



North Tyneside Carers' Centre

March 2023
News for Carers

Carers Leave

New rights for carers?

Carer Admin

The time spent not caring

Mental Health Resources for Carers

Boost your mental health

Support to Find the Job or Education You Need

Autism Carers Peer Support Group News

Up and Coming Activities

Positive Vibes
Carers Allotment Project

Information Sessions in
March and April

Coping with Caring for Mental
Health Carers



Aspirational

Empathetic

Approachable

Empowering

Responsive

Welcome to the Spring Newsletter

If someone depends on you, you can depend on us



Steve, our Training Officer sharing information about reducing energy costs on Carers Rights Day

Welcome to the Spring newsletter where we focus on wellbeing and good mental health. We cannot alter the cost of living crisis or change how quickly you can get a medical appointment but we can have a say on how we respond to life's events. In this newsletter we will look at some of

the mental health resources available to carers on page 6. The Centre is delivering new activities to help carers to relax with Positive Vibes, a new monthly group and with our new Allotment project. Have a look on page 10 and see if they are what you need.

Good News for Employed Carers

We have some great news to share. There is a very good chance that carers who are employed will soon be entitled to 5 days a year leave to carry out carrying responsibilities.

Up until now, carers have had to make the case that there was an emergency to take any leave. The new law will enable carers to take time off to accompany the person they care for on hospital appointments. and similar demands of being a carer.

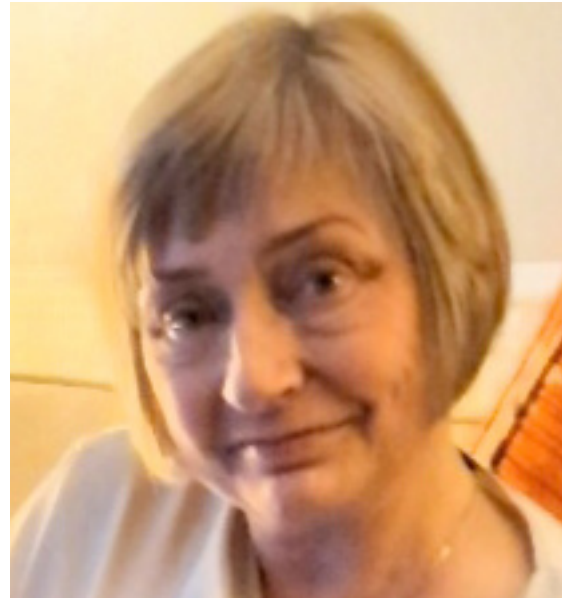


The proposed new law went through the House of Commons on 3 February 2023 thanks to the private members bill by Wendy Chamberlain MP. It will hopefully become a law later this year. There is also a good chance of a new law to improve everyone's right to request flexible working this year too.

Say Hello to the Centre's New Workers:

Carer Advice and Information Worker Alison

Hello my name is Alison and I am a new Adult Carer Information and Advice worker and started working for the Carers' Centre in November. I have previously worked in Health, Social Care and Education and have also had a very wide and varied career including Travel and Retail Sales. I am a carer myself and have had invaluable support from the Carers' Centre in the past. I am loving being part of the team and making a positive difference to carers' lives.



Administrative Support Worker Jess

My name is Jess, I have recently started working at North Tyneside Carers' Centre as an Administrative Support Worker. My role at the Carers' Centre is helping with the administration relating to training sessions. I have worked in various industries and roles with my most recent role being an Events Coordinator at a hotel in Newcastle. I love cats and recently rescued a two and a half year old black cat called Tommy.



Carers report frustration at cost of living and admin

A national survey of 500 unpaid carers has found that they struggle to dedicate quality time to those they care for due to admin tasks. Only 30% of their time was spent on quality time. Unpaid carers said it was important to give the people they cared for dedicated attention, but an average week involves administering medication, heading to the shops, picking up prescriptions plus monitoring energy meters and bills.

