



The Princess Royal Trust for Carers
North Tyneside Carers' Centre

CARERS' voice

News from North Tyneside Carers' Centre

January 2012



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Carers' Centre February March Activities

North Tyneside Carers' Centre

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

0191 643 2298

Planning Your Events - Exciting changes to the Carers' Forum

The Carers' Centre is seeking carers who would like to help us take the Forum forward and hopefully come up with some innovative and exciting ideas.



Our Local Involvement Network (LINK) has suggested that the Carers' Forum could provide an opportunity to meet and discuss issues relating to health and wellbeing. The Carers' Centre would be the lead organisation which would host the forum and draw together carers and existing networks and initiatives in this area. Carers' views would then be fed into the overarching LINK Health and Wellbeing forum. This would be a great opportunity to influence service development and improve health and social care.

We would like to recruit a group of carers who could help plan forum meetings and are holding a meeting on Wednesday 31 January 2012 at 10:30am, to discuss the LINK proposals and the future of the Forum. If you can join us please contact either Kath or Julie on 0191 643 2298. If you are interested but cannot make this time or have problems getting to the centre due to transport or your caring role please let us know.

We would also like to hear from you if you would like to be involved in planning other events throughout the year. We would like to hear about your interests and what you would like the centre to offer e.g. trips, visits, training and activities for carers etc. This is your Carers' Centre and we want to identify your needs and interests and have carers voices heard in decision making that affects you.

Local Living — What's Happening in Your Area

Due to many caring tasks taking place in the home it can at times be difficult to break the routine and leave the house. Consequently feeling alone can be one of the most common issues for many carers.

One of the things the carers centre does to help combat isolation and loneliness is to organise a monthly lunch club. It's an opportunity to meet with other people in the same situation as you in a safe and informal setting. We meet in various locations throughout the borough, usually at nice cosy pubs.



Please come and meet us for a bite to eat and a bit of a chat, we're all really nice! We meet for lunch every third Thursday in the month. Please see the calendar on pages 10 and 11 for details.

Make Your Voice Heard

The way services are delivered by North Tyneside Council is changing, not just because of the current economic climate but because it is being challenged to do things differently and more efficiently. The council would like to hear your views on how you think they should prioritise resources and how things could be done differently.



North Tyneside Council

The draft Council Plan includes a number of key priorities:

- delivering sustainable growth
- delivering excellent education, skills and employment opportunities
- supporting people to be healthy and independent and protecting the vulnerable
- creating safe and secure communities
- protecting and enhancing the environment
- helping people to make a positive contribution
- making change happen, improving customer services and facing up to our financial challenges

There is information on the council's plan, priorities and budget information on the NTC website (www.northtyneside.gov.uk). For further information please contact the council:

- By telephone Julia McFadzean- 0191 643 5630
- By email – feedback@northtyneside.gov.uk
- By letter – Engagement Team, North Tyneside Council, Quadrant, Cobalt Business Park, Silverlink North, North Tyneside. NE27 0BY.



Karen's Story

I care for my mam who has early signs of dementia; I also care for my Auntie Sue. Sixty years ago my Auntie Sue suffered post natal depression; she received an excessive amount of electric shock treatment which caused lasting mental health problems. Prior to this 'treatment' she was in the RAF and lived a full life, this life was stolen from her.

Previously my mam was the main carer for both my auntie and my brother. My brother had work related physical problems as well as depression. My mam recently moved up north after the traumatic experience of finding my brother dead after he suffered a heart attack.

My Auntie is dependant on my mam so she moved up too. Initially they were moved into a supported living facility which did not meet their physical or

care needs. There were also issues around financial abuse, which caused big problems for the family.

I have had a turbulent childhood, my father was abusive and the family home was filled with fear. I was dealing with my repressed emotions from childhood, the new found stress of two caring roles on top of the grief for my brother's death. I felt like everything was on top of me and I was completely alone.

I was introduced to the Carers' Centre; through them I accessed counselling, aromatherapy and relaxation classes. I found that the counselling helped me immensely. I have met other people who, although haven't had exactly the same experiences as me can empathise with the issues I have faced. I now try to balance my stress levels with relaxing pursuits and activities. I know I can talk to carers or staff from the Carers' Centre if I need to.

My Auntie's social worker from the Psychiatry of Old Age Service (POAS) was brilliant, he sorted out their housing problem, their care needs, their day care and most of all gave us all peace of mind.

