



The Princess Royal Trust for Carers
Network Member

ISSUE 51

CARERS' voice

News from North Tyneside Carers' Centre

May 2009



In this Issue

Inside this
issue...

Carers
Surgeries in
your area

New Carers
Information
Helpline

Mental
Health News

North Tyneside Carers' Centre

Third Floor,
YMCA building,
Church Way,
North Shields,
NE29 0AB

Tel: 0191 200 1111

CARER AWARENESS CAMPAIGN

We continually hear from carers and their frustrations about the lack of understanding and awareness from professionals in health and social care.

Therefore, North Tyneside Carers' Centre in partnership with North Tyneside Council, has launched a campaign to raise awareness of carers needs.

The campaign will run until Carers Rights Day in December. We will use information collected from carers themselves highlighting the issues they face to produce publicity material including banners, posters and leaflets. The campaign will finish with an exhibition at Tyne and Wear Museums

Carers who would like to be involved and keep a diary of a 'Week in the Life of a Carer' please contact Claire Easton or Mick Thompson on 200 11111.

Brand New Makeover

As well as the Centre relocating we are also rebranding our information and undergoing a complete makeover, as you can see by your new look Newsletter. Over the course of the next few months you will notice that our stationery & information materials will look quite different and we hope you agree, much improved. We think that moving into new premises is an ideal opportunity to do this as well as raising the profile of the Centre and ultimately benefiting carers across North Tyneside. *We hope you like it.*

Local Involvement Network



Recently Local Involvement Networks (LINKs) have been set up in every area of the country, including North Tyneside, to give people a stronger voice in health and social care services.

North Tyneside LINK has identified that there is a problem concerning information on services in North Tyneside. This may be a lack of information, a lack of coordination of information or a lack of publicity on where and how to access information on health and social care services in North Tyneside.

This is a broad issue covering information on a variety of health and social care services. In order to focus the issue, LINK is concentrating on carers in North Tyneside, as they represent a variety of ages and communities and have experience in accessing a range of health

and social care services, either for themselves or on behalf of the person they care for.

LINK wants to know how and where you access information and what information you want and need, is there any information that is particularly useful? Etc.

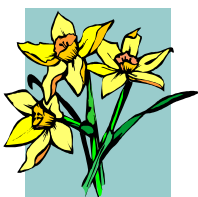
As part of the project LINK will also approach information providers to investigate which organisations provide what information, how they distribute this information to the relevant audiences and whether there are gaps. Where gaps are identified or where information could be better coordinated LINK will make appropriate recommendations to the providers based on your suggestions.

LINK have organised a consultation morning with carers on Thursday 18th June 2009 to be held at the Carers' Centre. The event will run from 10am until 12pm. Lunch will be provided following the consultation.

If you would like to book onto this event or for further information please contact Amy Redpath at the Carers' Centre on 0191 2001111.

Put Spring into your step with Carers Walking Group

Embrace the warmer weather and join our Carers Walking Group. Six walks across the North East are planned this year and all Carers are welcome to enjoy the fresh air and good company. The walks are normally three to four miles and are taken at a comfortable pace. For dates & times please see the activities grid on back page.



Direct Help for Carers

A Carers direct telephone helpline went live on April 1st. This is the second part of the Carers Information Service that was announced as part of the Health & Social Care White Paper and then the National Strategy for Carers. There will be advice & guidance on Carer related issues such as benefits, breaks for Carers, housing advice, and support groups as well as news articles and case studies. The service will help carers manage their lives around caring there will also be a section dedicated to Young Carers.

