

# Newsletter

April 2016

## Young Carers Awareness Day

The first national Young Carers Awareness Day, organised by Carers Trust, took place on Thursday 28th January with individuals and organisations across the country holding events and activities to raise awareness about young carers.

The day was a big success both nationally and locally. Here at Sunderland Carers' Centre we organised a Young Carers Challenge – a quick five minute online quiz to test people's knowledge, with young carers themselves telling you whether your answers were right or wrong. Over 100 people participated including young people, parents, professionals, councillors and schools. Thank you to everyone who completed the challenge and shared it with others.

Supporting our campaign were our patron, Denise Robertson MBE, and Councillor Pat Smith, Children's Services Portfolio Holder (pictured). Denise said "Being a young carer can have a tremendous impact on a young person's life. The more people aware of young carers the better."

In the lead up to Young Carers Awareness Day and on the day itself we ran a successful social

media campaign and there was great publicity on Sun FM and in the Sunderland Echo.

Thank you to the young carers who were either filmed for the Young Carers Challenge or helped us to promote it: Hannah Coates, Dean Coleman, Lateisha Coleman, Phoebe Collins, Chloe Crawford, Beth Douglas, Chloe Hall, Michael Purvis, Mckenzie Robson, Laura Smith and Aron Taylor.

You can still do the Young Carers Challenge at [www.sunderlandcarers.co.uk/youngcarers](http://www.sunderlandcarers.co.uk/youngcarers)



# Chief Executive Officer Update

A lot has happened since our last newsletter and I would like to make you aware of some of the work Sunderland Carers' Centre, along with our Health, Local Authority and voluntary sector partners, has been undertaking to further support carers in Sunderland.

The Carers' Centre is delighted to be part of a new innovative programme that is supporting people who are in the poorest health in the city and their carers. All Together Better Sunderland is a partnership bringing together health and social care professionals as well as local support agencies, such as Age UK Sunderland and the Carers' Centre, to help improve services for people who need a little bit more help than most with their health or social care needs.

The programme includes the establishment of five Community Integrated Teams across the city which can provide an effective response to vulnerable people, in poor health, with the most complex needs. The teams consist of district nurses, community matrons, GPs, practice nurses, social care professionals, Age UK Sunderland Link Workers and indeed our own Carer Locality Leads. The partnership is part of the 'Vanguard' or New Care Model programme, funded by NHS England, to help transform services, making them more effective and efficient for local people.

A new Patient, Public and Carer Engagement team has been formed to communicate with patients, carers and the general public about the work of the programme. The team includes our newly appointed Patient, Public and Carer Engagement Worker.

Staff from the Centre continues to deliver carer's assessments on behalf of the Local Authority and to date we have undertaken over 200 carer's assessments with some carers receiving personal budgets. We have provided more information about carer's assessments in this newsletter.

I would also like to take this opportunity to welcome Colin Wilson and Julie Gray to our Board as our new Chair and Vice-Chair. Colleagues on the Board, the staff and I look forward to working with Colin and Julie over the next few years. I wish to express my thanks to Stuart Bain and

Carol Freeman who previously undertook these roles and we are delighted that both are keen to continue to be involved in the work of the Centre.

We are very aware that the recent proposed changes to day services and short break venues may cause you to have some questions. Please contact us if you do.

**Graham Burt**  
**Chief Executive Officer**

## Caring with Confidence

Would you as a carer like to become more assertive, lead a healthier lifestyle and gain more information which could help you in your caring role? Join us at our informal Caring with Confidence sessions which are open to all carers whether you are new to caring or have been caring for some time.

The sessions will take place each Thursday from 7th April, 11am – 2pm, at The Place, Athenaeum Street, Sunderland with a light lunch and refreshments. We can help with transport costs if required and help financially if you need a sitting service for the person you care for to enable you to attend. To book a place please contact Carole on 549 3768 or email [carole@sunderlandcarers.co.uk](mailto:carole@sunderlandcarers.co.uk)

If you are unable to take part this time our next sessions will be from Thursday 8th September, 11am – 2pm, at Houghton Primary Care Centre. Please book as above.

## Satisfaction Survey

Sunderland Carers' Centre wants to give as good a service as possible to carers and would like your views on the services we provide. To help us improve our services please complete our online survey available at [www.sunderlandcarers.co.uk/survey](http://www.sunderlandcarers.co.uk/survey). If you do not have internet access please call Lisa Hall on 549 3768 for a paper survey.

# Caring for Carers Awards

Has a worker or team 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? Say thank you by nominating them for the Caring for Carers Awards 2016. The awards aim to recognise workers who have made a real difference to the lives of carers. All workers and teams who have been nominated will receive a certificate. Presentations take place in Carers Week. If a nomination form is not enclosed visit [www.sunderlandcarers.co.uk/awards](http://www.sunderlandcarers.co.uk/awards) or call 549 3768. The closing date is **Friday 15th April**.

