



The Princess Royal Trust for Carers
Network Member

ISSUE 53

CARERS' voice

News from North Tyneside Carers' Centre

November 2009



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Plus

Caring with
Confidence

Young
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News

**North Tyneside
Carers' Centre**

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It's Been Shocking!



The Carers' Centre has collaborated with Tyne and Wear museums at Segedunum Roman fort, to put on an exhibition centred on carers. The collection includes creative writing produced by the pen and tonic group who met through the summer, art work with the themes of local culture/heritage/caring and some personal culture shock videos with a poignant edge.

Culture Shock is an exciting two year project which aims to collect 1,000 digital stories from people across the North East of England

A group of adult carers and a group of young carers have beavered away over the last few months allowing their creative juices to flow freely in order to produce this dynamic, witty, yet touching collection.

We at the Carers' Centre are proud to be part of this project and would like to extend an invitation to all interested in coming along and supporting our cause.

The launch date is:

Saturday 21st November 10am - 3pm

Free admission to the exhibition space
Held at: Segedunum Roman fort, Wallsend

The second launch is:

Friday 4th December (Carers' Rights Day)
Free admission to Museum for carers
Held at: Segedunum Roman fort, Wallsend

The exhibition will be running from
Saturday 21st November until the New Year.



We look forward to seeing you there!

www.carers.org/ntyneside

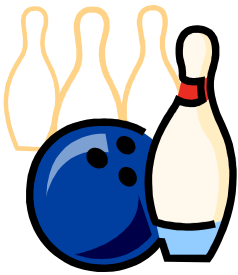
Young Carer's News

Since our last newsletter we have started the Young Carers' Club in the Wallsend area, the club started on November 10th 6-8pm at Howdon Community Centre. We now have a Young Carers' Club in four areas around the borough, if you would like to come along to a club then please contact the centre on: 0191 200 1111 and speak to Steve/Debbie.



We are in the process of starting a new group for the 6-11 age group, it is hoped that this will offer an activity once a month, if you have any ideas then let us know. During October we went bowling at Starbowl, thanks to Jonn M for the great idea.

As I write this we are putting the finishing touches to the 16-18 age groups trip to London, we're looking forward to getting up and dancing in the aisle to songs from the musical Grease. Also on our list are Madame Tussauds and London Dungeon.



There is an interesting website available to young carers, it offers advice and information on a range of young carer issues, you will find it at www.youngcarer.net

For further information regarding young carers please call Debbie/Steve On: 0191 2001111.

Grease is the word!

Steve Wilkinson (*Young Carer's Activity Worker*)

Personalisation Update

North Tyneside Council has introduced Personal Budgets for people needing help with funding their care and support needs from 1st April 2009. To date 285 people have used this new system, which gives people more choice and control over how the funding can be used.

The Council plans to extend this system to people who currently use services from April 2010. This will come into effect when people receive a review of their care and support needs with the social work teams.

As well as introducing Personal Budgets the Council is looking to develop the range of information and advice staff provide, along with developing more preventative types of services for people.

To help the Council develop the Personalisation agenda reference groups have been set up to share with people the plans for change, and how the changes are to take place. A group has been set up specifically for carers, which meets with staff from the Council who provide information on Personalisation and want feedback from carers on the plans for change.

If you are interested in being part of this reference group there are some limited places available. To discuss this please contact the Personalisation Manager for North Tyneside Council, Simon Mawhinney. He is available via e-mail simon.mawhinney@northtyneside.gov.uk or 0191 6437355.

News From the Pension Service

Changes to State Pensions for parents and carers



From 6 April 2010, if you care for a child under the age of 12 or a sick or disabled person you may be eligible for new credits that will build up your State Pension entitlement.

The current situation:

Until 5 April 2010, many people who care for others are eligible for Home Responsibilities Protection (HRP). HRP helps you protect your State Pension entitlement for years when you are not working or your earnings are low. Changes from 6 April 2010.

HRP is being replaced for people reaching State Pension age. From 6 April 2010, if you spend time caring for a child under the age of 12 or a sick or disabled person, you may be able to use a new weekly credit to build up State Pension entitlement.

You build up State Pension entitlement through the National Insurance system. The new credits will help many parents and carers to build up their State Pension entitlement, current plans are that from 6 April 2010 you may be eligible for a credit in a given week if one of the following applies:

You get Child Benefit for a child or children under the age of 12

You are an approved foster carer.