Additionally, unpaid carers have seen an increase in energy bills for those they care for, with 83% reporting extra stress due to unavoidable cost increases associated with their caregiving. The biggest cost is an increase on food spending (77 per cent), followed by energy and utility bills (65 per cent), according to the OnePoll figures. The survey was commissioned by Smart Energy GB:

tinyurl.com/bdee5d85

Confusing Census News Leaves Carers Waiting for More Information

The Office of National Statistics has released news about carers in the 2021 Census

The Government's statistics department say 5 million people are providing unpaid care in 2021. This is actually 800,000 fewer than in 2011. The census says carers are providing more hours of support than previously as their roles become more intensive.

Increase in caring hours:

More people caring over 20 and 50 hours a week. 1.5 million carers support someone more than 50 hours a week



Fewer Carers

Number of carers down from 5.8 million to 5 million

North Tyneside

9.8% of people aged over 5 years in North Tyneside are carers

The age to care

20% of 55 to 65 year olds are carers in northern England

There have been questions about the accuracy of the figures with the overall number of carers lower in 2021 than in 2011 but it's speculated this could be due to some carers saying they were not in a caring role during lockdown when the Census took place. Different questions were also asked in the two census forms.

Carer organisations from around the country have reported increases in the number of carers seeking help and Carers UK say the number of people with caring roles increased by 4 million during the pandemic.

As this is only the initial release of information from the 2021 census more clarity is expected as more detailed information becomes public.

Photo ID Needed to Vote in May Elections

It is vital that carers are heard so be aware that starting in May everyone will need to show an official photo ID to vote in a polling station

Due to the change in law you need to show either a passport, driving license, older person's bus pass, disabled person's bus pass or a Voter Authority Certificate.

The good news is that If you are registered to vote you can choose to use a postal vote and this will allow you to avoid the photo ID rules.

If you do not have a photo ID but want to vote on polling day you can go online <https://www.gov.uk/apply-for-photo-id-voter-authority-certificate> to apply. If you don't have access to the internet, the Council can send out a paper application form for you to complete. or you can physically go to their office and complete the application process with them. The number for the Council's Electoral Services is 0191 643 5310.



Budget sees Benefits rise 10.1% with inflation

There was some positive news in the March Budget as welfare benefits went up by the same amount as inflation. Benefits like Carers Allowance, Pension Credit and Personal Independence Payment will all rise by 10.1% to cover the recent worrying increases in inflation. The DWP will be writing to everyone with the new rates.



The Government says it will be looking at changing the Work Capability Assessment to make it easier for people to return to work without worrying about losing the previous benefits they were on if they needed to re-apply.

Some definite good news is that the £45 additional charge on Pre-payment meters will be removed and all energy users will pay the same.

- * Carers Allowance will increase from £69.70 to £76.75 per week
- * Pension Credit for a couple will increase from £278.70 to £306.85 per week
- * Enhanced Daily Living Component of Personal Independence Payment will increase from £92.40 to £101.75 per week

Carers: Good Mental Health in 2023



Mental Health Resources for Carers

Many of us are recognising the impact of stress and feeling down that can come from having a caring role. We are becoming more comfortable about talking about our mental health and that is a step forward for everyone. But what next?

Alongside going to your GP and seeking help, there are also self-help treatments that will complement and often be among the options your GP gives you. We are going to quickly look at some local and national resources that can help you.

See your GP

It's understandable to put off seeing your GP when you are feeling low, especially when it can be so difficult to arrange an appointment. 21 out of 25 GP practices in North Tyneside are working towards a GP Carer Friendly Award Scheme, to improve identification and support for carers. Tell your GP practice that you are a carer and they will record

this on their system and book an appointment to see your GP if you are struggling.

North Tyneside Carers' Centre Centre Groups

Attending a group of fellow carers who are in the same position as you can be profoundly reassuring and lessen the sense of loneliness and frustration that can often accompany a tough caring role. Groups can also be relaxing, offering a distraction from our home situation and make us feel like our old selves again.

The Centre provides groups for carers who support someone with a particular condition. There are also groups for all carers that offer ways of supporting positive mental health such as our Positive Vibes group. Look at page 10 to see if the groups listed there might be the thing you need.