**The Caring for Carers Awards are kindly sponsored by Aztec Colour Print.**

## Carer's Assessments – One year in!

Sunderland Carers' Centre has been delivering carer's assessments (for adults looking after another adult) on behalf of Sunderland City Council for one year now. So far over 200 assessments have been carried out. As well as the workers carrying out the assessments, behind the scenes this has also been a big piece of work for our admin team, taking referrals and completing the necessary paperwork. Ten staff members have been trained in all aspects of the assessment process. The training alone has taken in excess of 300 hours! Fitting the carer's assessments around our existing work has meant the staff members involved have been working flat out to keep up with everything so we appreciate your patience during this very busy period.

Want to know more? A carer's assessment is your opportunity to discuss how being a carer affects your life. You can discuss any changes you might like to make and how you can be supported to achieve these. It is not an assessment of your capabilities as a carer, though importantly you will be asked if you are willing and able to continue to provide care. The carer's assessment will look at the care and support you provide, as well as providing information and advice to support you in your caring role. This will include identifying young carers in your family and looking at what support may be available to them.

If you would like to know more about carer's assessments please contact Sunderland Carers' Centre on 549 3768.

# Carers Week Garden Party

Adult carers are invited to our afternoon tea party on  
Friday 10th June  
12 noon – 3pm  
Sunderland Carers' Centre

## Carers Week BBQ

Young carers and their families are invited to our BBQ on  
Friday 10th June  
4pm – 7pm  
Sunderland Carers' Centre

Please call 549 3768 to book. Carers who work or are unable to attend the Garden Party are welcome to attend the BBQ instead.

## Carers Week Trip

The Carers' Centre is organising a coach trip to Scarborough on Wednesday 8th June. This is a great chance to have a day to yourself and meet other carers. The coach departs from Toward Road bus stop next to Mowbray Park at 9.30am prompt and plans to arrive back about 5.30pm.

The cost is £5 per carer (non-refundable) and carers will be asked to complete and sign a health and safety agreement form. Carers must book individually (no block bookings) and must be over the age of 18.

Please call into the Carers' Centre or phone 549 3768 from **9am Tuesday 29th March** to book. Places are limited. Your place will be confirmed on payment of your £5. Payment must be in cash (no cheques). Please do not send cash in the post. Payment must be received by Friday 13th May. If you are unable to come to the Centre to pay and complete the form please contact the Carers' Centre and we may be able to make other arrangements with you.

## Complementary Therapies

The following article has been provided by HOPS Wellbeing Service.

"I haven't felt this good for years!" and "It helps me to keep going." are typical comments from carers who have had a therapy session with HOPS Wellbeing Service.

HOPS is a local charity set up in 2008 to help carers, older people and anyone in difficult circumstances. Complementary healthcare can ease many problems related to stress - physical or emotional. Massage, Shiatsu, Reiki/Healing, Indian Head Massage or Reflexology are available from the expert and highly experienced staff of HOPS. And now we are coming to the Carers' Centre, offering half hour treatments for only £12. On occasions it may be possible to book a double session for £24. Pre-booking is essential.

Appointments are available every 30 minutes between 10am and 4pm on the following dates: Thursday 14th April; Tuesday 26th April; Thursday 12th May; Tuesday 24th May; Thursday 9th June; and Tuesday 28th June.

Book now by ringing HOPS on (0191) 548 3722 (please leave your contact details if we are not able to answer immediately - we will ring you back) or email [info@healing-sunderland.org.uk](mailto:info@healing-sunderland.org.uk). To find out more about HOPS, go to [www.healing-sunderland.org.uk](http://www.healing-sunderland.org.uk), which has a link to their Facebook page too.

## Join the 'Gang'

The 'Twiddlemuff Gang' is calling for new members. If you can knit or would like to learn, how about coming along to meet with other carers for knit and natter in our 'Kay's Kitchen'. Not only will you have time for yourself and make new friends but you will be contributing to our 'Twiddlemuff' project, which has been kindly funded by the Muckle LLP Fund.

Twiddlemuffs are knitted muffs that can help agitation and restless hands of people with Dementia. We will be donating some of the Twiddlemuffs to Sunderland Royal Hospital's Alexandra Centre (Dementia Unit); others will be available for carers to have via a donation. All donations will be used to replenish wool and twiddle supplies. It may be that you are not a knitter but would enjoy 'adorning' the muffs with pompoms, buttons, ribbons or anything that can be safely twiddled with. All materials will be provided. All we need is you to join in.

The 'Gang' meets fortnightly at the Centre on a Wednesday, 1pm - 4pm (of course you are free to come and go whenever it suits). If you are interested please contact Vera Maw on 549 3768 or email [vera@sunderlandcarers.co.uk](mailto:vera@sunderlandcarers.co.uk).

We are also calling for donations of any spare wool and safe things that can be attached to the Twiddlemuffs such as buttons, ribbons, fabric, pompoms etc.



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.

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