



The Princess Royal Trust for Carers
Network Member

ISSUE 57

CARERS' voice

News from North Tyneside Carers' Centre

September 2010



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North Tyneside
Carers' Centre

Third Floor,
YMCA building,
Church Way,
North Shields,
NE29 0AB

0191 643 2298

Your Centre - Our Strategy

North Tyneside Carers' Centre is developing its strategy for the next 5 years and needs your help and your ideas.

This strategy will set out a vision for the future, our aims and outcomes, an action plan and indicators on how we will judge our success.

Over the next few months we will be holding a series of events and sending out questionnaires to find out your views and your ideas about what you think about our existing services and activities and what you would like us to provide in the future.

As a starting point it would be very useful if you could fill in and return the annual survey which is enclosed with this newsletter. We will use your feedback from this survey to begin to develop the strategy and shape future discussions.

If you have any questions or if you would like to feed in your ideas please contact Julie Tait

Telephone: 0191 643 2295
Email: julie.tait@ntcarers.co.uk



www.northtynesidecarers.org.uk

Carers Could Be Missing Out

A quarter of a million people caring for an ill or disabled person could be missing out on a top up that protects their basic and second State Pensions in later life. An estimated one million people have given up work to care for someone and could be eligible for Carer's Credit. There is a very simple way for carers to protect their State Pension and you can find out more by visiting the Directgov website or by calling the Carer's Allowance Unit. People giving up their time for 20 hours or more a week to provide unpaid care for a loved one, who are not already claiming Carer's Allowance, could qualify.

Research from Carers UK found that the majority of people who care for relatives take over a year to realise that they have become a carer. If you are giving up time to cook, clean, shop or provide personal care, unpaid, for someone you could be entitled to Carer's Credit. It is vital that carers check that they are claiming the right benefits or credits to ensure that they will get their full State Pension in retirement.

Carer's Credit is not a cash sum now but means that a carer's financial future can be protected. It credits a person's National Insurance record for the time they are caring, helping them to build up their State Pension.

For more information go to:

www.direct.gov.uk/

CaringForSomeone/MoneyMatters or telephone the Carers Allowance Unit on 0845 608 4321.

10 THINGS EVERY CARER SHOULD KNOW

- **Look after yourself!** You are very important.
- **Take a break.** Caring can be hard work and stressful. Having a break can make all the difference.
- **You are not alone.** There are nearly six million unpaid carers in the UK.
- **Tell your doctor.** All too often carers' own needs take a back seat.
- **Ask for a Carer's Assessment.** You are legally entitled to an assessment of your needs as a carer by your local council. For information on how to apply speak to us here at the Centre.
- **Make sure you are receiving all the financial support you are entitled to.**
- **Get a grant.** You may be eligible for a grant towards the cost of a short break, transport or buying a specialist piece of equipment or a domestic appliance.
- **Decide on the help that's best for you.** If you have been assessed as needing support services to help you in your caring role, you can choose direct payments.
- **Contact your local Jobcentre Plus.** If you are looking to return to paid employment Jobcentre Plus are able to provide grants to cover the cost of replacement care to enable you to do training or attend job interviews.
- **Help is out there.**

Do You Need A Break From Your Caring Role? Sharing the Caring Could Help!

Sharing the Caring is a well established service that gives carers the opportunity to have a break from their caring role. The service gives carers the chance to take time out by providing workers who give support, care and stimulation to the person cared for, regardless of their disability or illness.

Our highly trained and skilled staff team are able to provide support to both the carer and the person they are caring for. The service will, whenever possible, send the same worker to provide breaks. Breaks are available from 1 hour up to 24 hours in length, 7 days a week, 365 days a year. If you would like further information on the service please contact:

Amy Anderson, Sharing the Caring Coordinator, on (0191) 643 2298 or at amy.anderson@ntcarers.co.uk

Carers Assessments Update

During National Carers' Week in June we held a conference for carers in partnership with North Tyneside Council to help us to develop a new carers assessment document. We wanted a document which was user friendly and highlighted the amount of support you provide as a carer as well as identifying your own needs. We are delighted to say that both carers and professionals have fed back about this newly developed document and are happy that this has been achieved. The new carers assessment will be ready to use from October 2010.

Carer Assessment and Support Officers from the Carers' Centre are now based within North Tyneside Council's four Community Assessment and Support Teams. Their purpose is to support the council to improve the quality and number of carers assessments carried out and to improve carers' satisfaction with the process. This is working well to date and the workers have been able to provide carers they come into contact with, with appropriate levels of practical and emotional support.

If you are providing regular and substantial care and would like to discuss accessing a carers assessment please do not hesitate to contact us on 0191 643 2298.

Disability Benefit reforms—Our fears

North Tyneside Carers' Centre supports Carers UK in expressing concerns that the Government's proposed reductions to the Disability Living Allowance could have a 'devastating impact' on family incomes.

In the Emergency Budget in June, the Chancellor set out plans to reduce the budget for Disability Living Allowance by 20%. Carer's Allowance can only be claimed if someone is caring for a friend or relative who is in receipt of the middle or higher rate 'care component' of Disability Living Allowance, or Attendance Allowance. The £1 billion reduction is expected to come from existing claimants having their benefit reduced or removed following a new medical test for all existing and new claimants of Disability Living Allowance by 2013/14.

In the past medical tests such as those proposed have resulted in bad judgements and the Carers' Centre is concerned that the impact that these reductions would have on carers has not been properly thought through.

Carers UK's response to the Government can be found at <http://www.carersuk.org/Professionals/ResourcesandBriefings/Policybriefings>

Actions carers can take:

- **Write to your MP** to give them your views on the reform - find their details at www.writetothem.com
- Become a member of Carers UK to be a part of their campaigns to get a fair deal for carers

New Handyman Service For Armed Forces and Widows

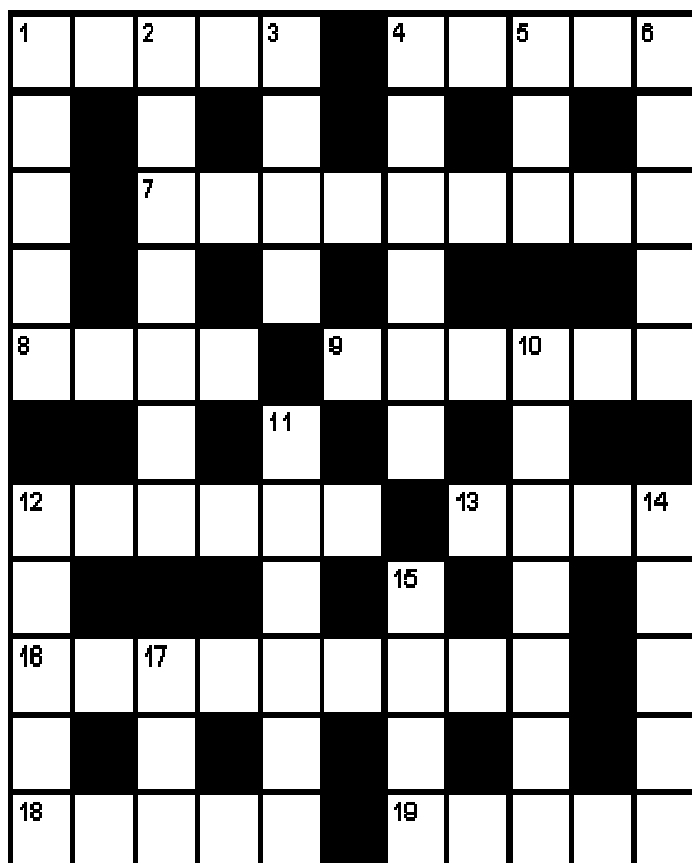
A free handyman service is being rolled out in North Tyneside for serving and retired members of the armed Forces.

Poppy Calls a Royal British Legion scheme provides household repairs and alterations to former members of the Forces and their families including widows and ex partners. The service is carried out by trusted, trained and qualified trades people who are CRB approved. The service is completely free to those needing a helping hand around the home with jobs that they cannot do themselves.

The service can help with a range of tasks including installing shelves, fitting curtain and grab rails, changing light bulbs and fitting door locks. To find out more about the scheme please contact 0800 032 0306 or visit www.britishlegion.org.uk



Quick Crossword



Across

1. Snake (5)
4. Saying (5)
7. Villainous (9)
8. Way out (4)
9. Bee house (6)
12. Maelstrom (6)
13. Desiccated (4)
16. Allowed (9)
18. Trench (5)
19. Indigent (5)

Down

1. Obscure (5)
2. Wicker basket (7)
3. Prevalent (4)
4. Precipitous (6)
5. Fuss (3)
6. Composition (5)
10. Abbreviate (7)
11. Gusto (6)
12. Lacking taste (5)
14. Journal (5)
15. Stupefy (4)
17. Furrow (3)

18-25 Carer Support Group

North Tyneside Carers' Centre is developing a support group for carers aged 18-25 years old. The aim is to help you within your caring role and to promote your future goals. The group will provide:

- Support with higher education and employment
- Social events
- Advice and guidance
- Assistance with forms and money management
- Volunteering and training opportunities

The group will be held on the second Tuesday of every month, the first one being:

Tuesday 12th October. 7pm-9pm
At North Tyneside Carer's Centre,
3rd floor YMCA building, Church way, North Shields, NE29 0AB

If you are interested and would like to attend or simply want more information please call Nicola Lovett, Carer Support Worker on 0191 643 2298.

Carers' Experiences

(Letter to Centre Manager July 2010, name and address supplied)

I would like to express my thanks to the Carer's Centre for organising the evening support groups that have taken place in a number of locations over the last few months.

