

*Welcome to our Spring edition of our quarterly newsletter
to keep you up to date on carer's issues*



Make connections, get support!

Recognising ourselves and others as carers

Latest research shows that unpaid carers miss out on vital support as 'public is unable to recognise friends and family that care'.

Latest figures show that:

Only 2 in 5 (42%) of the UK public would feel confident pointing people in the right direction of information about caring.



More than half (51%) believe they don't know a single family member or friend who cares, whilst 3 in 5 (58%) believe they don't know any work colleagues who help look after a loved one.



What can we do to help carers?

Caring is part of life but there is a great deal of evidence to show the negative impacts it can have. From the challenges of staying in work and the financial impact that caring costs, it can be a struggle to look after your own health and have a life of your own alongside caring for someone else.

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Below are some tips to help recognise and support carers:

Employers

Employers should put in place policies to support employees juggling work and care and raise awareness of the support available in the workplace so that carers feel included and supported at work.

Health Professionals

Professionals have an important role in raising awareness amongst other professionals and the public of the contribution of carers and their need for support with their caring role. Health and care professionals are key to helping people to identify their role as a carer and find advice as early as possible.

Carers

Getting information from someone who has been there can make a huge difference when you are navigating a complex path of practical and financial support.

Share what you learnt as a carer and help connect others to support.

The Public

If you know someone looking after someone with care and support needs, tell them about Carers UK, or to speak to their local carer's organisation, or Local Authority where they can find expert information and connect with other carers.

South Tyneside Adult Carers



Farewell Valerie

In December we said a very tearful goodbye to a much loved Valerie, as she packed up and set off to live in the Highlands of Scotland! We will miss Val very much but wish her well in her new home.



Caring with Confidence Course

Weekly sessions spread over 6 weeks that focus on carers needs, providing knowledge and practical tips. The sessions are held at South Tyneside Adult Carers, Wawn Street throughout the year.

To request a place, please contact Monica Scott on (0191) 406 1531, or email Monica.Scott@cgl.org.uk

South Tyneside Adult Carers



Change 4 Life Quality Standard Award

We were delighted to receive the Change 4 Life Quality Standard Award which shows that STACS is positively supporting people to improve their Health and Wellbeing.

Together we all work in partnership and share information of services and support to offer people the many opportunities that are available locally.

Call (0191) 406 1531 to find out when the next Change 4 Life Drop in will be held!

Upcoming Carer Events 2017

<p>Hebburn Forum, Seminar Room, The Glen Medical Group, Glen Street, Hebburn Wednesdays, 10am-12noon</p>	<p>Whitburn Forum, The Barnes Institute, East Street, Whitburn, Thursdays, 10am-12noon</p>	<p>Evening Forum, STACS, Wawn Street, South Shields, Mondays, 5-7pm</p>	<p>Parent Forum, STACS, Wawn Street, South Shields, Mondays, 10am-12 noon</p>	<p>Tenpin Bowling, The Dunes, South Shields, Wednesdays, 10am-12noon</p>
<p>4th April 6th June 1st August 3rd October</p>	<p>3rd May 5th July 6th September 1st November</p>	<p>26th March 23rd April 21st May 25th June 30th July 20th August 24th September 29th October 26th November</p>	<p>(No April meet) 14th May 11th June (Carers Wk) 9th July (No August meet) 10th September 8th October 12th November</p>	<p>18th April 16th May 20th June 18th July 19th September 17th October 21st November</p>

Forums are often attended by guest speakers, refreshments provided



Haven Court - Volunteers Wanted!

We are always on the look-out for enthusiastic, compassionate people to join our team of friendly and committed volunteers! We are delighted to welcome anyone aged 18 and over, whatever your background. Please contact Sharon or Stephen on (0191) 404 5523 to discuss how we can help each other!



The Young Carers Project offers services, information and support to young carers in the borough of South Tyneside.

