

Carers Northumberland

National Carers Week

A Very Special Offer to Carers in support of National Carers Week.



The Wheatsheaf at Swinton is a 4 Star graded restaurant with rooms based in the beautiful Scottish Borders. Well known for its quality food and accommodation, it is an ideal base to discover the Borders from. View all our facilities on our web site virtual tours.

OFFER

15% discount applied to Food and Accommodation for reservations between 14th and 20th June 2010 inclusive.

[Please present voucher to be when paying for Food. Please notify receptionist when booking rooms and bring your voucher along. One voucher only to be applied against each bill.]

The Wheatsheaf at Swinton, Main Street, Swinton, Berwickshire, TD11 3JJ
01890 860 257

reception@wheatsheaf-swinton.co.uk
www.wheatsheaf-swinton.co.uk

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VALID FROM 14TH - 20TH JUNE

Please quote 'A Life of My Own' offer when booking your appointment

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northumberland NE46 1NQ

telephone 01434 60 90 90
enquiries@transcend-ltd.co.uk

transcend

If you can't make your appointment, please let us know with at least 24 hours notice

Newsletter

June 2010

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Carers Week

14th- 20th June 2010

'A life of my own...'

Join Carers Northumberland for Carers Week activities which follow this year's theme of carers having a life of their own. The theme is intended to highlight how carers miss out on things most people take for granted for example family occasions, going on holiday, a meal out, even just chilling out for an evening with no worries or responsibilities.

This newsletter features activities that are running for carers across Northumberland, as well as incentives and discounts that Carers Northumberland have arranged especially for carers during Carers Week. So join us in celebrating Carers Week 2010 which will enable more ways for carers to have a life of their own.



Newcastle Falcons players take to the saddle to launch the 'Cycle for Carers Challenge' in Carers Week 2010

Tom Catterick and Alex Gray of Newcastle Falcons see page 2 for full story.



Tom Catterick and Alex Gray of Newcastle Falcons took to their bikes at Waterworld, Prudhoe to launch the first of Carers Northumberland's fundraising activities, the 'Cycle for Carers Challenge'.

The 'Cycle for Carers Challenge' is taking place across Carers' Week (14th-20th June) in participating gyms across the county, including Waterworld, Prudhoe; Willowburn, Alnwick; Wentworth, Hexham; NCL Rothbury; No Limits Health Club, Alnwick and Changes Fitness, Cramlington.

Those who sign up will be tasked to take to the saddle on static bikes and at the same time raise money to support carers in Northumberland to have a life of their own. It's up to each individual whether they cycle for one hour or twelve!

Tom Catterick of Newcastle Falcons says:

"I'm delighted to be launching the Carers Northumberland Cycle for Carers Challenge. It is a great opportunity to raise money and help carers in the area to take some time for themselves or to access much needed information and advice. I hope lots of people get involved in the challenge."

If you know anyone who might be interested in taking part, they can get more information or register for free by contacting fundraising on fundraising@carersnorthumberland.org.uk or calling 07825 952609.

Duchess of Northumberland joins Carers Northumberland to celebrate its 2nd Birthday



The Duchess of Northumberland pictured with Stan Cooke CN Chair.

Carers Northumberland celebrated its 2nd Birthday at an intimate event held at the Alnwick Garden on 26th April. Carers who have been involved with the organisation in developing services for carers were invited to an afternoon of tea and scones as recognition and thanks for their involvement.

After listening to thought provoking carers stories, followed by a speech from Carers Northumberland Chair Stan Cooke, patron to the charity her Grace the Duchess of Northumberland spoke highlighting the efforts of so many carers in the county that so often go unrecognised. Afterwards the duchess took the time to personally speak with many of the carers.

The event was organised by Carers Northumberland to not only highlight the effort of the carers but also to celebrate the achievements that the organisation has made so far in providing support. Carers Northumberland has supported nearly 1,000 carers since its establishment in 2008 and strives to support many more in the future.

Changes to Pensionable Age

Between April 2010 and 2020 pensionable age for women will gradually rise from 60 to 65.

The change also affects claims for Pension Credit because the earliest age that Pension Credit can be claimed will also rise from 60 to 65 over the same period.

