

Omega Network Bulletin

April 2011

www.omega.uk.net



Welcome

At Omega, we have set ourselves new targets; to extend activity, build new relationships and develop links with existing delivery partners.

Central to our plans is the launch of

the **Omega Network**, connecting carer groups which Omega will manage.

In view of this new development, it is appropriate that we have revamped our newsletter. This new look **Omega Network Bulletin** will be circulated regularly.

Groups of carers supported by Omega now meet frequently in **Solihull**, **Shropshire** and **Wolverhampton**. Please get in touch if you know of a carer group which might benefit from extra support.

We will feature items in the bulletin that are likely to be of interest to a wider Omega audience of supporters and members of the extended team, including those involved in activity which does not directly involve carers. We will make space for advertisements and invite beneficiaries to contribute news stories.

I thank everyone involved in creating this newsletter and look forward to working with you during the next year.

Best wishes to you all.

Thomas Memery
Development Director

Edited by Gavin Martin



The Omega 'makeover' extends to the freshening up of our website, www.omega.uk.net. Email enquiries and suggestions for the site and newsletter to gavin@omega.uk.net.

Please help us to keep costs down. We will print a few copies of the Bulletin to distribute by post and at outreach sessions, but we'd much rather send it out by email.

To receive your personal free copy electronically, email carers@omega.uk.net. It would be helpful if you let us know if you represent an organisation, and provide as much contact information as you feel comfortable with.

Omega launches first Forum for Wolverhampton's carers

Working closely with the Wolverhampton City Council Carers Team, Omega held an information-sharing event for unpaid carers, at the Britannia Hotel on 22nd February.



More than 50 carers attended the event, which was covered by news media including ITV1 Central News. The purpose of the sessions was to recruit enthusiastic carers to serve 2 new Forums managed by Omega – one for carers of people with learning disabilities, the other for carers of people with physical or sensory disabilities.

The response was overwhelmingly positive. Wolverhampton's carers wholeheartedly embraced this new opportunity to voice their concerns and directly participate in affecting change.

With Forum sessions now underway, Omega will shortly be running a second recruitment event in Wolverhampton. If you have an interest in supporting local carers or would like to represent the unpaid carers of Wolverhampton by serving on one of the Forums, call 0845 259 3163 or email carers@omega.uk.net.

Omega welcomes new trio of talented volunteers



Nicky Peck, Pearl Allis Smith (both pictured) and Heather Waters joined Omega in January as volunteers and have been spotted out and about working with carers in the West Midlands.



Collectively, their interests include psychiatric care, flower arranging, darts (yes, darts!), and skiing. Will these activities feature in forthcoming Omega events?

Watch this space...

Opportunities for joint working



Like many other innovative Third Sector organisations we are always looking for new collaborative ventures which might benefit from economies of scale and similar means of reducing costs.

We are able to offer a range of value for money infrastructure services which include web-based communications and print / design solutions. We also offer facilitated group consultation / empowerment sessions, facilitator training, and expert coaching.

To find out more or to provide details of any services or activities we might be able to commission from your organisation, or promote throughout our wide network of contacts on your behalf, please email:

thomas@omega.uk.net

Omega is proud to support Wolverhampton carer meetings

The running of a range of informal meetings for groups of Wolverhampton's unpaid carers has recently transferred from the Wolverhampton Carers Team to Omega.

Groups usually meet as follows (please contact Omega to confirm the dates):

Warstones Resource Centre

Meets 2nd Wed of the Month (for carers of older people)
10:30am-12:00pm, Warstones Drive, Penn, WV4 4PQ

Bradley Resource Centre

Meets 2nd Fri of the month (for carers of older people) 1:00pm-2:30pm,
Lord St, Bradley, Bilston, WV14 8SD

Tettenhall Wood School*

Meets 1st Thu of the month (for parent carers of disabled children)
10:00am-12:00pm, School Road, Tettenhall Wood, WV6 8EG

This group is run by Wolverhampton Carer Support Team - call Helen Nicholls on 01902 553 409 for more information.

Whitmore Reans Health Centre

Meets Last Wed of the month (for carers of people with learning disabilities) 10:30am-12:00pm, Lowe Street, WV6 0QL

Ashmore Park Community Centre

Meets 2nd Wed of the month (for carers of older people and those with physical disabilities) 6:30pm-8:30pm, Griffiths Drive, Wednesfield, WV11 2LJ

Bradmore Community Centre

Meets 2nd Fri of the month (for carers of people with physical disabilities)
10:30am-12:30pm, Birches Barn Rd, Bradmore, WV3 7BW

Portobello Community Centre

Meets 3rd Tue of the month (for carers of people with mental health and learning disabilities as well as physical / sensory disabilities) 6:30pm-8:30pm, Hill Rd, Willenhall, WV13 3TT

The Litten Tree Pub

Informal group for all carers. Meets 3rd Tuesday of the month, 11:00am-12:30pm. 13-15 Victoria St, Wolverhampton, WV1 3NP.

Omega, the National Association for End of Life Care ©
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Census 2011:

If you care, declare



If you look after someone in an informal, unpaid capacity, the 2011 Census gives you the opportunity to declare it. Whether you care full time for immediate family members with life-limiting health conditions, or check in on an elderly neighbour once a week – it doesn't matter; if you care, **declare**.

Accurately answering question 14 of the Census paper will better-inform the government regarding the extent to which ordinary people look after others without getting paid to do so. More people recognising their caring role, great or small, will increase the chances of increased funding to care-related projects.

For more information, visit www.census.gov.uk.

Spotlight on bullying and hate-crime



Bullying, wherever it occurs, at home, at school or in the work place is a cause for serious concern. When someone suffering from a disability - or someone with caring responsibilities - faces bullying the impact can be devastating. Each of us has a duty to be vigilant and take action if we suspect someone is suffering in silence.

If you are being bullied at work or school, or if you believe someone else is being bullied, act immediately.

Put down on paper everything you can remember about the incident(s) – stick to the facts and keep a diary if the bullying is still taking place.

Most employers and schools will have already drawn up anti-bullying guidelines, and should take your complaint seriously. Send a letter detailing the incident(s) of bullying you have witnessed / been the victim of to the highest authority at your place of work and keep copies of everything.

Where to go for help

- A close friend, relative, trusted colleague, trade union officer or a professional adviser
- www.antibullying.net
- www.workplacebullying.co.uk
- www.bullying.org
- www.acas.org.uk
- ACAS Helpline Tel: 08457 474 747
- ChildLine Tel: 0800 1111
- Samaritans Tel: 08457 909 090
- Stop Hate UK Tel: 0800 138 1625