Our project offers one to one support and/or family support, and weekly after school groups for all registered young carers to attend.

For more information, or to make a referral call (0191) 427 2790

After School Groups for Registered Young Carers

**TEN - Unit 9-10 Waverley Business Park,
Market Dock, South Shields**

Night Homework Club

Day: Monday

Time: 4.00pm – 5.30pm

After School Group

Age 5 – End of Year 2

Day: Tuesday (Term Time)

Time: 4:00pm - 5:00pm

Drop In for 16+

Date: Friday

Time: By appointment (call 0191 427 2790)

Ocean Road Community Centre

After School Group

Year 3 – End of Year 6

Day: Wednesday (Term Time)

Time: 4:30pm – 6:00pm

After School Group

Secondary School, Year 7 – End of Year 11

First and Third Thursday of Each Month

Time: 4.30pm – 6.00pm

Coffee and a Catch Up

Time: At our Wednesday and Thursday
After School Groups



New Diabetes Support Group in Jarrow!

ACTS has received funding from Jarrow Big Local to run a diabetes support group at Jarrow Hub, Jarrow Community Centre, Cambrian Street, Jarrow. The group is open to all the diabetic community, family or carers who live in Jarrow.

For more information call Age Concern on (0191) 456 6903

The next step

If you're aged 50 plus, out of work and looking to learn new skills Age Concern Tyneside South can help you try something new.

Funded by the European Social Fund, Age Concern Tyneside South can offer a programme of support tailored to meet your needs including; confidence building, IT skills, or trying new volunteer roles.

To find out more contact us on (0191) 456 6903 or call in to see us at 29 Beach Road, South Shields NE33 2QU

Volunteering

Volunteers are a vital part of the work we carry out at Age Concern Tyneside South.

If you are interested in volunteering call (0191) 456 6903 or email: info@ac-ts.org.uk

Summer Fair

On Saturday 16th June 2018 we will be holding our first ever Summer Fair. We already have cuddly animals and creepy crawlies, bouncy castles, face-painting, cartoon characters, a photographer and craft and cake stalls, but we're looking for businesses, artists, entertainers and individuals to join us to take a stall, show off their skills or donate prizes for our raffle or auction. Of course, the most important thing is that we hope as many carers and non-carers as possible come along and enjoy a fun day out!

For more information call (0191) 549 3768



Sporting Sons Support Sunderland Carers Centre



(l-r) Jimmy Montgomery, CEO Graham Burt, Jeff Brown

Two of Sunderland's most famous sporting sons have signed-up as patrons of Sunderland Carers Centre. SAFC icon, Jimmy Montgomery, and BBC Look North presenter, and sports desk host Jeff Brown are aiming to champion the cause of those who care for the city's carers.

CEO Graham Burt said *"They have already done so much for our city, Jeff recently among the many Wearside "faces" lending vocal and passionate support to the City of Culture bid and Jim for his tireless work with SAFC and the SAFC Foundation."*

Jimmy and Jeff have met staff and some of the carers and have agreed to host and speak at some of our events later in the year.

Older carers in Sunderland are putting in some of the longest hours in the UK

Older carers in Sunderland are putting in some of the longest hours in the UK. Figures show that in excess of 6,500 carers over the age of 50 are caring for others for more than 50 hours a week. At 34.9%, that is over 8% higher than the national average! Keith Riddell, 63, who has dedicated the last 11 years to caring for his wife, said of Sunderland's 'fourth emergency service'

"Without the help of the Carers Centre, I would be lost."



Keith Riddell, Carer

Young Carers Awareness Day



January 25th was Young Carers Awareness Day and staff were out and about in various organisations and some schools held special assemblies, all with the aim of raising Carer Awareness.

We received a huge amount of support on our Social Media sites for the amazing, unselfish roles of Young Carers in Sunderland.

Young Carers were sending us selfies and #youngcarersawarenessday was trending in the region for much of the day!