You may also be eligible if you care for a total of 20 hours a week or more for one or more people: Who get Attendance Allowance, Constant Attendance Allowance or Disability Living Allowance (the middle or highest rate care component)

These new credits will replace HRP from 6 April 2010.

If you have built up years of HRP before 6 April 2010, up to 22 of these years will automatically be converted into credits towards your basic State Pension.

Eileen Billett

Partner Liaison Manager, Local Pension Service

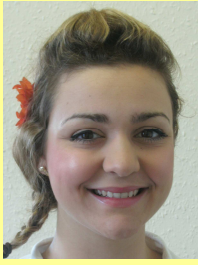
Make it

North Tyneside Council have recently introduced the new Ease **Extra** card. The card is free for under 17's and costs £5 if you're aged between 17 and 24. A host of organisations will be offering deals and discounts to card holders including Blue Reef Aquarium, Boardskillz, DFDS Seaways Ltd, Lloyds TSB, Newcastle Eagles, Pizza Hut and many more. The card was introduced in October and will work just like the existing Ease card by offering discounted rates at council sport & leisure facilities and libraries. The hologram on the **Extra** card also ensures that the card is recognised as an official proof of age card across the UK. If you are under 17 the card can be used for travel at a concessionary rate: 50p per journey or £1 for an all day travel ticket within Tyne & Wear on bus or metro.

You can get your Ease **Extra** card from all leisure centres or Dudley, Killingworth and Longbenton libraries just produce a utility bill from your home address and provide photo ID. Ease **Extra** roadshows will be visiting secondary schools and colleges in the borough where getting your card will be made easier along with a free gift.

For more details on how to obtain the Ease **Extra** card or the adult Ease card please log on to: www.northtyneside.gov.uk or contact the centre.

Welcome Nicola



Hello my name is Nicola Mantalios-Lovett, I've just taken up the post as carer support worker at North Tyneside Carers' Centre.

I've worked with Gateshead Crossroads young *caring for carers* as a young carers activity worker for the last three years, I thought I'd pop across the water and make routes in North Tyneside so here I am. I'm looking forward to getting to know both young carers and adult carers through out the borough.

Oh by the way I know many excellent jokes (well I think so) you'll find out in due course.

Nicola's jokes are on page six judge for yourself!

Challenging Behaviour

Can we assist you in your caring role? Does your caring become very demanding or difficult at times. Maybe you would like to speak with others in a similar situation? Would you like to access training around Challenging Behaviour? Perhaps you would benefit from this training and it may help you in many ways. If you are interested and would like the centre to provide this training we would love to hear from you. Please contact us on our usual number.

Useful Websites and Contacts

BAAGS (Borders Asperger & Autism Support)

Have a resource library, workshops and supportive activities for families of children with disorders/ASD behaviours. They have a luxury 8 berth "Carer - Van" (caravan) available for short breaks/respite/ low-cost holidays at Berwick Holiday Park, for families from the Scotland England border area.

www.baags.co.uk

Telephone: 01896 668961

Medicines for Children

This website provides easily understandable information for parents and carers about medicines commonly prescribed to children.

www.medicinesforchildren.org.uk

Family Action

For those with children aged up to 18, experiencing difficulties paying for basic household needs in the recession.

www.family-action.org.uk

Telephone:

020 7241 7459 (Tuesday to Thursday)



KIDS Direct Short Break Service

Families of children with disabilities can arrange short breaks with trained carers, from 1 hour to a full day.

www.directshortbreaks.org.uk

Telephone: 0845 453 1000

Disabled Persons Railcard

If you have a disability that makes travelling by train difficult you might qualify for the Disabled Persons Railcard. The Railcard allows you to get a 1/3 off most rail fares throughout Great Britain. If you're travelling with an adult companion they also can get the same discount - so you can save money for your friends too!

How much is it? £18 for a One Year Railcard. £48 for a Three Year Railcard.

So, if you use your Railcard for a £54 fare you'll save £18 on the journey. That means a one year Railcard has paid for itself in just one trip!

Cerebra is a charity which supports families with children up to 16 years of age who have all kinds of brain-related conditions including autism, learning disabilities and ADHD. They have grants available for families for special toys and equipment such as sensory toys, over-size tricycles and special car seats. They also offer sleep counselling, a toy and book library, vouchers for speech therapy, online courses for carers on many aspects of parenting and disability, and support through home visiting.



Sally McLean is the Regional Officer for Parent Support in the North East. For more information contact her on **0191 230 8036**. She has an office in Newcastle or can arrange home visits. Alternatively, Mick Thompson at the Carers' Centre can provide further information.



