

# Newsletter

March 2010

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## Carers Northumberland Recruit GP Carer Support Workers



Carers Northumberland, in partnership with Northumberland Care Trust and North of Tyne Primary Care Trust, is delivering a Department of Health Demonstrator Site for carer health checks which will see carers better supported within GP surgeries. Carer support workers, Sue Towers and Bob Owtram, have been recruited to support health staff carrying out carer health checks, by identifying and building on good practice in GP surgeries in relation to how surgeries work with carers.

Sandi Downing, Manager commented *"Carers are undoubtedly vulnerable to suffering from their own health problems due to the stressful nature of their caring role. What is so promising about this development is that the vulnerability of carers is now being recognised and carers will be entitled to have their own health needs as well as their emotional needs supported in a partnership between the health sector and Carers Northumberland"*.

Sue and Bob will work closely with specific GP surgeries throughout Northumberland but District Nurses across the county are identifying carers in every practice to receive an individual health check. Part of that check will enable referral into wider Carers Northumberland support activity.



Meet Kelly Railton  
Carers Northumberland  
Business Development Officer

I'm Kelly Railton and I've recently joined the Carers Northumberland team as their Business Development Officer. My role is focused on generating new sources of income for Carers Northumberland that will allow it to develop further services and support for carers across the county. This will include fundraising from a variety of sources, including companies, individuals and events.

I'm very much looking forward to, over the next month, getting out to some of the support groups Carers Northumberland runs across the county. I hope to meet many of you at those.

In the meantime if you have any ideas about how Carers Northumberland could potentially raise funds from, for example, your workplace, your church or your children's/grandchildren's schools, then please do drop me a line on the contact details below. As this is a new and developing part of Carers Northumberland work, any advice, support or ideas would be very welcome!

[KellyRailton@carersnorthumberland.org.uk](mailto:KellyRailton@carersnorthumberland.org.uk)

07825 952 609



### Do you look after someone?

Carers Northumberland Info Line is  
available 10.00am – 2.00pm

Monday to Friday

5.30pm-7.30pm on the 1<sup>st</sup> and 3<sup>rd</sup>  
Tuesday of every month

**0844 800 7354**

Call us about any queries you have  
regarding your caring role

How much do you know about the  
personalisation of adult social care?

Are you a carer or a professional  
and want to know more?

Local authorities are in a process of transformation; moving from traditional model of assessments and service provision towards self assessment and self directed services.

Carers Northumberland are organising a conference for both carers and professionals to be held in May.

Lead speaker Jean Gould from Carers UK has fronted national carers conferences on this issue and she will take questions direct from carers and professionals regarding the personalisation of adult social care.

Details are to follow in the coming weeks if you are a carer or a professional interested in this please contact Angela Tait on 0844 800 7354 to register your interest.



## Princess Royal Trust for Carers opens Explore More!

### Fund for Young Carers

The Explore More! Fund is open to young carers aged between 5 and 17 who, through Carers Northumberland, can apply for a grant of up to **£300** to explore their talent and interests.

Activities may include sports, music, visiting places or educational activities and the grant would typically pay for entrance fees, transport costs, equipment, tuition fees etc.

**If you are a young carer, or a professional working with a young carer and would like to apply to the fund, please telephone Carers Northumberland on 0844 800 7354 for an application form.**



### Carers Week 2010

#### 'Having a Life of My Own'

Carers Week 2010 theme is all about enabling carers to have the opportunity to have a life of their own for example taking part in family occasions, going on holiday, having a meal out or just chilling out for a night in front of the TV, things that so many people take for granted.

This year Carers Northumberland will be highlighting what support is available to help carers enhance their quality of life by being able to take a break and time out for themselves.

More information will be coming out over the next few weeks about what events are going on in your area for Carers Week 14-20 June 2010.

The annual Carers Week survey is the largest survey of carers in the UK. This year it focuses on what carers miss out on that most people in society take for granted - and what needs to be changed

Go to [www.carersuk.org/Home](http://www.carersuk.org/Home) and follow the link to give your views in the carers survey.



