



Carers Newsletter

Spring - Summer 2013

PREPARED TO CARE?

Carers Week 2013, 10th-16th June

Carers week is a national annual awareness campaign. The theme for Carers Week 2013 is 'Prepared to care?'

"Prepared to Care? - - will focus on how the UK's current carer population is coping, how effectively Government is supporting the growing numbers of carers, and whether the wider population

is prepared for future caring responsibilities.

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Through **Prepared to Care?** - Carers Week will highlight the impact of caring on daily life and, with an ageing population and higher incidence of disability and serious illness, encourage the public to think whether they could manage a caring role.

Prepared to Care? will also help those already caring to make sure they are accessing all the practical and emotional support they need to care safely and look after themselves.

A new report to be published for Carers Week will highlight to Government the changes required to improve the lives of carers and the people they care for.

Carers Week takes place every year to recognise and celebrate the 6.5 million people throughout the UK caring, unpaid, for a family member or friend who is ill, frail or has a disability, etc.

Every day at least 6,000 people start caring. Becoming a carer can impact significantly on a person's life - it takes time, energy, can leave you isolated and can be costly."

For more information you can visit the Carers Week website by going to: www.carersweek.org

- *Carers Week* -

Carers Week 2013: Carers Centre Newcastle Events

Monday 10th June

- Carers Week Coffee Morning

This is a free social and peer support event for carers registered with the Centre. There will be a speaker from Housing Planning and Transportation who will give a presentation to carers and answer any questions they might have. Location: St James United Reformed Church, Northumberland Road, 10:30am–12 noon

- Shepherd's Dene Break for Carers (until Wednesday 12th)

A two night break for carers that includes relaxing and fun activities. Transport, food and linens are included. Location: Shepherd's Dene Retreat Centre, Riding Mill, Northumberland, NE44 6AF *The June break is full, we are taking names for the October break - see pg 12 for dates*

Thursday 13th June

- Carers Cream Tea Party

A relaxing social event to celebrate carers! Come along and enjoy a cream tea or coffee, sandwiches, cakes and scones! Tickets are £3 each, available on a first come first served basis for carers registered with the Centre. Location: Whistler Tea Rooms, Vine Lane (across from Haymarket Metro Station), 2:00–4:00pm

Friday 14th June

- Information for new carers at Grainger Market

We will be in Grainger Market in the city centre talking to people about the Carers Centre, what it means to be a carer and letting people know what support services are available for carers. Location: Grainger Market, Grainger Street

Carers Centre Annual Survey

Along with the Newsletter, carers registered with the Centre will have received our Annual Client Feedback survey.

We would like you to take the time to complete the survey as it helps to form what services we provide and also lets us know what concerns you most as a carer.

There are a couple of changes this year and some new questions. We are also asking people for more information but please keep in mind this information is completely voluntary and if you decide to provide us with personal information it is kept confidential.

We are again offering a chance to win an Eldon Square voucher for completing and returning the survey by 31st May. Thank you for your help!

Carers in the Know

Do you feel you need more information?
Don't know what's out there to help?

'Carers in the Know' is 6 information sessions for unpaid carers in the West End. Come along and meet other carers and get the information you need. Sessions are **free**, you can come to all or any of them.

Thursdays, 10.30am-12.30pm
at

The Carnegie Building,
Atkinson Road, Benwell

9th May – Support services/
organisations available to
carers

16th May – Looking after
yourself and keeping well

23rd May – Carers Rights
and benefits

6th June – Confidence
building

13th June – Information
about activities, education,
work & training

20th June – Planning
ahead

Call the Centre to book on

New for 2013 - short activity break for carers

Do you need a break from caring?

Do you like outdoor activities?

The Carers Centre is planning to provide an activity break for carers.

We are researching what activities are available and what the break might be- possibly either a 1 day outing or an overnight stay just outside of Newcastle.

Activities could be one of the following (to name a few):

- Climbing/abseiling
- Fell walking
- Canoeing/kayaking
- Cycling
- Ghyll scrambling
- Raft building

Each carer would need to pay for the break themselves but if finances are difficult,

it may be possible to apply for an individual grant to take part.

This is a new activity for us and at this point, we are asking people to let us know if they might be interested. If lots of people want to go, we could possibly arrange a visit this summer/autumn.

If you are interested in attending an active break for carers, please contact Wendy at the Carers Centre on 0191 260 3030.

So, if you have any other ideas for similar activities or if you can recommend a particular activity centre that you have visited, then please contact us and let us know!



Planning ahead for older carers

There is another chance to come along to these sessions.

We know that many older carers worry about the future - thinking about things like housing, money and support for the person they look after.

Would you like help to plan ahead? Carers who came to this said they found it really interesting

“Very easy to understand. Covered a lot of useful information”

Over two mornings we will talk about what you can put in place and what support is available.

