

time for yourself – respite, leisure and holidays

As a carer it is all too easy to concentrate wholly on the person you care for, and forget about **your own needs**.

However, it is important to have some time for yourself and treat yourself well. **Taking a break** from caring – whether for a couple of hours, a few days, or a week or more – can give you renewed energy and be beneficial for both you and the person for whom you care. These breaks are often called **respite care**.

Much respite care is arranged as part of the care plan following a **social services assessment** (see the factsheet *Social services*). In some cases of severe dependency respite care is arranged by the health service. It is also possible to arrange for **private provision**. Several voluntary organisations also offer respite care or can help you make suitable arrangements.

This factsheet looks at how you can arrange a break for yourself and the person for whom you care. It also has information about **local leisure provision**.

The Carers UK booklet *Taking a break* includes useful advice and information on different ways of taking and financing a break. It is available from **Carers UK publications (0845 241 0963)** or can be downloaded from www.carersuk.org/Information/Helpwithcaring/Takingabreak



Emergency respite

Emergency respite is when a carer, because of a sudden illness, accident or other urgent domestic crisis cannot, for a short period, look after the person for whom they care.

If you find yourself in this situation you need to contact one of the **One Stop Shops** (020 8937 1200 in office hours; 020 8863 5250 out of office hours – 5pm-8.30am, Monday-Friday; 24 hours weekends and bank holidays) and explain that there is an emergency.

Planning a break

In most cases you will be able to plan the breaks you need. It is very important to do this well in advance.

GETTING A BREAK FOR A FEW HOURS

Brent Crossroads (020 8830 7923, brentcrossroads@care4free.net) provides support for carers of physically disabled people of any age. It can send a trained care attendant to your home, on either a regular or occasional basis, or for a specific event or appointment – ring and check. It provides personal care, home care and respite, either funded or privately. Referrals can also be made by professionals.

Lunch clubs and **social clubs** provide opportunities for older or disabled people to get out for a few hours on a regular basis, giving the carer a break. Contact Age Concern Brent (020 8965 7711, acbrent@btopenworld.com) or the One Stop Shop (020 8937 1200) for a list. Many day centres (see below) also have lunch clubs and provide a range of social events.

GETTING A BREAK FOR A DAY

Day centres offer a variety of activities and support, including educational opportunities, workshops and social events. There are day centres for older people, people with physical disabilities, people with learning disabilities and people with mental health needs. Some cater for specific minority ethnic groups. Some can provide transport.

A few are run by the council, others are run by voluntary organisations. The One Stop Shop (020 8937 1200) has a list of centres for older people and can direct you to sources of other information. Some organisations listed in the factsheet *Carers from black and minority ethnic communities* have day centre and social facilities.



To apply for a place in a council-run centre contact the One Stop Shop (020 8937 1200) to arrange an assessment.

The **Belvedere House Day Hospital** (020 8459 3562) provides health services and activities for people aged 65 and over with mental health problems (NB: this is a day *hospital*, not a day centre).

Voluntary organisations

Some voluntary-run centres are listed below, see 'Further information' for sources of information about others. Access to some centres is by open referral (ie self-referral is possible), others need an assessment (via the One Stop Shop).

- **The Asian Day Respite Centre** (020 8902 2113, APDMCHA@aol.com) provides day care for people with disabilities; referral via social services or the health authority; transport can be provided.
- **Asian People with Disabilities Alliance** (020 8902 2113, APDMCHA@aol.com, www.adpa.org.uk) offers a range of services and activities for Asian people with disabilities and their carers and families.
- **BIAS Community Services** (020 8459 6655, bias.brent@btconnect.com, www.biasbrent.co.uk) runs the *Irish Elders Luncheon Club* (apply direct to BIAS or through a GP or nurse) and the *Irish Elders Day Care Project* (attendance by referral through One Stop Shops).
- **Brent Deaf Club** (text: 020 8746 1864, textdirect: 18002 020 87461864, simon.hesselberg@royaldeaf.org.uk) is held on the 4th Wednesday of every month at The New Millennium Day Centre, 1 Robson Avenue, London NW10 3SG.
- **Brent Mencap** (020 8451 5278, info@brentmencap.org.uk) runs groups and activities for young adults with learning difficulties. Ring for details.
- **CMSS skills development centre** (020 8866 3711/020 8429 3035, www.skillsdevelopmentcentre.org.uk) provides education, employment and leisure opportunities for disabled people.

