



# North Tyneside Carers' Centre

November 2022  
News for Carers

**Carers Rights  
Day 2022**  
a day of useful  
tips and  
information to  
make your life  
easier

**Holiday breaks  
for carers**  
Low cost  
hotels and  
accommodation

**Stay warm and  
eat well**  
Places to go and  
cheap groceries

**Message in a  
Bottle**  
What happens if  
the carer becomes  
unwell?

**Up and  
Coming  
Activities**

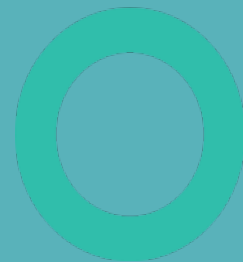


Aspirational

Empathetic



Approachable



Empowering



Responsive

# Welcome to the November Newsletter

*If someone depends on you, you can depend on us*



Young Carers exploring High Borran in August

Welcome to the November newsletter and a large part of this issue is going to be about money.

Carers cannot avoid the cost of living crisis because a carer spending more than 30 hours a week looking after someone, has very limited opportunities to boost their income.

So we have articles on keeping warm, saving money on food and phone bills. We also have news of a great scheme ran by a charity called Carefree who offer very low cost breaks for carers.

We will be at Scout HQ on Thursday 24 November for Carers Rights Day, hope to see you there.

## **Carers receive autumn COVID and flu shots**

The NHS is now rolling out the seasonal Covid booster for carers. From this month if someone is over 16 and a carer, they can get the latest vaccine booster against Covid. More good news is that if someone receives carer's allowance or cares for an older or disabled person they are now eligible to receive the seasonal flu vaccine too. To organise a booster go online at: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/>



# Say Hello to the Centre's new workers:

## Carer Advice and Information Worker Sara

My name is Sara, I studied journalism but I never got the chance to practise as I changed my career to catering.

My life changed when one of my daughters started to show signs of autism, and all my life turned upside down.

When I got my first contact with the Carers' Centre, I felt that I there was someone concerned about me and not just my situation. I felt inspired and here I am providing information and advice to carers and feeling that we can make a difference.



## Carer Community Link Worker Stu

My name is Stu, I am the new Carer Community Link Worker focusing on the 'Ending Loneliness and Isolation' project which I am super excited about. You will see me supporting groups like Positive Vibes. I previously worked in a Forensic Hospital within the Occupational Therapy team.



## Letter to Jeremy Hunt



The Centre's manager Claire Easton, signed a letter to the Chancellor Jeremy Hunt, together with 65 other organisations including Carers UK and Age UK. They urged the Government to provide unpaid carers with targeted financial support to ensure they are not left behind amidst the current cost-of-living crisis. Those receiving Carer's Allowance and providing over 35 hours of care each week are particularly vulnerable to financial difficulties due to their limited ability to earn an income.

## Low cost phone package

The Cost of Living crisis means we are all looking to make savings. One option worth exploring is the low cost phone and broadband package from BT for people on benefits.

The BT Home Essentials package is £15 per month for broadband, landline and 700 minutes of calls. If you just want a landline and unlimited calls, it will cost £10 per month.

**You will need one of the following for BT Home Essentials:**

- **Universal credit (0 earnings)**
- **Employment and Support Allowance (income-related)**
- **Pensions Credit (Guaranteed credit)**
- **Income-based Jobseeker's Allowance**
- **Income Support**



The package comes with free installation, no download limits, free router and even if you come off benefits, you'll still only pay £15 (until your contract term is up)

To get in contact with BT ring 0330 1234 150 or go to

<https://www.bt.com/exp/broadband/home-essentials>

## This May Help

### Advice for supporting your child's mental health

A new national website providing mental health advice to parents and carers has just launched. **This May Help** is aimed at parents and carers who may have concerns about their child's mental health.

The website gives easy-to-follow advice to help families manage their child's mental health. This advice was developed by NHS professionals and parents who have been through their own child's mental health journey. Gary Lineker, Myleene Klass, and Tanni Grey-Thompson are amongst 16 presenters featured in the films.

**Go to <https://thismayhelp.me/>**

# Carers charity transforms vacant holiday accommodation into breaks

Carefree, a national carers charity, offers hotel rooms and holiday accommodation to unpaid carers for £25

## How it works

Hotels donate 1-2 night breaks for a carer and their companion. After registering with Carefree, unpaid carers can browse available options and request a specific hotel on specific dates. If available, a confirmation email will be sent.

