

# National Strategy for Carers

The National Strategy was published on the 10th June 2008 titled 'Carers at the heart of the 21st century families and communities'. The strategy has committed £255 million of new funding, including Primary Care Trusts receiving £150 million over two years for breaks and respite. The strategy acknowledges that carers need more help and support than has been available in the past and recognises the need for better support for respite and breaks. North Tyneside Carers' Centre is disappointed that the strategy does not commit to raising Carers Alliance, which was the main issue raised by carers throughout the consultation process. The Government's vision is that by 2018, carers will be universally recognised and valued as being fundamental to strong families and stable communities and that:-

- carers will be respected as expert care partners and will have access to the integrated and personalised services they need to support them in their caring role;

# Mental Health Carers Update

Our Mental Health Carer Support & Development Workers have been involved in the development of the NTM NHS Trust Carers' Charter. The Charter is a way of ensuring that Carers are involved, fairly treated, listened to as part of the care team, valued & respected. Carers were involved from the very beginning in the development of the Charter & their comments were carefully considered when it was compiled. The Charter was signed during the week finished on a high note with carers enjoying a three course lunch and singer Ray Mandell entertaining all with a number of 1940's classics. A good time was had by all and provided a welcome break to those carers who participated, even the weather kept up. Here's to next year!



carers will be able to have a life of their own alongside their caring role;

- carers will be supported so that they are not forced into financial hardship by their caring role;
- carers will be supported to stay mentally and physically well and treated with dignity;
- children and young people will be protected from inappropriate caring and have the support they need to learn, develop and thrive, to enjoy positive childhoods and to achieve against all the Every Child Matters outcomes.

In order to work towards achieving this ten year vision, the Strategy makes some short-term recommendations (2008-2011) -

**Information and advice**

- Providing every carer with the opportunity to access comprehensive information when they need it.
- The information provided in a flexible way, which meets the personal needs of carers and the people they support;
- £150 million provided to enable carers to combine paid employment and caring role or re-enter the job market, through encouraging flexible working opportunities and increased training provision.

**New break provision**

- Up to £38 million to enable carers to combine paid employment and caring role or re-enter the job market, through encouraging flexible working opportunities and increased training provision.

**Employment and skills**

- Pilots to look at how the NHS can better support carers in their caring role through developing models of best practice and enabling more joined-up service provision between the NHS, local authorities and the third sector;
- Pilots to improve the support offered by GPs for carers;
- Piloting annual health checks for carers.

**Expanded NHS services**

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- Plots to improve the support offered by GPs for carers;
- Piloting annual health checks for carers.

**Young carers**

- Over £6 million to ensure young carers are protected from inappropriate caring and receive the broader support they need. Through:
- strengthening support from universal and targeted services;
- strengthening the quality and join-up of support around families so children are better protected from inappropriate caring.

**Expert partners in care (Expert Carers Programme is renamed Caring with Confidence)**

- Training carers to strengthen them in their caring role and empower them in dealings with care professionals.
- Training professionals across the board, from health to housing, to provide better services and support.

**Workforce**

- Ensuring that third sector support for carers is available throughout the country to a larger proportion of carers

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**Information about carers**

- Establishing a standard definition of carers across government.
- Providing vital data about carers to aid local and national commissioners and policy makers;

# How genealogy helped me

**Researching Your Family Tree**

In October the centre began a Genealogy course. I attended to find out how to access birth, marriage and death records. I was born in 1944 and adopted in 1945. I only found out I was adopted when one of my school friends informed me, by this time I was ten years old. I went home and started to ask awkward questions to which I was asked why I wanted to know. I continued asking but was getting nowhere so I gave up.

In 1967 when I married I was given my adoption certificate along with another paper which I opened and there was my birth mothers name and address, where we lived at the time before my adoption. It was when I attended the course that I decided to trace my mothers records. I started to do this in November 2008. I found these records with the help of two friends on the same course. During one of the sessions there was a query about my birth name. I replied to the query and to my surprise it was a cousin who had contacted me I also discovered that I have two sisters. My cousin contacted them at my request to organise a possible meeting, the message came back a few days later that they would like to meet me. I have been in constant contact ever since and discovered a lot more relatives that I didn't know I had. I have a lot of catching up to do in the future.

**Tom Ayre (Volunteer)**



# Carrie Swims for Carers

# Events & Activities

The month of September saw carers on a trip to Edinburgh where they enjoyed the late summer sunshine and plenty of shopping on Princes Street. The Carers Walking Group took a ferry trip across the Tyne to South Shields where they completed a three and a half mile scenic walk featuring a collection of public art works.

