



Carers' Voice

North Tyneside
Carers' Centre

January 2016

North Tyneside Carers' Centre Newsletter

Issue 89



This month:

- The Centre's AGM and how you can get involved
- Carer Activities and Support Groups
- Important changes to benefits

New you

Find out about
our New Year's resolution,
and how you can stay fit,
happy and healthy in 2016

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A Happy New Year from the Carers' Centre

2015 was a busy year for the Centre.

Despite working in challenging times there were lots of exciting new developments and we are proud of what we managed to achieve:

- We received funding to deliver one of nine pilot projects currently being rolled out across England to support carers in employment. Our project will focus on partnership working with a targeted number of employers in North Tyneside; helping them to identify and support employees with caring responsibilities.
- We were also delighted to secure a Big Lottery Fund grant of £365,287 to support Adult Carers over the next three years. The grant will increase our capacity to deliver preventative support to adult carers.
- 120 carers attended a range of activities and events during Carers' Week and were able to relax, have fun and take a break from their caring role.
- Elected Mayor Norma Redfearn [pictured], came along on Carers' Rights Day to launch North Tyneside's Commitment to Carers 2015. The document sets out how carers will be supported in North Tyneside and identifies 6 priorities which include identifying carers at an early stage and improving carers own health and wellbeing.
- The young carers project continued to offer high quality one to one support to young carers and where needed support to the wider family. Also groups of young carers worked together to raise awareness of issues that are important to them and produced some excellent materials – go to this link for an example of their work <https://www.youtube.com/watch?v=64jANOesnIQ>

I would like to take the opportunity to thank the staff and volunteers for all of their hard work throughout 2015. We are looking forward to working with you all and welcome your feedback and suggestions for the coming year.

I wish you a successful and peaceful 2016.

Claire Easton, Centre Manager

Annual General Meeting

Our AGM is being held on 20 January at the Linskill Centre.

Come along and find out more about the work North Tyneside Carers' Centre is doing to help carers in North Tyneside.

Lunch will be served at 12:45pm followed by the AGM, where we will be celebrating our work.

VOTE and have your say at the AGM

Become a member.

To register as a member call the Support Team on 0191 643 2298

New Year *New you*

What is our New Year's resolution?

To help you become a more relaxed and confident carer. Join us at the Linskill Centre on 20 January for a day of fun and useful activities:

Creative crafts and coffee, 10am—12pm

Take some time out and enjoy some creative crafts, including papercraft, silk painting and zentangle. £2

Moving and handling techniques, 10:30am—12pm

We will be teaching you the safest way to assist the person you care for with some of the difficult tasks, including how to handle a wheelchair and getting in and out of a car or chair.

Relaxation techniques and coping with stress, 10:30am—12pm

Learn some relaxation techniques to help you deal with stress.

We will be providing information on topics such as discounts, entitlements and your rights as a carer. There will also be Carer Support Workers available all day, who will be on hand to discuss any issues you may have.

To book on to any of these activities, give the Centre a call on 0191 643 2298.

Make sure you join us for our AGM, taking place straight after our New Year, New You day at the Linksill Centre.

YMCA
NORTH TYNESIDE

Important Renovation Update

The YMCA is currently undergoing major building work.

Unfortunately, during this time, the lift will be out of order.

We expect the new lift to be ready by mid February.

Until then we are doing everything we can to make the Centre accessible.

We will be using alternative venues for support groups and meetings for those who cannot make the stairs.

We apologise for any inconvenience caused during this time.

Activities and Support Groups

<i>Jan 7</i>	Step Up Group, 6pm—8pm. This support group is specifically for carers aged 16—25. For more information call Vicky or Sue at the Carers' Centre.
<i>Jan 8</i>	Carers' Coffee Morning at the North Shields Customer First Centre, 10:30am—12pm.
<i>Jan 12</i>	Coffee Morning for Carers of People with Dementia, 10:30am—12pm. White Swan Centre, Killingworth, NE12 6SS.
<i>Jan 12</i>	Dementia Support Sessions , 1pm—3:30pm. Session 1: Finding your way . North Shields Customer First Centre.
<i>Jan 14</i>	Carers' Coffee Morning at the Coast, 10:30am—12pm. New Prospects, South Parade, Whitley Bay, NE26 2RE.
<i>Jan 15</i>	Carers' Coffee Morning in Wallsend, 10:30am—12pm. Parkside House, Elton Street East, NE28 8QU.
<i>Jan 19</i>	Carers' Coffee Morning at the North Shields Customer First Centre, 10:30am—12pm.
<i>Jan 19</i>	Dementia Support Sessions , 1pm—3:30pm. Session 2: Caring for Someone with Dementia . North Shields Customer First Centre.
<i>Jan 20</i>	New Year <i>New you</i> Day Find our more on page 3.
<i>Jan 20</i>	Annual General Meeting . Find our more on page 3.
<i>Jan 21</i>	Book Club, 11am—12:30pm, North Shields Customer First Centre.
<i>Jan 21</i>	Autism Carer Support Group, 6:15pm—8:15pm, Venue TBC.
<i>Jan 26</i>	Dementia Support Sessions , 1pm—3:30pm. Session 3: Caring and Me . North Shields Customer First Centre.
<i>Jan 28</i>	National Young Carers Day , 12:30am—2:30pm. Find out more on page 7.
<i>Feb 2</i>	Dementia Support Sessions , 1pm—3:30pm. Session 4: Caring and Coping . North Shields Customer First Centre.
<i>Feb 4</i>	Step Up Group, 6pm—8pm. This support group is specifically for carers aged 16—25. For more information call Vicky or Sue at the Carers' Centre.

