



North Tyneside Carers' Centre

Professionals Newsletter March 2022



Carers Passport scheme

New way to support carers

Our training offer

Training for professionals

Young Carers Updates

Latest news from the young carers team

Aspirational

Empathetic



Approachable

Empowering



Responsive

Welcome to the Professionals Newsletter

Supporting you to support carers



Welcome to the latest edition of the professionals newsletter, bringing you updates from North Tyneside Carers Centre.


It has been a busy few months here at the Carers' Centre, with ongoing training and groups for both young carers, adult carers and professionals.

We want to continue to tell carers stories, celebrate achievements and ensure that both adult and young carers are supported and able to access a break from their caring role.

If you need to get in touch to discuss

supporting a carer or referring a carer to us you can phone the advice line on; (0191) 643 2298 or by emailing enquiries@ntcarers.co.uk. Adult carers referrals can be made on our website.

Young Carers from the age of 5 - 18 can access support from the Carers' Centre following the completion of a Young Carers Needs Assessment by a professional (usually a teacher at school or a social worker.)

Thank you for working with us to ensure unpaid carers are recognised and supported in North Tyneside. 

Covid Update

[Centre Information](#)

On 7th February staff moved back into the office full time, and continue to operate as normal. From the 21st February we will start facilitating face to face groups again, whilst still following Covid risk assessments and guidelines. We are looking forward to meeting carers in person for more group sessions and training soon. If you need support our advice line is still open, you can speak to a worker on (01910 643 2298).

A Return to work success story

Do you support a carer looking to find their next employment or training opportunity, but don't know where to start? Our Return to Work Project is here to guide carers every step of the way. Here's one carers story. (Name has been changed.)

Paul is a 39-year-old male who is the main carer for his son diagnosed with ADHD and ASD Autism.

He was referred to the Return to Work Carers Project by our Carers Prevention Worker at North Tyneside Carers Centre, after identifying that Paul has always had the responsibility to look after his son while his wife works full time. Life is challenging for Paul as he negotiates his day to day activity around the needs and moods of his son, therefore in his own words he doesn't think about his own needs.

Due to his caring role, he finds balancing caring and finding suitable work alongside difficult. He completed a level 2 plumbing course at college with the long term goal of working for himself, which will give him the freedom to continue caring for his son without employer pressure.

Paul registered onto the project for support to identify a suitable placement in order to complete a level 3 qualification in plumbing. This would enable him to work as a trading plumber.

He was supported one to one over a number of appointments, mainly

via telephone conversation and text messaging due to Covid restrictions.

Initially, the Carers into Work Adviser chatted openly with Paul about his caring role, the impact caring has on his life and what he would like to do. It was apparent that he cared very much for his son that doing anything different or changing any routines would affect his son a great deal and make things even more challenging than they already were. He was given support and guidance about how to approach change slowly, taking little steps and involving his son in conversations. Paul was pleasantly surprised that his son was ready to accept some changes, which meant that he could start to explore options for moving forward.

The first task the Carers into Work Advisor did for Paul was updating his CV with his current and relevant qualifications in plumbing and his relevant experience in a plumbing role. His CV, as it was, did not reflect this which could have affected his ability to apply for placements

He also expressed a wish to access CSCS training in order to obtain a CSCS Labouring card to enable him to apply for building site labouring roles in

the run up to becoming a qualified plumber.


The Carers into Work Adviser researched several training opportunities for him to consider and identified a viable course for Paul to apply to. This would give him not only qualifications in plumbing but also gas engineering. This course was fully funded. The adviser liaised with the training provider Lomax and was able to secure a place for Paul to start in August 2021. It would take approximately 10 months for him to complete and become qualified. The adviser also secured a place for Paul on a 5 day CSCS course with People Plus, which could be completed alongside the course with Lomax.

He needed to acquire PPE clothing to do the courses, so the adviser applied and secured funding from

the project Participant Fund to make this happen.

Paul is currently attending his course with Lomax – 2 days per week, and he is due to complete it in March 2023, ahead of schedule. His son is coping well with the changes and he hopes this will continue. The Carers into Work Adviser has since secured further funds to ensure Paul can register on the 'Gas Safe register' and obtain the relevant certification.

Paul has expressed his gratitude and says without the support of the project he wouldn't be where he is now.

Contact the Carers' Centre today on 0191 6432298 or by emailing enquiries@ntcarers.co.uk to find out how the Return to Work Project can support carers. 



