

英國華民社
Chinese Big Society UK



Derbyshire Chinese Carers Project

打比郡「華人照料者」計劃



Chinese Big Society 英國華民社

Chinese Carers Break & Awareness Day

華人照料者 休閒資訊日



Reception 接待: 12:15pm

Time 時間: 12:30 – 2:30pm

Date 日期: 28/8/2012 (Tue 星期二)

Venue 地點: Parish Centre, Stonegravels
91 Sheffield Road Chesterfield S41 7JH

Guest Speaker: Hilary Doherty (Commissioning Officers for Carers, Adult Care, DCC)

Activities 活動: Electronic back, shoulder massage.

E-Chiroprody, Tai Chi Relaxation exercises

*Thanks to Derbyshire County Council, the Links,
NDVA and Derbyshire Carers Association*

To avoid disappointment, please register your place before 8th August 2012 by calling 07868731728 or email cbsuk12@yahoo.co.uk (on a first come, first serve basis)

Free lunch and Morrison coupon £5 for all attendance.

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- Are you a carer? 您是照料者嗎？
- A carer spends a significant proportion of their life providing unpaid support to family or friends. A Carer can be any age. If you look after your husband, wife or partner who is sick or disabled; your child who has special needs; your elderly parents who are getting frail; someone with mental health problems who you support; your mum or dad who is ill or disabled; your friend or neighbour who cannot manage on their own or with their daily living tasks without your help.....then you are a CARER. Caring is very demanding but also extremely rewarding. Each situation is different, and you may not live with the person you care for.
- 照料者是無償地付出自己部份時間去支援家庭或朋友，包括任何年紀。照料者包括所有在日常生活上照應有需要的朋友或鄰居（例如陪同見醫生、購物、接送）。照料者也包括了去照料：患病或殘障的伴侶、父母親；有特殊需要的兒童；脆弱的老年父母；心理健康患者等。去照料他人是有十分高的要求，但同時亦得到高度的讚揚和獎勵。各人有不同的情況，您可能與被照料的人士不同居住。

- Why is it important to tell your GP you are a carer? 為甚麼讓家庭醫生知道您是照料者是重要的？
- GPs need to know you are a carer in order to support you and to offer appropriate information that can be help while you are looking for someone. Carers sometimes feel isolated and can face everyday and practical problems. For example, do you understand about the medication that the cared for person is on, when and how to give it, any side effects it any have, etc? We want to help carers maintain their own health and wellbeing and we are aware that your caring responsibilities can cause ill health. Early support can help some problems developing. GPs will also able to offer you Flu Vaccinations, Annual Health Checks and suitable appointments.
- 您的家庭醫生先要知道您是照料者，才可以支援和提供相關資料給您去照料其他人。您每天都要面對生活上現實的問題，有時會感到無奈和孤立 → 家庭醫生能指導您對被照料人士藥物的認識、何時及如何服用藥物和有什麼副作用等。他們會保持您身體的健康和知道您照料他人會引起疾病。越早得到家庭醫生的支援能阻止您出現身體健康問題：如可預早給您流感疫苗注射、每年體檢及適當的診斷時間。令您壓力減少、更加健康和輕鬆愉快。

英國華民社已獲得市政府的委托，去協助本地華人照料者

- 向家庭醫生和市政府登記註冊成為認可照料者，
- 向市政府申請『緊急支援卡』
Carer's Emergency Card
- 和每年最高達250鎊的休閒津貼，
- 轉界到其他機構，享受茶聚、健身操、按摩、體檢、減壓運動和心理健康的支援和服務，
- 報讀相關的課程，成為『照料者親善大使』。
- 查詢詳情請電郵 cbsuk12@yahoo.co.uk