My message to my fellow carers is; even though things can get on top of you, there's always way out, just don't be afraid to ask for help.

ALL IN

Play Scheme for children with additional needs and their siblings

Saturdays 10am –12noon

5-11 year olds £2.50 per child

Held at The YMCA, Church Way, North Shields.

Contact Vicky Williamson for more information and registration form on:
0191 257 54 34 ex 117 or email Vicky@ymcanorthtyneside.org



New Year - New Interest....?

As we look forward to a challenging year at the Carers' Centre we know that we will be unable to achieve everything we want to without the help of volunteers. Being organised, managing time, researching things, talking to professionals, supporting others, a good sense of humour - these are all skills and qualities that you have as a carer and are what we are looking for in our volunteers. By volunteering with the centre you will:

- Meet new people - you can never tell who you will meet or what new information you will learn and what impact this could have on your life.
- Build your confidence - while volunteering you will experience challenges and develop new skills.
- Develop new skills and a new interest - Finding new interests through volunteering can be fun and energising. Volunteering can help you escape your everyday routine and create a balance in your life,
- Gain a sense of achievement - Volunteers feel satisfied as they can see that they are making a real difference to the lives of carers.
- Boost your employability and get a reference - A survey by TimeBank showed that among 200 of the UK's leading businesses 73% of employers would recruit a candidate with volunteering experience over one without.

We are looking for volunteers to be trustees, to help with admin tasks and mailings, to support adult and young carer activities, to help us promote the centre at community events, to help us raise awareness by talking to professionals about their experiences as a carer. Whatever your skills and interests are we would be happy to talk to you about sharing them with others. To arrange an informal chat contact Julie at the Centre on 0191 643 2298 or email: julie.tait@ntcarers.co.uk

Speak up for Better Health and Social Care



Come along to North Tyneside LINK Health and Wellbeing Forum on Tuesday 31 January, 1.30 to 4pm at Linskill Centre, North Shields

- Meet your LINK reps on the Health and Wellbeing Board for North Tyneside
- Hear more about changes to Adult Social Care Services from Haley Hudson, North Tyneside Council

To book your place call 0191 643 2623 or email link@voda.org.uk
www.linknorthtyneside.org.uk

Looking After Someone



Carers UK have produced the new edition of Looking After Someone, a guide to carers' rights and benefits 2011/12.

This guide sets out what rights carers have and how they can get financial help, practical help and help with combining work and caring.

The guide is available to purchase or download by visiting www.carersuk.org

If you do not have internet access please contact the centre on our usual number - 0191 643 2298.

RELAXATION COURSE

This *free* Course teaches a range of relaxation techniques for you to take away to use yourself. It will be provided by the CBT Coach Team from NHS North Tyneside Psychological Therapies Service.

Course materials will be provided including recordings to guide you through the exercises and also written versions of the 'scripts'. During the course you will:

- learn how to breathe in a way which can help you relax
- understand what relaxation is, how it occurs in the body and methods of self management
- practice Progressive Muscular Relaxation – achieving relaxation through applied tension and relaxation of your muscles
- consider the benefits of exercise and other activities as ways of promoting relaxation
- learn about opportunities for exercise available in this area
- have the chance to discuss your experience of these approaches, in a supportive, relaxed and friendly atmosphere

The course includes some gentle exercise in one position. If you have a bad back or if you have any doubts about your physical suitability for this course, then please obtain your GP's agreement to take part. Please attend in loose clothing so that you are free to stretch. Participants will have a choice of sitting on a mat or a seat.

Please note that all participants must be registered with a North Tyneside GP.

Details

Venue: North Tyneside Carers' Centre

Dates and Times: Wednesday evenings for 1 hour 30mins between 6 - 7.30pm. This includes a short period of time for tea and coffee at the end of the session.

1st Session: Wednesday 1st February 2012

2nd Session: Wednesday 8th February 2012

3rd Session: Wednesday 15th February 2012

Please attend all three sessions.

We need to monitor attendance at the course, and so we will be inviting you to fill in one questionnaire at each session and at the end of the course we will also invite you to fill in a satisfaction questionnaire.

Reserving your place

Please phone North Tyneside Carers Centre on 0191 643 2298 to reserve your place. You will be asked to give your name, address, telephone number, date of birth and the details of your GP when you book.

