is likely that Torbay Care Trust may need to find between 2-3 million pounds worth of savings.

What may this mean for Brixham Does Care?

Fundamentally it means that we, like many other organisations, are unlikely to receive the same level of funding support now or in the future that we have received in the past. You will recall, through our annual accounts, that Brixham Does Care receives approximately 50% of all its annual income through contracts with Torbay Care Trust. We have already experienced a 20% cut in the annual funding support we receive from them, with the prospect of further reductions e.g. at least another 10% being imposed.

Brixham Does Care is looking closely at the group activities and services we currently offer and we may need to rationalise the way in which we deliver these services. Part of the process is to create a Brixham Does Care charging policy. The executive committee has fully discussed and debated this issue and we have now written the policy that will come into effect from 1st January 2012. A full copy of our charging policy is contained within this news letter.

What may this mean for the Carers Brixham Does Care Supports?

We have communicated our situation and circumstances to James Drummond who is our Carers contact in the Trust.

We have advised James that all our current support to carers will continue until 31.03.2012, that support being;

- a) Maintaining our carers support worker for 13 hours per week.
- b) Providing one to one home visiting support.
- c) Continuing our telephone contacting service by regularly telephoning carers.
- d) Arrange and support monthly carers coffee mornings in the BDC cafe.
- e) Organising monthly minibus outings on the Brixham Does Care minibus.
- f) Producing a quarterly news letter.
- g) Generally offering information and advice.

What happens after the 31/03/2012 remains very uncertain. In our correspondence with James Drummond we have clearly indicated that if funding for carers support is not forthcoming, Brixham Does Care will no longer be able to offer this dedicated service to carers.

We are very aware of the pressures on the Trusts budget and the cutbacks they are required to make. Brixham Does Care also needs to plan its economic future and regrettably if funding is not forthcoming it would be with great sadness that we would be forced to terminate the dedicated service we offer to carers.

The response we have had to date from Torbay Care Trust is not encouraging; they do not yet know what their budget position will be for 2012/2013. They would hope to have funding for the work we undertake with carers, even if it were at a reduced amount but they are unable to clarify at this time.

Brixham Does Care position remains the same should we not receive funding for carers we will be unable to sustain our services at their current level. If the worst should happen and we are unable to provide dedicated staff time towards carers as a group, carers would continue to be supported by Brixham Does Care, as we support all individuals who come to us. Indeed individual carers may wish to continue with some aspects of what has already been developed i.e. minibus trips, carers coffee mornings in the Brixham Does Care cafe. Brixham Does Care can make facilities available if a carer or a group of carers were prepared to fully plan, organise and deliver such events. We would also continue to signpost individuals appropriately. We are informed that Carers Support Workers in the GP surgeries will continue and the Brixham Carers Centre will remain open MTTTF 10am-4pm and possibly on Saturday mornings.

We are facing demanding times and challenging times; Brixham Does Care has always maintained an excellent relationship, as a befriending charity, with the people of Brixham and surrounding communities. With your continued help and support we are confident we will be able to maintain a service to carers, even if there are reductions in funding, although it may not be at the level we have achieved in the past. If at all possible we will seek alternative sources of funding (once we know what money we may expect from the Trust) in an endeavour to maintain the services we have developed.

If you are unhappy with the possibility of reduced carer's service you may wish to express your concerns directly to James Drummond 3rd Floor Union House, Union Street, Torquay TQ1 3YA.



*** NOTES, NEWS AND EVENTS ***

NEW GROUPS

On Tuesday 12th January we will be starting a new group called 'KNIT & NATTER' with Val. This group will be held in the Gold Room every Tuesday morning 10.30a.m. – 12.30p. If you can knit or would like to learn to knit or do a little crochet, come along to a friendly welcome and a good chat. This group will cost £1.00 per person to include a hot or cold drink. For more information contact staff link member Emma in the office.