### Are you a professional working with young disadvantaged children?

**CHICKS is a registered children's charity which takes disadvantaged children aged 8-15 who would not otherwise have the chance to access free respite breaks.**

Children are referred for a break because of a whole number of reasons and situations; from being a young carer, to those living in poverty, those who have suffered emotional trauma and many other reasons.

Breaks are run from March until November at two centres in the West Country.

It is important that children are referred by a professional person who is able to take responsibility for filling in the paper work and arranging transport etc.

Visit [www.chicks.org.uk](http://www.chicks.org.uk) Tel 01822 811020



# Carers Northumberland

## Group Support

### West Northumberland

#### April

April 9<sup>th</sup> Ponteland  
 April 13<sup>th</sup> Haltwhistle  
 April 21<sup>st</sup> Prudhoe  
 April 22<sup>nd</sup> Bellingham  
 April 28<sup>th</sup> Hexham

#### May

May 7<sup>th</sup> Ponteland  
 May 11<sup>th</sup> Haltwhistle  
 May 19<sup>th</sup> Prudhoe  
 May 26<sup>th</sup> Hexham  
 May 27<sup>th</sup> Bellingham

#### June

June 4<sup>th</sup> Ponteland  
 June 8<sup>th</sup> Haltwhistle  
 June 23<sup>rd</sup> Hexham  
 June 24<sup>th</sup> Bellingham

### Venues

- Hexham** – Hexham Community Centre 10.30 to 12.30
- Prudhoe** – The Manors 10.30 to 12.30
- Haltwhistle** – Partnership Office 10.30 to 12.30
- Bellingham** – Community Room, Bellingham Fire Station 1.00 to 3.00
- Ponteland** – Ponteland Memorial Hall 10.30 to 12.30



For more information contact Area Development Officer Tricia Ashford on 01434 608033

### South Northumberland

#### April

April 16<sup>th</sup> Cramlington  
 April 14<sup>th</sup> Morpeth  
 April 21<sup>st</sup> Bedlington  
 April 22<sup>nd</sup> Ashington  
 April TBC Newbiggin

#### May

May 14<sup>th</sup> Cramlington  
 May 12<sup>th</sup> Morpeth  
 May 19<sup>th</sup> Bedlington  
 May TBC Lynemouth

#### June

June 9<sup>th</sup> Morpeth  
 June 21<sup>st</sup> Bedlington  
 June TBC Ashington

### Venues

- Morpeth** – Morpeth Methodist Centre
- Cramlington** – Community Centre, Cramlington Village
- Bedlington** – Salvation Army Hall, Hartford Road West, Bedlington
- Ashington** – Hirst Welfare
- Lynemouth, Guidepost & Newbiggin** – Venue to be confirmed



For more information contact Area Development Officer Cari Hook on 01670 518504

# North Northumberland



## April

April 12<sup>th</sup> Cornhill  
April 21<sup>st</sup> Amble  
April 22<sup>nd</sup> Thropton  
April 26<sup>th</sup> Alnwick  
April 28<sup>th</sup> Berwick

## May

May 10<sup>th</sup> Seahouses  
May 20<sup>th</sup> Thropton  
May 24<sup>th</sup> Alnwick  
May 26<sup>th</sup> Berwick

## June

June 14<sup>th</sup> Wooler  
June 23<sup>rd</sup> Berwick  
June 24<sup>th</sup> Thropton

## Venues

**Alnwick** – Summerhill Residential Home 1.00 to 3.00  
**Berwick** – Methodist Church Hall, Walkergate 10.30 to 12.30  
**Rothbury** – Armstrong Memorial Hall, Thropton 1.00 to 3.00  
**Wooler** – Breeze Cafe 2.30 to 4.00  
**Embleton** – Dunstanburgh Hotel 2.00 to 3.30  
**Cornhill** – Collingwood Arms 2.00 to 3.30  
**Seahouses** – Bamburgh Castle Hotel 2.00 to 3.30



**For more information contact Area Development Officer Kate Whitehead on 01668 219951**



## Carer Support Fund



This fund offers carers the opportunity to take a break from their caring responsibilities. You can apply if:

- You provide or have recently provided, regular care for an adult due to disability, illness, frailty in old age and
- The care you provide is/was substantial and is affecting your own health and well-being, and
- You are over 16 or a young carer applying through a responsible adult, and
- You are registered with Carers Northumberland, and
- Your financial circumstances are such that you would find it difficult to pay for a break yourself

**Call Carers Northumberland on 0844 800 7354 for an application form**



### Carers UK Statement On Social Care Debate



**Carers UK says social care debate must not be 'drowned out' by party political electioneering**

**Carers UK Chief Executive Imelda Redmond CBE said:**

"The reform of social care is one of the greatest challenges our society faces in the 21st century. Our care system is crumbling as it struggles to cope with an ageing population and people living longer with disability.

Difficult decisions need to be made on how to fund the vital changes needed to deliver a fair, transparent and sustainable care system for the future. That requires a mature and sensible debate on how we face the care challenge as a society.

This crucial debate must not be drowned out by media soundbites and electioneering. It is particularly disappointing to see these difficult issues reduced to slogans and posters, and for care of older people to be associated with negative images of gravestones.

The carers and families we represent are struggling now and desperately need decent services and support. They will not accept social care becoming a party political football.

Carers UK look forward to the publication of the White Paper on Care and Support and we urge all political parties to enter into a considered and grown-up debate on this most profound of challenges."

### PRTC Claim Politicians Are on course to fail Carers



**Carers save the UK an estimated £87 billion a year through caring at home, but political parties have not set out how they will support carers in the next government.**

Carole Cochrane, Chief Executive at The Princess Royal Trust for Carers, said: *"We are deeply concerned that the next elected government could fail millions of unpaid carers. It is unacceptable that the three main parties have not made any clear indications about supporting carers or even if carers will be included in their manifestos.*

*"We support the principle of free personal care at home but the current government's offer will not reach many of the families that we support. The National Carers' Strategy has laudable vision but, as our research uncovered, the NHS failed to spend 80% of its allocated funds on breaks for carers in 2008/09 as was intended. This must improve.*

Carole added: *"We want the state to support not distort family relationships. The Princess Royal Trust for Carers is calling on all political parties to deliver the following asks in their election manifestos: a guarantee that the National Carers' Strategy will not be abandoned; a Carers' Centre in every area; and that every carer has the right to breaks and higher benefits to avoid living in poverty."*

### Alzheimer's Society comment on new dementia prevalence statistics

New prevalence statistics have been released from an Alzheimer's Research Trust commissioned report by the University of Oxford suggesting that there are now 820,000 people in the UK with dementia. The research also suggests that the cost of dementia to the UK economy is £23 billion per year - more than cancer (two times more), heart disease (three times more) and stroke (four times more). Spending on dementia research is shown to be 12 times lower than for cancer.

Andrew Ketteringham, Alzheimer's Society: *"We can no longer afford for dementia to be the poor relation when it comes to health issues. With the right investment dementia can be defeated. Ahead of the election, all political parties must wake up to the human and economic cost of this devastating condition."*



**Are you caring for someone and  
have a query about your  
income?**

**Got questions about your  
pension?**

**Carers Northumberland can put  
you in touch with someone  
who can answer those queries**

**Call the Carers Northumberland**

**Info line on**

**0844 800 7354**

## **Financial Recognition for Carer's preparing for their future as the Government introduces Carer's Credit from 6<sup>th</sup> April**

For the first time, it will be possible for an unpaid carer looking after a loved one to build up a full basic State Pension based entirely on National Insurance credits. The Department for Work and Pensions and Carers UK are calling on the 4.7 million carers across the country to find out if they could benefit.

April 2010 will see the introduction of the new Carer's Credit that will count towards their basic and second State Pension. People may not recognise the help they give unpaid to a disabled, ill or family member as caring but today they are being encouraged to come forward if they are looking after someone for at least twenty hours a week.

To be eligible for Carer's Credit, the person or people being cared for must either be receiving an appropriate disability benefit, or a certificate must be supplied which has been certified by a health or social care professional and confirms the level of care provided is required.

Carer's Credit will not affect any benefits received by the carer or the person being looked after.

