

Thank you Milan

On Tuesday 21st December Milan Kopriva, a social work student from Germany on placement at the Carers' Centre and a very talented singer and guitar player, entertained the Mental Health Carers Group with a selection of Christmas songs and carols. A great time was had by both carers and staff and everyone joined in the festive singing.



Older Carers Survey

Many people over the age of 60 in the UK care for friends or family members who couldn't manage alone without them. Often, these carers don't get enough support and find it difficult to keep going.

The Princess Royal Trust for Carers wants to find out more about your experiences so they can fight for better support for older carers.

If you are a carer aged over 60 please take part in the Older Carers Survey. It should take no more than 10 minutes. All fully completed questionnaires will be entered into a prize draw to win a £100 Marks & Spencer voucher.

You can get a copy of the questionnaire from the Carers' Centre on 567 3232 (a freepost return address is provided) or complete the survey online – go to the Consultations page on the Carers' Centre's website www.sunderlandcarers.co.uk. The survey must be completed by Thursday 31st March.

Every effort is made to ensure that the information in this newsletter is correct. Sunderland Carers' Centre can accept no liability for errors and omissions and can not recommend products or services. Views and opinions expressed in this publication are not necessarily those of Sunderland Carers' Centre.

Carers Poverty Petition

The Carers Poverty Alliance would like carers to sign their petition "to raise awareness of the unfairness inherent in the benefit system that continues to keep carers on a very low income and penalises any attempt at self-improvement."

The petition will be handed into 10 Downing Street during Carers Week in June, around 2 weeks after the National Local Protests they have organised on 20th May. Sign the petition online at www.carerspovertyalliance.com or get a paper version from the Carers' Centre on 567 3232.

PIE's Xmas Celebration Event

PIE (People into Employment) invited 15 carers for a 3 course Christmas meal on 15th December to celebrate their successes.

The event was held in Etec's Town Moor Café, and clients were presented with their certificates by Julie Dyos, Etec's Operations Director.

Clients had gained accredited qualifications in various areas such as IT, Literacy and Numeracy, First Aid and Food Safety. Four clients had also secured employment.

PIE supports carers and ex-carers throughout the City of Sunderland to access training and employment. If you would like any support from PIE, please contact a member of the PIE team on 514 6150.



The Carers' Centre is open
Monday to Friday 9am-5pm.

Tel: 0191 567 3232

(Answerphone after 5pm)

Sunderland Carers' Centre, 12 Toward Road,
Sunderland SR1 2QF.

Email: info@sunderlandcarers.co.uk

Website: www.sunderlandcarers.co.uk

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Newsletter

Sunderland Carers Centre

Sunderland NHS
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March 2011

Caring for Carers Awards 2011

Has a worker from health, social services, a home care agency, a voluntary or community project or another organisation been of particular support to you in your caring role? For example a nurse, doctor, dentist, optician, pharmacist, consultant, social worker, care worker, or a voluntary or community worker. If so, this is your chance to say thank you by nominating them for the Caring for Carers Awards 2011. The awards aim to recognise workers who have made a real difference to the lives of carers.

Carers on the mailing list will find a nomination form enclosed with this newsletter. Simply complete the form and return it to: 'Caring for Carers Awards', Sunderland Carers' Centre, 12 Toward Road, Sunderland SR1 2QF. If a nomination form is not enclosed please contact the Carers'

Centre on 567 3232. The closing date for nominations is Wednesday 4th May.

The award winners are not chosen by the Carers' Centre but by an independent panel of judges.

It would be helpful to the judges if you could give as much information as possible about how the worker has helped you in your caring role and why you think they deserve an award.

All workers who have been nominated will receive a certificate and the winners will be presented with their awards during Carers Week in June.

Please note nominations must be from carers only and the person you nominate must be a worker (not a young carer or other family member/friend).

New website for Carers' Centre

Sunderland Carers' Centre has a brand new website which has been set up with the help of Sunderland City Council's Communities of Interest Project.

Find out about the range of services offered by the Carers' Centre and keep up-to-date with the latest information on new services, courses, social activities, surveys, consultations, publications and much more.

There is also an online calendar which will help carers quickly see when and what groups and activities are taking place in their area of the city. The site will be continuously updated.

The site is still in its early stages and more information will be added. We would welcome any comments and suggestions about current and future content.

Visit www.sunderlandcarers.co.uk

The Carers' Centre would like to thank Chris Foreman for all his help and support.