The free telephone advice line will be open 7 days a week and will provide a comprehensive advice service for Carers, which will compliment the new online information service that went live on January 26. You can access the helpline via the NHS choices website @ www.nhs.uk/carersdirect or by freephone: 0808 802 02 02

NEXUS Taxi Card

The Taxi Card offers a more convenient and affordable transport to and from your home. It is a smart-card, the same size as a credit card, and you use it to pay part of your journey by taxi. The scheme can be joined in April and/or October. You will automatically qualify for the scheme if you receive any of the following:

- High Rate Mobility component of the Disability Living Allowance
- Attendance Allowance
- Are registered as severely visually impaired or blind. For more info contact

NEXUS Tel: 0191 203 3333 or
Email: contactus@nexus.org.uk



Carers Ease Card

Have you got yours?



Have you got your Carers Ease Card yet? What is the Ease Card? How does it work? The Ease Card is a scheme from North Tyneside Council **Easy Access Service Entitlement**. The scheme entitles you to discounts on a variety of sport & leisure activities throughout the borough at Leisure & Community Centres. These include swimming, football, gym, exercise classes, bowling and many more. There are also discounts on adult community learning and allotments. Carers are entitled to a free Ease Card and discounted rates when accessing activities. You can obtain your Ease Card from the Carers' Centre or any of the following Leisure Centres.

Tynemouth Pool
The Parks Sports Centre
White Swan Centre
Lakeside Centre Killingworth
Wallsend Sports Centre
Waves Leisure Pool Whitley Bay
Marden Bridge Sports Centre

The first 50 carers who apply for an Ease card during Carers Week will receive a voucher for a free swim at any of the local pools.

When you have completed your application please send it to us so that we can process your application and pass on to North Tyneside Council.

Young Carers News

On the 2nd April 2009, North Tyneside Council and its partners held the young carers' strategy review at the Parks leisure centre, North Shields, to gather information from young carers' as to how they have been supported over the past three years and what they felt we still needed to improve on.



Young Carers at the Parks

Young people from across the borough attended the event, which involved them watching a performance by drama company Cragrats and discussing with each the enjoyment and obstacles they face in their own lives as carers.

The results we have from the children & young people will contribute towards updating the action plan and ensuring that we are all working towards common goals in recognising and supporting young carers.

The Centre has received a Highly Commended Award from North Tyneside Health & Well Being Partnership. The award was presented by elected Mayor John Harrison for all the hard work and dedication that the Young Carers have achieved on their plot at the Carers' Centre Allotment.



Half term events for Young Carers have included a Football Tournament with other Carers' Centres, bicycle maintenance and a visit to Whitehouse Farm to see the spring lambs and Easter chicks.

"On your Bike"

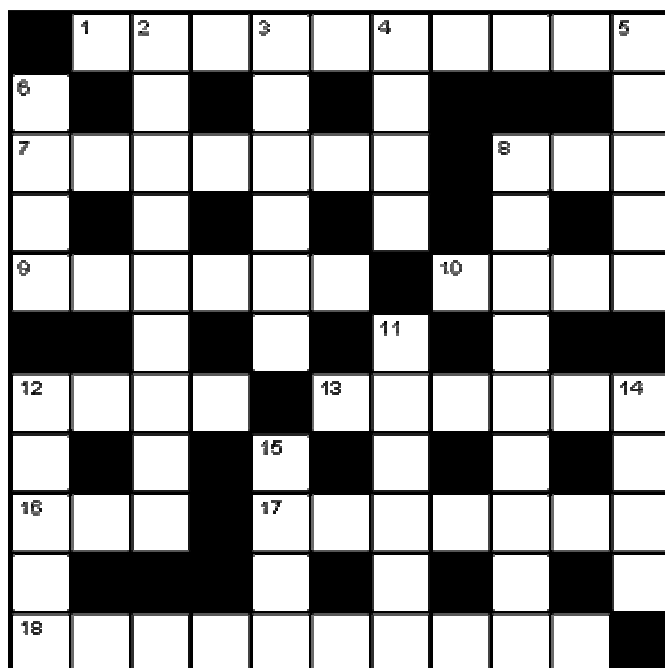
Calling all Carers ...We need your Input



In order for us to deliver an efficient service to all carers we would like to hear your views on training events and programmes you would like us to run in the future. In the past we have run a wide range including: Genealogy, First Aid, Moving & Handling, Jewellery Making, Relaxation, dealing with Challenging Behaviour and many more. Your opinions are very important to us and will help us to shape the future of the Centre, as well as assisting you in your caring role. If you would like an input in this process please contact Kath Patterson at the Centre 0191 643 2297.

we would love to hear your views and share your thoughts.