## Costs

There is no charge for the accommodation, but you are responsible for all other costs (transport, food, travel insurance etc.) and there's a £25 admin fee to help with the cost of operating the charity.

## Care-free

The short breaks are designed to give you some time away from your caring responsibilities. Carefree say you are welcome to take a companion with you but



not the person that you care for. If you want to travel alone, that is fine too.

## Eligibility for breaks:

- Aged 18 or over
- Full-time unpaid carer-30+ hours per week
- Able to arrange interim care

Go to <https://members.carefreespace.org/self-enrol/>

## Cost of living crisis affects unpaid carers more says report

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A new report by Carers UK says unpaid carers are in the cross-hairs of the cost of living crisis. As carers on Carer's Allowance are already facing very low incomes, the increase in life's essentials will affect them more. Sadly the more caring hours a carer provides the poorer the carer is. The report recommends:

- The Government increases the Carer's Allowance in line with the new higher inflation levels.
- The earnings limit for Carer's Allowance should be raised.
- The Government review pension rules to get carers up to similar pension levels as non-carers.
- Review the level and eligibility rules for Carer's Allowance.
- Unpaid carers to receive a top up payment to support them.

# Carers: Stay Warm this Winter

## Warm Welcome IN NORTH TYNESIDE



The increase in energy bills means we are all thinking hard about how we can cut costs and keep warm this winter

One option to keep the cold at bay is to visit the warm hubs across North Tyneside. These are community spaces like libraries, community centres and churches that are welcoming people to visit and stay warm. Some are offering free hot drinks too which makes them even more attractive. The big libraries are going to welcome people Monday to Friday 9am to 5pm, to pop in and stay to keep warm. This is a great idea if you want to read a book or use the free computers and wifi at the libraries.

Some of the warm hubs are for one day a week such as the Exchange Café next to the Carers' Centre in the Saville Exchange in North Shields. The cafe will be a warm hub every Wednesday 10am to 4pm with free drinks, wifi and board games. Dog friendly too!

**There are many other warm hubs and some might be just on your doorstep. If you would like a copy of the full list ring the Carers' Centre on 0191 6432298 we will post you a printed copy. Or go to our website home.**

*Here are the main library warm hubs:*

### North Shields

**Customer First Centre,**  
Northumberland Square, NE30 1QU  
9am to 5.30pm. Free hot drinks  
Wed 9.30 to 12.30 and Fri 2.30pm to 5pm.

### Whitley Bay

**Customer First Centre,**  
York Road, NE26 1AB 9am to 5.30pm. Free hot drinks available 2.30pm – 5pm

### Wallsend

**Customer First Centre,**  
9am to 5.30pm The Forum, NE28 . 8JR. Free hot drinks Wed 10am-4pm and Sat 10am-12.30pm.

### Killingworth

**Customer First Centre,**  
9am to 5.30pm White Swan Centre, NE12 6SS Free hot drinks available in the library Tues 2pm to 4pm and Sat 10am to 12.30pm.

### Oxford Centre,

West Farm Avenue, Longbenton, NE12 8LT 9am -1pm and 2pm -5pm  
Free hot drinks available 9am – 4pm.



# The **local** response to food inflation

## Food hubs offer weekly groceries at a discount

The price of basic food goods has increased dramatically in the last year. In response, food hubs are springing up across North Tyneside, offering serious savings.

The Food Hubs offer weekly groceries at a fraction of the usual price. They source donations from supermarkets and items reaching their sell-by-date. The Bread and Butter Thing charity give you weekly groceries worth £35 for £7.50. The Cedarwood Trust based in the Meadwell provide a similar service, you receive £15 worth of shopping for £4.

Both organisation's packages contain a wide variety of foods, including fresh fruit and vegetables and cupboard staples. It is straightforward to join both hubs and they are not means-tested.



### The Bread-and-Butter Thing

Anyone can use the service without needing to be referred or in receipt of benefits

You can sign up to The Bread-and-Butter Thing by texting 07860 063 304 with your full name, postcode, and the name of the hub you will be collecting from. It is free to join.

The 4 hubs are:

- Howdon Community Hub
- St Aiden's Church, Billy Mill Lane, North Shields
- Shiremoor Adventure Playground
- Longbenton Community Centre

### Cedarwood's Nourish Store

The store runs alongside existing services at Cedarwood Trust, so anyone using the store can access everything else on offer, including debt advice, budgeting, family and pastoral support.

