



The Princess Royal Trust for Carers
Network Member

CARERS' voice

News from North Tyneside Carers' Centre

September 2011



Supporting Carers:
The Case for Change



Inside This Issue...

Carers Rights

Gardening Service

New Calendar of Events

Local Giving

North Tyneside Carers' Centre

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

0191 643 2298

Supporting Carers Could Save Billions

A lack of support for carers is costing the country billions of pounds every year, according to a new report from the Princess Royal Trust for Carers and Crossroads Care. The publication, *Supporting Carers: The Case for Change*, shows how funds to increase support for carers also benefits the people being cared for as well as reducing demand on other health and social care services.

Using evidence from randomised controlled trials and peer reviewed journals, the report illustrates that increasing support for carers not only improves the health and wellbeing of patients and recipients of care but also Improves the health and wellbeing of carers. It also reduces admissions, readmissions and delayed discharges in hospital settings as well as reducing unwanted residential care admissions and length of stays.

Policy and parliamentary officer, Gordon Conochie, counts the savings: 'There are about 1.3 million delayed transfer of care days in England's hospitals, partly caused by carers not being involved in discharge processes, costing an extra £150 million every year. We calculate that councils are spending £1.5 billion more than they need to on residential care because they are failing to support carers and provide care in the home. To make that saving they need to increase investment in carers' services by at least £119 million annually. The report also includes examples of services – breaks, counselling and training – that have shown success in helping carers maintain their health and quality of life and that of the person they care for.

To read the full report, *Supporting Carers: The Case for Change* in full go to www.carers.org



Online Giving

The Carers' Centre has now set up an online webpage where supporters and friends of the Centre can make donations by credit or debit cards. This allows you to make a donation online when it's convenient for you.

The Centre depends on donations to help both young and adult carers live quality lives and overcome the challenges they face.

We currently support 1900 Adults and 400 Young Carers and need your support to help us.

If you would like to make a donation please visit our website www.northtynesidecarers.org.uk and click donate Or visit <http://localgiving.com/charity/northtynesidecarers>

All donations are greatly appreciated.



Do you support someone with Autism?

Would you like to be involved locally to influence decision making?

"Fulfilling and rewarding lives" is the name of the government's strategy for adults with autism. The strategy is beginning to be implemented locally across the council and health services. North Tyneside LINK and the Carers' Centre would like your views on how you think the strategy could best work locally: What works well for adults with autism in North Tyneside; what doesn't?

Come along to a meeting at the Carers Centre on Thursday 13th October 2011 at 10.30am to give us your ideas and views. We want to make sure that you can contribute to making things better for adults with autism in North Tyneside. Ring the Carers Centre to book a place on 0191 643 2298.

Carers Rights

Under the Carers and Disabled Children Act 2000, carers aged 16 or over who provide a regular and substantial amount of care for someone aged 18 or over have the right to an assessment of their needs as a carer.

If you have parental responsibility for a disabled child, your needs as a carer will be assessed as part of a family needs assessment. You have the right to a family needs assessment under The Children Act 1989. You do not need to be the mother or father of the child.

Carer Assessment and Support Workers from the Carers' Centre work in North Tyneside Council's Community Assessment and Support Teams to undertake carers' assessments and support carers through the assessment process.

For further information please contact the centre on 643 2298.

Moving Upstream

In 2002 the Health Promotion Department of Newcastle and North Tyneside put on a conference looking at the involvement of primary care teams in promoting good mental health. As a result of the conference it was decided to encourage primary care practitioners (GPs, nurses and practice-based workers) to make more use of a range of community and voluntary organisations to improve the well being of people with mental health problems.

The project has developed a variety of ways to increase patients use of these agencies For more information visit <http://www.movingupstream.org.uk/> or ring 0191 262 1808

Are you an Olympic Contender?

As part of their early planning ideas for Carers Week 2012 (June 18-24) Carers UK are researching all things Olympics. They are keen to hear from carers and their families in the UK who have an Olympic link of any kind.

Were you an Olympic contender? Or did you travel with the GB team? Did you see Olga Korbut close up? Does the Olympics mean something special for you as a carer? Whatever your role or link they would be really pleased to hear from you. Please contact: Rebecca Couper (*Carers Week Media Officer*)

E-mail Rebecca.Couper@carersuk.org

Tel: 0207 378 4958 Mob: 07808 586 389. Rebecca will be available Mondays, Tuesdays and Wednesday's.

QUESTIONNAIRE WINNER

The winner of our prize draw for returning their questionnaire is Elizabeth McLoughlin. Elizabeth has won a £20 gift voucher of her choice. Well done Liz.

Carers' Forum

The Way Forward

The Carers' Forum is an opportunity for you to have your voice heard and to find out more about topics that could help you in your caring role. We need your help to ensure that the subjects discussed meet you needs. As it has been running since the Carers' Centre began and attendances have been quite low of late, we would like to do a full review.

We are seeking carers who could help us to take the Forum forward and hopefully come up with some innovative and exciting ideas. Whether you are already involved or are new to the forum we would love to meet you.

We are holding a meeting on **Tuesday 27th September at 10:30am**, if you cannot make this time or have problems getting to the centre due to transport or your caring role please contact either Kath or Julie on 0191 643 2298. It would be great to hear from you.



Anchor Staying Put have now been taken over by Mears Group Plc. Here are a number of services available to residents in North Tyneside

Gardening service

They can provide a gardening service to suit your needs, from one-off gardening jobs or regular visits (fortnightly, monthly etc.) to full garden renovations and landscaping. For further information or to arrange for a free quotation, please contact Becky Fox on 0800 1114418.

Small Repairs

Their Small Repairs Service is still available to all residents within North Tyneside to help with all of your small repairs needs. They can carry out a host of small scale tasks including joinery, plumbing, brickwork and security/safety jobs, such as replacing and hanging curtain tracks and poles, building up flat pack furniture, replacing tap sets and fixing dripping taps, installing banisters and grab rails, fixing fences, jet-washing paths and patios, and much, much more!

Painting

They will shortly be re-starting their painting service. Due to time constraints, they won't be able to do wall-papering or anything too intricate, but if you fancy a fresh new coat of emulsion and gloss to your favourite rooms or your garden fence needs smartening up, please give Julia English a call on 0800 1114418.

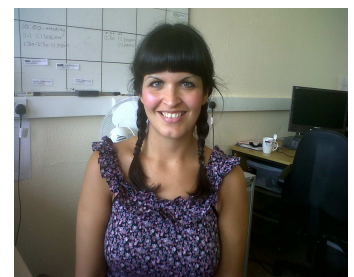
Fond Farewells

Sadly the centre has said goodbye to two staff members who have moved on to pastures new. David Allerdyce has been with the centre for eleven years as part of the Sharing the Caring team. David said, "I have thoroughly enjoyed my time at the centre and have met and worked with some wonderful people over the years and I will miss them all". David has provided excellent stimulative support sessions to his clients and provided a first class care service.



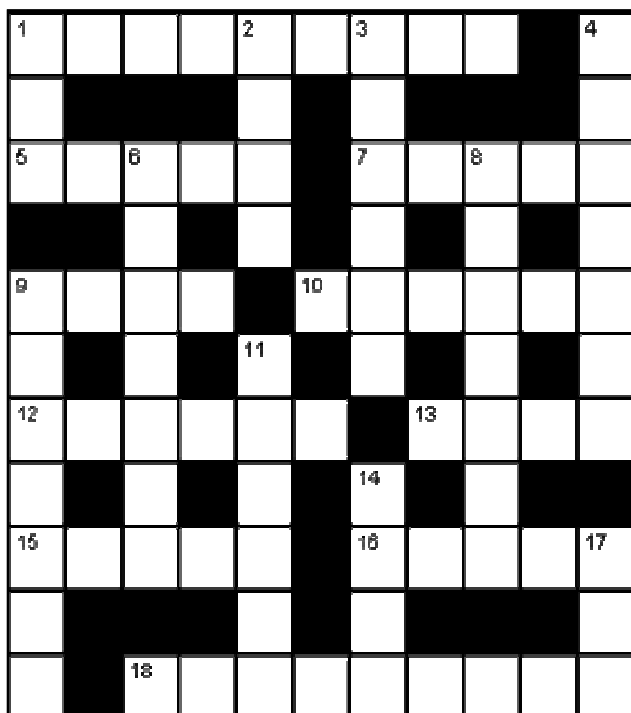
Giselle Nejady who joined the Centre just over a year ago writes:

"I have thoroughly enjoyed working as a carer support worker here at North Tyneside Carers' Centre. I've had the opportunity to meet some lovely people, and have learned a great deal over the past year. I am leaving the North East to work as a person centred planning facilitator. I will be working with young people who have learning disabilities to help them make plans for the future, based on their dreams and aspirations. I am really looking forward to my new challenge, but will miss my colleagues and the carers I have worked with".



We wish them both the best of luck for the future

Quick Crossword



Across

1. Oily or greasy (9)
5. Bet (5)
7. Young eel (5)
9. Land measure (4)
10. Sultry (6)
12. Dairy product (6)
13. Hex (4)
15. Crowd scene actor (5)
16. Hidden drawback (5)
18. Accumulated (9)

Down

1. Cutting tool (3)
2. Remedy (4)
3. Wildcat (6)
4. Contradiction in terms (7)
6. Article of clothing (7)
8. Findings of a jury (7)
9. Of times long past (7)
11. Attack (6)
14. Dull pain (4)
17. Concealed (3)

Dementia: A North East Perspective

Debbie Smith in her capacity as an independent consultant has produced a report for Northern Rock Foundation, outlining the state of dementia care in the North East. The report provides an overview of the work that is being undertaken to support people with dementia and their carers by statutory, voluntary and education sectors. It highlights progress made and gaps in service development and provision. The Foundation has worked with Debbie to produce a second 'Think' report which makes some suggestions about what could usefully be done to take forward this area of work in the North East. You can download copies of these reports from the Foundation's website at:

http://www.nr-foundation.org.uk/publications_others.html

On The Move

The Alzheimer's Society moved their North Shields premises in April to the Linskill Centre, Linskill Terrace in North Shields. They have two rooms - the main office room is based in R7 off the main corridor and the Society also has a meeting room.