Please note that the Carers' Coffee Morning in Wallsend has moved to Parkside House, Elton Street East, NE28 8QU.



<i>Feb 5</i>	Carers' Coffee Morning at the North Shields Customer First Centre, 10:30am—12pm.
<i>Feb 9</i>	Coffee Morning for Carers' of People with Dementia, 10:30am—12pm. White Swan Centre, Killingworth, NE12 6SS.
<i>Feb 11</i>	Carers' Coffee Morning at the Coast, 10:30am—12pm. New Prospects, South Parade, Whitley Bay, NE26 2RE.
<i>Feb 16</i>	Carers' Coffee Morning at the North Shields Customer First Centre, 10:30am—12pm.
<i>Feb 18</i>	Book Club, 11am—12:30pm, the North Shields Customer First Centre.
<i>Feb 19</i>	Carers' Coffee Morning in Wallsend, 10:30am—12pm. Parkside House, Elton Street East, NE28 8QU.
<i>March 3</i>	Step Up Group, 6pm—8pm. This support group is specifically for carers aged 16—25. For more information call Vicky or Sue at the Carers' Centre.
<i>March 4</i>	Carers' Coffee Morning at the Centre, 10:30am—12pm.
<i>March 8</i>	Coffee Morning for Carers of People with Dementia, 10:30am—12pm. White Swan Centre, Killingworth, NE12 6SS.
<i>March 10</i>	Carers' Coffee Morning at the Coast, 10:30am—12pm. New Prospects, South Parade, Whitley Bay, NE26 2RE.

Are you looking for a new way to keep fit, healthy and happy?
Find out about our walking group on Page 7.



Do you look after someone who has memory problems?

Come along to our New Dementia Support Sessions

Jan 12: Finding your Way. What matters to you in your caring role? We will look at different types of dementia, symptoms and how this relates to behaviour.

Jan 19: Caring for Someone with Dementia. How to deal with a variety of situations such as repetition, aggression and difficulties with communication.

Jan 26: Caring and Me. Practical aspects of looking after someone with memory problems and how it affects you. Resources and services available to help.

Feb 2: Caring and Coping. Strategies to help you minimise stress and juggling your competing demands with other aspects of your life.

For more information contact Julie King at the Centre. 1pm—3:30pm at the North Shields Customer First Centre.

The Spending Review and You

The November 2015 Spending Review resulted in some important changes to adult social care. Here are the main points:

- The Government plans for health and social care to be fully integrated by 2020.
- NHS funding will increase from £101 billion a year to £120 billion by 2020.
- The Government will spend an extra £600 million on talking therapies.
- From 2017 the Government will be investing £1.5 billion into the Better Care Fund, to encourage the NHS and local authorities to work closely together to improve health and social care services.
- Local councils will now be able to raise council tax by 2%, to be spent exclusively on adult social care.

Carers UK has voiced concerns that the Government is failing to spend enough money on social care and the services that support unpaid carers and their loved ones.

jointly

We are looking for carers to take part in a trial for new app: **Jointly**.

Jointly is the new app from Carers UK. It aims to improve communication between carers, by assisting them with the management of medication and appointments for the person they care for.

Find out more about Jointly at www.jointlyapp.com

If you would like to take part in this trial please contact Alexis at the Centre.

Benefit Cap Changes

On 26 November 2015 the High Court ruled that carers receiving Carers' Allowance should no longer be subject to the benefit cap.

If the government accepts this, recipients of Carers' Allowance, as well as those receiving Disabled Living Allowance (DLA), will be exempt from the benefit cap.

Heléna Herklots, Chief Executive of Carers UK, described the ruling as 'a significant step towards greater recognition for carers and a strengthening of their rights.'