As a rough guide anyone born after the 5th April 1955 will be at least 65 before they can claim Pension Credit or receive their state retirement pension.

For more information or to work out your retirement age go to www.directgov.uk

Carers Credit

This was introduced on 6th April 2010. It is a national insurance credit which helps carers to build up qualifying years for the basic State Pension and additional State Pension.

To qualify you must care for one or more disabled people for a total of 20 hours or more per week. Each person you care for must receive:

- Disability Living Allowance care component at the middle or highest rate; or
- Attendance Allowance at any rate; or
- Constant Attendance Allowance at any rate.

Where a person being cared for does not receive an appropriate qualifying benefit, Carers Credit can still be awarded if you supply a care certificate contained in the application pack which has to be signed by a health or social care professional.

For further info go to www.direct.gov.uk

Carers Allowance

You may be able to claim Carers Allowance if you are aged 16 or over and spend at least 35 hours a week caring for a person who gets either:

- Attendance allowance
- Disability Living Allowance at the middle or highest rate for care

The weekly rate is £53.90 (this is reduced by the amount of certain other benefits, including any pension, that you receive).

The **earning limit** for Carers Allowance has increased to £100 so carers with net earnings up to this level can claim Carers Allowance.

Please note if you are receiving a State Pension you may still be entitled to claim Carers Allowance underlying entitlement which although is not a cash element, may entitle you to certain other benefits.

Are you a carer and have a query about your finances?



We can put you in touch with organisations that can make sure you are claiming your full entitlements.

Call 0844 800 7354



Carers get involved and have your say

Do you want to share your views as a carer?

Would you like to get involved and meet others with a similar interest, or help professionals understand how it feels to be a carer?



You could help to influence decisions that are made about health and social care services or work with Carers Northumberland to develop services that are carer led.

If you would like to get involved call 0844 800 7354



Helping to improve Adult Social Care

The North East Regional Improvement and Efficiency Partnership (NEIEP) supports North East councils and their partners to work together on shared priorities to improve services and become more efficient. One of the priorities identified in the North East is Adult Social Care. The NEIEP Adult Social Care Programme (ASCP) aims to deliver greater choice and control for people who need social care and to develop services that can meet future needs. The involvement of local people is essential to this.

Visit <http://www.northeastiep.gov.uk/adult/>

Or contact:

Zoe Campbell, User Involvement and Stakeholder Communications Project Manager
 Email: zoe.campbell@northeastcouncils.gov.uk
 Telephone: 07901 102 723



We'd like you to get involved!

The Research Design Service for the North East is committed to the development of active patient and public involvement in health research design. This means inviting patients, carers and individuals to be active partners in the development of health research proposals and funding applications.

Active patient and public involvement in research design ensures that proposals for health research take into account the different needs and views of patients, carers and members of the public. This helps to identify and prioritise research issues that are important to patients and members of the public that may not be obvious to researchers.

If you would like more information, or to register your details on our database to be sent updates and information about opportunities to get involved, please contact: **Andrew Robinson, Patient and Public Involvement Officer, Research Design Service for the North East on 01642 835 986.**



You can make Carers Northumberland the organisation you want it to be

The trustees of Carers Northumberland are keen to continue the success of our first two years, but we also want to make sure that the organisation continues to deliver what carers feel is important. To do this and ensure that **YOU** are at the very centre of our governance, we intend to establish a membership of carers and former carers who will nominate and elect our trustees and who themselves can become trustees.

We propose introducing three categories of membership:

- Full members:** carers, and former carers (for 12 months after caring ends)
- Associate members:** former carers (from 12 months after caring ends) and interested individuals
- Corporate members:** businesses and other interested organisations

Any carer currently registered with Carers Northumberland will be eligible for full membership of Carers Northumberland. Full membership is free and offers:

- access to all CN services (e.g. groups, skills development, events, Conferences etc.)
- regular newsletters/email circulations
- the right to vote at the AGM
- the right to nominate and elect trustees
- the right to become a trustee
- the opportunity to influence service development

Carers Northumberland is a limited company, which means that members will be liable for a maximum contribution of £1 should the charity need to be wound up.