## **Tell the *next* Government it's time to support carers...**

**In 2010 social care is in crisis and in need of urgent reform. The main carers' benefit is worth just £1.52 an hour, well short of the minimum wage of £5.73. (and even less than that if you're retired, disabled or on a low income).**

**Carers are paying a heavy price - no money, no breaks, many forced to give up work and a constant battle for support. Some are pushed to the point of collapse.**

**The government has invested in carers' breaks and other support for carers. But this falls far short of the action needed now if it is to make good on its promise that by 2018 carers will have a life of their own and not be forced into financial hardship.**

**Tell the next government it's time to support carers by signing the letter to the next Prime Minister by going to [www.carersuk.org/Newsandcampaigns/ltstime](http://www.carersuk.org/Newsandcampaigns/ltstime)**

# Local Leisure Opportunities for Carers



## Sports

### **Ashington & Newbiggin Sports Centres**

Discounted rates for disabled people and their carers on sports and swimming facilities.

Tel Ashington 01670 532380 Newbiggin 01670 532348

### **Morpeth Riverside Leisure Centre**

Discounted rates for disabled people and their carers on sports and swimming facilities. Tel 01670 514665

### **Ponteland Leisure Centre**

Concession rate on swimming and sports facilities and carers get in free. Tel 01661 825441

### **North Country Leisure**

Leisure centres at Hexham, Prudhoe, Coquettale, Rothbury and Alnwick. North Country Leisure operates a Be Active + card for people in receipt of DLA, Incapacity Benefit, Attendance Allowance or is Blue Badge holder. This would entitle the person in receipt of benefit to discounted rates on sports and swimming facilities and would enable the carer to go free. There is a small charge for the card. For further information go to

[www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)



**Challenging Disability through Outdoor Adventure**

Accessible outdoor activity breaks and courses for people with disabilities, together with their family and friends.

Visit [www.calvert-trust.org.uk](http://www.calvert-trust.org.uk)

Telephone Calvert Trust Kielder on 01434 250232



## Breaks



The Bond Hotel, Blackpool is an award winning specialist Hotel, set just off Blackpool's South Shore promenade, which has been catering for guests with disabilities and special needs for nearly 20 years.

The Hotel also runs weekends especially for carers often with competitive package rates.

### ***Current Carers Christmas offer 2010***

***Bbook before 31<sup>st</sup> March and attend Christmas party special from Friday 3<sup>rd</sup> – Monday 6<sup>th</sup> December for £99 per person.***

For further information go to [www.bondhotel.co.uk](http://www.bondhotel.co.uk) or Tel 01253 341218



Vitalise is a national charity providing short breaks (respite care) and other services for disabled people, visually impaired people, and carers.

[www.vitalise.org.uk](http://www.vitalise.org.uk)

Tel 0845 345 1970



## *Minsteracres Residential Retreats 2010*

**Tel 01434 673 248**

### **Young People's Beginning Experience**

This weekend is for young people (over 11 years old) who have lost a parent through death, separation or divorce. Friday 26 (7pm) – Sunday 28 March (4pm) 2010, Friday 24 (7pm) – Sunday 26 September (4pm) 2010.

### **Beginning Experience**

This weekend is for people who find themselves single again through divorce, separation or the death of a loved one. Friday 23 (7pm) – Sunday 25 April (4pm) 2010, Friday 12 (7pm) – Sunday 14 November (4pm) 2010.

### **Who cares for carers?**

A time of peace and relaxation for those currently caring for a loved one. We warmly invite carers to have some time to themselves to find inner peace and strength. Tuesday 11 (3pm) – Thursday 13 May (2pm) 2010, Tuesday 5 (3pm) – Thursday 7 October (2pm) 2010.

## Norland House – Day Services for people with learning disabilities based in North Tyneside and Northumberland

### First Move Care Ltd

*'To provide a service which is useful, meaningful and enjoyable by providing positive, purposeful support to people with learning disabilities'.*

Norland House is a new service situated in Nelson Village, Cramlington. It is a small service and will be available for approx 8 people.

It is proposed that the service will be available from 8.30am until 6.00pm Mon to Fri and 10.00am until 6.00pm Saturdays, with the Saturday service an outreach service.