We will keep you updated on any further changes regarding this policy.

Pebble Tracker

is an easy to use tracking device that keeps your loved one safe

and gives you peace of mind. In an emergency press the button to automatically send 3 contacts a text with your location. The Pebble also allows for two way voice communication and has a fall detection setting.

For more information call Gateway on 0191 643 7474.





“Let me win, but if I cannot win let me be brave in the attempt”



The Special Olympics is the world's leading programme in showcasing the sporting skills of disabled people.

First founded in the USA in 1968, May 2014 saw the opening of the Special Olympics Club in Gateshead. Since it's opening, the Gateshead club has achieved great success in competitions regionally and also at an international level. The team has won a total of 153 medals, from the 27 competitions they have attended in the last 19 months.

Two of the athletes have achieved great success in their chosen sport. Gary Cringle now plays football for the Newcastle United Downs Syndrome Team. Jemma

Robinson represented Great Britain in the Commonwealth Games in Vancouver, Canada at the beginning of December 2015 and won Silver in the Powerlifting competition.

Gateshead also provides weekly sports training in 10 mainstream sports; Archery, Athletics, Cycling, Football, Ten Pin Bowling, Netball, Boccia, Swimming, Table Tennis and Powerlifting at various locations across the borough.

The Special Olympics has made a great contribution to people feeling healthier, making friends, gaining self-confidence and realising their sporting dreams. Athletes can also develop their talents and become Team Captains, Sports Coaches or Public Speakers through the development of the Athletes Leadership Programme.

For further information please contact Shona Tong on 0191 433 2292.

Join the Carers' Walking Group. Walking can promote psychological well-being and reduce feelings of stress and depression. It can give you more energy for everyday tasks, promote better sleep and reduce anxiety.

Our monthly programme of local walks and strolls are suitable for carers of all abilities and we usually include a couple of trips to other locations for example York. Why not come along and join in? You will meet new people, while learning interesting things about the local area and getting fit.

The first walk of the year will include a trip to Azure Garden Centre, located on the West Side of Cramlington, and Northumberlandia Country Park. You can choose to go along on the walk in the surrounding area or simply enjoy looking round the garden centre.

Date: 10 March 2015. Bus leaves the Carers' Centre at 10.30am – bus leaves Azure Garden Centre at 3pm. Cost £2 for carers and £4 for guests.

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Any views or opinions expressed in Carers' Voice are those of the author and may not necessarily be those of North Tyneside Carers' Centre.

If you have any difficulties reading our newsletter, please contact us so that we can discuss your needs. We endeavour to provide an alternative format where possible.

Comments and Concerns

North Tyneside Carers' Centre is committed to providing a high quality service to carers. If you feel we have failed to meet our usual high standards for whatever reason please let us know and we will endeavour to make the necessary improvements. If you are still not satisfied then please contact the Centre Manager.

Adult Social Care, North Tyneside Council	0191 643 2777	IANT (Independent Advocacy in North Tyneside)	0191 259 6662
Age UK	0191 280 8484	Key Enterprises	0191 270 1138
Alzheimer's Society	0191 298 3989	LD: North East	0191 262 2261
Care Call, North Tyneside Council Emergency Response	0191 200 6800	Macmillan	0808 808 0000
Carers' Allowance Unit	0345 608 4321	Memory Support Clinic (Dementia Support)	0191 220 5985
Carers Direct, NHS	0300 123 1053	Mencap	0808 808 1111
Carers UK Adviceline	0808 808 7777	Mental Health Matters	0845 601 2458
Carers' Trust	0800 085 0307	National Debt Helpline	0808 808 4000
Citizens Advice Bureau	0344 245 1288	NHS Non-Emergency	111
Disabled Access Holidays	0800 622 6000	Northumbrian Water, leak helpline	0800 393 084
Disabled Persons Railcard	0345 605 0525	North Tyneside Coalition of Disabled People	0191 296 1437
Gas leak helpline	0800 111 999	North Tyneside Disability Forum	0191 200 8570
Headway, brain injury helpline	0808 800 2244	Parkinson's UK	0344 225 3608
Healthwatch North Tyneside	0191 263 5321	PROPS (for Carers of people with drug & alcohol problems)	0191 270 4248

Usual Opening Hours

Monday—Thursday: 9:00am—5:00pm Friday: 9:00am—4:30pm

On the second Tuesday and fourth Thursday of each month we are open until 8:00pm.

www.northtynesidecarers.org.uk enquiries@ntcarers.co.uk 0191 643 2298

North Tyneside Carers' Centre, Third Floor, YMCA Building, North Shields, NE29 0AB
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