Quick Crossword



Across

- 1. Inverse (10)
- 7. Curt (7)
- 8. Crib (3)
- 9. Sentinel (6)
- 10. Hinge joint (4)
- 12. Remedy (4)
- 13. Cask (6)
- 16. Mythical bird (3)
- 17. Fishing boat (7)
- 18. Duty (10)

Down

- 2. Bizarre (9)
- 3. Disregard (6)
- 4. Wealthy (4)
- 5. Nimble (5)
- 6. Arithmetical operation (4)
- 8. Lowest female singing voice (9)
- 11. Empty (6)
- 12. Freight (5)
- 14. Entice (4)
- 15. Male deer

Pen and Tonic

Pen and Tonic, a community organisation, will be providing a new writing for health project funded by Northern Rock Foundation and supported by the Carers' Centre.

If you would like to find out more about writing for health, Pen and Tonic is running a Taster session from 10am - 12noon on Monday 22nd June at the Carers Centre. The course will run for 10 weeks, take a summer break during August, recommencing September into October.

All are welcome to the sessions which will cover exercises and techniques to develop writing skills in beginners and more experienced "scribblers". Come along and surprise yourself - a guaranteed feel good!

To book your place please contact the Centre on: 0191 200 1111.



News from the Mental Health Team...

Overnight stay at the Linden Hall Hotel

"A big thank you for the wonderful break" and "it was like a holiday". These were the messages from carers who recently enjoyed an overnight stay and pamper session at the Linden Hall Hotel, organised by our Mental Health Team. The opportunity allowed carers the chance to relax and switch off in beautiful surroundings.

Evening support group

Carers also enjoyed an Indian meal at the Spice Cube Restaurant, Newcastle for our monthly evening support group.

Theatre trip

Some of our carers were lucky to see 'The Witches of Eastwick' starring Marti Pellow at the Sunderland Empire. This was an outstanding experience also provided by the Carers' Centre.

Something a bit different

There was also a visit to the Trinity Church Labyrinth in North Ormesby. This was a wonderful opportunity for carers to enjoy a spiritual journey allowing them to leave their worries & concerns behind. A huge thanks to all who attended these activities and an even bigger thank you to the funders who allowed them to happen.

7 week training course

Beginning 16th April we facilitated an opportunity for carers' of people with mental health problems to participate in a 7 week training course covering different aspects of mental health. This course covered topics including: services available in North Tyneside, drug & alcohol awareness, problem solving, benefit advice, medication management & personal safety. We shall be running this course again later in the year. Please contact the centre for further details.

Carers' Letters...

"I just wanted to say thank you very much for supporting me in my role of caring for my husband. Being with the Carers' Centre has helped me a lot. I now feel that I am not on my own anymore and I know that there is someone there for me".

"Thank you again for your help and support."
Sally R (Carer)

Parking at The Carers' Centre

It has come to our attention that you can park in the limited spaces in front of the YMCA for 1 hour without payment. After the hour you must pay. If you wish to do this you are required to enter your car registration number into the parking meter alongside or you will be charged.

YOU HAVE BEEN WARNED!