- **Friends of African and Caribbean Carers and Sufferers of Dementia** (020 8965 1112, friend@dementia.fsnet.co.uk, www.faccsd.org) offers a home respite service.
- **New Testament Community Project** (020 8459 5345) – provides a range of activities for older people, and disabled people aged 50 or over. Referral via social services.
- **Royal Association for Deaf People** (020 8749 8857, textphone 020 8746 1864) – services include the Brent Deaf Club (see above), deafblind support, lunch and social activities.
- **Sudbury Neighbourhood Centre** (020 8908 1220, sudburycentre@btconnect.com) – for frail older people living within a mile of the Centre in Harrow Road, Wembley; referrals through the One Stop Shop or social services; transport provided. Also runs a daily luncheon club – all welcome.
- **West Indian Self Effort Education Project** (020 8830 3337, wise.brent@btconnect) – for older people; open referral; transport can be arranged by Dial-a-Ride.

Further information

- **Age Concern Brent** (020 8965 7711, acbrent@btpopenworld.com)
- **Brent MIND** (020 8451 3200, info@brentmind.com, www.brentmind.com)
- **One Stop Shop** (020 8937 1200, customer.services@brent.gov.uk)
- **Brent Carers Centre** (020 8795 6240, e-mail@brentcarerscentre.org.uk)

LONGER BREAKS

From time to time you may need a longer break. This may be arranged as part of the care plan following a social services assessment, in which case there are two possibilities – residential care and respite at home.

- With **residential care** the person you care for will stay in a residential setting. This could be a council or health authority managed establishment or a privately run home. The cost depends on the financial situation of the person you care for.
- You may prefer to leave the person you care for at home in familiar surroundings (**respite at home**), which may be more appropriate for someone with dementia or mental health problems.

To apply for respite care contact the One Stop Shop (020 8937 1200) for an assessment. Remember that you, as the carer, are also entitled to an assessment (for further details see ‘Carer’s assessment’ in the factsheet *Social services*).

Some respite care grants are available for people with a severe physical disability aged between 19 and 65 (men) and 60 (women). Contact the One Stop Shop (020 8937 1200).

ARRANGING CARE PRIVATELY

It is also possible to employ people privately to give you a break. If you are considering this option it is essential to get good advice and information, particularly about recruitment and conditions of service.

Social services may be able to help through **direct payments** – see the factsheet *Social services*.

The professional body **UK Homecare Association** (020 8288 5291, www.ukhca.co.uk) has details of agencies that can provide private care in your home.

There are also several useful publications:

- *Everything you need to know about getting and using direct payments*, published by the **National Centre for Independent Living** (020 7587 1663, ncil@ncil.org.uk, www.ncil.org.uk).
- *Help at home – what may be available in your local area, Home care agencies – what to look for and Home care – using direct payments* published by **Counsel and Care** (0845 300 7585: 10am-noon and 2pm-4pm, Monday-Friday, except Wednesday afternoon, advice@counselandcare.org.uk, www.counselandcare.org.uk).

HOLIDAYS AND RESPITE CARE

There are a number of specialist organisations that offer holidays or accommodation for carers and/or the people they care for. Some are listed below; for details of others see ‘further information’.

Can Be Done (020 8907 2400, holidays@canbedone.co.uk, www.canbedone.co.uk) offers a programme of tailor-made, accessible tours and holidays throughout the world for disabled people.

The **Forresters Respite Centre** (023 8084 3042, forresters@rethink.org), run by Rethink, is a specialist respite centre at the edge of the New Forest for people who have experienced any form of mental illness, and their carers, who can go to the centre either separately or together.

The **Kiloran Trust** (020 7602 7404, info@kilorantrust.org.uk, www.kiloran.org.uk) provides residential supportive breaks for carers, in a house in Hammersmith.

RNIB Recreation and Lifestyles (0845 766 9999, www.rnib.org.uk/leisure) can help visually impaired people arrange holidays and provides information about getting financial assistance.

Vitalise (0845 345 1970, www.vitalise.org.uk) runs subsidised holidays for physically disabled people and respite care for their carers, based on individual need, at five accessible centres.

Further information

Tourism for All (0845 124 9971, textphone 0845 124 9976, info@tourismforall.org.uk, www.tourismforall.org.uk) provides information on respite care, and holidays and travel for people with a range of special needs including physical disabilities, learning disabilities or mental health problems.

RADAR (020 7250 3222, radar@radar.org.uk, www.radar.org.uk) publishes *A Guide for Disabled People: Holidays in Britain & Ireland*.

The website **direct enquiries** – www.directenquiries.com – enables users to search for accessible venues, including hotels, all over the UK and Ireland.

