



# North Tyneside Carers' Centre

Professionals Bulletin May 2021



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Aspirational

Empathetic



Approachable

Empowering



Responsive

# Welcome to the Professionals Newsletter

Supporting you to support carers



**W**elcome to this edition of the professionals newsletter, supporting you to support carers and bringing news, events and stories from North Tyneside Carers' Centre.

Many carers have told us how difficult they have found it caring during Covid-19, as they support their loved one at home, whilst also ensuring they look after their own emotional wellbeing and continue to access services. North Tyneside Carers' Centre recognised these challenges and remained open throughout to keep in touch and offer emotional support.

We want to continue to tell carers stories, celebrate achievements and ensure that both adult and young carers are supported as we emerge from this pandemic and beyond.

In our bi-monthly newsletters you will find information about events for professionals at the Carers' Centre, alongside advice about how you can support carers you work with

If you need to get in touch for advice on 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](mailto:enquiries@ntcarers.co.uk).

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

We hope you enjoy this newsletter, and as always, take care and stay safe! 🍷

# Adult Carers Survey 2021

**We need your help!**

**W**e are working with Healthwatch, on behalf of the Carers Partnership Board to understand carers experiences of caring during the pandemic. We will share their feedback with key decision makers to help shape the support carers need coming through and beyond the

pandemic.

Our Adult Carers Forum have influenced the design of this survey to make sure we ask the right questions. The survey should only take carers about 15 minutes to complete and carers could win £100 cash in our prize draw. We encourage any professionals to support adult

carers they work with to fill in the survey, so they have their voices heard.

Carers have until the 14th June 2021 to complete the survey.

Please type this link into your browser to access and share the survey: <https://www.surveymonkey.co.uk/r/NTCarers2021> 🍷



# Covid Vaccinations

Since February 2021, the Carers' Centre has worked closely with the Clinical Commissioning Group, Primary Care Networks and North Tyneside Council to support carers between 16 – 65 years to be invited for their Covid vaccinations. Carers already known to the Centre were invited to book appointments and new carers were directed to the Centre to register and confirm their eligibility for the

vaccination. Our phone lines were very busy with over 3,500 people contacting the Centre, in a short space of time, to register. Apologies if any carers you work with struggled to get through and thanks to all the carers who agreed that the vaccinations were an absolute priority and that we should cancel some of our regular groups. We are really proud that we invited over 4,000

carers to book their vaccination. We also recognise that this has been a very anxious time for carers and some may have struggled to book or attend a vaccination appointment. If a carer you work with has not had a Covid vaccination, there is still time. Please encourage them to contact the Centre on 643 2298 and we can help to keep carers and the person they care for safe. 🍷



# Carers Week

Making Carers Visible



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. During the pandemic, many people have taken on caring responsibilities for the first time and for others their caring role has increased. We want to make sure that carers are recognised for

the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding.

We have planned a programme of events for professionals during carers week, who support both young and adult carers. You can find out more about the Carers' Centre and how carers you work with can access support from us. 🍷



Whitley Bay Lighthouse is being lit up all week to recognise the contribution of carers!





# Monday 7th June

**Young Carers Assemblies delivered by schools**

All day

# Tuesday 8th June

**Primary School Forum**

1.30pm - 2.30pm

An opportunity for young carers leads to get together to share ideas and talk through how the first year of Young Carers Needs Assessments has been for you and the young carers in your school. We will also be launching the young carers schools award.



# Wednesday 9th June

**Carers Awareness for Professionals (Online)**

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

- Identify who is a carer
- 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 support carers

To sign up call 0191 643 2298 or email [training@ntcarers.co.uk](mailto:training@ntcarers.co.uk)

# Thursday 10th June

**Secondary School Forum**

1.30pm - 2.30pm

An opportunity for young carer leads to get together to share ideas and talk through how the first year of Young Carers Needs Assessments has been for you and the young carers in your school or college. We will also be launching the young carers schools award.



## Training for professionals

We have developed a series of learning modules for professionals whose role means they may be in contact with and/or provide support to adult carers.

During Carers Week we will be launching the first module - 'Adult Carer Awareness'.

This learning will be hosted on the North Tyneside Council Learning Pool platform. After completing the learning, professionals will be able to identify carers and have a greater understanding of how they and other services such as the Carers' Centre can support carers in their caring role. A follow up module focusing on Carers Assessments will be made available in the near future.

If you have a Learning Pool account or work for an organisation with access to Learning Pool, you can access the learning via the following link <https://northtyneside.learningpool.com/login/index.php>. Please contact us if you want further information.

All  
Young carers are  
entitled to a FREE North  
Tyneside Council Ease card!  
Ease cards give a young carer  
and a friend access to all council  
leisure facilities. To support a  
young person to get their Ease  
card email: [jaquiline.wilson@northtyneside.gov.uk](mailto:jaquiline.wilson@northtyneside.gov.uk).



## Connexions to support all Young Carers in Year 9

We are pleased to announce Connexions will now support all young carers who have had a young carers needs assesment in Year 9. This will enable them to offer support to ensure they don't become NEET. Connexions will work with the young carer to identify the help they'll need to ensure they are supported in their caring role, as they begin exploring education and employment opportunities.



# North Tyneside Carers' Centre

**W**e 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.