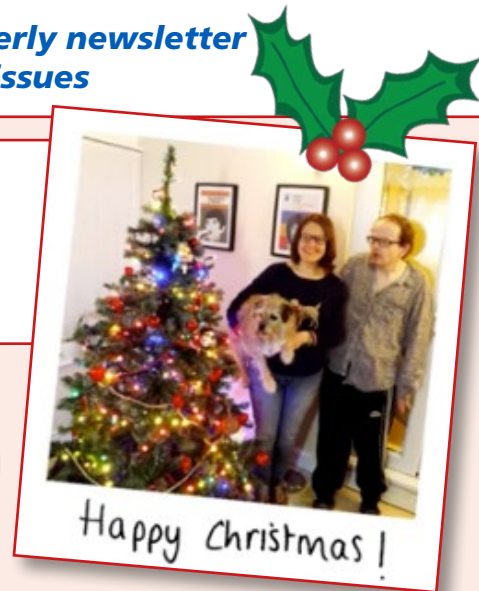


Welcome to the winter edition of our quarterly newsletter to keep you up to date on carers' issues



## In the 12 days of Christmas, caring gave to me...

**12** presents wrapping

**10** tasks completing

**8** pages reading

**6** buttons fastening

**4** dirty plates

**2** crackers pulled...

**11** cards a-writing

**9** spills a-wiping

**7** pills a-sorting

**5** minutes off

**3** mouths to feed

**and a brother who can't do without me**

Christmas can be a difficult time, especially if you're caring for someone. Many carers tell us that they find Christmas harder than other times of the year, with limited services, tight budgets and family tensions being just a few of the stress-causing factors.

Make sure you have emergency contact details to hand for organisations such as Social Services and your GP/Hospitals/Out of hours services.

Ask family and friends to share the workload if you're making Christmas dinner - one person can bring a starter, another the turkey etc

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## South Tyneside Adult Carers



Our Christmas party will be held at the Sea Hotel, Sea Road on Friday 15th December, 12:00noon – 4:00pm. Tickets cost £10 carers, £15 ex carers and £18 guests. Tickets will go fast so call (0191) 406 1531 to book yours now!

### Upcoming Carer Events 2017

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



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

<b>TEN - Unit 9-10 Waverley Business Park, Market Dock, South Shields</b>	<b>Ocean Road Community Centre</b>
<b>Night Homework Club</b> Day: Monday Time: 4.00pm – 5.30pm	<b>After School Group</b> Year 3 – End of Year 6 Day: Wednesday (Term Time) Time: 4:30pm – 6:00pm
<b>After School Group</b> Age 5 – End of Year 2 Day: Tuesday (Term Time) Time: 4:00pm - 5:00pm	<b>After School Group</b> Secondary School, Year 7 – End of Year 11 First and Third Thursday of Each Month Time: 4.30pm – 6.00pm
<b>Drop In for 16+</b> Date: Friday Time: By appointment (call 0191 427 2790)	<b>Coffee and a Catch Up</b> Time: At our Wednesday and Thursday After School Groups

We have many activities planned over the Christmas period. Here are just some of the fun things we have in store!



Activity	Date	Time	Location
<b>Breakfast With Santa (FAMILY DAY)</b> Come along to the County Hotel in Newcastle to enjoy a festive breakfast with Santa. Santa will be stopping by with a present for each child. (We will be travelling to and from The County Hotel via mini bus)	Sunday 10th December Please Note: Due to numbers we can only offer 3 spaces per family	9.15am - 1.00pm	Please meet at our office Unit 9 & 10 Waverly Business Park, Market Dock, South Shields, Tyne and Wear, NE33 1LE.
<b>Santa's Naughty Elf (Age 5-10)</b> Why is Elfluent so naughty? What made him the naughtiest Elf in the history of The North Pole? This Christmas those questions might just be answered. (Spending money is optional)	Saturday 16th December	10.00am - 11.30am	Please meet at The The Customs House, Mill Dam, South Shields NE33 1ES
<b>Ice Skating (12+)</b> We are going to take you to the Life Centre ice rink in Newcastle. We will be going for a skate then hot chocolate and cookies afterwards. It will be cold so make sure you wrap up nice and warm with hat, gloves, scarf and thick socks. Why not wear your Christmas jumper if you have one. (Spending money is optional)	Monday 18th December	5.00pm- 8.00pm	Please meet at our office Unit 9 & 10 Waverly Business Park, Market Dock, South Shields, Tyne and Wear, NE33 1LE.
<b>Christmas Party (ALL AGES)</b> We will be having a Christmas party to celebrate the last Young Carers club of the year. So put on your glad rags and dancing shoes and get ready to boogie on down. There will be a DJ and buffet provided.	Wednesday 20th December	5.00pm - 7.00pm	Please meet at: Hedworth Hall, 35 Dean Road, South Shields, Tyne & Wear NE33 4EA