Supporting carers with training sessions

Last year we delivered 59 sessions to carers. In total, 135 carers attended sessions to improve their knowledge, skills or confidence in their caring role. We always aim to ensure our sessions meet carers' needs and we are delighted the feedback has demonstrated this. We continue to provide beneficial training to carers and professionals as we move into 2022.

Following an emergency first aid session one Carer commented: "A well presented course, easy to understand giving me more confidence with regards to some basic areas of first aid".

A real success for the Carers' Centre was the partnership work with Marie Curie to develop the Caring at End of Life programme; supporting carers who are caring for someone with a life limiting condition. The feedback from this programme was overwhelmingly positive. We are continuing to work in partnership with Marie Curie and during 2022-23 and will be running two further programmes.


Plans for coming year



We are currently planning the training offer for 2022-23. We want to ensure that our training continues to meet professionals and carers' needs, so if there are any themes or topics you would like to see on our programme, please do let our Training Officer know.

We also have been undertaking a comprehensive review of our training for carers who are supporting someone with dementia. It has been a privilege to receive input from carers who have lived experience. Their input will help us to ensure that our training supports carers at all stages on their dementia journey. We plan to have the revised programme ready for roll out from April 2022.

Other training news

We are delighted to welcome Barbara and Jan (Training Assistant volunteers) to the Carers' Centre. Both volunteers have experience of caring for someone and they will be supporting our Training Officer at sessions and with the administration of programmes and sessions. 

Training for Professionals

Identifying and supporting carers

Wednesday 9th March (10am - 11.30am) Online via MS Teams

Join us for this session and you will be able to:

- Identify who is a carer and deepen your understanding of the impact of caring
- Have a better understanding of carers' needs and how you could effectively support them in their caring role
- Find out how the Carers' Centre can help you to support carers (whether they are clients, employees or volunteers in your organisation)

Training for Carers

Carers Assessments

Monday 7th March (6pm-7pm) Online.

Joins us to find out about how a carers assesment can support carers.

Dealing with feelings of loss when supporting someone with dementia

Monday 7th March (10am - 12pm) Face to face session at Scout HQ in North Shields

This session will be delivered in partnership with the Admiral Nurses from Age UK North Tyneside to support carers who may have feelings of loss or grief when supporting someone with dementia.

Lasting Power of Attorney and Wills

Wednesday 2nd March (1.30pm - 3.30pm) Face to face sessions at Scout HQ in North Shields.

The Carers' Centre is working in partnership with Marie Curie to support carers who are caring for someone with a life limiting condition. This session will focus on Lasting Power of Attorney and Wills. There will also be an opportunity for carers to find out about Marie Curie services and how to access them.

Stroke Awareness

Wednesday 16th March (6pm - 7.15pm) Online

The Stroke Association will be delivering this session. Join us if you are caring for someone who has had a stroke or you would like to learn more so you can identifying the signs of a stroke and find out about stroke prevention.

Dates for your diary!

Young Carers Action Day

It is Young Carers Action Day on 16th March! Is your school or organisation doing anything to raise awareness of the issues young carers face? We'd love to see photos of events at your school or organisation!



Carers Week

On the 6th -12 June 2022 it is Carers week, a time for organisations, charities and carers to come together and raise awareness of the issues carers face, share lived experience and offer advice. The more people who understand the needs of carers, the more carers both young and adult carers will be identified earlier and given the support they need.

Theme for this years carers week is yet to be announced, but you can find updates by going to carersweek.org.

The carers centre will again be offering events for both carers and professionals during carers week, and we'd love to hear about any events you run in your organisation.

More info to come soon!



Carer passport scheme

National Information

Did you know as a carer you are entitled to a carers passport?

In a partnership between Carers UK and Carers Trust, a project has developed to help local areas introduce carers passports, in education, hospitals, employment community and mental health trusts.

Carers passports aim to identify the carer, setting offers of support and access to services. This new scheme hopes to improve the recognition, early identification and support for carers across the UK.

Recently Carer passport schemes have developed in many different settings, offering benefits to you, the carers, and those who work with or support you.

Carer Passports can:

- Aid identification and support of carers

- Raise awareness of caring
- Provide a concrete, easily understandable offer of support or services
- Make carers feel valued
- Provide help/assistance to managers or key professionals
- Provide a short-cut so carers don't have to repeatedly explain themselves
- Help organisations benefit from carer involvement

Carers UK hope to encourage more organisations to take up the scheme in the future.