The Centre needs your help to raise funds to support Carers. If you would like to make a donation or help with fundraising please contact Mick Thompson on 0191 200 1111

Carers' Surgeries

If you would like to book an appointment for one of the Carers' Surgeries listed below, please contact the Carer Support Team at the Centre

Day of the week	Time	Venue	When	Drop-in or appointment
Monday	1-4pm	Kirkdale Court, Burradon	2 nd & 4 th Monday of the month	Appointment basis
	1.30 - 4.30pm	Monkseaton Medical Centre	2 nd & 4 th Monday of the month	Appointment basis
Tuesday	9am-12pm	Village Green, Wallsend	Last Tuesday of the month	Appointment basis. For Village Green patients only
	12- 3pm	Oxford Centre, Longbenton	Weekly.	Drop-in
	1.30 - 4.30pm	Linkskill Centre, North Shields	1 st & 3 rd Tuesday of the month	Appointment basis
Wednesday	11.30-2pm	DWP	2 nd Wednesday of the month	Drop In DWP employees only
	3-30-5pm	DWP	4 th Wednesday of the month	Drop in DWP employees only
	1-3pm	Shiremoor Resource C	1 st Wednesday of the month	Appointment basis
Thursday	3.30-5pm	Wallsend People's Centre	2 nd & 4 th Thursday of the month	Appointment basis
	6-7pm	Ward 21, NTGH	1 st & 3 rd Thursday of the month	Drop in. For carers of patients on ward 21 only
Friday	9am-1pm	White Swan Centre, Killingworth	2 nd & 4 th Friday of the month	Appointment basis

TBA—Collingwood Surgery, North Shields
DWP—Department for Work & Pensions, Longbenton.

Get Fit @ The YMCA

YMCA North Tyneside is a registered charity and their mission is to help individuals and families reach their fullest potential in terms of Body, Mind and Spirit. They fulfil this mission through a wide variety of membership and programme services including sport and fitness, youth projects, education and skills; and social support. The YMCA's Fitness Centre offers over 30 exercise classes per week and is fully equipped with a wide variety of fitness equipment including bikes, treadmills, rowers, cross-trainers and many more. The YMCA's fully qualified and friendly staff are available to support you and help you achieve your goals. Why not call in and look around, or you can phone 0191 257 5434 for more information.

Solution to Quick Crossword

	R	E	C	I	P	R	O	C	A	L	
P		C		G		I				I	
L	A	C	O	N	I	C			C	O	T
U		E		O		H			O		H
S	E	N	T	R	Y			K	N	E	E
		T	E		V						T
C	U	R	E		B	A	R	R	E	L	
A		I		S		C			A		U
R	O	C			T	R	A	W	L	E	R
G				A		N					E
O	B	L	I	G	A	T	I	O	N		

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

Dates For Your Diary

Event	When	Where
Carers' Forum	Second Tuesday of each month 12:30 - 3pm (lunch included) July 14th Age Concern (Home Care) August 11th Lisa Adams St Oswald's Hospice	YMCA Church Way North Shields
Carers Lunch Club	June 18th July 16 th August 20th Third Thursday of each month @12.00noon	Queens Head Cullercoats The Beacon, Monkseaton The Gunner North Shields
Computer Drop-In	Everyone welcome especially beginners Mondays and Fridays 12.30 pm onwards	Sure Start Wallsend
Mental Health Group	Afternoon support group Second Friday in the month 1pm onwards Evening Support Group Last Wednesday in the month 5.30 pm onwards	YMCA North Shields Various locations. Contact the Centre for details.
Parent Carer Groups	Self help group for parents who have children with ADHD Second and fourth Wednesdays of the month 10am-12pm	YMCA Church Way North Shields
Walking Group	Friday June 12th @ 1:15pm Carers 'Centre Thursday July 9th Tuesday Aug 18th Meet @ Carers' Centre 10:15am for 10:30am start	Sponsored Walk to Lighthouse To: South Shields To: Whitley Bay

MAILING LIST

If you do not subscribe to this newsletter and would like to receive future editions, please contact us via e-mail: enquires@ntcarers.co.uk or telephone: 0191 200 1111
Alternatively you can send a letter with your details to:
**North Tyneside Carers Centre, Third Floor,
YMCA building, Church Way, North Shields, NE29 0AB**

**Able 2 Print: Tel: 0191 2588907 Fax: 0191 2588908
email: able2print@percyledley.org.uk**