For more details or to find out about all our other events call (0191) 427 2795



## Integrated Service - Home from Hospital



Home from Hospital provides practical and emotional support to older people when they are discharged from hospital. Reablement support is provided for up to six weeks to rebuild confidence and promote independence. Services include exercise at home to improve mobility, relaxation sessions, light meal preparation and escorting people to and from appointments.

For more information contact (0191) 456 6903

## Home Support

Most of us want to live independently in our own homes for as long as possible, but as we get older we may need some support and assistance. ACTS provides a wide range of services to help you at home.

The service is available to anyone, any age, who lives in South Tyneside and you can receive support on a weekly, fortnightly, monthly or one-off basis.

Services can include but are not limited to:

- Cleaning
- Shopping
- Laundry
- Light meal preparation
- Grass cutting
- Provide companionship, sharing hobbies and interests
- Collect prescriptions, dry cleaning or shopping
- Odd jobs / DIY (fixtures & fittings, picture/mirror hanging, curtain poles, small painting jobs)
- Assist with paying bills, appointment making or planning an outing
- Help with telephone or internet shopping (if you have an internet connection)
- Escort you to an appointment or outing



The cost of the service is £13.50 per hour, with exception of accompanied outings which are £14.00 per hour and are for a minimum of 2 hours

For further information on the above services please contact (0191) 456 6903  
or email [info@ac-ts.org.uk](mailto:info@ac-ts.org.uk)



## Launch of Sunderland Carers Centre New Website!



Sunderland Carers Centre were delighted to launch their new website on Carers Rights Day 2017, Friday 24th November 2017. We would like to say a big thank you to carers and professionals who have helped us user test the site before it went live! [www.sunderlandcarers.co.uk](http://www.sunderlandcarers.co.uk)

## Sunderland Young Carers

### Young Carers School Card

Do you...

Need to leave your phone on at school?



Always have to explain why you are late?

Sometimes struggle to get your homework in on time because of your caring role?

The card is designed to help support young carers who may be experiencing difficulties at school because of their caring role.

**For more information call (0191) 567 3232**



This winter our young carers will be enjoying lots of Christmas craft activities including, card and wreath making.

We will also be watching the popular pantomime of Dick Whittington.



For more information about groups, events and activities for Young Carers Contact Sunderland Carers Centre on (0191) 549 3768

We will be closed between 22nd December and 2nd January 2018.  
Wishing you all a happy and peaceful Christmas.



## Kites Rise

If you would like to host an event for carers, run a training session for colleagues, or simply need somewhere to relax with friends, why not consider using our unique self-catering accommodation at Kites Rise.

There are some fabulous photos on our website of Kites Rise, so why not take a tour at [www.carerstrusttw.org.uk](http://www.carerstrusttw.org.uk) or better still come and see for yourself!

For more information contact (01207) 549 780



## Gateshead Carers



# News and events

### Equality North East Award for Gateshead Carers Association!

We are very proud to announce that Gateshead Carers has been awarded the Equality North East award for small to medium sized organisations! A team of staff and trustees were presented with the award at a ceremony held on Thursday 19th October at the Hilton Newcastle Gateshead Hotel. Well done everyone!



### Carer Festive Lunches - 12th & 13th December

Book your place now for one of our Festive Lunches at Gateshead College's flagship restaurant Enfields. Lunches served from 12:00noon. Call (0191) 490 0121 for details



# Choose to be involved... to improve patient care

South Tyneside **NHS**  
NHS Foundation Trust

The Carer and Patient Involvement 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) 402 8132**

## Carer Co-ordinator

South Tyneside **NHS**  
NHS Foundation Trust



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](mailto: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](http://www.carerstrusttw.org.uk)



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



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



**Sunderland Carers  
Centre**  
Thompson Park,  
Thompson Road,  
Southwick, Sunderland,  
SR5 1SF  
Tel: (0191) 549 3768  
[www.sunderlandcarers.co.uk](http://www.sunderlandcarers.co.uk)

**This Newsletter is produced by Carer and Patient Involvement Team, South Tyneside  
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