Brent Social Services (020 8937 4676) may be able to arrange respite care for anyone who is HIV positive or their carers. Self-referral is possible.

Leisure

It is really important to make some time for yourself. There are many opportunities for leisure activities in the borough, including libraries, adult education services and sports facilities, some of which will also be accessible to the person you care for. Further information on access is given in the factsheet *Getting around*.

LIBRARIES

The 12 libraries in Brent offer a wide range of books and other material and all offer free internet access. For details of your nearest branch, including opening hours, telephone the Town Hall library (020 8937 3500) or see www.brent.gov.uk/library.nsf. It is also possible to search the library catalogue online.

If you have difficulty getting to a library, the **Outreach Library Service** (020 8452 6941) can deliver books in large and ordinary print, foreign languages, story tapes, music cassettes, music CDs and videos to your home. It also operates a mobile library, which includes free internet access. Ring for details of sites or see www.brent.gov.uk/library.nsf

There are a number of other library services for visually impaired people, including the following.

- **Brent Visually Handicapped Group and Talking Newspaper for the Blind** (020 8451 4354) – also produces *Kiran*, an Asian talking newspaper.

- **RNIB National Library Service** (0845 762 6843, cservices@rnib.org.uk) – provides advice and information and runs a postal lending library of books and other reading matter available in alternative formats such as talking books, Braille, DAISY CD and large print (charge made).
- **Listening Books** (020 7407 9417, info@listening-books.org.uk, www.listening-books.org.uk) – provides a postal audio book library for anyone who has problems holding a book, turning pages or reading in the usual way. There is a charge.

TELEVISION AND RADIO

- **British Wireless for the Blind Fund** (01634 832501, info@blind.org.uk, www.blind.org.uk) – supplies high quality, easy to use audio equipment on free, permanent loan to people aged over eight who are registered blind or partially sighted and are in need.
- Anyone aged 75 or over is entitled to a free **TV licence**, even if there are younger people in the household. Anyone who is registered blind, or lives with someone registered blind, is entitled to a 50% discount on their licence. For details see www.tvlicensing.co.uk or ring 0970 241 6468.
- **Wireless for the Bedridden** (0800 0182137, info@w4b.org.uk, www.w4b.org.uk) – provides TVs and radios to housebound people who cannot afford to buy them. Applications must be signed by a sponsor, such as social worker, welfare officer, or officer of a recognised charity.

ADULT EDUCATION

There are many opportunities for studying, either at adult education centres or at home. A wide range of subjects is available, covering a variety of leisure activities – from yoga to flower arranging – as well as vocational skills such as computer literacy, and academic qualifications.

It may be possible to get help with education expenses. Contact **Brent Carers Centre** (020 8795 6240) for further information.

Brent Adult and Community Education Service (020 8838 0808, guidance.baces@brent.gov.uk, www.brent.gov.uk – follow links from 'Education and learning') offers a wide range of day, evening and weekend courses in venues across the borough.

The **National Extension College** (01223 400 200, info@nec.ac.uk, www.nec.ac.uk) runs more than 100 home study courses. Ring for a *Guide to Courses* or visit the website.

The **Open University** (020 7485 6594/0870 333 1444 (out of office hours), london@ac.uk, www.open.ac.uk) involves home-based study to certificate, diploma or degree level with support and assessment from a tutor.



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SPORTS

Brent runs four sport and leisure centres, all of which offer a range of sports facilities. Vale Farm and Willesden have swimming pools.

Vale Farm Sports Centre (020 8908 6545):
Watford Road, Sudbury, Wembley HA0 3HG

Willesden Sports Centre (020 8955 1120):
Donnington Road, NW10 3QX

Charteris Sports Centre (020 7625 6451):
24-30 Charteris Road, NW6 7ET

Bridge Park Community Leisure Centre

(020 8937 3730): Brentfield, Harrow Road, NW10 0RG, includes a wheelchair accessible sports hall and fitness room.

Any user can buy a **B.Active card**, which gives discounts on all facilities. Application forms and further details are available from any of the leisure centres or www.brent.gov.uk/sports.nsf.

The **Aspire National Training Centre** (020 8954 5759, text: 020 8420 6501, info@aspire.org.uk, www.aspire.org.uk), has a range of facilities, including a fitness centre and swimming pool, suitable for disabled as well as able-bodied people.

Remember that other factsheets in this pack may also include information useful to you



The Princess Royal Trust **Brent Carers Centre**
Wembley Centre for Health and Care, 116 Chaplin Road, Wembley HA0 4UZ Tel: 020 8795 6240