

The Carers Association

Ireland's National Voluntary Organisation for and of
Family Carers in the Home



TAKE CARE NEWSLETTER

Issue 2: July 2009

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Launch of Carers of the Year Awards 2009

Our patrons Mary Kennedy and Marty Whelan reunited on RTE's Tubridy Tonight on Saturday 23rd May to announce the launch of our Carers of the Year Awards 2009. The official launch took place at the Westbury Hotel on 28th May and guest speakers included James Doyle, M.D. with Emergency Response, Frank Goodwin our Chairperson and duo Mary and Marty who officially launched the campaign.

The Carer of Year Awards are about recognition for carers and placing a value on the wonderful work that they do every day in their homes sometimes unnoticed and often unsupported. Family Carers provide over 3.5 million hours of care every week in the home for their loved ones saving the state over 2.5 billion a year.

There are two categories of carers within the Awards ceremony i.e Carer of the Year and Young Carer of the Year. Young Carer refers to a carer under the age of 18 who is providing care for a loved one in the home. It can be a young adult caring for a parent or grandparent or a sibling of a child or young adult with special needs who helps to care for their sister or brother.

There are incredible people all over the country today providing high levels of care for their loved ones at home and we want you to tell us about them. By nominating a carer for our awards you are recognising their tremendous value and worth in our society and helping us to thank them for their unconditional love and support for their loved ones.

How to nominate:

Please go on our website where you can nominate on line or download nomination form on www.carersireland.com

or

contact Karen on 056 7753600 or email her at kphelan@carersireland.com for further details.

or

Freefone 1800240724 for nomination forms



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Frank Goodwin, Sammy Kratschmar and John Ryan, DCC



Cork Carers at Adare during National Carers Week



Carers from Midlands at Cuisle Centre during National Carers Week

NATIONAL CARERS WEEK 8TH JUNE - 14TH 2009

National Carers Week took place this year from the 8th to the 14th June inclusive. The theme for this year was "Because We're worth it!" and the week was officially launched by Lord Mayor Eibhlin Byrne at the Mansion House and hosted by Care Alliance.

Events run by the Carers Association for Carers around the country included a social/recreational day in Adare, Limerick where 130 family carers from the South and South East gathered for lunch and craic and a day away from their caring roles. Over 120 Carers from the Midlands and Dublin travelled to Cuisle in Roscommon where they enjoyed music, barbeque and massage therapy. For further details on the weeks events please go to www.carersweek.ie.

The Carers Association also launched their new national emblem, "Heart of Gold" pin during Carers Week. The pin, which costs just € 2 can be purchased from any of our 16 resource centres, details on back page, or by contacting freefone 1800 240724 or log onto our website.



LAUNCH OF RESEARCH "BALANCING WORK AND CARE"

Lord Mayor of Dublin, Councillor Eibhlin Byrne launched a Survey of Working Carers employed by Dublin City Council at the Mansion House on Wednesday 10th June during Carers Week. The survey conducted by The Carers Association and DCC shows that working carers are struggling to juggle the numerous pressures involved in managing both paid employment with care in the home.

The aim of the survey was to show the realities associated with the reconciliation of paid work and informal care and to identify what is needed to make paid employment more compatible with caring responsibilities. Full details of the research can be downloaded from our website or by contacting our freefone number 1800 240724 and requesting a copy.

NEWS FROM EUROPE

Eurocarers, the European association working for carers, aims to represent the interests of carers in Europe. It seeks to do this by exchanging, gathering and disseminating experience, expertise, good practice and innovations. It also aims to raise awareness and to contribute to policy development at national and EU level by acting as a voice for carers in Europe and advocating on issues that affect carers. There are 16 countries represented with over 30 organisations from Carer and research backgrounds. There are 7 executive members one of whom is Frank Goodwin our Chairperson. Frank is Secretary of Eurocarers and Liam O' Sullivan of Care Alliance is Treasurer. Links have been formed with MEP's through Interest Group on Carers in Europe.

For more details on Eurocarers see www.eurocarers.org



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Official opening of National Office in Tullamore



Blanchardstown Mini Marathon supporters

OPENING OF NATIONAL OFFICE IN TULLAMORE

An Taoiseach, Brian Cowen T.D., officially opened The Carers Association's new purpose-built resource centre and national office in Tullamore, Co. Offaly on Friday 22nd May. The new centre will provide essential supports for local carers and serve as the national centre for the Association.