During the next few months we will be introducing these proposed membership arrangements, with all registered carers and former carers automatically becoming full members unless they advise us that they don't wish to. Our intention is to have membership confirmed before seeking nominations for trustees to be elected at our AGM in December 2010.

Stan Cooke

Chair

Therapy Days

Monthly therapy days are continuing and are proving very popular. This is a chance for you to have a one-hour session with a therapist at our premises at Tanners' House on Gilesgate in Hexham. These take place on the second Monday of every month, with a different therapy on offer each time. Forthcoming sessions will be on Monday 12th July and Monday 9th August. There is no therapy day in June; instead we have our "Get Away for a Day" at Minsteracres on Monday 14th June, in Carers Week.

Support groups

There are five regular support groups meeting in the west:

- **Hexham Group** - Hexham Community Centre, 4th Wednesday of the month, 10.30 to 12.30
- **Prudhoe Group** - The Manors, Prudhoe, 3rd Wednesday of the month, 10.30 to 12.30
- **Haltwhistle Group** - Haltwhistle Partnership Office, 2nd Tuesday of the month, 10.30 to 12.30
- **Bellingham and North Tyne Group** - Community Room, Bellingham Fire Station, 4th Thursday of the month, 1.00 to 3.00
- **Ponteland Group** - Ponteland Memorial Hall, 1st Friday of the month, 10.30 to 12.30.

Carers Week Activities

Monday 14th June – "Get Away For A Day" Relaxation, Tai Chi, Archery, Therapies, refreshments and lunch all in the beautiful, tranquil surroundings of Minsteracres Retreat Centre.

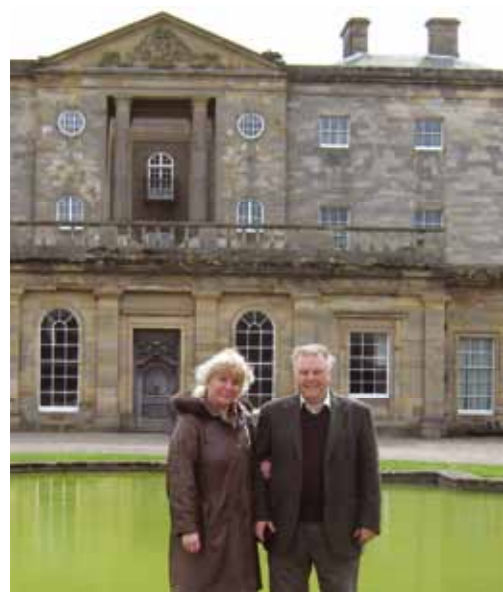
Tuesday 15th June – Information Day Personal budgets in Northumberland in the morning and the Pensions Service in the afternoon, including lunch, at Hexham Community Centre on Gilesgate.

Wednesday 16th June – Guided Health Walk meet with walk guides for a riverside walk in Hexham.

Bellingham Trips and Workshops

We have secured funding from two local funds to support additional activities for carers in Bellingham and the surrounding areas. We visited Howick Hall in April, everyone who came along had a lovely day out walking through the gardens and we were lucky that the weather was warm and sunny to make the day even more enjoyable. We also have day trips to Craggside on 10th June and Gretna Shopping Outlet on 25th November, courtesy of the Bellingham Fund.

Carers are learning about the traditional skill of 'Hooky and Proggy' at a series of local workshops funded by VARC (Visual Arts in Rural Communities). Working in Partnership with Freeflow and artist Rachel Phillimore, members of the local Carers Northumberland support group are working on a wall hanging that represents rural life that will take pride of place when it is finished, in the Community Room at Bellingham Fire Station where the group meets regularly.



Monica Tasker – massage therapies, in your own home, West Northumberland: **20% discount** on treatments during Carers Week. Please email monica@taskerfamily.com or call 01434 220876 quoting Carers' Week to take advantage of the offer.

A Taste of the East – massage therapies in your own home, Tai Chi classes at venues across SE Northumberland:

Carers prebook in advance, mention 'Carers Week' on booking and receive 20% discount or a free Tai Chi class. Please also bring Carers Northumberland newsletter to class or treatment. Call Amanda on 07885 682078 to book.