Services can be developed according to individual needs. Staff are qualified up to level 3 NVQ or above and are used to working with individuals who have very mild learning disabilities as well as those who have considerable complex needs. We would also like to give individuals who attend Norland House the opportunity to join in with the wide range of activities provided at Belview House, so for those who wish to do this, transport would be available.

For further information contact Jacqui Chapman on 07787 928887 or visit [www.firstmovecare.co.uk](http://www.firstmovecare.co.uk)

## New Accessible Tourism Survey – Have Your Say...

The Department for Culture, Media and Sport (DCMS) wants to know about your tourism experiences. It has published an online survey on behalf of the Accessible Stakeholders Forum seeking information from disabled people about their tourism experiences.

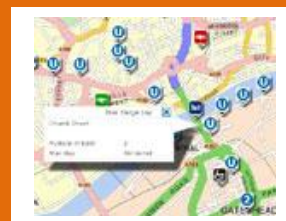
You'll be able to tell DCMS exactly what you expect when you stay overnight or take a day trip to a UK tourist attraction and give them details of any problems you experienced. The survey's findings will be used to help businesses improve accessible tourism services for disabled people.

So if you have a disability and want to take part in this important survey, the DCMS would love to hear from you.

Go to <http://www.online.qfrs.co.uk/DCMS>

If you want to take part in the survey but cannot use a computer or are unable to enlist the help of a person who can, please call 0121 344 4848 and ask for Ian Clarke who will arrange to send you a copy of the questionnaire in the post.

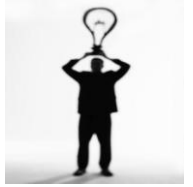
## The improved Blue Badge map is just the ticket...



Lots of information UK wide on accessible football stadiums, tube stations, airports, public toilets, beaches, petrol stations and much more...

Go to [www.direct.gov.uk/bluebadgemap](http://www.direct.gov.uk/bluebadgemap)

# Top Tips for Carers



✓ ***I care for my elderly parents who have communication problems and I am unable to go to their house everyday so I have asked the care workers to keep a diary of what they have eaten any GP/District nurse visits and any medication that is running low. This way I can order any repeat prescriptions, know what food to buy that week and am informed if they have been feeling unwell – it means I don't have to keep asking mum and dad the same questions when I see them especially when they have difficulty telling me.***

✓ ***My husband suffers from dementia and a friend of mine recommended buying a day clock so that he knows the day of the week, it has been marvellous as he can look himself. You can buy these from large department stores or Specialist Company on line [www.dayclocks.co.uk](http://www.dayclocks.co.uk)***



*Have you got a top tip?*

Do you have a tip that you could share with other carers?

Has something made a real difference in your role as a carer?

Can you recommend to other carers? It might be somewhere you have gone on holiday or a place you have visited or eaten out somewhere.

If so please call us on 0844 800 7354 so that we can share this with other carers.



## **Do you use health and social care services in Northumberland?**

### **TELL US YOUR VIEWS**

#### **WHAT DOES NORTHUMBERLAND LINK DO?**

It provides a channel for people to express their views, to become involved in looking at specific issues of concern and make recommendations to suggest how to improve services. The LINK has powers to make a difference.

#### **WHAT IS NORTHUMBERLAND LINK?**

The Northumberland Local Involvement Network (**LINK**) is one of 150 LINKs set up nationally to monitor, evaluate, and influence change and improvement in health and social care services in Northumberland. It is a network of local people, organisations, and groups that want to make care services better.

#### **WHO CAN JOIN NORTHUMBERLAND LINK?**

Individuals can be part of a LINK. Groups and organisations can also join. Everyone's views matter. A LINK represents everyone in the community.

#### **FOR MORE INFORMATION**

Or, to share your views on the Northumberland LINK Forum, visit our website at:

[www.northumberlandlink.org.uk](http://www.northumberlandlink.org.uk)

#### **JOIN US AND HAVE YOUR SAY**

Contact the Northumberland LINK Host at:

**Northumberland LINK  
P.O. Box 205  
Hexham  
Northumberland  
NE46 9EA**

**Telephone: 01434 600599**

Northumberland LINK is facilitated in partnership by:

