



**Carers Week 2009
special edition
newsletter**

Kirklees Council Adult Services Carers Gateway - In Caring Company

MAY 2009 | Issue No.13

Welcome

This special edition newsletter has been produced especially for carers to give you the information you need to help you plan for Carers Week 2009.

It will tell you all about what's going on in your local area and how you can get involved.

A little reminder about Carers Week

Kirklees Council Adult Services has been involved in Carers Week since 1995. Although it is a national event, we plan and organise various local activities during this special week. And more importantly raise the profile of the valuable work you do, while letting you know what help and support is available in Kirklees.

During this themed week each year, we pay tribute to every unpaid carer, highlighting the dedication and support you give to family members, friends and neighbours across Kirklees. It is an opportunity to recognise the contribution you make and the need to continue developing policies and services to support you.

"Carers... the UK's secret service" is the theme of this year's National Carers' Week, which runs from Monday 8 June until Sunday 14 June.

Once again we will work in partnership with other council services and many organisations,

such as; health services, the pension service and voluntary groups to organise Carers Week activities across the district.

Fact!

- Six million people provide unpaid care to someone they know
- The UK's carers are, quite literally, indispensable
- By providing unpaid care for someone they know who is ill, frail or disabled, they save the economy an incredible £87 billion
- 3 in 5 people will be carers at some point in their lives
- Carers often face a lack of recognition in all areas of their lives
- Carers struggle with their finances, health, job, social life and general wellbeing....

Carers Week will help to combat this by highlighting and celebrating the incredible contribution that carers, like you, make.



Inside this edition:

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Helping hidden carers

Many unpaid carers are not getting the help they need because they don't know about the services on offer to them.

Carers do a really important job for the community and we have to make sure they know about and receive the help and support they need in doing this vital role.

The Carers' Network is a group of carers who have a say about the services provided for carers. Anyone who would like to join the network, or find out more, should contact

Kirklees Council Adult Services, The Working in Partnership Team on 01484 226927.

Do you know any other carers, who could be getting the help and support they need?



New Carers Information Services

Two new Carers Information Services have been designed for carers wanting information and advice about services and support available in England.

The first is a free telephone advice line on 0808 802 02 02. It will open seven days a week and provide a comprehensive advice service for carers, offering information and advice about benefits, how to get care and support, breaks, housing, and equipment.

Secondly there is a new on-line information service available at NHS Choices at www.nhs.uk.

This provides; guidance on the different stages of caring, information on claiming benefits, advice for young carers, contact details for local authorities and local support groups, news articles, and case studies with videos.

Soon you will also be able to email any questions you have and join online communities and forums.

Swim4free

Did you know if you are under 16 or over 60 you could swim for free in Kirklees? Kirklees Council has teamed up with Kirklees Active Leisure (KAL) to offer over 200 hours of free public swim sessions each week at KAL's nine pools in Kirklees. It's easy to join in the free public swim sessions - simply sign up for a "more" card at your local pool for a one-off nominal fee of just £2.00 and you can swim as many times as you like. Look out for other free sessions at holiday times too.



Volunteering awards ceremony

The Kirklees volunteering award ceremony took place on 8 January 2009 at Huddersfield Town Hall and saw over 250 people joining together to celebrate volunteering. The evening was hosted by TV presenter Nina Hussain and brought together volunteers from across Kirklees. The atmosphere was great and everyone really enjoyed themselves.

Volunteers from Kirklees Council Adult Services attended the event. Congratulations to Rebecca, Volunteer Champion who helps to run the Volunteer Drop In sessions at the Gateway to Care, on receiving a certificate of achievement, and Ron, a volunteer with Castle Grange Dementia Unit, being a category winner – New Volunteer of the Year.

There are many opportunities for volunteers within Older Peoples Care Homes, Day Care Centres and Dementia Units, and within the Gateway to Care Team and Shopmobility.

Some Gateway to Care Team volunteers work out in the community, whilst others work at the “meet and greet service” at Gateway to Care - supporting volunteer information sessions and carers events.

If you have skills such as a love of arts and crafts, can play a musical instrument, can show others how to do flower arranging, or importantly would like to be a befriender - spending time chatting to people who use health and social care services giving some valuable one-to-one attention – we would love to hear from you.

You can contribute as little or as much time as you wish. There are opportunities and roles to suit everyone and volunteering offers a great opportunity to develop new skills and use existing ones.

For information on these and other volunteering opportunities in health and social care contact:

Janet Edmunds/Catherine Bickerstaff,
Gateway Volunteer Co-ordinators,
on Huddersfield 416503,

or come along to the Gateway to Care, Huddersfield any Thursday between 10am-2.00pm or Batley Resource Centre, any Monday between 12.30-4.00pm.



A Night Less Ordinary - free theatre tickets to under 26's



The Lawrence Batley Theatre is offering free theatre tickets to people under 26 years old on professional theatre performances.

This is part of a national scheme called A Night Less Ordinary which encourages young people to experience the excitement and anticipation of a live performance. It is a great opportunity to enjoy a memorable night out and is absolutely free.

Anyone under 26 is able to get free tickets - just sign up to the scheme by filling out a form online at www.lbt-uk.org/nightlessordinary, telephoning 01484 430528, or calling into the box office in person. You need to provide a valid form of ID to prove your age when joining the scheme and each time you collect your tickets.

You can book free tickets for up to five friends who are also aged under 26. Each friend will need to bring proof of age along with them when collecting tickets. Anyone aged 26 or over can come along but will have to pay for their ticket.

The scheme applies to theatre shows at The Lawrence Batley Theatre, not comedy, music, opera or dance.

New Dementia strategy and £150million cash investment

The government has released its five-year dementia strategy for England and has invested £150 million in health and social care support for dementia sufferers and their carers.

The strategy focuses on raising awareness, early diagnosis and improving the quality of care.

To find out more visit www.carers.org/news/new-dementia-strategy-and-150million-cash-investment,4433,NW.html

For further information contact the Alzheimer's Society on 01484 429865 or 01924 444074 or Kirklees Council Carers Gateway on 01484 226050.

Carers UK

Carers UK is a national charity campaigning for the rights of carers to have:

- a fair level of income
- support to protect their health and well-being
- access to the world of work, leisure and education.

They provide information and advice to carers about their rights and how to get support via their website, helpline, booklets and fact sheets.

Visit www.carersuk.org or call 0808 808 7777 on Wednesdays and Thursdays between 10am to 12noon and 2pm to 4pm.

Changes to the cinema card scheme

The Cinema Exhibitors' Association (CEA) card is a national card that can be used to show that the holder is entitled to one free ticket for a person accompanying them to the cinema.

To apply for the card, you need to:

- get the disability living allowance or attendance allowance, or
- be registered blind.

All CEA cards issued from 1 March will now be valid for one year rather than the current three.

The administration charge remains at £5.50 - at around the cost of just one cinema ticket this is great value.

New terms and conditions can be found on the revised application form, the CEA card, and CEA websites.

For further information, please call 0845 123 1292. Or to get your card, call Gateway to care on 01484 223000.

Deprivation of Liberty Safeguards

The Mental Health Act 2007 introduced Deprivation of Liberty safeguards into the Mental Capacity Act. From April 2009 these safeguards became law.

The safeguards cover people in care homes and hospitals where some people can't make their own decisions about their treatment or care, because they lack the mental capacity to do so. People who have a disorder or disability of the mind, such as dementia or a learning disability, are vulnerable and sometimes unable to give consent to the care or treatment they receive. They need more care and protection than others to make sure they don't suffer harm.

Treating and caring for people who need extra protection may mean going beyond restricting their freedom to the point of depriving them of their liberty.

The Deprivation of Liberty safeguards have been developed to protect vulnerable adults from being deprived of their freedom unnecessarily. The safeguards provide a legal framework for deprivation of liberty where needed, for example when someone is at risk of harming themselves or others.

People should only be deprived of their liberty when it is a last resort to make sure they are protected from harm and when all other options have been ruled out.

The Deprivation of Liberty safeguards aim to:

- make sure people are given the care they need in the least restrictive way
- stop decisions being made to suit the care home rather than the person
- give safeguards to vulnerable people
- protect people's dignity and rights
- provide the rights of challenge against unlawful detention
- avoid unnecessary bureaucracy.

For more information call Gateway to care on 01484 223000 or visit www.kirklees.gov.uk/safeguarding and select the Deprivation of Liberty Safeguards.

Calling all carers in Huddersfield - Are you out there?

Do you fancy joining a new "Carers Connect" group in Meltham?

Carers Connect is a fun loving group which has unpaid carers health and well-being needs at heart.

As well as having the chance to socialise with other carers, this group offers refreshments, massage, relaxation, positive visualisation, craft making, visiting speakers and much more!

For more information, call Maria on 01484 852094 or Anne on 01484 666619.

Carers Week events

Fun information days

Oakwell Hall and the Watershed

Come along and meet the Kirklees Older Peoples Network, the Pension Service and Kirklees Council at Oakwell Hall, Birstall and The Watershed in Slaithwaite this summer.

We are holding an information event at Oakwell Hall on Thursday 11 June from 10am til 3pm. A mini bus will make regular trips from the bus stop on the main road in Birstall to take people to the event.

There will be a free tour around the beautiful Elizabethan manor house, organised walks in the grounds and aromatherapy - or why not just relax with a cup of tea and a cake in the idyllic surroundings.

We are also holding an information event at The Watershed in Slaithwaite on Monday 8 June from 10am til 3pm. You will be able to indulge in aromatherapy and the Deanery Project will be making healthy fruit kebabs.

At both events you will find information about; health and social care, money (including benefits and pensions), fire safety, the Kirklees Older Peoples' Network and much more. As well as getting lots of information and advice, you will have the chance to meet other carers and, together, celebrate the role of the unpaid carer.

For more information call Carers Gateway on 01484 226050. Looking forward to seeing you there.

Party time!

This year, instead of running the Kirklees Carer of the Year competition, we are hosting a party for you and the people you care for.

Join us in celebrating the success of Carers Week on Wednesday 17 June 2009 from 7.30pm until 11pm, at Gomersal Park Hotel, Moor Lane, Gomersal, BD19 4LJ, for a fun evening with a buffet supper and entertainment.

If you would like to attend please complete and return the booking form.



Fartown

Visit The Grange Group Practice in Fartown on Friday 12 June from 9am til 12noon for information, advice, a drink and a chat.

This is a great chance to meet other carers as well as staff from Gateway to care, the Pension Service, Benefits Advice, Timeout (day opportunities for people with Dementia), Deanery Project and Making Space.

More events for carers

Let us pamper you

Complimentary therapies are a great way to manage stress and maintain your health and well-being. We are offering carers an opportunity to have an aromatherapy massage, using natural essential oils with healing properties. Other therapies are also available such as reflexology, hand or foot massage or Reiki. Reiki uses life energy forces. No clothing needs to be removed and it is non-invasive.

If you are feeling stressed and feel this could help you why not complete the booking form and return it to us. To begin with we will offer places to people who have not yet experienced these pampering sessions.

Creative writing

Do you have a creative side?
Do you enjoy writing?

If so, this could be for you. The Creative Writing group meets at Carers Gateway once a month. This is a fun, friendly session - it would be great to see new carers. No need to book, just turn up.

- Tuesday 23 June 2009, 10.30am - 12 noon
- Tuesday 28 July 2009, 10.30am - 12 noon



First Aid – you never know when you need it

Would you like to take part in some basic first aid training run by a former British Red Cross trainer? The course covers responding to the needs of someone with major injuries and medical conditions, an unconscious person and how to perform CPR.

The course lasts for 2 hours and you will receive a certificate of attendance. The course will be held in August at Gateway to care, Huddersfield. Due to the cost of running this event a £15 refundable deposit will be required if you are offered a place. Please don't send a cheque with your booking form, wait to see if you are offered a place.

**Take a deep breath and fill in the booking form.
Please do not send the deposit with the booking form**

Come join us in the largest Indian restaurant in the world!

We are arranging a meal on Tuesday 21 July at the Aakash Restaurant, Bradford Road, Cleckheaton - the largest Indian restaurant in the world! If you would like to come and sample their fabulous buffet, please complete and return the booking form. Places are limited, so book early.

Memory jars

Memory jars are great fun to make and the meanings behind them are personal for each person. We are making memory jars at Gateway to care, Huddersfield on Monday 3 August 2009.

To make a memory jar, you layer coloured salt into a glass jar and each colour represents either a good memory or a bad memory.

If you would like to make a memory jar, please complete the booking form.

Fun for all the family

Why not come with the family to see 'Noddy in Toyland' at St George's Hall, 38 Bridge Street, Bradford, BD1 1JT.

This show will take place on Saturday 5 September at 1.30pm. If you would like tickets, please return your booking form letting us know how many tickets you would like and who they are for.

Act fast as places are limited.

Something a bit heavy - moving and handling training

Do you know how to safely move and handle the person you care for? If you would like to learn safe handling techniques to protect you both, please join us on one of our training sessions from 1.30pm until 4.30pm at The Homestead in Almondbury, Huddersfield.

If you would like to attend this training, please complete the booking form. If you are offered a place, a £15 refundable deposit will be required.

Please do not send the deposit with the booking form. We will contact you later if you are successful.

Calling all rugby fans!

Would you like to see Huddersfield Giants rugby league team play at home?

We know that many carers are keen rugby fans but don't always get a chance to see a live match at the stadium. If you would like to see Huddersfield Giants play at home, please let us know by completing the booking form. **Tickets will be limited so please apply quickly....**



Looking for something interesting to do this summer?

Cannon Hall open farm in Cawthorne, near Barnsley, is a great place to visit. Set in beautiful countryside with plenty of parking, this farm has a large selection of animals which you can feed including; cattle and calves, donkeys and Shetland ponies, pigs, llamas, alpacas (which look like small llamas), and wallabies. Young rabbits and guinea pigs are always popular and there are many varieties of pheasants and birds.

There is also an adventure playground and a teashop where you can take a break and have a cuppa.

Sound interesting? Then please fill in the booking form and return it to us pointing out how many tickets you would like.

Would you like to take part in a leisure activity?

Have you heard you can get a MORE card with £30 credit which you can use to pay for leisure activities throughout Kirklees?

The £30 credit can be used to pay for activities a session at a time until the credit runs out – a bit like having a voucher for £30.

We are working with Kirklees Active Leisure to bring you this opportunity which will keep you fit and healthy whilst giving you a well earned break from your caring role.

You can use your MORE card at any Kirklees Active Leisure site which includes; sports centres, leisure centres, gyms or swimming pools. To get your card just complete the booking form on page 13.



“Looking after Me” course

The Expert Patients Programme: “Looking after Me” course is for anybody who is a carer, including parents of children with disabilities and people who care for someone with a drug or alcohol problem. This course is run in partnership with NHS Kirklees, who also run a number of similar courses for people with specific health conditions or long term health conditions, and is delivered by tutors who have experience of caring themselves.

The Looking after Me course has been running successfully in Kirklees for two years. Over 120 carers have already completed the course.



The course is about making time to look after your own health needs and aims to help you to take more control and make a difference to your life by introducing key skills to help you in your caring role. Skills you will learn include; dealing with difficult emotions, looking after your own well-being, healthy eating and exercise and improving communication skills.

Carers who have completed the course have said:

“I do not feel as alone in my caring role”

“The person I care for has noticed a big difference in me”

“I look at problems differently now – I now work it out in bite size chunks”

“The course is also like an information centre - I have learnt a lot”

Once you have completed this course, you could attend the Looking after Me support group and the Expert Patient support group which are run on a monthly basis. There is also an opportunity for carers who complete this course to become volunteer tutors for further Looking after Me Courses.

For further information please call Farah Haq at Carers Gateway on 01484 226050.

Tea or coffee anyone?

Coffee mornings and afternoons 2009

Batley coffee mornings

Carers and Cared for at Batley Resource Centre, 90 Commercial Street, Batley, 1.00pm - 3.00pm

Tuesday 5 May 2009
Tuesday 2 June 2009
Tuesday 14 July 2009
Tuesday 4 August 2009

Birstall coffee mornings

At Birstall Methodist Church Hall (near Market Place), Chapel Lane, Birstall, 10am - 11.30am

Friday 1 May 2009
Friday 5 June 2009
Friday 3 July 2009
Friday 7 August 2009

Huddersfield coffee dates

At The George Hotel, St Georges Square, Huddersfield, 10.30am - 12noon

Tuesday 5 May 2009
Tuesday 2 June 2009
Tuesday 7 July 2009
Tuesday 4 August 2009

At Carers Resource Centre, Gateway to Care, 30 Market St, Huddersfield, 1.30pm - 3pm

Tuesday 19 May 2009
Tuesday 16 June 2009
Tuesday 21 July 2009
Tuesday 18 August 2009

Holmfirth coffee afternoons

At The Old Bridge Hotel, Holmfirth, 1.30pm - 3pm

Thursday 21 May 2009
Thursday 18 June 2009
Thursday 16 July 2009
Thursday 20 August 2009



What's on

The following are just a few of the events going on in and around Kirklees. For more information please visit the Kirklees Council website: www.kirklees.gov.uk

Please note the events below are not organised by Carers Gateway

Pooches Play Day – Castle Hill, Almondbury, Huddersfield

Saturday 30th May 2009, 12.00noon - 4.00pm

A fun day for dog lovers and owners with the opportunity to work with your dogs in fun obedience exercises with the Kirklees Dog Wardens Service. Find out hints and tips on taking your dog for a walk in open countryside!

For more information, contact Julian Brown on 01484 223830, email: tolson.museum@kirklees.gov.uk

Open House - Whitechapel Church, Whitechapel Road, Cleckheaton

Wednesday 3rd June 2009, 2.00 – 4.00pm

A chance to enjoy afternoon tea while listening to a talk by John Hemingway 'The Colour of Health'. There will also be stalls selling books (all at 50p), bric-a-brac, and homemade cakes and jams. Admission is free and everyone is welcome.

Proms and Picnic in the Park - Beaumont Park

Sunday 7th June 2009, 2.30pm

Come and listen to the talented Lindley Band, accompanied by St Barnabas Choir. Admission is free and the visitor centre is open for refreshments. Why not bring a picnic and enjoy an afternoon of music.

Miners' Gala - National Coal Mining Museum for England, Caphouse Colliery, New Road, Overton, Wakefield, WF4 4RH

Sunday 7th June 2009, 10.00am – 5.00pm

Come along to this 1940's themed celebration, with activities and entertainment for the whole family. Admission is free.

The Victoria Tower's 110th Birthday – Castle Hill, Huddersfield

Sunday 21st June 2009, 2.00 – 4.00pm

Experience some victorian entertainment, fun and games on the hill to help celebrate this important birthday!

Huddersfield Circle of Magicians - Day Of Magic Lawrence Batley Theatre Courtyard, Huddersfield

Saturday 27 June, 12.30 – 3.00pm

Celebrating 60 magical years in Huddersfield and featuring close-up magic, children's entertainers, Punch and Judy, clowns, juggling and street entertainment. Admission is free.