To join the subscription supermarket, pop into the Cedarwood Trust with proof of address and £1 to join.

Visit the The Cedarwood Trust, at The Avenue, Avon Avenue, North Shields NE29 7QT

## New Young Adult Carers Group

We can all attest that the transition from childhood to adulthood is a difficult one, with the period of 16 to 25 years old being particularly challenging. Whilst this period is difficult for most people, it brings particular complications for individuals who also provide care to others.

At North Tyneside Carers' Centre we recognise this and we are committed to provide ongoing support to our Young Adult Carers who are currently navigating this transition period.



Our new Young Adult Carers Group is held every other Wednesday and provides a place for those carers to chat with their peers, access support, and most importantly have a fun break.

We have already completed a range of fun activities and have many more planned to ensure we continue to support carers at this pivotal period in their lives.

To hear more about our Young Adult Carers Group or how you can join, please contact us at 0191 643 2298 or [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk).

### Positive Vibes

For those of you who missed the Positive Vibes session in early November there will be a repeat session on Wednesday 14 December. The session is about sharing ways of promoting wellbeing and relaxation, with techniques you can use to change your mind and mood. Ring the Centre on 0191 6432298 to book your place





**Join us 10 am  
Thursday 24 November  
for a day of useful tips and  
information to make your life easier**

### **10.30 am Keeping Warm this Winter**

Tips on keeping warm and the Centre will be giving out Hoodie blankets to the people who attend.

### **11.30 Carer Friendly GP Awards**

How GP's can support carers and update on the new scheme.

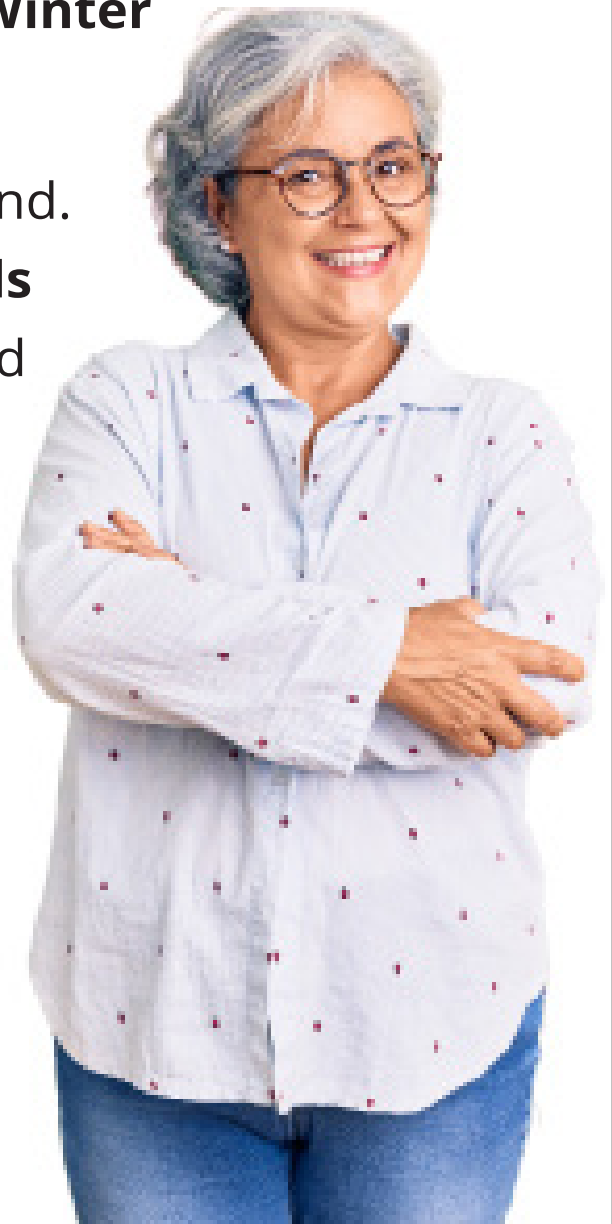
### **12.30 Lunch and Free Raffle**

Free lunch thanks to Morrisons and Raffle with prizes of Spanish City Afternoon Tea, 5 Murphy Richards slow cookers, therapy vouchers and more.

### **1.30 Carers Wellbeing**

Update from North Tyneside Council on their new Carers' assessment process.