For those wanting to trace their family roots there was the Genealogy course that extended into November and the centre held a Beetle Drive including a pie & pea supper which was a huge success. The lunch club met up at The Magnesia Bank in North Shields and the Coast group for Parents was well attended as usual. A good time was had by all.

# Launch of Carer's Emergency Card

North Tyneside Council has launched a scheme to provide support to carers during an emergency. The Carers' Emergency Break Service will provide up to 48 hours free home support when a carer is unable to carry out their usual role. It will run at any time during the day or night and is available to carers of adults or children living in the borough.

Elected mayor John Harrison said: "Carers are the unsung heroes of the borough. This new service will provide them with the peace of mind that if something does happen, the care they provide will continue to be delivered." Carers are invited to contact the council, which will then work with them to develop a personal emergency plan. Once the plan has been set up, the carer will carry a registration card bearing a unique reference number, which is quoted when the plan needs to be activated.

For more details, contact Eileen Mullen on 200 6289 or email: eileen.mullen@northtyneside.gov.uk

# Blooming Marvellous

The Carers' Centre new allotment in Shiremoor was officially opened by the elected Mayor of North Tyneside on June 19.

Two months hard work by Young Carers and other hardy souls has seen the land transformed. Strawberries, broad beans, carrots, peppers, onions, courgettes, brussels sprouts and even a baby Venus fly trap are growing in leaps and bounds.

Despite the inevitable downpour and gale force winds there was a good turnout of well wishers for the opening. The ribbon was cut by two Young Carers who contributed so much. All this hard work was congratulated by the Mayor who shared his knowledge gained by being the son of a keen gardener who once had three allotments.



# New Guide for Carers

North Tyneside Council has produced its first-ever guide for carers in the borough, it has developed the North Tyneside Carers' Guide in partnership with the Carers' Centre and the Learning Disability Federation.

The guide contains key contacts of organisations that can provide support as well as a host of advice and information to help people with a caring role. Cllr Mary Glindon, cabinet member for Adult Social Care, said: "As a council we're committed to supporting informal carers in North Tyneside. Although their work is often unseen, they are fulfilling a vitally important role. That's why it's important they know what services and support are available. I'm delighted that we've produced North Tyneside's first ever guide for carers and I hope people find it useful."

Claire Easton, acting manager of the Carers Centre, said: "Carers often find it difficult to find out what their rights are and what services are available. The National Strategy for Carers, which was published on 10 June, recognises the need for carers to have easy to access and up to date information about services in their local area. The Carers' Guide fulfils this need and is an excellent resource for carers in the borough."

The last census in 2001 revealed that 11 per cent of the population in North Tyneside provide unpaid care. Carers look after family, partners, friends or neighbours in need of help because they are ill, have a disability or are finding it hard to cope for other reasons.

The guide covers a variety of topics such as "Managing Work and Care", "Carers' Rights" and "Money, Benefits and Legal Matters".

# "Get on Your Bike"

The Centre congratulated Lillian Goldsborough accompanied by her sister and husband, for completing a 175-mile bike ride over six days.

The ride started in Ravenglass, Cumbria and continued through Workington, Bowness, Brampton, Hexham and finally coming to an end in South Shields. Sharing the Caring worker Lillian's chosen charities are Cancer Research and North Tyneside Carers' Centre.

Well done and a big thank you to you!



