

The DMF and You

By John Killick (Hon. Sec. DMF) 416 3172

About five years ago Sunderland Carers' Centre became associate members of the DMF's family of organisations. Since that day we have helped each other with our shared information on many occasions. But part of the deal is that all Sunderland carers are eligible for all the benefits of membership that the DMF have available. Now that sounds simple, so how come we haven't had a single enquiry? Could it be that you don't know about it? Well read on, here are some of the things you have been missing out on.

Perhaps you are going on holiday and this involves crossing the Humber Bridge or going through the Dartford Tunnel? Did you know that for Blue Badge users, provided you're taking your cared for with you, are free. Ring me and I will send you a list of tolls and how to avoid paying them.

Warners: Mention the magic words HC073 to the booking office and see your bill shrink by 25%. For Butlins the words are Privilege Holiday, 10%. Fancy a converted static caravan at Skegness ring 07702 275622. Six berth from as little as £179 a week. Brittany, 6 bed apartments fully converted, let them know what equipment you need at booking and it will be waiting for you. Perhaps you just want a hint on accessible hotels, I have a good data base, if not as complete as I would like, ring me and tell me where you wish to go. Just fancy a nice afternoon out with other disabled drivers? You would be very welcome as a visitor to the North East Disabled Motorists Club meetings at Grange Villas Community Hall every first and third Sunday in the month at 2pm.

Car insurance or holiday insurance going up because of car modifications or your cared for's disability, try Insurance Choice 0844 5731918. Had a bump and worrying about how long the car will be off the road? Members get preferential treatment by ringing VBRA via Peter Lyne on 0151 6483457.

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.

Super Slaley

What a wonderful day we carers had at Slaley Hall all thanks to our Sunderland Carers' Centre staff. It was fully appreciated. We arrived to refreshments and introductions, then free time to do as we wished. Exploring the beautiful grounds, swimming in the pool, the spa pool and best of all the sauna (my favourite). This was followed by a rolling buffet including a choice of dessert and coffee. There was a lounge complete with newspapers and magazines to relax and converse with our friends. As if we hadn't been spoilt enough, we then ended our day with afternoon tea and cream scones. How lovely! Thank you to staff at Slaley Hall and the Carers' Centre, what a lovely day!

Anne Bastholm and all the carers

Bagden Hall Break

Can I on behalf of all the people that were on the break to Bagden Hall Hotel say a very big thank you to The Princess Royal Trust for Carers, Sarann Valentine and anyone else connected to the trip for a very pleasant break. It was idyllic. The meals were excellent. Also thank you to staff at the hotel for looking after us and giving us excellent service whilst we were there. It was all very much appreciated.

Mrs V. Donnigan (carer)

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

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(Answerphone after 5pm)

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This newsletter can be made available in large print,
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Company limited by guarantee No. 5842011 Registered in England and Wales

Registered Charity No. 1118502

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Newsletter

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May 2011

Carers Week 13 - 19 June 2011

This year the theme of Carers Week is 'The True Face of Carers'. Details of the events taking place in Sunderland to celebrate the week are included in this newsletter – a workshop for carers organised by Health, Housing and Adult Services, a Parent Carer Forum and a carers' trip to Whitby. Thank you to Sunderland City Council, Northumberland, Tyne and Wear NHS Foundation Trust and The Co-operative Membership for their financial contributions towards these events.

Carers Week Workshop: "Improving Choice and Control – Making it work for carers"

Friday 17th June

10 am – 2.30 pm

Crowtree Leisure Centre

Have you heard about 'Self Directed Support', 'Personalisation of services' and 'Improving Choice and Control'?

If you are a carer or you often give support to someone – like a family member or a friend or neighbour – you may be wondering what it all means for you.

Health, Housing and Adult Services are working with service users and carers to support them in new ways which are more tailored to meet their needs.

Service users and carers are at the heart of our approach. They are telling us about their needs and helping to build support plans to suit the way they live.

This workshop will explore our new ways of working. We will look at the possibilities that are opening up for service users and carers and find out how well Self Directed Support is working for people at the moment.

Please join us and take the opportunity to share ideas, ask questions and to continue the development of this exciting way of working.

If you are interested in attending or would simply like to know more, please contact Sunderland Carers' Centre on 567 3232.

Parent Carer Forum "Think Family"

Thursday 16th June

Stadium of Light

9.30 am – 2 pm

This year's Parent Carer Forum for parents and carers of disabled children (aged under 18) is during Carers Week and the theme will be to encourage services to think of families' needs as a whole.

Parent Carer Forums are an ideal opportunity to meet other parents and professionals and find out information which can support you and your family.

To book a place please contact the Carers' Centre on 567 3232. More information will be in the next Parent Carer Information Bulletin and on the website www.sunderlandcarers.co.uk.

