



# North Tyneside Carers' Centre

Autumn 2022 News  
for Colleagues and  
Stakeholders

## How to Refer Adult Carers

Straight forward  
guidance

## New Young Adult Carer Group Launches

Mutual Support and  
Advice for 18-25  
Carers

## Carers Rights Day 2022

Day long event  
sharing recent  
changes and  
information

## Message in a Bottle

## Up and Coming Activities



Aspirational

Empathetic



Approachable



Empowering



Responsive



# Welcome to the Professionals Newsletter

## Supporting *you* to support carers



Young Carers exploring High Borrans in August

Welcome to the Centre's newsletter for fellow workers, bringing you updates to help you support carers.

This summer the Young Carers went to High Boarrans in the Lake District and attended activities over the holidays. Adult Carers attended our Dementia Carers training and Preparing to Care for Someone at

the End of Life sessions. Most of the Training and Peer Support Groups are now face to face.

The lockdown has made crystal clear the need to be with people, especially with people experiencing similar things as ourselves. Please see the article on our groups and consider anyone who might benefit.

### **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/>



## **Hello to Sara, our new Carer Advice and Information Worker**

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

I worked as a chef in different kinds of competitive environments and creativity was something that I always felt challenged and passionate about.

My life changed when one of my daughters started to show signs of autism, and all my life turned upside down. I started to think that, there would be more people like me, living similar conditions and how important it is to be a carer and how devastating that can be.

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 in other people's lives as they did in mine.



### **Mental Health Carers Wellbeing Worker Vacancy**

**37 hours per week**

You will work with adult carers caring for a family member or friend with an enduring mental health condition to:

- Provide specialist information, advice and guidance to help carers understand the condition of the person they care for.
- Support carers to understand mental health legislation and their rights and support carers to understand mental health services and how to access them.
- Support carers to maintain their own health and wellbeing and co-deliver a programme of training and wellbeing group sessions.
- Provide effective advocacy support for carers to ensure their views are considered during hospital discharge and the care planning process.

**Application packs are available via our website:**

**[www.northtynesidecarers.org.uk/jobs](http://www.northtynesidecarers.org.uk/jobs)**

## Dramatherapy for young carers



The Young Carers' service has a very interesting way of helping some young people to feel better and happier. It is called Dramatherapy and our Drama Therapist Kirsty supports young people from the ages of 5 to 18.

Dramatherapy allows you to explore your thoughts and feelings through playing and creativity. Kirsty said that in her sessions, "Some people talk and some people play".

Sometimes emotions and situations can be really difficult to manage alone and Dramatherapy can give young carers this space.

## Are you *Ready* for the Big School Census Change?

From January, the school census will include young carers for the first time. Schools will record whether a pupil is a young carer, and who identified them as such. The change will provide a much better picture of numbers and has the potential to increase awareness, identification and support. Young Carer Worker, Anne Longstaff is always happy to discuss young carer referrals from schools.



## How to refer an Adult Carer

Is somebody you work with struggling because of their caring role? Here is how you refer to the Carers' Centre

### Who is an adult carer?

We define an adult carer as someone who provides unpaid support for a family member, friend, partner or neighbour who could not manage without their support due to an illness, disability, substance misuse or mental health. They will be over 18 years, their caring responsibilities impact upon their life and they care for someone in North Tyneside.

### How to contact us?

Carers can either refer themselves or as someone working with them you can refer on their behalf with their consent. It is easy to fill in the online form from either the link on home page or: <https://www.northtynesidecarers.org>.

[uk/professionals/adult-carer-referrals/](https://www.northtynesidecarers.org.uk/professionals/adult-carer-referrals/)

We appreciate that sometimes you might wish to speak to us directly. Our telephone number is 0191 6432298 and email is [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)



## Cost of Living Crisis affects Unpaid Carers more says Report

A new report by Carers UK says unpaid carers are in the cross-hairs of the cost of living crisis. As carers on Carers' 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 Carers' 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 should receive a top up payment to support them through the coming winter.

# 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.

We at North Tyneside Carers' Centre recognise this, and 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 refer someone, please contact us at 0191 643 2298 or [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk). People can also self-refer.

**Just introduced this year, young carers now have the opportunity to self-identify on their UCAS applications**





# Please share with carers the news about the upcoming Carers Rights Day on 24 November



North Tyneside  
Carers' Centre

**10.00am Thursday 24 November**

It is the day of the year when we focus on our rights as carers and the information that will improve our lives as carers.

Come along for one session or stay for the day. Learn, meet and eat!

10.00 Welcome and Refreshments

10.30 Keeping Warm This Winter

11.30 Carer Friendly  
GP Award Scheme News

12.30 – 1.30 Lunch and Life Café  
and Information Stalls and Raffle



1.30 Supporting Carers with the Carers' Wellbeing Assessment:  
North Tyneside Council presents their new approach to  
supporting carers

2.30 Refreshments

2.45 Closing Chat with Centre Chief Executive Claire Easton

**To Book Your Place:**

**0191 643 2298**

**[enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)**

Registered Charity no: 1051472.

**Venue: Scouts HQ,  
31-35 Norfolk Street,  
North Shields,  
NE30 1NQ**

# Why do Peer Support Groups work?

Groups are a vital part of how the Centre supports carers, we want to share our current line up of Peer Support groups and why they work.

