

August update from the Carers' Centre

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Hello to the New Carer News

We want to share information with you regularly and hope this new type of monthly update from the Centre will be useful and quicker to read for busy carers. The email friendly design should also be easier for people reading on their phones or who have poor vision. Tell us what you think? Our new telephone number is [0191 2496480](tel:01912496480) and you can email us at enquiries@ntcarers.co.uk.

New locations for support

The move to Wallsend has gone well and we are seeing carers closer to where they live across North Tyneside. We are adding more places and we will share as they become established. Recent locations include:

- Whitley Bay Customer First Centre
- North Shields Customer First Centre
- Wallsend Customer First Centre
- Oxford Centre, Longbenton

The 'Caring in North Tyneside in 2022'

survey of 681 carers revealed carers are struggling with many of the same issues reported last year. Carers said the key challenges include:

- Knowing where to get help when they need it.
- Getting timely support.
- The impact of their caring role on their own wellbeing.
- Joined up care and support for themselves as carers and the person they care for.

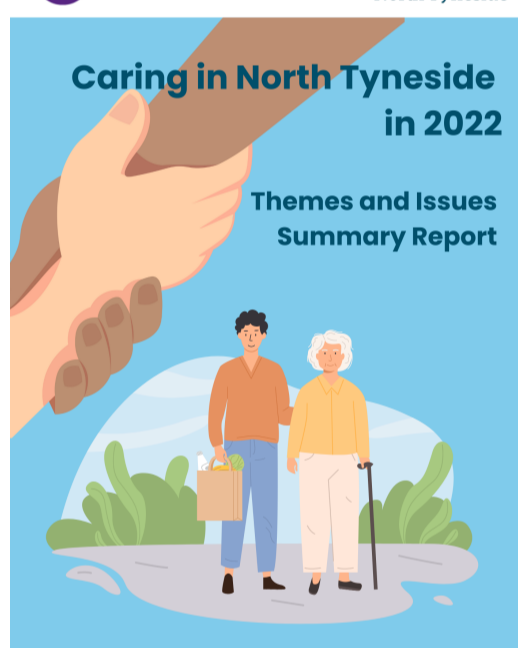
We co-produced the following recommendations with carers and the Carers Partnership Board:

- Improving access to information.
- Reviewing carer support capacity.
- Developing a 'carers passport.'
- Training for professionals about carer identification and support.
- Reviewing support pathway for parent carers.

[Read full report here](#)

North Tyneside
Carers' Centre

healthwatch
North Tyneside



New Rights for Unpaid Carers



**5 days leave
for carers
in
employment
to support
the person
they
care for**

On May 24, the Carers' Leave Act became law and changed the working lives of carers who are also in employment. The new law helps working carers remain in work by giving 5 days of leave each year to cover tasks such as accompanying the person they care for to hospital appointments. It is expected to be rolled out in 2024.

We will soon be delivering a training session about how this right and other laws can be used by carers to allow them to remain in work, please keep an eye on our training updates.

In the meantime, our Carers Into Work team would be happy to discuss these rights and other solutions to help you to remain in work. Please get in touch on 0191 249 6480. We'd be happy to help!

Singalong Memories

Is a stimulating and fun activity for people living with dementia and their carers too. Meet others in a friendly, relaxed environment and join in with a variety of songs.

When: Every Monday from 2pm to 3.30pm **Where:** St Columba's Church,



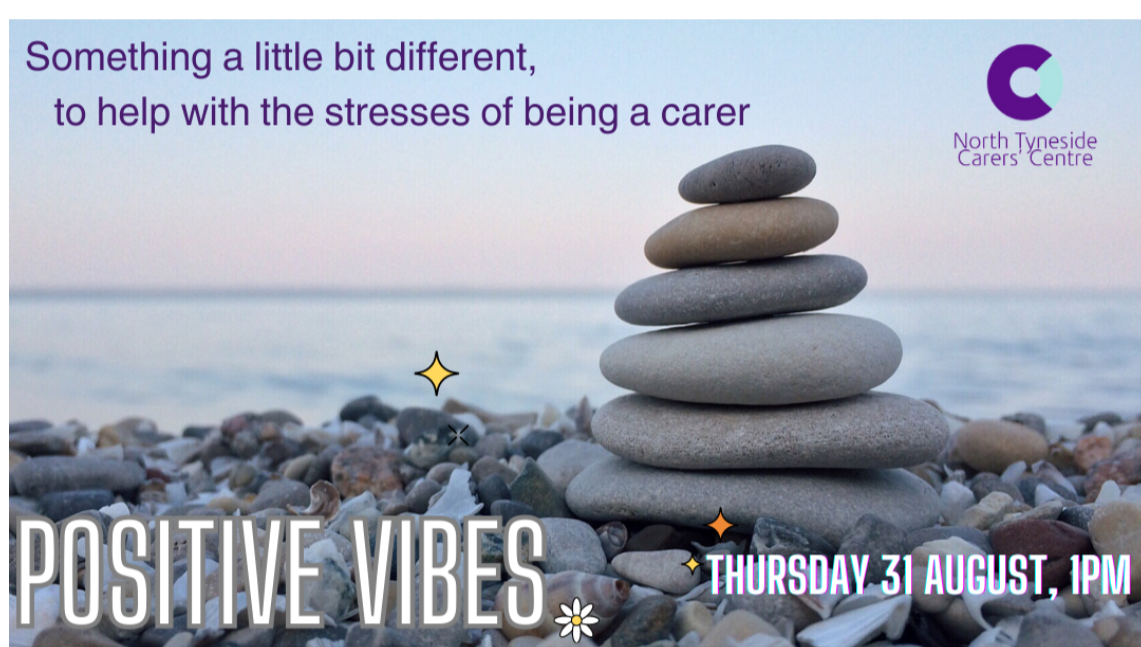
Carers' Allotment



An update on the carers' allotment project in Eardson - we have the following sprouting; cauliflowers, broccoli, sprouts, swede and French beans. We now have netting over the brassicas so that the pesky pigeons and rabbits don't eat the produce.