Carers Week Trip to Whitby

Join us on a coach trip to Whitby on Wednesday 15th June. This is a chance for you as a carer to have a day for yourself and enjoy some leisure time with other carers. Whitby is a charming town with something to interest everyone – amusements, sightseeing, picturesque harbour, historical fishing port, and plenty of shops and places to eat with the best fish and chips in the world!

The coach will depart from Toward Road bus stop next to Mowbray Park at 10am prompt and plans to arrive back at Toward Road at about 5.30pm. The cost is £3 per carer (non-refundable). Please call in to the Carers' Centre or phone 567 3232 as soon as possible to book. Places are limited. Your place will be confirmed on payment of your £3. Payment must be in cash (no cheques) and must be received by Tuesday 31st May. Carers must book individually (no block bookings).

Carers' Centre Open Day

Sunderland Carers' Centre is holding an Open Day and Fund-Raising Event from 10.30am to 2pm on Tuesday 17th May.

Come and find out more about what the Carers' Centre offers. Visit the Centre Library and see if there is information that would help you in your caring situation or you could pass to carers you know. Or just come for a cuppa and piece of cake and a sit down! Volunteers from the Carers' Centre Circle of Friends group will be ready to greet you and make you feel at home. Handmade cards, crafts and plants will be available to buy on the day so you can also pick yourself a bargain!

All welcome – carers and those of you who care and work with carers.

Caring for Carers Awards

There is still time to say thank you to workers who have supported you in your caring role by nominating them for the Caring for Carers Awards 2011, which have once again been sponsored by The Co-operative Membership. For example, a nurse, doctor, care worker, or a voluntary or community worker. All workers will receive a certificate. Please return nomination forms (enclosed with the last newsletter) to the Carers' Centre by Wednesday 4th May or contact 567 3232 for a new form. The awards and certificates will be presented during Carers Week.

Memory Matters

Are you concerned about memory problems, or someone you know may have memory problems? We are here to help.

Action on Dementia Sunderland was established to raise awareness of the issues and needs around dementia and to promote increased access to support and advice services for individuals with dementia and their families.

Currently our priority is to improve quality of life for individuals with dementia and their families and carers by enabling them to actively engage with people in the community, reducing social isolation, through attending our Memory Cafés. Our Memory Cafés offer the opportunity to exchange experiences and to obtain information, as well as to access health and social care professionals. In addition the Memory Cafés can provide opportunities to socialise and enjoy a range of social activities in an informal, friendly and sympathetic setting.

If you would like to know more about our Memory Cafés or would like to attend, you can contact Sheelagh Dilworth on 0774011182. We would also like to hear from you if you would like to become a volunteer.

Article provided by Action on Dementia Sunderland.

Parent Carer Celebration Event



Over 180 parents, grandparents, brothers and sisters of disabled children took over the Silksworth Community Pool and Wellness Centre on Saturday 19th March to celebrate the achievements of the Parent and Carer Council – a voluntary organisation formed by parents and families of children with disabilities and special educational needs.

Since the organisation was formed three years ago their focus has remained strong - to create change so all children and young people can learn, make friends, have a voice and be a part of everyday school and community life, irrespective of disability or need.

The Parent and Carer Council work in partnership with Lisa Watson and Wendy Greenhow, Parent Carer workers at Sunderland Carers' Centre. Lisa said "We are so proud to support the Parent and Carer Council and to help celebrate their achievements to date. They have established a wonderful network of friendship and experience where parents can rely on each other for support. Their determination in securing change and inclusion for children with disabilities and special needs is receiving local and national recognition and deservedly so. The feedback from those who attended the celebration event was brilliant and we look forward to arranging other events for the future".

All three Sunderland MP's, Sharon Hodgson, Julie Elliott and Bridget Phillipson (pictured holding the celebration cake) attended the event. They heard and saw for themselves the importance of inclusion for all children in mainstream services.

To become involved in the Sunderland, Washington and Coalfields Parent and Carer Council please contact 417 5322, email spcc.office@yahoo.co.uk or contact the Carers' Centre on 567 3232, email lisaw@sunderlandcarers.co.uk

Exercise for Carers

Sit N B Fit can offer a 20 week exercise programme that incorporates health awareness sessions with tailored physical activity focusing on exercise, movement and dance. The exercise can range from gentle exercise to a more advanced level of exercise depending on the needs of the group.

The programme gives clear goals and outcomes for those participating and physical measurements are also carried out prior and after the programme such as height, weight and blood pressure so individuals can mark their progress.

The Carers' Centre and Sit N B Fit would like to organise an exercise programme specifically for carers, if there is enough interest. If you are interested please contact the Carers' Centre on 567 3232.