When: Wednesdays—11th & 18th September, 10:30-12:30
Where: Carers Centre Newcastle

Please let us know if you are coming along - ring Lynn or Sally on 260 3030

Looking after someone with Dementia

We know that there are more and more people diagnosed with dementia. As this illness progresses, the support they need from their family and friends increases. Many carers of people with dementia feel very committed to giving care and support, but it can be a particularly stressful caring role.

Over the next year, Carers Centre Newcastle will be working with the Memory Clinic and with other organisations and services to make sure that carers get support from the centre. We will be setting up support sessions in communities, and putting together useful local information for carers.

If you care for someone with dementia and you would like individual support, or you would be interested in coming along to a group, then please contact the Carers Centre on tel: 0191 2603030 or email info@carerscentrenewcastle.org.uk

Making Your Donations Go Further

We've been overwhelmed by your generosity since we became an independent charity last year. Between April 2012 - March 2013 we received over £4,300 in donations. We'd like to thank you, whether you made an individual donation, bought a raffle ticket, attended an event or just popped your coppers into a collection. This all adds up to make a great difference.

An especial thank-you to Bob Rebar, who's put so much time and effort into fundraising in aid of the Centre. He's already planning this year's events, including cycling the London to Brighton challenge in September!

We're delighted that so many of you are continuing to support us despite the fact that things are getting increasingly tough financially for us all. We've seen the impact of the challenging economy on many of the carers we work with, and it's also having an effect on Carers Centre Newcastle as a charity. We're making sure

the money we raise and spend goes as far as it can.

Now that we're an independent charity we can claim Gift Aid on your donations. The government allows us to claim back the tax you've already paid on your donation - giving us an additional 25p for every £1 you donate without costing you a penny more!

There are some rules -

- You must be paying enough tax to cover any gift aid donations you make in the year
- Only tax on income (including savings and pensions) applies; Tax paid as VAT, Council Tax, Road Tax or other forms of taxation does not apply
- You must have completed a gift aid form

You can request a form from the Centre or download it from our website here: www.newcastlecarers.org.uk/about-us/support-us. Please complete and return it to Sally at the Centre if you'd like us to claim gift aid on any of your donations.

Budget consultation

On 31st January 2013 the Carers Centre held a consultation event for carers to feedback on the City Councils draft budget for 2013-2016. A total of 21 carers attended the event and heard about the proposals from City Council officers Mick McCracken (Childrens Services), Alison McDowell (Adult Services), and Jonathan Jamieson (Adult Services).

The event was well received by everyone and some very interesting discussions were had. Here are some of the comments carers made at the event:

- *Carers feel they're not being listened to. There are implications of these proposals on costs to Health Services due to additional stress on carers.*

- *On assistive technology - Can be particularly difficult for Black & Minority Ethnic communities to use assistive technology due to language barriers.*

- *On the potential closure of Castledene - People on Continuing Health Care (CHC) who use Castledene will then be looked after at home (with 24hr care) but this means the carer never has the house to him/herself. No personal budget is available to people on CHC and therefore no carer support allocation to pay for respite.*

The Carers Centre held a follow-up event and invited the carers who attended the first meeting to come back - if they were unable to attend they were sent a summary from the event. Alison McDowell and Jonathan Jamieson returned to provide explanations on the final budget agreement.

Health Information Pack for carers

We have created a Health Information Pack for Carers aged 60 and over, which provides a range of information for carers on how to best look after your own health.

This guide provides some information on healthy eating, being active, hobbies and

where you can get support to maintain your own health. It isn't a comprehensive list but it is a start for carers who are looking for more information.

If you would like a Health Information Pack then contact the Centre for a copy.

Carers Trust is Co-op Charity of the year

The Co-operative has chosen The Carers Trust as its charity of the year. The aim is to raise awareness of the challenges faced by young adult carers (14-25 year olds) and help provide them with the support they need. Staff in Co-op stores, banks etc across the country will be raising money in lots of different ways.

Carers Centre Newcastle is a network partner of The Carers

Trust, and is supporting this really important work. Rachel Parsons, our Training and Development Manager, went along to the launch at the Co-op on the West Road in January!



FREE TO A CARERS HOME!

We have a small number of computer monitors, an HP printer and a few other items that are free to a good home to carers who are registered with the Centre.

They will be given away on a first come, first serve basis, contact the Centre on 0191 260 3030.

We also have a shelf in the Centre with small items such as books, DVDs and so on, that are donated by staff or other carers. Feel free to browse the shelf next time you are in, you might walk away with your all-time favourite book!

Benefits Bulletin

By: Newcastle Welfare
Rights Service

The replacement for Disability Living Allowance - the process

Personal Independence Payment (PIP) began to replace Disability Living Allowance (DLA) for 16-64 yr olds in Newcastle and the North from 8 April 2013. From this date, **new claims** for Disability Living Allowance in that age group will be treated as a claim for PIP.