*"It's not always about getting or giving advice. It's also about having a safe space to get things off our chest and occasionally sharing a laugh about it all!"*



## Groups are timeless

It is probably impossible to decide when groups of people began meeting to discuss their shared experiences and help one other. It is what happens when people pass the time of day and discover their common histories and needs. Modern research is now shining a light on the success of peer support groups and their demonstrable ability to provide emotional support and hope. Carers who have many responsibilities at home benefit from the opportunity to go somewhere and talk and listen with people in the same situation as them.

Over lockdown we were forced to communicate over the internet but there was a silver lining, with some previously isolated carers now able to meet up online with their peers for the first time. In the future the Carers' Centre wants to have face to face groups but also recognise that online groups will also play a role for those carers that depend on them. We currently provide the following support groups and welcome new carers.





## All Carers' Group

Face to face group will be meeting Tuesday 1 December 2.30pm-4pm,  
Scout HQ, Norfolk Street, North Shields, NE30 1NQ

Online group meets Tuesday 15 November, 2.30pm-4pm

This group is our general group for carers of people with any condition. It meets regularly to enable carers to support each other, share advice and make new friends. If someone has not attended before ring 0191 6432298 for details.



## Autism Carers' Group

Face to face group will be meeting on Thursday 17 November, 6pm-8pm,  
Scout HQ, Norfolk Street, North Shields, NE30 1NQ

Group for carers of people with autism. This group meets regularly to support each other, share news and advice and make new friends. If someone has not attended before please ring 0191 6432298 for more details.



## Bereaved Carers' Group

Group next meets on Thursday 24 November, 11am-12pm, Whitley Bay  
Comrades Club, The Links, NE26 1PS

Our Group for carers who have lost the person they have cared for. This group meets regularly to support one other and help each other on life's next steps. If you have not attended before please ring 0191 6432298 for more details.

## Dementia Carers Group

**Group meets next Tuesday 8 November and Tuesday 13 December  
10.30am-12pm. White Swan Centre, Killingworth, NE12 6SS**

For carers of someone who has dementia, the group meets monthly and new members are always welcome. It's a great opportunity to share with people experiencing the same situations and find support. Ring 0191 6432298 to attend the first meeting.



## Mental Health Carers' Peer Support Group

**Group meets next on Thursday 24 November, 6pm-8pm  
Face to face group at Suite 1, Saville Exchange, Howard Street,  
North Shields, NE30 1SE**

The monthly support group for carers of people with mental health issues. Find support and information from people who have experienced similar situations and share. To attend for the first time ring 0191 6432298 for more details.



## 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's a simple but effective way for people to keep their basic personal and medical details where they can be found in an emergency. It's 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.

For further information or to request some Message in a Bottle for carers you work with, please contact [claire.easton@ntcarers.co.uk](mailto:claire.easton@ntcarers.co.uk) or [donnasample@nhs.net](mailto:donnasample@nhs.net)





## Drop in, sit down and get employed

You may have noticed a new addition to the Beacon in North Shields, the Council's brand-new Working Well Employability Hub that's 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!

## Bereaved Carers group

**Our new worker Sara shares her observations of working with the group**

At the Carers' Centre, it is important to support all carers until and beyond the last stage of their role. The Bereaved Carers group is a peer support group that manages most things itself but also gets help from the Centre when needed.

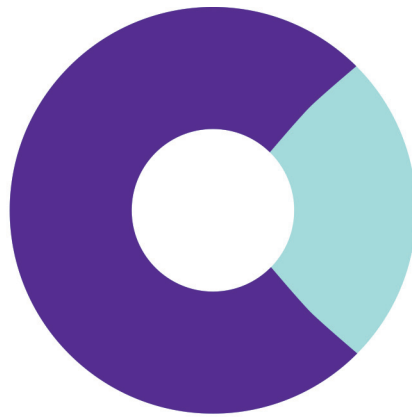
Our bereaved volunteer Robin, supports this extraordinary group of people who, after having supported their dearest in so many adverse situations and having given so much of their time, affection, dedication, and love, still ended up suffering the pain of losing them.

But this group is not composed of pain or suffering, it is the opposite. It's 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. See the photo of the Group on the last page.**

Caring can be a complicated and sometimes overwhelming process. We provide training and information sessions on a range of issues that are important for carers. Here are the sessions before Christmas.

<b>Date</b>	<b>Event</b>
Wednesday 09 November 6:00pm to 8:00pm	Coping with Caring for Mental Health Carers Session 2: Dealing with Guilt and Negative Emotions
Friday 11 November 10:00am to 12:00pm: Zoom online meeting	Coping with Caring for Mental Health Carers Session 3: Putting Boundaries in Place
Wednesday 16 November 6:00pm to 8:00pm	Coping with Caring for Mental Health Carers Session 3: Putting Boundaries in Place
Wednesday 23 November 1:30pm to 3:30pm	Preparing for End-of-Life Caring Session 4: Options for Care and Navigating the System
Thursday 24 November 10:30am to 11:30am	Energy Crisis Advice: Keeping Warm This Winter
Wednesday 30 November 6.00pm to 8.00pm	Coping with Caring for Mental Health Carers Session 5: Communication Skills for Assertive Carers
Thursday 01 December 2:00pm to 4:00pm	Activities you can do at Home to Support a Cared-For Living with Dementia
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



# 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).

If you do not wish to receive this newsletter or have received this in error please contact us on the number above and we will take you off our mailing list.



The Bereaved Carers Group in October