Tyneside MIND

<https://www.tynesidemind.org.uk>

Tyneside MIND are here, to talk, to listen, to support you with their support line. Open 8am until 10pm 7

Carers: Good Mental Health in 2023

days a week. Call 0191 477 4545 or 0330 174 3174

North Tyneside Libraries

Most libraries in North Tyneside have sections devoted to "Reading Well". These are collections of books that have been recommended by health experts to help with different mental health problems. These books are free to borrow.

North Tyneside Talking Therapies (NHS)

If you are 16+ and registered with a North Tyneside GP you can be referred to North Tyneside Talking Therapies either by your GP, a healthcare professional, or alternatively you can refer yourself.

Online self-referrals

You can refer yourself by completing the online referral and assessment form: <https://www.northumbria.nhs.uk/talkingtherapies#92c29c33>

Telephone self-referrals

Alternatively you can self-refer by ringing 0191 295 2775. Their administrators will ask you a few questions (approx. up to 15 minutes) to get the process started.



National and online help

NHS-Every Mind Matters

<https://www.nhs.uk/every-mind-matters/>

Information and support for stress, depression and anxiety using videos, quizzes and interactive questions and lots of useful info straight from the NHS.

Living Life to the Full

<https://lltff.com/>

Free online courses covering low mood, stress and resilience. Work out why you feel as you do, how to tackle problems, build confidence, feel happier, stay calm, tackle upsetting thinking and more. Their courses are free for individuals. They also offer a course called **Living Life to the Full for Carers with Children or Young People Facing Illness**.

Apps

Lots of people find Smartphone apps useful for providing guided meditations and breathing exercises as well as positive encouragement. The apps below provide free as well as paid support. You can find them on Google Play and the Apple Store

Insight Timer (Free or £58 per year)

They claim to be the world's largest library of free guided meditations with 150,000 tracks from psychologists, spiritual leaders and mindfulness teachers

Calm (Free or £29 per year).

They say they are the #1 app for Sleep, Meditation and Relaxation, with over 100 million downloads and over 1.5M+ 5-star reviews.

A row of colorful cartoon illustrations of children of various ethnicities and abilities. Some are playing with a ball, some are on a bicycle, some are pushing a shopping cart, and one is in a wheelchair. They are positioned above the title text.

The bread and butter thing.

The Bread and Butter Thing has opened a new hub in Whitley Bay to help more families and individuals with their groceries.

The Whitley Bay hub joins 3 other other hubs in North Tyneside offering weekly groceries at a fraction of the cost of supermarkets. Anyone can use the service without needing to be referred or in receipt of benefits.

For the cost of £7.50 they provide roughly £35 worth of food each week including fresh fruit and veg, chilled food for the fridge plus cupboard staples such as pasta and cereal. The food comes from supermarkets, factories and farms who have donated the groceries.

The food on offer changes from week to week. Most participants collect food from The Bread and Butter Thing and then 'top up' from the supermarket once they have seen what they have collected from the hub that week.

Sign up to The Bread-and-Butter Thing by texting 07860 063 304 with your name, postcode, and the name of the hub you will be collecting from. It is free to join. If you sign up before May 1 your first weekly shop will be free.

Pick up point: Whitley Bay Young People's Centre (behind the ice rink) rear of Hillhead Road, NE25 8HR.

Get the job or training you need

Carers can face real hurdles entering work or education and that's why the Centre is here to support you in the next chapter of your life.

A yellow rectangular sticky note is placed on a solid red background. The words 'NEW CHAPTER' are written on the note in a bold, black, sans-serif font, tilted at an angle from the bottom left towards the top right.

NEW CHAPTER

Do you have a job that you would love to do?

A qualification that you desire?

A goal that you fancy achieving this year?

If you are an unpaid carer who wants to be supported with taking their next steps-whatever they may be-our Carers Into Work advisor Lucy is here to help!

Please give her a call at 0191 643 2298 to discuss this further.

Autism Carers Peer Support Group News

The Carers' Centre supports a monthly support group for people who care for someone with autism. New people are welcome to join.

The group is moving to face to face meetings now that most Covid-19 restrictions are lifted. It will meet in Suite 1 of the Carers' Centre, Saville Exchange, North Shields, where you will be welcomed and made to feel comfortable with a cuppa. The group runs on the third Thursday of each month from 6:15pm – 7:45pm. Stu, the worker who facilitates the group likes to inject some fun into the group, including a monthly quiz at the end of the session with a prize for the winner. Here's a description of the group by Wayne who is a regular attender :

Wayne's experience of attending the group



I am a carer for three autistic family members who are my Partner and Son and Daughter.

I was really struggling to take care of them and this is when the Carers Centre became a life saver for me. I have been going to the Carers Autism Peer Support Group for a few years now and learned so much from other people who had been through or who are currently going through similar issues that I needed help for. The Carers entire staff are amazing caring people who do a great job. They helped me get counselling and that helped

me so much. I also get contact from the Carers Centre to see how I am doing from time to time. The Carers centre also had days out to help people who are carers to have some time out and relax from their caring roles.

Now I am helping other Autistic people and their friends and family by starting an Autism Support and Friendship Group which is currently going well. The Carers Centre inspired me to do this because of what they did for me. Carers Centre keep up the great work that you do for so many.

Positive Vibes

Feeling tired, stressed, low in energy? The Positive Vibes sessions for unpaid carers are here to turn that around and help you get the most out of life. Take the opportunity to find out more about techniques to improve your mental health and relax. The group meets in Suite 1 of the Saville Exchange which is a comfortable space to share with other carers in the centre of North Shields.

Fourth Thursday every month
1.00pm- 2.30pm
Suite 1, Saville Exchange,
North Shields, NE30 1SE



To book:
Ring 0191 643 2298
or email
enquiries@ntcarers.co.uk

Carers' Allotment Project

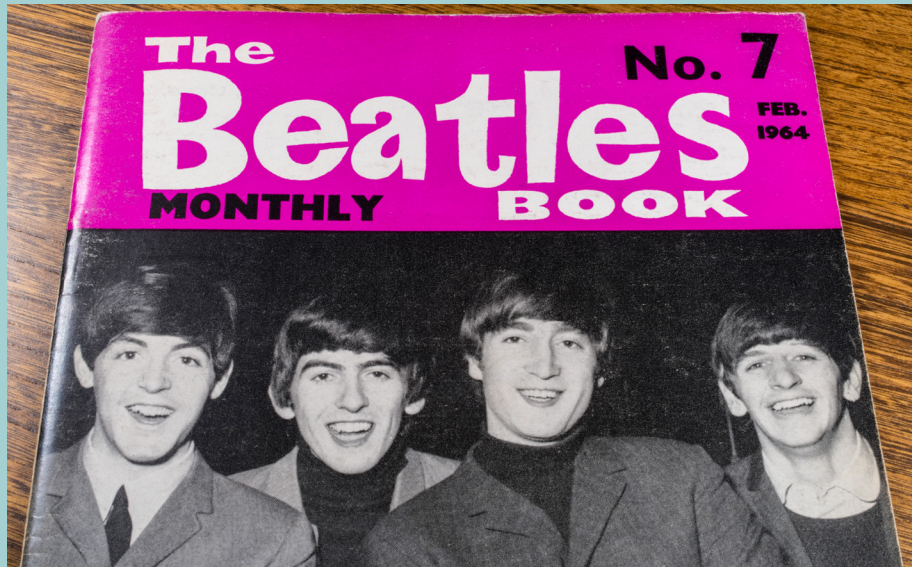
Are you an unpaid carer?
Do you have an interest in gardening?
Would you like to be involved in a new
outdoor social group?
Join our Carers' Allotment Project as a
way to reconnect with nature and
yourself.

Ring 0191 6432298

Or email enquiries@ntcarers.co.uk



Playlist4Life



Creating unique playlists of meaningful songs to help someone with dementia

Music is magic and if proof was needed then dementia researchers have found that music from a person's youth can comfort and improve the mood of someone with Dementia. To help carers and the person they care for, the Centre is putting on sessions to create their very own list of songs and tunes to provide happiness, comfort and distraction.

Together, the carer and the person they care for compile a playlist of songs that evoke happy and meaningful memories. All the technical stuff is taken care of by the staff assisting you.

Once created the playlist will be put onto a medium like a CD or an Alexa playlist that can be re-played at home at any time and help the person who has dementia.

If you are interested on the Playlist4Life give us a ring on 01916432298 or email enquiries@ntcarers.co.uk

"Being a carer is the hardest job. 5 million people are unpaid carers in the U.K. The fact that even paid carers earn less than four fifths of the country shows we are not a society that prioritises caring. And we must."

Matt Haig-Author of the Midnight Library and The Humans

Information sessions in March to May

The Centre organises information and training sessions to help carers in their caring role and to support the person you care for. They are free and you are welcome to attend any or all of the sessions.

Managing your Mental Health as a Carer

Thursday 20 April 1pm - 3pm

Oxford Centre, West Farm Avenue, Longbenton, NE12 8LT

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, tips and help finding support when you need it.

Dementia Awareness

Thursday 27 April 1pm - 3pm

Wallsend Customer First Centre, The Forum, Wallsend, NE28 8JR

This session will explore different types of dementia and what happens following diagnosis. With focus on the support available for dementia carers and the person you care for in North Tyneside.

Normal Ageing versus Not Normal Ageing (Dementia)

Thursday 4 May 1:00pm - 3:00pm

Wallsend Customer First Centre, The Forum, Wallsend, NE28 8JR

Join us for this session to find out about the difference between normal ageing versus not normal ageing and the early stages of dementia.

Self-Care and Building Resilience for the Dementia Journey

Thursday 11th May (1pm - 3pm)

Wallsend Customer First Centre, The Forum, Wallsend, NE28 8JR

This session will focus on your own wellbeing as a dementia carer and practical techniques to stay well and build resilience for the dementia journey.

Arranging and Paying for Care

Wednesday 17th May (1pm - 3pm)

Scout HQ, 31-35 Norfolk Street, North Shields, NE30 1NQ

During this session we will explore self-funding for social care, your rights as a selffunder and the support available to you when arranging care and support services.

Supporting Someone with Middle Stage Dementia

Thursday 18th May (1pm - 3pm)

Wallsend Customer First Centre, The Forum, Wallsend, NE28 8JR

The session will give you an opportunity to think about the challenges you are facing and learn positive and practical approaches to care, that you can use to support your lovedone at this stage in their dementia diagnosis.

Supporting Someone with Late Stage Dementia

Thursday 25th May (1pm - 3pm)

Wallsend Customer First Centre, The Forum, Wallsend, NE28 8JR

The session will give you an opportunity to think about the challenges you are facing and learn positive and practical approaches to care, that you can use to support your lovedone at this stage in their dementia diagnosis.

Coping with Caring for Mental Health Carers

These sessions are for carers who are supporting someone with a mental health condition. You will learn coping strategies and tips on how to support your loved-one. This is also an opportunity for you to meet and share experiences with other carers who understand.

Session 1: Wellbeing and Resilience

Wednesday 5 April 6pm to 8pm

Session 2: Dealing with Guilt and Negative Emotions

Wednesday 12 April 6pm to 8pm

Session 3: Putting Boundaries in Place

Wednesday 19 April 6pm to 8pm

Session 4: Coping with Challenging Behaviour

Wednesday 26 April 6pm to 8pm

Session 5: Communication Skills for Assertive Carers

Wednesday 3 May 6pm to 8pm

Venue: The Cedarwood Trust, Avon Avenue,
North Shields, NE29 7QT



Preparing for End-of-Life Caring

The Centre is working with Marie Curie to help carers prepare for their loved-one's end of life journey. These sessions will give practical information and support and help to break some of the taboos that surround death and dying.

Lasting Power of Attorney and Wills: Wednesday 29 March 1:30pm – 3:30pm

Venue: Scout HQ, 31-35 Norfolk Street, North Shields, NE30 1SE

SPRING 2023 CARER PEER SUPPORT GROUPS

Share and learn with other unpaid carers facing the same situation as you. Take the opportunity to relax and take a break from caring.