### **2.30 Refreshments and closing chat from Manager Claire Easton**



**Venue: The Scouts HQ, 31-35 Norfolk Street,  
North Shields, NE30 1NQ. Off Saville Street,  
5 minutes walk from North Shields Metro.**

## The Bereaved Carers group

Our new worker Sara shares her impressions after meeting the group



Members of the group enjoying a social get together in October

"The Bereaved Carers group is a peer support group that manages most things itself but also gets help from the Centre when needed. Volunteer Robin, supports this extraordinary group of people who, after having supported their dearest in so many adverse situations and having given so much of their time, affection, dedication, and love, ended up suffering the pain of losing them."

"But this group is not composed of pain or suffering, it is the opposite. It is made up of memories, fun activities and especially a group of friends who understand each other so well. The group arranges events where they can have fun and relive good memories, the good ones they know that makes them happy. This group is a joy and a pleasure to get to know, and you always have a warm welcome."

**The Bereaved Carers group takes place on the last Thursday of each month at the Comrades Club in Whitley Bay.**

**Ring 0191 6432298 or email [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk) to arrange attending for the first time.**

# Information sessions in November and December

Throughout the year there are opportunities to learn new things to help you as a carer and to support the person you care for. All sessions are free and we hope you can join us.

## **Energy Crisis Advice: Keeping Warm This Winter**

Thursday 24 November 10:30am to 11:30am

This Carers Rights Day, come along to our Community Energy Ambassador training session. We will be exploring the support available to carers and your loved-ones, to help you reduce your energy bills and manage energy costs this winter. We are giving 37 hoodie blankets to carers at the session.

## **Activities you can do at Home to Support a Loved-One**

### **Living with Dementia**

Thursday 1 December 2:00pm to 4:00pm

Join us for this practical and fun session to learn about creating resources, from memory boxes to twiddle muffs, to help support a loved-one living with dementia and to share experiences with other carers who understand.

## **Self Advocacy Skills**

Wednesday 7 December 1:00pm to 3:00pm

Caring with confidence can be a real challenge. This supportive and practical session will look at how to build your confidence and self-advocacy skills, to help you to get the best outcomes for you and the person you care for.

## **Managing Your Own Mental Health**

Tuesday 13 December 5:30pm to 7:30pm

This supportive session will help you learn about anxiety and depression and how to manage your own wellbeing while caring for someone else. With lots of information and tips on looking after your mental health and finding support when you need it.

***All information sessions are taking place at Scout HQ (Tynemouth Scouts on Google maps), 31-35 Norfolk Street, North Shields, NE30 1NQ. A 5 minutes walk from North Shields metro.***



# Message in a bottle

## *What happens when the carer falls ill?*

During the pandemic lots of carers shared their fears with the Carers' Centre about what would happen to the person they cared for if they became ill or had an accident and could not care for their loved one. These understandable fears were fed into the Carers Partnership Board who considered different ways to support carers to develop contingency plans.

The 'Message in a Bottle Scheme' was identified to support carers. It is a simple but effective way for people to keep their basic personal and medical details where they can be found in an emergency. It is kept on a standard form and in a common location – the fridge. Message in a Bottle helps emergency services personnel to save valuable time in identifying an individual very quickly and knowing if they have any allergies or take special medication.



Paramedics, police, fire-fighters and social services support this life-saving initiative and know to look in the fridge when they see the Message in a Bottle stickers. The initiative provides peace of mind that prompt and appropriate medical assistance can be provided, and next of kin / emergency contacts can be notified. The Carers' Centre developed links with the local Lions Club about the scheme and to date the Lions have provided over 500 bottles to the Centre to distribute to carers.

Bottles will be given out on Carers Rights Day at Scout HQ, 31-35 Norfolk Street, North Shields. For further information or to request some Message in a Bottles, please ring 0191 6432298 or email [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)



# Drop in, sit down, get employed

You may have noticed a new addition to the Beacon Centre in North Shields, the Council's brand-new Working Well Employability Hub that is helping carers too.

The Hub has been designed to combine all the local employability services in one place, providing a friendly place to drop in for a chat about your next steps - whether that be paid employment, training or volunteering.

We are pleased to announce that, every Tuesday from now on, our Carers Into Work Advisor Lucy will be sat in the Hub happy to help any carers who wish to drop in.

Lucy, along with all the other advisors, will be able to provide practical interventions such as CV writing and interview preparation as well as emotional support such as the confidence boosts needed to pursue someone's ambitions.