Keep Warm Keep Well

With temperatures predicted to drop people in Newcastle, North Tyneside and Northumberland are being urged to look after themselves and stay well during the winter months.

Sue Milner, director of public health for Northumberland Care Trust, said: "Around half of all deaths that are caused by cold weather are due to heart disease or stroke. It's particularly important for the elderly to keep warm during the winter. Colder weather increases blood pressure and those already with heart and vascular disease are most at risk from developing a stroke or heart problems in cold conditions. Also, the elderly are often at greater risk from the cold because they may not keep their houses at a warm enough temperature during the winter months."

During colder weather, there is also an increased risk of injury from falls, and

people are more prone to seasonal illnesses, such as flu.

Dr Mike Guy, medical director at NHS North of Tyne, said: "At this time of year our A&E departments always see a rise in injuries from slips, trips and falls but we also see a lot of people being admitted into hospital who are seriously ill with heart and chest problems.

"The elderly are particularly vulnerable during cold weather and we all have a role to play in remembering the needs of friends, relatives and neighbours who could be at risk especially at this time of year."

During winter, when demand on the NHS is highest, people are asked to choose the most appropriate service for the seriousness of their symptoms. This will help the NHS to continue to cope with the challenges posed by cold weather.



KEEP WARM - Hot Tips from Netbuddy

Netbuddy is an award winning site for swapping practical tips and information on all aspects of supporting people with learning disabilities.



Wheelchair cosytoes

A really cheap way of keeping someone in a wheelchair warm is by adapting a child's sleeping bag into a cosy toes. You can pick up a small sleeping bag for around £5. A few nips, tucks and holes for straps and you're there!

Help with heating

There are a number of government funded schemes across England, Northern Ireland, Scotland and Wales, which provide help with heating, insulation, storage heaters and boiler replacement. www.disabilityalliance.org

Legwarmers Leg warmers can be a really good extra layer of warmth. They are really easy to slip over clothing and then remove once indoors. Actually, they don't even look as daft as they sound!

For more hot tips go to <http://www.netbuddy.org.uk/>

Could you become a trustee of the Carers' Centre?

As a trustee you would help shape the future of the charity and would have to act in the best interests of the Carers' Centre. The role involves:

- Taking legal responsibility - Sounds scary? Don't worry! As long as trustees make proper informed decisions, following the Centre's governing documents and take professional advice when needed they should not have any trouble.
- Giving time - You will need to be able to attend a meeting once a month and commit time to review documents in between meetings as required.
- Working together - You have joint responsibility with the other trustees, saying what you think and accepting the majority decision.
- Keeping up to date – you will need to know about the Carers' Centre, its services, staffing, opportunities and risks.
- Making sure you understand your role as trustee – We have a trustee role description which explains the role in more detail.

We are looking for people with financial, management, legal knowledge, childrens' services and marketing skills which are necessary to understand some of the complex decisions to be taken. However we also need trustees to be people who can work together, who can problem solve, ask difficult questions and make decisions, all of which are skills you use as a carer.

If you would like to know more please contact Claire Easton on 0191 6432298.

Think Pharmacy First

Sometimes when you or your family are unwell, you may not need to see your GP. Your local community pharmacist is a trained medical professional who can provide free advice on the best treatment for a wide range of illnesses and minor ailments.



They can now also provide free medication for some illnesses and minor ailments under a scheme called **Think Pharmacy First**. This scheme allows people who receive free prescriptions to go straight to their pharmacist to receive treatment without needing to visit their GP to get a prescription first.

The scheme is available to adults who are entitled to free prescriptions on the grounds of low income and their children along with all people aged 60 or over. You can go to any pharmacy across North Tyneside displaying a Think Pharmacy First window banner or door sticker. and you will be seen as soon as possible without having to make an appointment.

The pharmacist will discuss with you what treatment you might need. Many now have a private consultation area. You will be asked about your illness and symptoms, including which medicines you are taking. It would be helpful if you took a list of any medicines you are using. All details given to the pharmacist are confidential. If it is appropriate, the pharmacist will prescribe the right medicine for you and tell you the best way to take the medicine and give you any extra advice you need to help with your illness.

To find details of your nearest pharmacy please visit the NHS choices website www.nhs.uk/servicedirectories or you can contact NHS Direct on 0845 46 47.

