

Carers Newsletter

Issue April 2009 – South Northumberland



Carers Invited to share their views...

You should have already received information regarding the carers taster sessions that are being held on Tuesday 31st March, 12.30-2.00pm Woodhorn Grange, QEII Park, Ashington and Thursday 2nd April, 2.00-3.00pm Azure Garden Centre, Cramlington.

These sessions are designed to give carers the opportunity to meet and express their views on how they would like to see us provide group support in or around the areas that they live.

Some carers find group support very useful because it gives them a break from their caring role for a couple of hours and lets them talk to other carers and share experiences with others who may be in a similar situation. However we know that organising care and getting to a group can be difficult which is why we are asking carers themselves what sort of group support they would like to see provided, where and what time would suit most people best.

If you would like to share your views on this but could not make the sessions please

**Telephone 0844 800 7354 or e mail
info@carersnorthumberland.org.uk**

Your local contact is Cari Hook

**Based at Pegswood Community
Project, Longhirst Road, Pegswood,
Morpeth**

Telephone 01670 518204

Your Local Carer Support Groups

Seghill – Netherfield House Surgery, 10.00 - 11.30am

1st Monday of the month

South Northumberland Friendship Club – Bedlington Station Residents Association 1.00 - 3.00pm

1st Monday of the month (small charge)

Both carers and the person they care for welcome

Groups in Wansbeck, Morpeth and Cramlington area coming soon...

Carers Opportunity Fund – Do you know about it?

This fund has been allocated from the Carers Grant to enable you to take a break from your caring responsibilities. This can be accessed by those who are caring for adults, children and siblings.

You can access up to £100 each year and it has been used for things like paying accommodation costs for an overnight break, an evening out at the cinema or booking relaxation treatments.

**If you would like information on how to access this grant please call Carers Northumberland
On 0844 8007354.**

Attendance Allowance

Many older people in Northumberland are missing out on extra income.

There are several reasons why this is the case however there are a lot of misconceptions about Attendance Allowance which may discourage people from claiming.

Did you know that Attendance Allowance can be paid regardless of other income or savings and that it does not reduce other benefits?

We are in the process of developing a website for Carers Northumberland and we would like it if carers could give us feedback on what they would like to see on this...


If you have any ideas please give us a call or e mail info@carersnorthumberland.org.uk



Carers Direct

Information, advice and support for carers

 www.nhs.uk/carersdirect

 Freephone: 0808 802 02 02

Carers Direct is a new national information service launched for carers. It is designed to provide a single online resource to help carers manage their lives around caring.

Carers Northumberland Information Service

You can contact us if you need information regarding any aspects of caring, including information relating to the condition the person you care for, information relating to benefits, carers assessments, taking a break and where to do this and if we cannot respond to your query we will put you in touch with the person that can.

We hold a library of generic carers information as well as specific information regarding: combining work and caring, how to obtain a carers emergency card and what to do if you find yourself no longer caring and are finding it difficult to adjust to this.

Tel 0844 800 7354 Email info@carersnorthumberland.org.uk

Skills Programme

Many thanks for the contributions you have made to the recent surveys we have sent out, the Skills Development Survey and Service Development Survey. The information we have gathered will help us develop our skills development programme for 2009/10 and the service development survey is helping to develop our organisational activity for the coming year, of which more information will be available in the June newsletter.

If you would like to obtain a final copy of these reports please contact Carers Northumberland.

Carers Northumberland run a dedicated information line from Monday to Friday between the hours of 10.00am and 2.00pm where there will always be someone to respond to your call

Lo Call 0844 800 7354



Carers Receive Peace of Mind

What a long, cold winter it has been for us all! For those carers living in the northern part of Northumberland conditions have been particularly difficult on occasions with no public transport running, pavements and roads being virtually impassable and access to any support services all but impossible. It has certainly made some people stop and think about what would need to happen in the event of an emergency situation occurring.

The Carers Northumberland Emergency Card Scheme has been very well received by carers as a 'peace of mind' short term support system. However, it is important that all carers and their families have also considered longer term plans and know where to find vital telephone numbers should the unexpected crisis arise. You're probably hoping that this situation won't happen to you but better to be prepared than to panic at the last moment.

One of our jobs at Carers Northumberland is to signpost carers to other services and organisations.

We try to ensure that carers across the county are kept informed through informal meetings focussing on issues or opportunities that may be of interest. Keeping healthy, Advocacy services and Coping with Memory Loss are the themes planned for the sessions at the Cheviot Centre, Wooler in March, April and May, and more are planned to follow in Alnwick, Rothbury and Amble.

Do you have particular questions or issues relating to your caring role that you would like to know more about? If you tell us what they are then we can try to find out information to help you. You could also be helping others in similar situations by raising concerns that they might have too, so don't hold back. Look out for the CN advertisements in the local papers or contact either our central office or Kate and Jean at the Bell View Centre.

Your Local Carer Support Groups

Alnwick – Summerhill Nursing Home

Wednesday 25th March

Tuesday 28th April

Wednesday 26th May

Wooler – Cheviot Centre, 1.30-3.30pm

Monday 6th April– How to access Advocacy & Support

Monday 11th May – Caring for Someone with Memory Loss

Berwick – Methodist Church, 10.30am-12.30pm

Wednesday 29th April

Wednesday 27th May

Your local contacts are:

Jean and Kate, who are based at the Bell View Resource Centre, 33 West Street, Belford, Northumberland.

Telephone 01668 219951



We hope to run more Pamper Sessions in the West later in the year, look out for details in our next newsletter. If you can't wait, see information about our Carers Opportunities Fund on page 2 for information about funding to have a break.

Pamper Day

Our first big event in the West was a Pamper Day, held at Tynedale Function Suite in Hexham on 28th January. The event was very well attended by Carers from across the area and the feedback has been very good. There were a range of treatments on offer and everyone really enjoyed their sessions. Everyone who came found it really useful spending time talking to other Carers and sharing experience and knowledge.

Carer Support Groups

Our first groups began meeting in February. Everyone who came along to their local session found it very valuable.

We are interested to hear from you if you haven't been along but would like to come. Do we meet at a time or on a day that is not convenient? Do you want to suggest a different venue? We value your feedback so get in touch. Thanks – hope to see you at a local group soon!

Your local contact is Tricia Ashford
Tanners House, 20 Gilesgate, Hexham
Telephone 01434 608033

Your Local Carer Support Groups

Prudhoe Area

St Mary Magdelene Parish Hall
2nd Wednesday of the month
10.30am to 12.30pm

Hexham Area

Hexham Community Centre
4th Wednesday of the month
10.30am to 12.30pm

Haltwhistle Area

Greenholme, Woodhead Lane
1st Tuesday of the month
10.30am to 12.30pm

Bellingham Area

Community Room, Bellingham Fire Station
4th Thursday of the month
1.00pm to 3.00pm

Meetings soon in Ponteland.....