Due to demand we are looking to run a second scrabble group. This will be offered to new people who have been unable to join our existing group which is full. If you would be interested in joining this group it will meet on a Wednesday morning 10.30a.m. – 12.30p.m. please leave your details with a member of the office staff. The cost of this group will be a £1.00 per person to include a hot or cold drink. Please contact staff link member Sheila in the office.



ART GROUP

As from January our Art group will meet weekly and would welcome new members. We now have a lovely volunteer tutor called Rose who attends the group fortnightly. This group costs £1.00 per person. Everyone is welcome. If you would like more information or would just like to come along and see what we do contact staff link member Emma in the office.

MEMBERSHIP

As from January Brixham Does Care's **annual membership** will be increased to **£5.00 per year and will run from January to January**. We will have a volunteer available in the cafe every morning to take your renewals. We will be having a 'Members Draw' in March with one lucky winner receiving two free tickets to one of Brixham Does Care's events, (more information is available on the coloured sheet entitled 'Charging Policy' enclosed in your news letter).

BRIXHAM DOES CARE

Supporting and supported by The Local Community.

Brixham Does Care was founded in 1978 as a Registered Befriending Charity and has since then been planning, organising and providing local services to the local people.

We need to continue the groups and activities that are set up and ask for your support in the work we undertake. You can help by

- Becoming a member
- Using our café for low cost refreshments and meet friends
- Visiting our Charity Shop in Middle Street
- Using our facilities and working with us as a fundraiser or as a volunteer
- Making a donation
- Making a covenant or legacy
- Telling your friends and family about the work we do.
- Supporting our events and activities

SERVICES PROVIDED BY BRIXHAM DOES CARE TO PEOPLE OF ALL AGES INCLUDE:-

- **The Brixham Does Care Café where everyone is welcome, is open Monday to Friday from 10 a.m. - 1 p.m. Hot and cold drinks and light refreshments are available at a minimal charge. You may also join in our afternoon groups or activities. People of all ages meet here and by coming regularly, get to know each other.**
- **Our Café is run by our volunteers, who look forward to meeting you.**
- **Disabled access to the Brixham Does Care Café is available via a lift operating from the ground floor.**
- **Other facilities include:- coach outings, books on wheels, jig-saw lending, form filling, delivery of talking books to the housebound and a range of groups/activities on offer Monday afternoon to Friday afternoon.**
- **A home visiting service, making over 280 visits each month to people in their own homes who are isolated, housebound or vulnerable.**

BRIXHAM DOES CARE AIM:-

- To support, and be supported by, the local community
- To enhance:-
- * Quality of life, education, health and social Welfare
- * The independence of vulnerable people
- * Befriending support to all those in need

**EVERYTHING WE DO IS IN STRICTEST
CONFIDENCE**

Recipe

**A lovely recipe for those who have not made a Dietary
New Year Resolution !**

Chocolate Malteser Refrigerator Cake

100g Margarine softened

6 tablespoons Golden syrup

250g Cooking Chocolate (milk)

200g Digestive Biscuits. roughly crushed

200g Maltesers cut roughly in ½

Method melt margarine and syrup and chocolate over heat when it is melted take off the heat and add crushed biscuits and maltesers, mix really well. Spread into a lined greased swiss roll tin. Chill in the fridge then cut up into small squares. Keep refrigerated.

Be strict with the amount of syrup.* This can also be frozen.* If you have no greaseproof lining for the tin, once the mix has been refrigerated you can warm the bottom of the tin gently to help remove the chocolate mix more easily before cutting into squares.

Enjoy !

BRIXHAM DOES CARE STAFF

**DIRECTOR
CO-ORDINATOR**

**Ian Graham
Margo**

**COMMUNITY
WORKERS**

**Kay, Sheila, Ann,
Maureen, Dana and
Philippa.**

**CARERS SUPPORT
WORKER**

Emma.

If you are concerned in any way about the services we offer, do come and speak to someone in the office. In addition, Martyn Paddon our Chairman, is happy to be approached.

**E-mail brixhamdoescare@yahoo.co.uk or
Visit our website www.brixhamdoescare.org.uk**

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Funeral Directors**