News from Job Centre Plus

Jobcentre Plus is aiming to improve the services they offer to carers. They have appointed a District Care Partnership Manager. The purpose of this role is to work together with organisations such as the Carers' Centre and to enable Jobcentre Plus staff to provide better support to carers who would like to move into paid work.

One of the things Jobcentre Plus is doing is providing some specialist training for their staff. Over the next few months advisers in Jobcentre Plus offices will receive bespoke training to give them a better understanding of carers, their circumstances and the issues they face. They will also have access to a website with links to information about local and national carer's support organisations. This will help improve the standard of service Jobcentre Plus gives to carers.

There are further services Jobcentre Plus will be able to offer to carers including help with training for a new job or even a new career including help with replacement care while participating in approved training activities. We will keep you informed of these new developments in Jobcentre Plus in future issues of the newsletter.

Disappointment

What happened to your ambitious plans?
In all you would be master.
After countless traumatic turns
Your dreams became disaster.

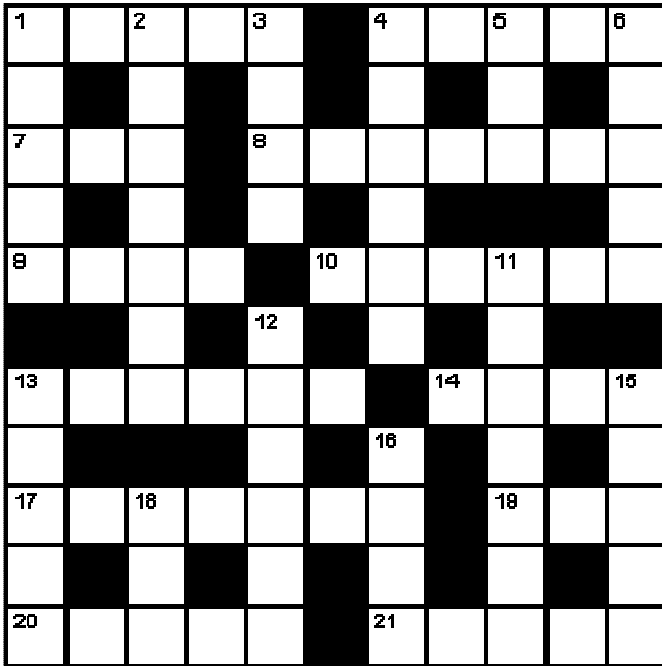
Don't give up on love or hope, believe in
the innocence you're after,
Accept the hardships you have seen.
Place it far behind-"The Last Chapter"

Walk tall now son, don't be afraid
Hold out your arms and take it,
Remember those dreams you made
In my heart I knew you'd make it.

If I could change the world for you
I'd do it without delay
You must accept what you've been
through
A new life starts for you today.

Elizabeth Brewster 2008

Quick Crossword



Across

1. Concern (5)
4. Maxim (5)
7. Fruit (3)
8. Responded (7)
9. Chess piece (4)
10. Writer (6)
13. Sagacity (6)
14. Leave out (4)
17. Decorate food (7)
19. Beverage (3)
20. Stitched (5)
21. Travesty (5)

Down

1. Thin biscuit (5)
2. Areas (7)
3. Tall story (4)
4. Counting device (6)
5. Perform (3)
6. Duck (5)
- 11 Short-tailed burrowing rodent (7)
12. Aped (6)
13. Earnings (5)
15. Search and find (5)
16. Professional cook (4)
18. Uncooked (3)

It'll Be a Right Laugh!

North Tyneside Carers' Centre has recently hosted a four week laughter therapy course for carers ran by volunteer and artist Bob Wilson. Bob was inspired to get involved with laughter therapy after watching a programme about Dr Madan Kataria an Indian doctor based in Bombay, who, instigated a trend for medicinal 'laughing clubs'. Bob then spent time training with the doctor and began delivering the laughter therapy workshops in the UK. The workshops were a huge success and the carers who participated commented on how great they felt after the sessions, claiming they slept very well and their feeling of well being was heightened. Other comments were:

"It was so new and different and certainly managed to give you that feel good factor"

We are pleased to say that Bob will be working with us again in the future, keep your eyes peeled for the up and coming dates for the workshops!