Caring with Confidence

2010 was the most successful year to date for Caring with Confidence sessions in Sunderland. Extra sessions were set up to cope with the demand, more carers than ever took part and the feedback continued to be very positive.

Don't miss out!

We are delighted to announce more session dates have been booked to take place from March 2011. If you are interested in taking part why not sign up for one of the next introduction sessions on Thursday 10th or Thursday 17th March from 11am to 2pm at 'The Place', Athenaeum Street, Sunderland (near Sunnyside).

This is a fantastic venue to hold the sessions and light refreshments are available to really make carers feel comfortable and at home.

To book a place on one of the above sessions contact Sunderland Carers' Centre on 567 3232 or e-mail kevin@sunderlandcarers.co.uk

Is Caring with Confidence for you?

Caring with Confidence is a series of free local group sessions for carers over 18. The sessions help carers to make a positive difference to their life and that of the person they care for.

Some of the themes of Caring with Confidence range from handling emotions, looking after your own health to dealing effectively with professionals.

Over 400 carers in the North East region have taken part so far. If you are still not sure about taking part contact Sunderland Carers' Centre for more information. We will be happy to help and offer advice!

Due to the pilot's success, the service is to be extended to all new customers and re-launched in April of this year. The business case to support the re-launch has also been supported by research undertaken by the Department of Health on a regional and national basis.

Care and Support Home Care Staff have recently attended an Induction Day to facilitate their development in this new way of working, which aims to help people 'do for themselves' rather than having staff 'do for them'.

Members of the Reablement Management Team would also like to visit the Carers' Centre to inform carers of this new and exciting service and to gain views and learn from carers' experiences.

The event will be held on Thursday 17th March, 10.30am – 12.30pm, at Sunderland Carers' Centre, 12 Toward Road, Sunderland SR1 2QF.

If you would like to attend please contact the Carers' Centre on 567 3232.

Washington Carers Consultation

The Carers' Centre would like to make those carers who attended the Washington Carers Consultation on 3rd November at the Millennium Centre aware that the notes from the meeting are now available to read on the Carers' Centre website.

Visit www.sunderlandcarers.co.uk and click on the Consultations page. If you do not have a computer please ring the Carers' Centre on 567 3232 and we will send you a copy.



Census 2011

The Carers' Centre would like to alert carers that there is a question about caring in this year's census. It is question 14 on page 7 and reads:

"Do you look after, or give any help or support to family members, friends, neighbours or others because of either:

- long-term physical or mental ill-health/disability?
- problems related to old age?

Do not count anything you do as part of your paid employment

- No
- Yes, 1 – 19 hours a week
- Yes, 20 – 49 hours a week
- Yes, 50 or more hours a week"

The Carers' Centre wishes to encourage all carers to complete this question. The statistics about the number of carers and hours of care they provide will determine how much funding is given to the city's local authority in the future, and the Carers' Centre will also use the figures when applying for future funding.

About the Census

This article has been provided by the 2011 Census.

On 27th March 2011 all residential households in the United Kingdom will be taking part in a census. Since 1801 a day has been chosen every ten years for this purpose. The census provides an excellent source of information about the population. This enables central and local government, health authorities and many other organisations to plan housing, education, health and transport services for years to come.

The census statistics feed into the allocation of funding for local authorities and play a major part in their ability to provide local services, so it is crucial the population estimate is as accurate as possible. When the questionnaire envelope comes through the door you'll easily recognise it by the purple 2011 Census logo. Take care of it. If, like many people, you want to complete the questionnaire online, your individual internet code is on the front of the questionnaire.

The 2011 Census doesn't want anyone to fall behind – so there is a wide range of help options available (such as language guidance booklets, large print format, Text Relay and census field staff on hand, as well as online help and telephone call centres).

Every household is required by law to complete the Census questionnaire and those that don't may face a fine of up to £1000.

More information about the 2011 Census can be found at: www.census.gov.uk

Reablement Event

This article has been provided by Health, Housing and Adult Services.

Reablement is a concept in Home Care in which people are supported to regain independent activity, confidence and quality of life following a decline in their functional abilities.

Sunderland City Council's Health Housing & Adult Services has been operating a year long Reablement pilot for those people over the age of 65 who have been admitted to hospital following injury or illness.

On discharge they have been referred to a Reablement Team who have supported them to regain their independence in activities such as personal care, mobility, etc. for a short period of time, in order that the person can maximise their potential for independent living before a social care assessment is undertaken to determine their longer term care needs.