Watson House Therapy Centre, Morpeth

There are a significant number of practitioners within Watson House who are offering **20% discount** for Carers Week 14th to 20th June. These include:

- Hazel Small – Massage therapist, including Indian Head Massage
- Susan Ben-Hamida – Chiropodist and foot massage
- Marian Bell – Reiki practitioner and Counsellor
- Amanda Barrell – Tai Chi instructor and Shiatsu therapist
- Judith Vigurs – Alexander Technique teacher
- Annie Wright – Reflexologist and Massage therapist, including Indian Head Massage
- Caroline Cogdon – Angelic Reiki therapist
- Robert Porteous – Hypnotherapist
- Vincent Sharkey – Chiropractor
- Drew Crichton – Osteopath
- Jenny Johns – Clinical Psychologist
- Feras Jerjis – Acupuncture

Please contact Watson House on 01670 511293 to book and quote Carers Week discount on booking. Also bring a copy of Carers Northumberland newsletter with you to your appointment.

Caring for Carers Awards 2010

Following on the first Caring for Carers Awards in June 2009, Carers Northumberland are once again giving carers the opportunity to nominate individuals/agencies that have made a difference to their lives. There will be 7 categories: Care Manager/Support Planner, Home Care Worker/Personal Assistant, GP/Health Professional, Local Business, Employer, School, and Children/Young People's Service Provider.

Watch during June for promotional materials and nomination forms, and start thinking now about who you'd like to see recognised. The awards evening itself will take place in November, and promises to be an excellent way of celebrating the ability of those who go out of their way to improve the lives of carers in Northumberland.

Cheviot Walk, Shepherd's Walks:

50% discount on this challenging guided walk up The Cheviot, Northumberland's highest point at 2,676 feet, with guide company Shepherd's Walks. Date of walk: Sunday 29th August, distance 12 ½ miles and walking time 7 hours. Please quote Carers Northumberland on booking (cost £5 rather than usual £10). To book just call Shepherd's Walks on 01830 540453. For more information please visit www.shepherdswalks.co.uk. Please also note Shepherd's Walks are giving all walkers the option of fundraising for Carers Northumberland on this challenge by sending out a sponsor form with registration pack. This is optional; please do not feel obliged to do so.

Massage/Therapies/beauty treatments**Transcend Hair & Beauty, Hexham:**

50% off any hair service during Carers' Week (see voucher valid for 14th-20th June). Please call Transcend on 01434 60 90 90 to pre-book and quote 'A Life of My Own' on booking. Please bring voucher with you on the day of your appointment.

A Space to Be, Shilbottle:

A Space to Be in Shilbottle provide massage treatments, yoga classes and self-catering holidays. They are delighted to offer a **20% discount on massage treatments** for carers from the 14th to 20th June. To take advantage of this offer please contact Lucy on 01665 581431 and quote 'Carers Week discount' on booking. They are also pleased to offer a free 1 hour massage (or 2 half hours) for carers booking a short break in their holiday house at any point during 2010. To take advantage of this offer the holiday booking must be made by 20th June. Access details of A Space to Be on <http://aspaceto.blogspot.com/>

Purity Aromatherapy, Berwick (and online):

20% discount off any massage until end of July, 2010 booked during Carers' Week, mention you are a carer and it is a Carers' Week booking when you ring on 01289 305453. **Also offering 10% off any order from their website www.purityaromas.co.uk** until 31st July, 2010. Use discount code **CARER** at the checkout; the code must be entered at the time of purchase for the discount to be valid.

Support groups

Regular support groups meeting in the South:

- **Ashington Group** – Hirst Welfare, last Tuesday of the month, 1.00 to 3.00
- **Morpeth Group** – Methodist Church, Howard Terrace, Morpeth 2nd Wednesday of the month 6.30 -8.30pm
- **Bedlington Group** – Salvation Army Hall, Hartford Road West, Bedlington 3rd Wednesday of the month 1.00-3.00pm
- **Cramlington Group** – Cramlington Village Community Centre, Fri 18th June, Fri 9th July then the last Friday of the month 1.00-3.00pm
- **Pegswood drop-in** – Pegswood Community Project, Tuesday 15th June 1.30-3.30pm
- **Lynemouth drop-in** – Lynemouth Resource Centre, Monday 12th July 1.30-3.30pm
- **Widdrington drop-in** – Widdrington Station Community Centre, Monday 16th August 1.30-3.30pm

Carers Week Activities

The Transformation of Adult Social Care and Personal Budgets in Northumberland – All you need to know 8th June Pegswood Community Project, 1.30-3.30

Thursday 10th June – Theatre trip to see Whistle down the Wind, limited places still available.