Chuckle Corner

A man walks in to the doctors with a carrot up one nostril, parsnip up the other nostril, a tomato in his ear and broccoli on his head. He says "doctor doctor I don't know what's wrong with me!" The doctor takes one look at him and says "you're not eating right!"

Have you heard the one about the baker who got an electric shock? He stood on a scone and a current went up his leg!

Two cannibals eating a clown, one says to the other "does this taste funny to you?"

Nicola M Lovett



The Centre needs your help to raise funds to support Carers. If you would like to make a donation or help with fundraising please contact Claire Easton or Mick Thompson on 0191 200 1111

Fond Farewell

After 12 years Counsellor Jean Philips has sadly left the centre. Jean writes:

After much consideration I decided it was time for me to leave the Carers' Centre, not an easy decision as I have been very happy to be part of the support team. I am going to miss both staff and carers so much. I have been greatly enlightened over the years as to the role and the commitment of the carer, and have been amazed at the level of devotion and selflessness I have seen within this role.

The centre offers and extends a first class service to the carers, the staff continuously giving of their very best. I have felt truly privileged and very lucky to have been a part of this for the past 12 years.

Whilst my leaving is tinged with sadness I have many lovely memories to take with me, and other ventures to look forward to. I am not going to say goodbye as I will see you from time to time. My very best wishes to both staff and carers. With much love.

Caring with Confidence

The centre is piloting a training programme *Caring with Confidence* that



will help you build on your strengths in your caring role. *Caring with confidence* is a national programme aimed at carers to help them make a positive difference to their lives and the people they care for. The course will run from 3rd November until 15th December at the Riverside Children's Centre in North Shields. The sessions will start with Finding Your Way an introduction to the *Caring with Confidence* programme to help carers decide which of the other sessions they would like to access. Other topics will include, caring and coping, caring and me, caring and resources. Lunch will be provided. If this training programme interests you and you would like to take part in future sessions please contact the centre on: 0191 200 1111.

A Sensitive Subject

North easterners are being asked to tackle a great taboo as part of a consultation on the UK's first ever charter about end of life care.

Recent research reveals that the north east is the least comfortable region in the UK when it comes to discussing death. It also highlights that north easterners are the least likely to want to know if they are dying and almost two-thirds of people haven't discussed end of life care plans.

NHS North East has worked with a range of partners to produce *A Good Death* charter, which sets out proposals for the kind of care and support that people who are dying, their families and carers can expect. Once agreed, it will guide the provision of end of life care and support.

Have your say now at www.agooddeath.co.uk.



Solution to Quick Crossword

E	C	R	V	F	D	E	W	E	S
C	E	E	E	E	A	A	E	E	E
A	T	H	S	N	I	A	R	N	G
R	S	C	P	A	V	A	A	A	A
T	M	O	M	O	D	S	W	I	S
A	S	C	N	A	N	A	N	A	A
R	H	T	A	U	A	K	O	O	R
E	C	N	I	E	E	E	E	E	E
D	E	C	T	A	R	E	G	F	I
I	C	B	A	A	E	A	E	A	A
E	A	D	A	Y	R	R	O	R	W

If you have any difficulties reading our Newsletter, please contact us and we will make arrangements to help you with this.



For Your Convenience

We have inserted a carers' clinic and events flier with this Newsletter so that you can see at a glance what's on where and when. Please keep it at hand for future reference.

Bargain Computers

For Carers and their families who wish to buy, upgrade or repair their computers, Acorn on Station Road, Wallsend may have the solution. Fully refurbished systems from £49; and a no fix – no fee – no callout charge, Acorn can help carers and their families keep up to date in the modern world at a fraction of the usual costs. Tel: 2635010.

Complaints Policy

North Tyneside Carers' Centre is committed to providing a high quality service to the people it serves. Occasionally we may fail to meet our usual high standards for whatever reason and we would like to know if and when this has happened, in order that we can rectify and make the necessary improvements.

If you would like to make a complaint, we would be interested in hearing from you.

*Please address any complaints to:
The Centre Manager at our usual address.*

MAILING LIST

If you do not subscribe to this newsletter and would like to receive future editions, please contact us via e-mail: enquires@ntcarers.co.uk or telephone: 0191 200 1111. Alternatively you can send a letter with your details to: North Tyneside Carers Centre, Third Floor, YMCA building, Church Way, North Shields, NE29 0AB

Any Views or opinions expressed in Carers' Voice are those of the author and may not necessarily be those of North Tyneside Carers' Centre



**The Centre would like to wish you all
A Merry Christmas
and a
Happy New Year**



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