Prime Minister urged to ‘deliver a social care system which can provide well-funded and high-quality care and support

Carers UK has joined other charities, care providers, health bodies, employers, and unions to sign an open letter to Prime Minister calling for cross-party action on social care reform. In an open letter published in the Telegraph on Tuesday 3 January, over 60 organisations have called on the Prime Minister to work with other party leaders to take urgent action to reform social care for older and disabled people. The letter reads:

“Dear Prime Minister,

As a society we face a growing care challenge.

We should celebrate the fact that we are all living longer lives, particularly disabled people and those with long-term conditions. But the unavoidable challenge we face is how to support the increasing number of people who need care.

It is currently a challenge which we are failing to meet – resulting in terrible examples of abuse and neglect in parts of the care system. This comes at huge cost to the dignity and independence of older and disabled people, but also to our society, family life and the economy:

An estimated 800,000 older people are being left without basic care – lonely, isolated and at risk. Others face losing their homes and savings because of soaring care bills.

Disabled people are unable get the support they need to live their lives independently and be part of society.

Businesses are losing increasing numbers of experienced staff who are forced to give up work to care for older or disabled relatives. These carers can then be pushed to breaking point, providing round the clock care.

Our NHS is also paying the price, as a lack of support leads to avoidable hospital admissions and then keeps older and disabled in hospital beds because they can not be cared for at home.

We have a duty as a nation to change this – but it requires political leadership.

This summer, the independent Dilnot Commission into Funding of Care and Support published its recommendations. In response, your Government has committed to publishing a White Paper on Social Care by April.

With new cross-party talks on the future of care, we are closer than ever to reaching a new consensus. We urge you and the other party leaders to seize this opportunity for urgent, fundamental and lasting reform: delivering a social care system which can provide the well funded and high-quality care and support we would all expect for ourselves and our families.”

Signed by 60 organisations.

Carers Walking group

The Centre's walk leaders have planned another enjoyable programme of walks this year where you will enjoy learning more about our local area while meeting other carers and keeping fit. It starts with a stroll around Mowbray Park in Sunderland on Monday 12 March. The walks will take place each month throughout the year and will usually be no more than 3 miles, but are suitable for all abilities as each one will have a shortened version for less experienced walkers.

Walking regularly at any speed has a range of health benefits:

- Helps manage weight.
- Reduces the risk of Type 2 diabetes, certain cancers and risk of osteoporosis.
- Improves flexibility and strength of joints, muscles and bones,
- Increases "good" cholesterol.
- Boosts the immune system.
- Improves mood, reduces anxiety, aids sleep and improves self-image

Our experienced walk leaders would be pleased to welcome you on any of our walks. If you would like to know more about the programme please contact the centre on 0191 643 2298.