Tuesday 15th June – Carers Drop-in with free complimentary therapies Pegswood Community Centre (please pre-book).

Wednesday 16th June– Carers trip to Hexham Transport provided (please pre book).

Friday 18th June– Trip to Alnwick Garden places limited and transport provided (please pre book).

Booking information:

To book your place for any of the Carers Week activities please contact your local Carers Northumberland Area Development Officer at the Contact details as listed on page 6.

Carers Northumberland Info Line

0844 800 7354

Open to both carers and professionals for any queries regarding carers' issues
from 10.00-2.00 Monday to Friday

(Although you will normally reach a staff member within office hours)

5.30-7.30pm every first and third Tuesday of the month.

E mail info@carersnorthumberland.gov.uk

Website www.carersnorthumberland.org.uk

Support groups

Regular support groups meeting in the North:

- **Rothbury / Thropton** - Thursday 17th June 1.00-3.00pm at the Armstrong Memorial Hall
- **Alnwick** – last Monday of every month 1.00-3.00pm at Summerhill Residential Home, The Dunterns
- **Berwick** – last Wednesday of the month 10.30 – 12.30 Walkergate Methodist Church Hall
- **Cornhill** – Monday 7th June 1.30-3.00pm at the Collingwood Arms Hotel

Carers Week Activities

Wooler – An afternoon Tea Party (with a difference) Monday 14th June 2.00-4.00pm at the Tankerville Arms, Wooler for carers/partners/friends

Berwick – Free Aromatherapy massage sessions from a local therapist, Wednesday 16th June 10.00am – 3.30pm (carers only)

Belford – Free complementary therapy sessions available at the Bell View Centre, Friday 18th June 10.00am – 4.00pm (Carers only please note pre-booking essential as places limited for both days, please only book for one).

Your local Carers Northumberland contacts:



Kate Whitehead, Area Development Officer North.
Bell View Resource Centre, Belford.
Tel 01668 219951
katewhitehead@carersnorthumberland.org.uk



Tricia Ashford, Area Development Officer West.
Tanners House, 20 Gilesgate, Hexham.
Tel 01434 608033
triciaashford@carersnorthumberland.org.uk



Cari Hook, Area Development Officer South.
Pegswood Community Project, Pegswood, Morpeth.
Tel 01670 518504
carihook@carersnorthumberland.org.uk

Exclusive discounts for Northumberland carers during Carers Week



14th – 20th June 2010

More ways for you to have a 'life of your own'

Meals out

Brasserie Black Door, Morpeth:

20% discount on all food during Carers' Week (valid 14th-20th June). Carers to quote 'Carers Week' on pre-booking to ensure validity. Call 01670 516200 to pre-book.

The Wheatsheaf, Swinton:

15% off all food and accommodation from 14th to 17th June (Monday to Thursday). Please quote Carers' Week on booking and take enclosed voucher with you on your stay/visit to ensure discount. Call 01890 860 257 to pre-book.

Activities

Rothbury Golf Club:

On **Thursday 17th June** round of golf special offer of **£10** for carers (usually £22) and buggies for £10. Pre-book by telephoning 01669 621271 selecting extension 2 and mention you are a carer booking on Carers' Week discount and bring newsletter on day. Access details of the golf club on www.rothburygolfclub.com

Hexham Golf Club:

20% discount on round of golf for carers from 14th - 18th June (Monday to Friday). This will take the standard green fee down from £35 per round to £28. Phone 01434 603 072 to pre-book stating you are booking with Carers' Week discount. Bring newsletter with you on day of play. Access details of golf club on www.hexhamgolf.co.uk