ALL CARERS GROUP

When: 1st Tuesday of each month

Next: Tuesday 4 April

Time: 2:30 to 4:00pm

Where: Saville Exchange, Suite 1,
Howard Street, North Shields,
NE30 1SE

AUTISM CARERS GROUP

When: 3rd Thursday of each month

Next: Thursday 20 April

Time: 6:00pm to 7:45pm

Where: Saville Exchange, Suite 1,
Howard Street, North Shields,
NE30 1SE

BEREAVED CARERS GROUP

When: Last Thursday of each month

Next: Thursday 30 March

Time: 11:00am to 12:00pm

Where: Whitley Bay Comrades Club,
The Links, NE26 1PS

DEMENTIA CARERS GROUP

When: 2nd Tuesday of each month

Next: Tuesday 11 April

Time: 10:30am to 12:00pm

Where: White Swan Centre,
Killingworth, NE12 6SS

MENTAL HEALTH CARERS GROUP

When: Last Thursday of each month

Next: Thursday 30 March

Time: 6:00 to 8:00pm

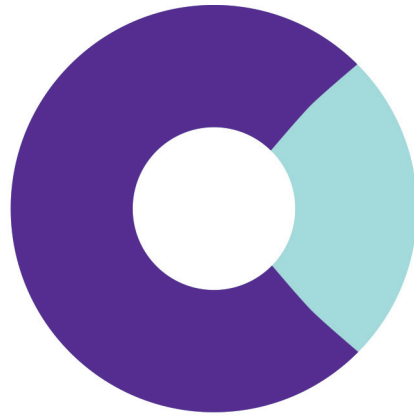
Where: Saville Exchange, Suite 1,
Howard Street, North Shields,
NE30 1SE

To attend for the first time get in touch and will arrange for someone to meet and welcome you:

Groups and Training Events in March and April

Please ring 01916432298 to book a place if you would like to attend.

Date	Carer Events
Wednesday 29 March 6.00pm to 8.00pm	Stroke Awareness Cedarwood Trust, Avon Avenue, North Shields, NE29 7QT
Thursday 30 March 27 April 11.00am to 12.00pm	Bereaved Carers' Group Whitley Bay Comrades Club, The Links, NE26 1PS
Thursday 30 March 27 April 6.00pm to 8.00pm	Mental Health Carers' Peer Support Group Suite 1, Saville Exchange, Howard Street, North Shields, NE30 1SE
Tuesday 4 April 2.30pm to 4.00pm	All Carers' Peer Support Group Saville Exchange, Suite 1, Howard Street, North Shields, NE30 1SE
Wednesday 5 April 6.00pm to 8.00pm	Coping with Caring for Mental Health Carers Session 1: Wellbeing and Resilience Cedarwood Trust, Avon Avenue, North Shields, NE29 7QT
Tuesday 11 April 10.30am to 12.00pm	Dementia Carers Peer Support Group White Swan Centre, Killingworth, NE12 6SS
Wednesday 12 April 6.00pm to 8.00pm	Coping with Caring for Mental Health Carers Session 2: Dealing with Guilt and Negative Emotions Cedarwood Trust, Avon Avenue, North Shields, NE29 7QT
Wednesday 19 April 6.00pm to 8.00pm	Coping with Caring for Mental Health Carers Session 3: Putting Boundaries in Place Cedarwood Trust, Avon Avenue, North Shields, NE29 7QT
Thursday 20 April 6:00pm - 7.45pm	Autism Carers Peer Support Group Saville Exchange, Suite 1, Howard Street, North Shields NE30 1SE
Wednesday 26 April 6.00pm to 8.00pm	Coping with Caring for Mental Health Carers Session 4: Setting Limits Cedarwood Trust, Avon Avenue, North Shields, NE29 7QT
Thursday 3 May 6.00pm to 8.00pm	Coping with Caring for Mental Health Carers Session 5: Communication Skills for Assertive Carers



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.