So, if you know any carers who need support with their next steps, please stop by to make the most of a friendly and welcoming space.

The Hub will also be a 'Warm Welcome' destination every Wednesday from 12-2pm and Fridays from 10am-12pm each week, so people can feel free to drop by for a cuppa and a chat!



## Will working carers gain right to leave?

There is good news to share as the Carers Leave Bill passed its second hurdle in Parliament at the end of October. If MP's pass the bill and it becomes law then unpaid carers will be entitled to a week's leave from work every year.

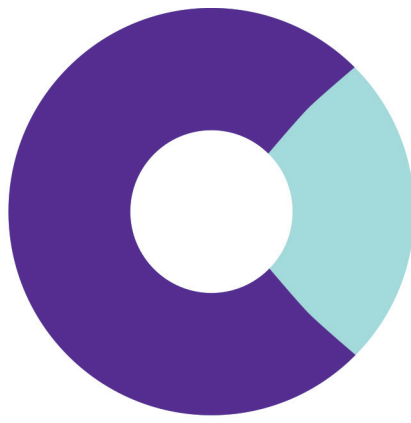
At the moment, leave is only available at the employer's discretion or if there is an emergency. It is estimated that 600 unpaid carers leave their job every day because they cannot balance work and looking after someone.



**Groups and training events before Christmas,  
ring 01916432298 if you would like to attend.**

<b>Date</b>	<b>Carer Events</b>
Wednesday 23 November 6:00pm – 8:00pm	Coping with Caring for Mental Health Carers Session 3: Putting boundaries in place
Thursday 24 November 10:00am to 2:45pm	Carer Rights Day! Scouts HQ
Thursday 24 November 11.00am to 12.00pm	Bereaved Carers' Group Whitley Bay Comrades Club, The Links, NE26 1PS
Thursday 24 November 6.00pm-8.00pm	Mental Health Carers' Group Suite 1, Saville Exchange, Howard Street, North Shields, NE30 1SE
Wednesday 30 November 6.00pm to 8.00pm	Coping with Caring for Mental Health Carers Session 4: Making time for yourself. Session 5 to be confirmed.
Thursday 01 December 2:00pm to 4:00pm	Activities you can do at Home to Support a Cared-For Living with Dementia
Tuesday 6 December 2.30pm to 4pm	All Carers' group Scout HQ, Norfolk Street, North Shields, NE30 1NQ
Wednesday 07 December 1:00pm to 3:00pm	Self Advocacy Skills for Caring
Tuesday 13 December 5:30pm to 7:30pm	Managing your own Mental Health
Tuesday 13 December 10.30am to 12pm	Dementia Carers' Group, White Swan Centre, Killingworth, NE12 6SS
Thursday 15 December 6:15pm to 7.45pm	Autism Carers' Group, Scout HQ, Norfolk Street NE30 1NQ





# North Tyneside Carers' Centre

We hope you have enjoyed this edition of the Professionals Newsletter; as always you can get in touch with the Carers' Centre for advice & support on a variety of carers issues.

You can call us on: (0191) 643 2298 or email: [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk).

## Free Carers Rights Day Raffle

Thursday 24 November 2:45pm

Scout HQ, 31-35 Norfolk Street, North Shields



- **Afternoon Tea at Spanish City, Whitley Bay**  
Relax and enjoy endless teas or coffees included in the price of your Afternoon Tea, add a glass of Prosecco or Champagne before freshly made finger sandwiches, quiches, savoury pastries, homemade scones and painstakingly created cakes that are guaranteed to 'wow' you. the best Afternoon Tea in the North East
- **Haven Therapy £50 voucher** Heaven Therapy, 4 St Georges Road, Cullercoats, Tyne & Wear, NE30 3JY
- **5 Slow Cookers** (Murphy Richards £45.00 each)
- **A bottle of Remy Martin Brandy**
- **Nordic Walking Lesson for 2**
- **2 x Dick Whittington Adults at The Exchange**
- **Sound Therapy Session**
- **Framed Painting by Alison**
- **2 signed copies of Hairy Biker cookbooks**
- **Elvis bag and purse set**
- **Framed Painting by Alison**
- **Friends Jigsaw puzzle**
- **Slippers, gloves and hat**
- **Enigma Real Ale Selection with Enigma Tap T-Shirt**
- **4 x Toiletries Gift Sets**