To find out more you can visit the Carer Passport website: www.carerpassport.uk or email carerpassport.carersuk.org.

Carer Passport



Young Carers' Service Updates

Job Vacancy: Breaks and Activities Worker

We have a vacancy for a Young Carers' Activities Worker in the young carers team.

Do you want to join a team dedicated to supporting young carers?

Do you want to organise fun activities for young carers so they can have a break from their caring role?

We are recruiting for Breaks and Activities worker to work 18.5 hours to support young carers to take part in fun, engaging and empowering activities. Deadline is 9am on Thursday 17th March 2022.

For more an application pack email Peter Thorp: peter.thorp@ntcarers.co.uk.

Welcoming a new Young Carers Practitioners and Family Support Worker to the team...

We are pleased to welcome Claudia Blake and Helen Chandler, who have joined Clair and Gail as Young Carers Practitioners. It's always great to expand the young carers team. We are also pleased to welcome Kate Rispon who has joined the team as a Family Support Worker.



Job title change!

Our Family Support Workers, Gail, Clair, Helen and Claudia will now be known as Young Carers Practitioners.

Referring young carers to the service

Young Carers Needs Assessments and support from the Carers' Centre

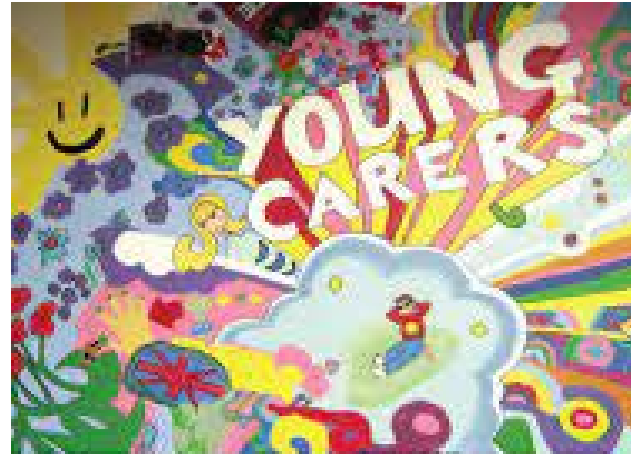
Young carers can access support with their caring responsibilities and to have a break as a professional by carrying out a young carers needs assessment and referring them to our service.

Young Carers Needs Assessments

A Carers Needs Assessment is a document completed with a young carer to assess their needs and support. All young carers in North Tyneside are entitled to a Needs Assessment. The Young Carers Needs Assessment have been designed and written by young carers themselves, and have recently been reviewed by our young carers forum. Professionals can access training on how to fill in a needs assessment and the Young Carers Needs Assessment process on North Tyneside Councils Learning Pool. If you would like further information you can contact us on: 0191 643 2298

Referring a young carer to the Carers' Centre

Following the completion of a Young Carers Needs Assessment, the next stage of the process is to make a referral to us. Young Carers who are referred to the Carers' Centre can access 1:1 work, breaks and activities and if needed, Drama Therapy. Following the completion of a referral,



a Young Carers Practitioner will visit the family and young person to assess what they need from the service.

To refer a young person to the service, the following criteria must be met:

- The person must be a young carer. This means they must provide unpaid support for a person who has a long-term or terminal illness, a disability, mental health difficulty or misuses alcohol/substance
- The person must be 18 or under (If they are over 18, they may wish to seek support from our Adult

Carers' Service).

- Their caring responsibilities are impacting upon their life. This may be socially, emotionally, educationally or physically. Not all young carers require support. Many cope very well without support from external agencies.
- They must live in North Tyneside or be undertaking their caring role in North Tyneside.

In addition to the above:

- A Young Carers Needs Assessment must be in place or due to take place

- The family must be aware that you are making the referral

To refer a young carer please visit our website at <https://www.northtynesidecarers.org.uk/professionals/young-carers-referral-form/> and fill in the online referral form. A member of the team will give you a call if they require further information and will then speak to the family direction. If you have any questions regarding the process above or support available to young carers please contact Peter Thorp, the Young Carers Service manager on: (0191) 643 2298. 📞



Job Vacancy: Family Support Worker

We have a vacancy for a Family Support Worker to join the Young Carers Team.

Do you want to support young carers and their families around their caring role?

Deadline 9am 21st March 2022. For more an application pack email Peter Thorp: peter.thorp@ntcarers.co.uk.



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.

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.