Containing a fully equipped training room for family carers, the Association is expanding its local based training programmes that will help family Carers to provide the best care possible, to reduce the risk of injury to the Carer and help them cope with the physical, emotional and psychological aspects of caring. Over the next two years The Carers Association plans to run 700 courses across the country training over 10,000 family carers nationwide.

The centre also provides a relaxation facility where family carers, prone to burn-out due to the nature of their full-time caring work, can de-stress and take some much needed time-out. Staff at the new centre will provide advice and information on supports and allowances available to carers as well as financial and service support to 16 resource centres around the country.

Over 160 attended the official opening including family carers, local business representatives, local and national political representatives and friends and supporters of the Association.

FUNDRAISING NEWS

A huge thank you to all the volunteers and staff who took part in the Dublin Mini Marathon on the June bank Holiday. Congratulations to Kilkenny, Sligo and Roscommon centres who ran their annual mini marathons over the May bank holiday weekend and thanks to all who supported these events.

INTERNATIONAL WALK TO JORDAN

Our International Walk travels to the magnificent kingdom of Jordan on October 23rd to 31st. Places are still available so if you are interested in going along contact Annette McCaul on 086 8393964.

NEW MEMBERSHIP OFFER—DAYS HOTEL BREAKS Days Hotels are offering our members great Mid week deals - SUN to THURS during 2009 including July and August 2BB & 1 dinner € 89 per person sharing. When booking you should quote The Carers Association and give the following promotional code: CAISP. Hotel Locations include Wicklow Tullamore, Kilkenny, Waterford, Castlebar and Galway. Enquiries to Dublin central reservations office Tel. 01. 6391136

Bereavement Counselling Available

A limited counselling service is available to Family Carers who are coping with loss and bereavement. If it would help to talk, please contact your closest Resource Centre or the National Care Line to enquire about Bereavement Counselling.

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CONTACT YOUR NEAREST RESOURCE CENTRE

Location	Address	Centre Manager	Tel No.
Blanchardstown	The Rise, Main St Blanchardstown, Dublin 15	Jacqueline Millman	01 8119555 086 3886970
Bray	7 Maple Square, Ardee St Bray, Co Wicklow	Andrea Wilson	01 2761760 086 1726300
Clonmel	8 Sarsfield St, Clonmel Co Tipperary	Richie Molloy	052 6170454 086 1727048
Clondalkin	Unit 3, Dolcan Mall, Tower Road Clondalkin, Dublin 22	Cathy White	01 4670795 086 0403481
Cork	9 Tuckey St, Cork	Peter Cox	021 4806397 086 1727169
Rathgar	26 Wesley Road, Rathgar, Dublin 6	Mary Fitzsimons	01 4904554 086 1726175
Kilkenny	Priors Orchard, Johns Quay Kilkenny	Pat Grogan	056 7721424 086 1727742
Limerick	Unit 1 Steamboat Quay Dock Road, Limerick	Steffani Jade McDonagh	061 310803 086 1726270
Mullingar	2 Careys Lane, Bishopsgate St Mullingar, Co Westmeath	Caroline Poole	044 9347922 086 1727269
Naas	4 New Row, Naas, Co Kildare	Anne Flynn	045 889513 086 0400423
Portlaoise	Kellyville Court, No. 1 Abbeyleix Rd Portlaoise, Co Laois	Adrian Violett	057 8661112 086 0453785
Sligo	3 Mail Coach Road, Sligo	Nick Nixon	071 9143123 086 1726664
Tullamore	Market Square, Tullamore Co Offaly	Adrian Violett	057 9322920 086 0453785
Tralee	4 Clonmore Villas Ballymullen, Tralee, Co Kerry	Karen Gearon	066 7121399 086 8076158
Waterford	No. 2 Grattan Quay Waterford	Nuncie Murphy	051 857970 086 8542965
Wexford	24 Henrietta St Wexford	Marian Mahon	053 9140511 086 1726589
Roscommon	Carnagh, Kiltoom Athlone, Co Roscommon	Bernie Dowling	090 6489296 086 8099494