Falconry Day - Standedge Tunnel and Visitor Centre, Waters Road, Marsden, Huddersfield

Saturday 18th July 2009, 10.00am – 4.00pm

Visitors to Standedge can take advantage of a special offer as an amazing collection of eagles, falcons, hawks, kites, vultures and owls from the Sion Hill Hall Bird of Prey Centre get set to swoop in. As well as some spectacular flying demonstrations at 1pm and 3pm, there will also be the chance to get the ultimate hands on experience by holding some of the birds and speak to the expert handlers from Sion, who will be able to explain why the birds hunt and fly as they do, where they come from in the wild and how they are trained.

Roman Holiday - Tolson Museum, Ravensknowle Park, Wakefield Road, Huddersfield

Sunday 19th July 2009, 12.00noon – 4.00pm

Celebrating National Archaeology Days. Find out about Roman life, imagine you are an archaeologist with dig boxes, and hear from a time traveller from the second century AD. Enjoy the Roman sights, sounds, tastes and crafts.

Gala Day –Beaumont Park

Sunday 26th July 2009, 1.00 – 5.00pm

Entertainment, stalls, donkey rides - fun for all the family. Admission is free.

New walk-in practice in Dewsbury

Dewsbury now has a new NHS Walk-in Centre offering fast access to health advice & treatment seven days a week, 365 days a year.

School House Practice is located right in the heart of Dewsbury Town Centre at Dewsbury Health Centre, Wellington Road, within walking distance of the bus and train stations.

You do not need to be a registered patient of School House Practice to use the services available at this centre; you can just turn up to see a doctor or nurse 8am – 8pm – no appointment necessary.

GP Services at this practice include:

- Diabetic & Asthma services
- Health & Wellbeing
- Women's Health (Maternity & Cervical Screening)
- Men's Health
- Sexual Health services
- Vaccinations & Immunisations
- Minor surgery

Telephone 0845 121 1025, 24 hours a day for appointment booking, arranging repeat prescriptions, test results and general enquiries.

Tell us what you think

We'd like to know if we're getting your newsletter right. Please tell us what you think about the information we provide in this newsletter and your suggestions for how we could improve the way we communicate with you.

Please let us have your comments by calling 01484 225274, or email marketingandpublicinformation@kirklees.gov.uk

Booking Form

If you are a carer why not take part in one of our events? Simply complete the booking form and return it to the Freepost address

If you would like to attend one of our coffee mornings or afternoons there is no need to book a place. However, if you think you may need help with care cover, please fill in the details of the relevant date overleaf and post the form back to us at least 2 weeks before.

Registration Form

Title: Name:

Address:

.....

..... Postcode:

Tel: E-mail: DOB:

Your Ethnic Group ~ Please tick

- A1 White British A2 White Irish A3 White Other
B1 Mixed White/Black Caribbean B2 White/Black African
B3 White/Asian B4 Any other mixed background
C1 Indian C2 Pakistani C3 Bangladeshi C4 Asian – any other
D1 Black Caribbean D2 Black African D3 Black other
E1 Chinese E2 Any other ethnic group

What is the name of the person you care for

What is the date of birth of the person you care for:

Please tick the disability / illness / condition the person you care for has?

physical disability learning disability mental health older person

Other (Please give details):

.....

The information you provide will be put on the Carefirst Database and kept in the strictest confidence, according to the Data Protection Act 1984 (and the Data Protection Act 1998 from 1st March 2000). Your details will help us monitor how well Carers Gateway is reaching out to carers across Kirklees and identify areas where we can develop our services to meet your needs. The information may be shared with others within Kirklees Council.

Signature

Please return the completed form to:

Carers Gateway,
FREEPOST RLTR-YLTL-BRXJ
30 Market Street, Huddersfield HD1 2HG

NO STAMP REQUIRED!

Please complete all sections of the booking form

Please make sure you complete all sections of the booking form overleaf with your name, address and telephone number.

Carers week party

I would like tickets

Any special requirements?

.....
.....

Aromatherapy/complimentary therapies

To book session

Care cover required?

Creative Writing

Just turn up!

Which dates care cover required?