The Society had occupied their Bedford Street location for over a decade but in order to improve accessibility the office has moved. Claire Davidson, Support Services Manager for the Alzheimer's Society said: "Please feel free to call in and see us or contact us by telephone with any enquires, our telephone number remains **0191 2571245**; or you can contact us by email":

northtyneside@alzheimers.org.uk.'

The office is open:
Monday to Friday from 9am - 4.30pm.

October 2011

MON	TUES	WED	THURS	FRI
3	4 Parent Carer Group	5	6	7 Carers' Coffee Morning
10 Evening Support Group Carers Walking club	11 Carers Forum	12 ADHD Parent Carer Group	13 Autism Support Group	14
17	18	19	20 Carers Lunch Club	21
24	25	26 ADHD Parent Carer Group	27	28
31				

November 2011

MON	TUE	WED	THU	FRI
	1 Parent Carer Group	2	3	4 Carers' Coffee Morning
7 Evening Support Group	8	9 ADHD Group	10	11
14 Carers Walking group	15	16	17 Carers' Lunch Club	18
21	22	23 ADHD Group	24	25
28	29	30		

ADHD Parent Group

For those caring for a child with ADHD. 10am –12pm Second Wednesday in the month, Fourth Wednesday in the month 6.30pm to 8pm , at The Carers' Centre.

Autism Support Group

For those caring for someone with Autism. 10.30am-12.30pm at The Carers' Centre.

Carers Lunch Club

Open to all carers. 12:30pm. October 20 meal taking place No1 Oriental Buffet,41 Stowell Street, Newcastle, NE74XQ .

Carers Coffee Morning

Open to all carers. 11am-12pm October 7 Crusoes Café, South Beach, Longsands, Tynemouth (on the beach)

Carers Evening Support Group

Open to all carers. Meet at 6:30pm. Oct 10 The Beacon ,Whitley Bay, Earsdon Road, NE259PT

Parent Carer Group

For parents caring for children with any illness or disability. At The Carers' Centre.

Carers' Forum-

Open to all carers. Lunch -12:30. Guest Speaker 1:15pm. Guest speakers at next Forum will be talking about GP commissioning and how it will affect services in your community.

Carers Information & Advice Sessions

Monday	1.30pm - 4.30pm	Monkseaton Medical Centre	4th Monday of the month	Appointment basis for those residing in Whitley Bay area
Tuesday	1pm-4pm	Oxford Centre Longbenton	1st Tuesday of the month	Appointment basis - open to all
Wednesday	9am-11am	Village Green Wallsend	3rd Wednesday of the month	Appointment basis - open to all
	5pm-8pm	Carers' Centre YMCA, North Shields	Every Wednesday	Appointment basis - open to all
Friday	9am-1pm	White Swan Centre Killingworth	4th Friday of the month	Appointment basis - open to all
Saturday	9am-1pm	Carers' Centre YMCA, North Shields	Every Saturday	Appointment basis - open to all

Lifting & Moving Safely

Thursday 29th September 10am -1pm

The Centre has teamed up with Age UK to deliver a Lifting & Moving training session. Basic rules to safely lift and move, practical activities will include transferring from chair to commode/bed, supporting with walking, sitting and standing. The sessions will take place at **Age UK, Park Road, Whitley Bay**. If you have to lift or help the person you care for to get around, then why not come along and find out how to do this in the safest way for both you and the person you're caring for. To book your place or to find out more please contact the Centre.

Solution to Quick Crossword

S	E	B	A	C	E	O	U	S		P	
A				U		C				A	
W	A	G	E	R		E	L	V	E	R	
		A		E		L		E		A	
A	C	R	E		T	O	R	R	I	D	
N		M		A		T		D		O	
C	H	E	E	S	E		J	I	N	X	
I		N		S		A		C			
E	X	T	R	A		C	A	T	C	H	
N				I		H				I	
T			C	O	L	L	E	C	T	E	D

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

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 .

Useful Numbers

Age UK	0800 1696565
Disabled Access Holidays	08452570113
Benefit Enquiry Line	0800 88 2200
Disabled Persons Railcard	0845 6050525
The Energy Saving Trust	0800 512 012
Carers Direct	0808 802 0202
Carers UK Advice Line	0808 808 7777
The National Debt Line	0808 8084000
Carers Allowance Unit	0845 608 4321
Crossroads Care	0845 450 0350
Macmillan Cancer Support	08088080000

Mencap	0300 333 1111
The Children's Society	0845 300 1128
Parent Line Plus	0808 800 2222

Local Numbers

Alzheimers Society	0191 257 1245
Age Uk	0191 280 8484
Learning Disabilities Federation	0191200 1100
NT Disability Forum	0191 200 8570
Stroke Information	0191 296 4167
Stroke Helpline	0303 303 3100
Props (drug & alcohol)	0191 270 4248

If you have any difficulties reading our Newsletter, please contact us so that we can 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:

North Tyneside Carers' Centre
Third Floor , YMCA building, Church Way, North Shields. NE29 0AB.