The provision of evening meetings is a godsend for me as I am a carer but I am also in full time employment. Until now this has meant that the invaluable support offered by meeting with other carers has not been available to me.

The choice of venues has been excellent, providing a relaxed atmosphere where issues can be discussed openly, but equally providing a small window of opportunity for carers to put the pressures of caring to one side for a couple of hours and engage in more light-hearted conversation. Such an atmosphere could never be created in an office environment.

Finally, the facilitating of the evenings has been of an extremely high standard. The staff who have attended are transparent and as much part of the group as the carers themselves. They integrate their organisational and personal communicating roles with ease and consequently have the trust and confidence of all the carers. With this in mind I would like to particularly thank Nicola, Joanne and (latterly) Emma for making all of the evening meetings both useful and enjoyable.



Vehicle Tax for Disabled People

You may be entitled to a free tax disc if you're a disabled person who gets the higher rate of the mobility component of Disability Living Allowance, War Pensioners Mobility Supplement or you have an mobility vehicle.

Using the vehicle

To claim exemption from paying vehicle tax, the vehicle must be registered in your name or registered in the name of someone you nominate to drive for you (a nominee). The vehicle must only be used for your purposes, for example shopping or getting prescriptions. If it is being used by the nominee or someone else for their own personal needs, then the exemption will be lost. If you no longer qualify for vehicle tax exemption, you will need to tax your car in the appropriate tax class and pay the correct rate of vehicle tax.

For more information contact the Disability Living Allowance Unit on:
0845 712 3456.

If you claim the War Pensioners Mobility Supplement contact: **0800 169 2277.**

If you need further details you can contact Customer Enquiries on
0300 790 6801 or visit **www.direct.gov.uk/emaildvla**

Young Carers' News

During the summer holidays Young Carer Grant Purves took part in a sailing trip on board a tall ship called the James Cook. As part of a personal development activity run by the Ocean Youth Trust (North East) Grant used the 'challenge of the sea' to help him develop and gain knowledge about himself and others.

This is his story.

My adventures on the James Cook ship, 27th August to the 29th August.

Firstly safety was very important and we were given a briefing about the ship before we could sail.

I was welcomed aboard ship and made to feel part of a team and given responsible duties like washing and cleaning up and doing the cooking.

Waking up to the song every morning was dead nice and the song was called Sunrise, sunrise by Nora Jones and that woke me up every morning on the ship.

There was nothing to stress about being away from home, it was like having a second family.

I would like to go back on the ship with all my friends.

And what I learned from it all.....

I learned how to sail the James Cook Tall Ship!



Afternoon Tea for Carers



People with dementia and their carers are invited to Afternoon Tea with the Alzheimer's Society and Age Uk North Tyneside.

Thursday 14 October 2:30—4:30
Jarretts Coffee Shop, Bradbury Centre North Shields

Carers can relax in an informal setting whilst enjoying reminiscence quizzes, teasers and games on the Nintendo Wii or simply enjoy a cuppa and a chat.

For more details or to confirm your attendance please contact Lisa Mollett at Alzheimers Society on 01912742727

Carrie on Jumping

The Centre would like to say a huge thank you to Carrie Sanderson for completing her bungee jump in August. Carrie



has raised £2,359 for the centre and has requested that the money be used for adult and young carers' activities. Carrie has a number of health problems and phobias but has not allowed these to get in the way of her sponsored activities. Well done Carrie, you are very brave! Many carers will benefit from your valiant effort.

Solution to Quick Crossword

Y	D	E	N		H	C	T	I	D
R		G	U		S		U		I
A		D	E	T	T	M	R	P	E
I		I	S		L				A
D		A	R	I	X	E	T	O	R
		B		T		R		E	
Y		A	R	A	P	I	A		X
A				U		E		N	
S		O	U		A	R	I		F
S		D		B		I		A	
E		A	D	A		R		P	E

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

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 have any concerns, we would be interested in hearing from you. Please address any complaints to The Centre Manager .

1 October is the UK and UN International Day of Older Persons.

The theme this year is 'getting and staying active in later life' and it will be a national celebration of the achievements and contributions that older people make to our society and to the economy, and through this start to tackle negative attitudes and outdated stereotypes.

A fabulous free celebration for UK and UN Older People's Day on Friday 1st October at Howdon Community Centre will kick off this year's Age Takes Centre Stage which is North Tyneside's annual festival for people aged over 50. It is a joint project involving the Older People's Forum, North Tyneside Council, Community Health Care Forum, Churches Working Together Wallsend and North Shields, Amongst Friends Friendship Centre, Age UK North Tyneside.

For more information, visit the website at www.agetakescentrestage.org.uk or you can also call (0191) 280 8498 or email info@agetakescentrestage.org.uk

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



MAILING LIST

If you do not subscribe to this newsletter and would like to receive future editions, please contact us :
enquires@ntcarers.co.uk
 or telephone: **0191 643 2298**
 Alternatively you can send a letter with your details to:

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