.....
.....

First Aid, Save a life

To book a session

Care cover required?

Memory Jars

To book a place

Care cover required?

Moving and Handling Training

To book a place

Care cover required?

Eat at the Aakash Restaurant

Yes I would like two tickets

Huddersfield Giants Rugby League tickets

Yes I would like

1 ticket (tick box)

2 tickets (tick box)

Noddy in Toyland

Yes I would like tickets

Name of person for whom the tickets are required

.....
.....

Cannon Hall

I would like tickets

Kirklees Active Leisure Card

Please send me an application form

Looking After Me- course for Carers

I am interested in attending, please send me further details

Huddersfield

Batley

Either venue

Care cover required?

Coffee Mornings/Afternoons

Which venue & date/s

.....
.....

Care cover required?

Please note, before we can book care cover for any of our events, you must already be registered with a care provider such as Crossroads.

Free driver training for the over 50s

Over 50, and enjoy getting out and about but losing driver confidence? Then why not take part in our free driver training course.

Our course could help you:

- reduce the risk of injury
- increase your confidence
- reduce stress levels
- have better fuel economy


It covers:

- new traffic signs
- driving on dual carriageways and motorways
- speed limits
- how to deal with hazards safely

For more information call 01484 221157 or email highwaysdriver.improvement@kirklees.gov.uk www.kirklees.gov.uk/highways

For health and social care information and advice call Gateway to care, 01484 223000.

Helping you live life to the full



"For a guy my age this course certainly opened doors for me and refreshed my mind and outlook." Barry



Top Rated Four Star Council

 **Kirklees**
COUNCIL

Further information

For more information please contact

Kirklees Council Adult Services Carers Gateway, 30 Market Street,
Huddersfield, HD1 2HG, Tel: 01484 226050,

or

Email: carers.gateway@kirklees.gov.uk

or visit: www.kirklees.gov.uk

Emergency Social Care helpline 01924 326489

Information in other formats

Kirklees Council Adult Services is committed to ensuring that its communication is clear, plain and available for everyone.

This information can be made available in languages other than English. It can also be made available in large print, audio CD, audiotape, Braille and photosymbols. Full details are available by telephoning 01484 225274.

This newsletter has been produced by Adults and Communities, Group Services, Marketing and Public Information Team.
May 2009

یہ معلومات انگریزی کے علاوہ دوسری زبانوں میں، ہندی لکھنوی میں، سی ڈی یا سی ڈی پر اور، بریل میں بھی فراہم کی جا سکتی ہے۔ براہ مہربانی اس نمبر پر فون کریں: (Urdu) 01484 225274

આ માહિતી અંગ્રેજી સિવાયની બીજી ભાષાઓમાં, મોટી છપાઇમાં, ઓડિઓ સી.ડી., ઓડિઓ ટેપ અને બ્રેઇલમાં ઉપલબ્ધ કરી શકાય છે. મહેરબાની કરી 01484 225274 નંબર પર ટેલિફોન કરો. (Gujarati)

ਇਹ ਜਾਣਕਾਰੀ ਅੰਗਰੇਜ਼ੀ ਤੋਂ ਇਲਾਵਾ ਹੋਰ ਬੋਲੀਆਂ, ਵੱਡੇ ਆਕਾਰ ਦੀ ਛਪਾਈ, ਆਡੀਓ ਸੀ ਡੀ, ਆਡੀਓ ਟੇਪ ਅਤੇ ਬ੍ਰੇਲ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੀ ਹੈ। ਕ੍ਰਿਪਾ ਕਰਕੇ 01484 225274 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ। (Punjabi)

这些资料备有其它语文·大字体·语音光碟·录音带和凸字版本可供索取·请致电 01484 225274 查询详情· (Chinese)

Te informacje można nabyć w różnych językach, w powiększonym druku, na płycie kompaktowej lub na taśmie i Braille. Proszę telefonować na numer 01484 225274. (Polish)

Emergency Social Care helpline 01924 326489