From 7 Oct 2013, **some existing claimants** on DLA will be invited to claim PIP **instead of DLA** in these 3 situations:

- The child on DLA is approaching 16, or
- A DLA award is coming to an end, or
- The claimant reports a change in circumstances.

After that, those still on DLA will begin to be written to from Oct 2015 until Oct 2017.

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They will be told their DLA will end and they will have to claim PIP. This process is expected to continue till 2018.

The important thing to remember is that a claim must be made for PIP. There is no automatic transfer to PIP. Their DLA will continue however, whilst claiming PIP and until the PIP claim is decided.

The claim is made by a phone call to: 0800 917 2222.
Textphone: 0800 917 7777

This is followed by a self assessment form that people have to complete. The DWP say that most people will have a medical assessment as part of the claim.

More information:

There is a lot of information about PIP on these websites:
www.dwp.gov.uk/pip

www.gov.uk/pip/overview

www.disabilityrightsuk.org/how-we-can-help/benefits-information

Newcastle City Council also has information about other welfare reforms
www.newcastle.gov.uk/welfarereform

New appeals system

A new system for appealing a decision has been introduced for PIP. If someone is unhappy with a PIP decision, they first have to ask the DWP to reconsider their decision within one month. When they get the DWP decision, the claimant can then appeal to an independent tribunal service. The details will be on the DWP letter.

For further information and advice contact Newcastle Welfare Rights Service on 0191 2772627.

Dates for your diary

What?	When?	Where?	Cost?	To Book
Groups and Activities				
Carers Coffee Morning With occasional guest speakers, open to carers and former carers	Mondays - 10:30-12noon May 13, June 10, July 8, August 12, September 9, October 14	St James United Reformed Church, Northumberland Road	Donations welcome	Just turn up on the day
Shepherd's Dene —A two nights stay. A relaxing break for carers.	Wednesday 23 - Friday 25 October	Shepherd's Dene Retreat Centre	£120 per person	Contact the Carers Centre
Relaxation for Carers Elements of tai chi, yoga, meditation and voice work make up the classes	Fridays each week 1:00-3:00 pm	Brunswick Methodist Church hall (behind Fenwicks)	Free for carers on means tested benefits. Others—£40 for 10 wks.	Just turn up on the day

What?	When?	Where?	Cost?	To Book
Groups and Activities (continued)				
Stroke Group	Wednesdays - 2-4pm 5 June, 3 July, 7 August, 4 September, 2 October	Carers Centre Newcastle	Free	Contact Louise Ray, Community Stroke Team on 219 4710
Alzheimer's Support Group for Carers	Group meets once a month.	Carers Centre Newcastle	Free	Contact Gill on 274 2727
Events				
Carers Cream Tea Party Break during Carers Week	Thursday 13 June 2:00-4:00 pm	Whistler Tea Rooms, Vine Lane, across from Haymarket	£3 per per- son, tickets needed	Contact the Centre to buy your tickets
Carers Week Info Stall	Friday 14 June 10:00 am— 4:00 pm	Grainger Market, Grainger Street	Free	Just turn up on the day

**Training and support to care dates are
on the following page.**

What?	When?	Where?	Cost?	To Book
Training and support to care				
Carers in the know Read the article on page 4 for details	Thursdays 10:30-12:30pm 9 May 16 May 23 May 6 June 13 June 20 June	The Carnegie Building, Atkinson Road, Benwell	Free	Contact the Carers Centre
Planning ahead for older carers	Wednesdays 10:30-12:30pm 11 & 18 September	Carers Centre Newcastle	Free	Contact the Carers Centre
Moving and Handling Basic intro for carers	Wednesday 10 July 10:30am - 12:30pm	Carers Centre Newcastle	Free	Contact the Carers Centre
First Aid Basic intro for carers	Wednesday 17 July 10:30am - 12:30pm	Carers Centre Newcastle	Free	Contact the Carers Centre
Confidence Building 2 day course	Thursdays 1:00-3:00pm 11 & 18 July	Carers Centre Newcastle	Free	Contact the Carers Centre

If you need anything to be able to attend any of the training or activities e.g. an interpreter, please let us know when you book. Contact the Carers Centre on **0191 260 3030**

Carers Centre Newcastle is looking for Trustees

This is a challenging but exciting time for us and we have ambitious plans for the future development of our organisation.

To help us in achieving our plans we are seeking new Trustees to join our board who can help to provide us with strong, professional and enthusiastic leadership.

We are seeking people with a range of skills and experience to join our board, including carers.

If you would be interested in working with us and would like further details of how to apply then please contact Katie Dodd at 0191 260 3030 or email her on:

katie@carerscentrenewcastle.org.uk

If you have any difficulties reading the Carers Newsletter, please let us know and we will make arrangements to help you with this.

If you have any comments about the Carers Newsletter or other services provided by Carers Centre Newcastle, or you wish to make a complaint, please contact us.

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