Our main volunteer Rob (pictured) has been getting down twice a week, especially during the long dry spell when the ground was desperate for a good watering. Rob unfortunately lost his mother who he was a carer for recently. He said that coming to the allotment helped him tremendously with getting some head space in nature during the difficult, uncertain periods he faced.

If you are interested in the Carers' Allotment please give us a ring:
[01912496480](tel:01912496480)



We all need space, time and some useful techniques to relax, especially if you have a stressful caring role. Our monthly Positive Vibes sessions are opportunities for you to learn guided meditation, breathing exercises, progressive stretching, sound therapy and more.

The group meets on the fourth Thursday of the month,. The next session is at 1pm, Thursday 24 August at North Shields Scout HQ, 31-35 Norfolk Street, North Shields, NE30 1NQ. Ring 01912496480 or enquiries@ntcarers.co.uk to book your free place.

Bereaved Carers Peer Support Group



The group has recently created memory boxes that hold precious memories of their loved one. At their monthly meet up at Whitley Bay Comrades Club, the group decorated the boxes and began filling them with poignant objects, pictures and letters.

It is a unique way to honour a loved one and also for the bereaved person to feel a warm connection with these physical reminders. The group loved the project and said how meaningful it had been for them.

The Bereaved Carers group meets at Whitley Bay Comrades Club, The Links NE26 1PS on the last Thursday of each month. Time: 11:00am – 12:00pm. Please get in touch on [01912496480](tel:01912496480) for more details.

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New staff - say hello when you see them



Caroline

Hi, I am a new Adult Carer Wellbeing Worker (Mental Health). I have many years' experience in the Social Care sector and I have been a carer myself and know how much I valued all the support I received when I needed it most. Random Facts: I am a massive fan of animal therapy and I love my 2 dogs Ziggy and Zoe for cuddles and long walks along the coast.



Lisa

Prior to joining the Carers' Centre, I worked in recruitment for over 20 years as a Manager and a Consultant recruiting staff. In 2010 I joined Northumberland CVA, a charity in Ashington where I managed employability/volunteering projects. I pride myself on providing an honest, friendly and professional service to everyone I work with. I thrive on seeing others succeed.

I enjoy rock music, watching live bands and sea swimming when I get the chance.

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Ian

My name is Ian and I am the new Carers into Work advisor, I have spent the last three years working as



an employment advisor in Northumberland and my passion is helping people who, due to circumstances that are often beyond their control find themselves in need of support and guidance. In my new role I will work tirelessly to improve the employability prospects of the carers I work with.

Raffle thank you

Thank you to all the splendid individuals and businesses who donated prizes to our Carers Week raffle. Nearly everyone who entered got a prize there were so many prizes thanks to generous donors. We want to thank:

Al Bear
Barista Boho,
Barry's Fruit and Veg
Carrot and Cake Café
Co-op Hawkey's Lane
Dickson's Butchers
Fox and Finch
Halls Café

Halo Beauty haven
Low Lights Pub
North Shields Quality Butchers
Pia's Bakery
R Place Coffee and Bakehouse,
Sally Anne's Therapies
Sound Room Healing Sound Bath
The Wooden Deli

Groups

All Carers Peer Support Group:

2.30 pm - 4.00 pm. Tuesday 5 September

Autism Carers Peer Support Group:

6.30 pm - 7.30 pm. Thursday 17 August

Bereaved Carers Peer Support Group:

11.00 am - 12.00 pm. Thursday 31 August

Dementia Carers Peer Support Group:

10.30 am - 12.00 pm. Tuesday 8 August

Mental Health Carers Peer Support Group:

6.00 pm - 8.00 pm. Thursday 31 August

For more information ring [01912496480](tel:01912496480) or click below.

[Click here for Groups](#)

Information Sessions for Carers

Caring for an Adult with Autism Spectrum Disorder: (1)

12.30 pm - 2.30 pm. Wednesday 9 August

Wallsend Library, 1st Floor, Wallsend Customer First Centre, 16 The Forum, NE28 8JR

Caring for an Adult with Autism Spectrum Disorder: (2)

12.30 pm - 2/30 pm. Wednesday 16 August

Wallsend Library, 1st Floor, Wallsend Customer First Centre, 16 The Forum, NE28 8JR

Caring for Yourself Whilst Caring for an Adult with Autism Spectrum Disorder

12.30 pm - 2.30 pm. Wednesday 23 August

Wallsend Library, 1st Floor, Wallsend Customer First Centre, 16 The Forum, NE28 8JR

Dealing with Guilt and Negative Emotions:

12.30 pm - 2.30 pm. Thursday 24 August

Whitley Bay Big Local, 158 Whitley Road, NE26 2LY

Falls Prevention:

12.30 pm - 2.30 pm. Wednesday 30 August

YMCA North Tyneside, Church Way, North Shields, NE29 0AB

Book your free place, ring [01912486480](tel:01912486480) or email enquiries@ntcarers.co.uk

[Information Sessions Details](#)



Facebook



Twitter

Our mailing address is:

North Tyneside Carers' Centre,
Floor 2, Wallsend Customer First Centre,
16 The Forum,
Wallsend,
NE28 8JR

Telephone: [01912496480](tel:01912496480)

Email: enquiries@ntcarers.co.uk

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North Tyneside
Carers' Centre

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