	January	February	March	April	May	June	July	August	September	October	November	December
Monday		1	1								1	
Tuesday		2	2			1					2	
Wednesday		3	3			2			1		3	1
Thursday		4	4	1		3	1		2		4	2
Friday	1	5	5	2		4	2		3	1	5	3
<b>Saturday</b>	<b>2</b>	<b>6</b>	<b>6</b>	<b>3</b>	<b>1</b>	<b>5</b>	<b>3</b>		<b>4</b>	<b>2</b>	<b>6</b>	<b>4</b>
<b>Sunday</b>	<b>3</b>	<b>7</b>	<b>7</b>	<b>4</b>	<b>2</b>	<b>6</b>	<b>4</b>	<b>1</b>	<b>5</b>	<b>3</b>	<b>7</b>	<b>5</b>
Monday	4	8	8	5	3	7	5	2	6	4	8	6
Tuesday	5	9	9	6	4	8	6	3	7	5	9	7
Wednesday	6	10	10	7	5	9	7	4	8	6	10	8
Thursday	7	11	11	8	6	10	8	5	9	7	11	9
Friday	8	12	12	9	7	11	9	6	10	8	12	10
<b>Saturday</b>	<b>9</b>	<b>13</b>	<b>13</b>	<b>10</b>	<b>8</b>	<b>12</b>	<b>10</b>	<b>7</b>	<b>11</b>	<b>9</b>	<b>13</b>	<b>11</b>
<b>Sunday</b>	<b>10</b>	<b>14</b>	<b>14</b>	<b>11</b>	<b>9</b>	<b>13</b>	<b>11</b>	<b>8</b>	<b>12</b>	<b>10</b>	<b>14</b>	<b>12</b>
Monday	11	15	15	12	10	14	12	9	13	11	15	13
Tuesday	12	16	16	13	11	15	13	10	14	12	16	14
Wednesday	13	17	17	14	12	16	14	11	15	13	17	15
Thursday	14	18	18	15	13	17	15	12	16	14	18	16
Friday	15	19	19	16	14	18	16	13	17	15	19	17
<b>Saturday</b>	<b>16</b>	<b>20</b>	<b>20</b>	<b>17</b>	<b>15</b>	<b>19</b>	<b>17</b>	<b>14</b>	<b>18</b>	<b>16</b>	<b>20</b>	<b>18</b>
<b>Sunday</b>	<b>17</b>	<b>21</b>	<b>21</b>	<b>18</b>	<b>16</b>	<b>20</b>	<b>18</b>	<b>15</b>	<b>19</b>	<b>17</b>	<b>21</b>	<b>19</b>
Monday	18	22	22	19	17	21	19	16	20	18	22	20
Tuesday	19	23	23	20	18	22	20	17	21	19	23	21
Wednesday	20	24	24	21	19	23	21	18	22	20	24	22
Thursday	21	25	25	22	20	24	22	19	23	21	25	23
Friday	22	26	26	23	21	25	23	20	24	22	26	24
<b>Saturday</b>	<b>23</b>	<b>27</b>	<b>27</b>	<b>24</b>	<b>22</b>	<b>26</b>	<b>24</b>	<b>21</b>	<b>25</b>	<b>23</b>	<b>27</b>	<b>25</b>
<b>Sunday</b>	<b>24</b>	<b>28</b>	<b>28</b>	<b>25</b>	<b>23</b>	<b>27</b>	<b>25</b>	<b>22</b>	<b>26</b>	<b>24</b>	<b>28</b>	<b>26</b>
Monday	25		29	26	24	28	26	23	27	25	29	27
Tuesday	26		30	27	25	29	27	24	28	26	30	28
Wednesday	27		31	28	26	30	28	25	29	27		29
Thursday	28			29	27		29	26	30	28		30
Friday	29			30	28		30	27		29		31
<b>Saturday</b>	<b>30</b>				<b>29</b>		<b>31</b>	<b>28</b>		<b>30</b>		
<b>Sunday</b>	<b>31</b>				<b>30</b>			<b>29</b>		<b>31</b>		
Monday					31			30				
Tuesday								31				

## Welcome

*The Centre welcomed Lynn Lannen Support Worker. Lynn writes:*

Hello, my name is Lynn Lannen and I have recently joined the Carer Relief Team as a Support Worker. Previously I have worked in the care field with the elderly and as a volunteer for MENCAP. I am looking forward to meeting carers and those they care for as part of my role at the Centre.

## Outdoor Enthusiast Joins Young Carers' Team

*The Centre also welcomed its newest member of staff Steve Wilkinson. Steve writes:*

Before taking up the post of Young Carers' Activity Worker I worked for a charity called Fairbridge as a Development Tutor. I was based in the west end of Newcastle where I worked with young people who had been excluded from school. This role was demanding but seeing the young people achieving was very rewarding. Most of my work was carried out in the Lake District or Northumberland where we would be climbing mountains, canoeing on lakes, mountain biking or camping on islands and sleeping in caves, you can imagine the crazy adventures we had.

I now look forward to many new experiences with North Tyneside Carers' Centre. I'm especially looking forward to meeting as many of the Young Carers over the coming months as possible, and of course the exciting move to new premises. I look forward to meeting you soon.



Young Carers arts and crafts



Christmas card making



Beetle drive, September 2008



Carrie Sanderson, cheque presentation



Carers Week



Christmas lunch!



Alnwick Gardens