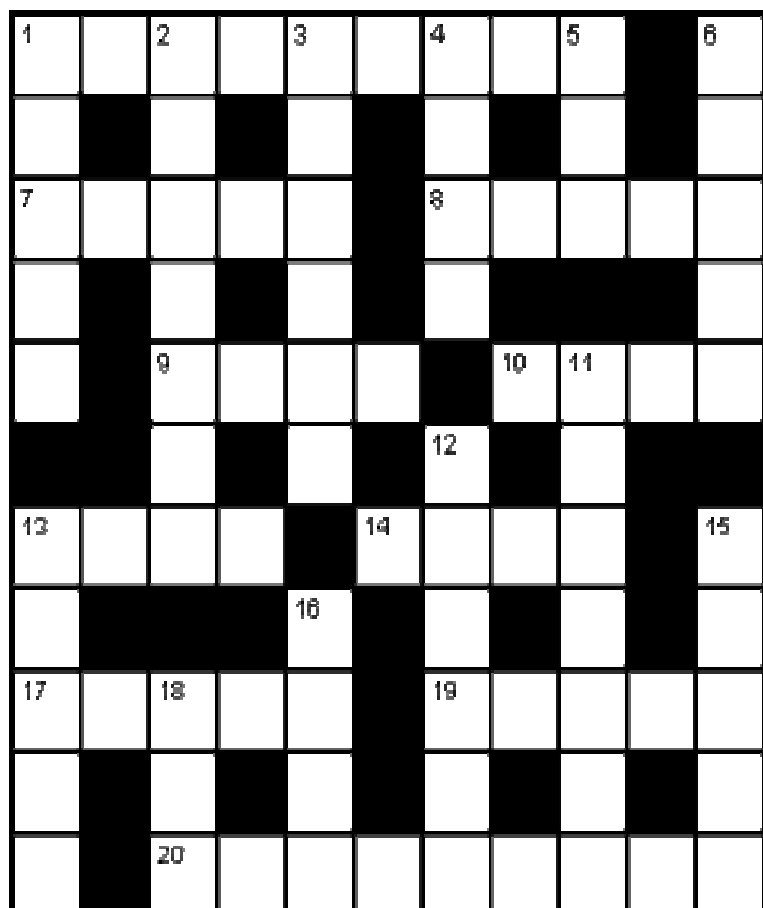
Across

1. Friend (9)
7. Stringed instrument (5)
8. Part of a jacket (5)
9. Notion (4)
10. Prejudice (4)
13. Sand hill (4)
14. Vegetable (4)
17. Weak (5)
19. Freight (5)
20. Ended (9)

Down

1. Stateroom (5)
2. Large house (7)
3. Worshipped (6)
4. Not working (4)
5. Short sleep (3)
6. Book of maps (5)
11. Disregarded (7)
12. Writing implement (6)
13. Postpone (5)
15. Stay clear from (5)
16. Tribe (4)
18. Part of a circle (3)

Quick Crossword



February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Coffee Morning	4
5	6	7 Parent Carer Group	8 Evening Support Gp Centre open until 8	9	10	11 Centre open 9am - 1pm
12	13	14 ADHD Group	15	16 Lunch Club	17	18
19	20	21	22 Centre open until 8	23	24	25
26	27	28 ADHD Group	29			

March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Coffee Morning	3
4	5	6 Parent Carer	7	8	9	10 Centre open 9am - 1pm
11	12 Walking group	13 ADHD Group	14 Evening Support Gp Centre open until 8	15 Lunch Club	16	17
18	19	20	21	22	23	24
25	26	27 ADHD Group	28 Centre open until 8	29	30	31

Carers' Information & Advice Sessions

Monday	1.30pm - 4.30pm	Monkseaton Medical Centre	4th Monday of the month	Appointment basis for those living 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	Second & Fourth 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	Second Saturday of the month	Appointment basis - open to all.

ADHD Parent Carer Group - 2nd and 4th Wednesdays of the month.

14 and 28 February, 13 and 27 March. For those caring for a child with ADHD. 2nd Wednesday of the month – 10am until 12pm. 4th Wednesday of the month – 6.30pm until 8pm. Meets at the Centre.

Autism Support Group - TBC

For those caring for someone with Autism. This nature of this group is currently being reviewed, if you are interested please contact the centre.

Carers Lunch Club - 3rd Thursday of the month.

Open to all carers. 12:30pm – 1:30pm
 16 February - The Beacon, Earsdon Road, Whitley Bay.
 15 March - The Hunting Lodge, Earsdon, Whitley Bay.

Carers Coffee Morning - 1st Friday of the month.

Open to all carers. 10 - 11:30am.
 3 February - The Tyneside Cinema Café, Pilgrim St, Newcastle.
 2 March – The Links Arts Gallery, Dukes Walk, Whitley Bay.

Carers Evening Support Group - 2nd Wednesday of the month.

Open to all carers. Meet at 6:30pm.
 8 February – Cassa Sambuca, North Shields .
 14 March - Armando's Italian Restaurant, 65 Church Way, North Shields.

Parent Carers Group - 1st Tuesday of the month.

7 Feb and 6 March. For parents caring for children with any illness or disability. Held at The Carers' Centre.

Carers' Forum - quarterly meetings

10 Apr 2012. Open to all carers. Lunch -12:30. Guest Speaker 1:15pm Davina Brain, Involvement Manager, North Tyneside Homes.

Walking Group - usually 2nd Monday of the month

First walk of the year Monday 12 March. Mowbray Park and Sunderland Winter Gardens. Meet at Sunderland Metro station at 11am. For details of future walks please contact the centre.

To book a place on any of the above please contact us on 0191 6432298.

Solution to Quick Crossword

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

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 .

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
CAP (debt advice & counselling)	08003260008
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	08088080000
Mencap	0300 333 1111
Headway	0808 800 2244
The Children's Society	0845 300 1128
Parent Line Plus	0808 800 2222

Local Numbers

Alzheimer's 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

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.**