February half-term saw a group of our 5-11 year-old Young Carers take part in a sponsored walk around Herrington Country Park and Penshaw.

Considering the time of year, the weather was very kind and the youngsters raised money which will be used to help us to continue to support Young Carers aged 5-25 in Sunderland!



Young Carers Awareness Day

Thursday 25 January 2018 marked Young Carers Awareness Day. To celebrate the day and to help raise awareness we created a hashtag #youngcarersgateshead. Throughout the day we received many likes and tweets regarding the day; it's clear that the issues facing Young Carers are close to many people's hearts



We're launching our new Carers Cafe in our hall at Carers Trust Tyne & Wear, The Old School, Smailes Lane, Highfield, Rowlands Gill, NE39 2DB The cafe will be free of charge with light refreshments being offered throughout the morning, however donations are always welcome.

For more information contact (01207) 549 780



Gateshead Carers



Caldew House Holiday - Somewhere to relax and unwind and have a break!

Caldew House is a residential property leased to Gateshead Carers Association situated within the beautiful Cumbrian countryside bordering the northern edge of the Lake District National Park. It is designed to create a truly relaxing place for our carers to unwind and enjoy a short break away from their caring roles. Fully equipped and with 3 generous sized bedrooms, the house can sleep up to 6 guests. Two large lounges and dining areas ensure that everyone has plenty of space to themselves. In addition there is a lovely garden and terrace ready for the warmer weather.



For further information and availability please contact: enquiries@gatesheadcarers.com or call (0191) 490 0121



Cooking up a Storm!

Our 4 week Cookery Course for carers is proving very popular and we are delighted to be running it again this year. It takes place weekly on a Wednesday 10:30 -12:00 noon and is open to all unpaid adult carers in Gateshead.

If you fancy joining in call (0191) 490 0121

SAVE THE DATE!

28th March - Beamish Museum LIMITED SPACES!



Our Social Group offers carers a short break from caring whilst enjoying meet ups and days out to places of interest such as Holy

Island, Alnwick Garden and Beamish Hall. For more information call (0191) 490 0121

11th April - Gadabout Carers Walking Group (10:00am - 12:00noon)



Join our 'Gadabout Carers Walking Group'. Get active in a very gentle way. Have a laugh and take in the beautiful scenery. By the end of 4 walks we hope you will have gained confidence, be more physically and mentally active, have learned new things, given your time and connected with others.

Up to 10 carers can participate on each walk. Book your space by calling (0191) 490 0121



South Tyneside
NHS Foundation Trust

The Patient Experience Team continues to offer carer awareness raising sessions to all teams in the Trust. These sessions will help staff to identify people who are carers and know what is available in their community to support them.

To book a session or for further information call the Carer and Patient Involvement Team on (0191) 203 2945



South Tyneside
NHS Foundation Trust

Carer Co-ordinator



The Carer Coordinator can help you get in touch with the right people to help with your caring responsibilities.

You don't need to care alone, help is available. Our staff Carer Coordinator may be able to help you find the best combination to suit your needs.

There are lots of options available to help with your caring needs it's simply about knowing what is available. The Carer Coordinator can support you with deciding on what the best options are.

For more information contact Susan Matheson on (0191) 404 1242 or email susan.matheson@stft.nhs.uk

Please let us know if you have any suggestions for articles that would be useful for everyone. Thank you.

Useful contacts



Carers Trust Tyne and Wear Crossroads Carer Services
The Old School, Smailes Lane, Rowlands Gill
NE39 2DB
Tel: 01207 549 780
www.carerstrusttw.org.uk



Gateshead Carers Association
8-9 Gladstone Terrace,
Gateshead, Tyne & Wear, NE8 4DY
Tel: (0191) 490 0121
www.gatesheadcarers.com



South Tyneside Adult Carers
'Change, Grow, Live'
Salvation Army, Wawn Street, South Shields,
NE33 4EB
Tel: (0191) 406 1531



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