

Sunderland Carers' Centre

Newsletter

February 2015

Caring for Carers Awards 2015

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 2015. The awards aim to recognise workers who have made a real difference to the lives of carers.

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

Carers on the mailing list will find a nomination form enclosed with this newsletter. Simply complete the form to nominate someone and return it to: 'Caring for Carers Awards', Sunderland Carers' Centre, Thompson Park, Thompson Road, Sunderland SR5 1SF.

If a nomination form is not enclosed please contact the Carers' Centre on (0191) 549 3768 or visit the website – www.sunderlandcarers.co.uk/awards

The closing date for nominations is **Wednesday 6th 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.

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). We are also unable to accept nominations for workers from Sunderland Carers' Centre.

For more information about the awards please contact Lisa Hall at Sunderland Carers' Centre on (0191) 549 3768.

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

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21st Birthday Celebrations

2015 sees Sunderland Carers' Centre reach the ripe old age of 21!

Birthday celebration planning is in its infancy at the moment however we are looking to organise a number of events to take place throughout the year to celebrate Sunderland Carers' Centre and most importantly carers in Sunderland.

We would like to involve many of the people who have been associated with the Carers' Centre over the last 21 years in our celebrations, including individuals and organisations that helped found the Centre, our patrons, our existing and past Board members and our key partners, funders and commissioners.

There will be special events to give carers both young and old the opportunity to celebrate with us too.

As well as commemorating the journey and achievements we have made at Sunderland Carers' Centre, the anniversary will enable us to further raise awareness about carers and how we help and support carers in the city.

Watch this space!

Join us on social media

Due to increasing costs related to producing and posting the newsletter Sunderland Carers' Centre has decided to produce this newsletter every three months in future instead of every two months.

To ensure you keep up to date with the very latest news and information from the Carers' Centre please join us on our social media sites (facebook and twitter) and regularly visit our website – www.sunderlandcarers.co.uk

You can also help us save costs by receiving the newsletter by email. To do so please send an email to info@sunderlandcarers.co.uk including your name and postal address.

Canine Companions

To raise awareness about the impact that social isolation can have on carers and as part of our 21st birthday celebrations Sunderland Carers' Centre is holding a Dog of the Year Competition and we would like carers to nominate their 'Canine Companions'.

Caring for someone can sometimes be socially isolating with carers having a lack of contact with other people. This may happen because a carer has had to give up work to care or they may find it difficult to maintain friendships due to their caring role. Social isolation can often affect a carer's health and wellbeing.

Carers cope with social isolation in different ways – for some owning a dog can make them feel less isolated. A dog can provide companionship and taking a dog for a walk can help carers keep active and healthy and gives them the chance to meet and chat to other dog walkers.

Please send us a photo of your dog and tell us as a carer how you benefit from their companionship. Also give us your name, the name of your dog and your phone number so we can contact you.

You can enter by post to: 'Canine Companions', Sunderland Carers' Centre, Thompson Road, Thompson Park, Sunderland SR5 1SF, by email to: jackson@sunderlandcarers.co.uk or via our facebook page. The closing date is **Friday 17th April**.

As part of the competition we may post a photo of your dog on our facebook page – if you do not wish for us to do this please let us know.

There will be two winning dogs – one chosen by the Carers' Centre and one chosen by carers via our facebook page. Like us on facebook to ensure you have your vote! The winners will be announced and prizes presented during Carers Week in June.

Caring with Confidence

Now that we have seen off the last of the mince pies and the chocolates, said goodbye to 2014 and welcomed in 2015 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?

Why not join us at our Caring with Confidence sessions. They start again in April and will be held at "The Place", Athenaeum Street, in Sunderland.

The sessions are open to all carers whether they are new to their caring role or have been caring for some time. They are very informal and the groups are made up of carers, who like you, are looking to gain confidence in their caring role. Not only will you receive valuable information from our facilitators but you'll be surprised at the tips and ideas that the other carers can bring to the group.

These sessions take place each **Thursday from 26th April, 11am - 2pm**. Each session includes a light lunch and refreshments but without a mince pie in sight!

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.

If you care for someone with dementia, we also offer 4 more sessions which start on **Thursday 18th June, 11am - 2pm**.

If you are interested in any of the sessions but find you are unable to attend, they will be repeated in another area of the city in the autumn.

If you are interested in taking part or would like more information about the courses, you can contact Carole at the Carers' Centre on 537 5742 or email carole@sunderlandcarers.co.uk.

Annual General Meeting

The Annual General Meeting of Sunderland Carers' Centre took place on Wednesday 15th October at the Stadium of Light and was attended by 114 carers and friends from other agencies who were welcomed by the Centre's Chairperson The Venerable Stuart Bain.

Graham Burt, Chief Executive Officer, presented the Annual Report and highlighted a selection of activities that had taken place during the year including supporting social work students, Carers Week, the Caring for Carers Awards and the Volunteers Thank You event.

Following the business part of the meeting, Neil Revely, Executive Director of People Services, Sunderland City Council, gave a keynote speech around the Care Act and its implementation. Neil spoke about the partnership that Sunderland City Council have with the Carers' Centre and how by working together we will continue to be the voice of carers in the city and be a strong advocate for their concerns. Sunderland City Council, Sunderland Carers' Centre and other agencies will work together on the implementation of the Care Act, which is seen as the biggest single piece of legislation for adult care in a long time.

You can view our Annual Report on our website: www.sunderlandcarers.co.uk/publications

Carers Information Hub

In December a new Carers Information Hub was officially opened at the Barton Centre, in Hopewood Park Hospital.

The opening on Carers Rights Day was attended by carers and staff from Sunderland Carers' Centre, Mental Health Concern Carer Support South Tyneside and Northumberland, Tyne and Wear NHS Foundation Trust (NTW).

James Duncan, NTW's Deputy Chief Executive and Director of Finance said "Carers do a wonderful job in providing support to loved ones but we should make sure that they too are offered the same kind of help. Sometimes carers may feel isolated so it is important that places like the Carers Information Hub give them the strength to talk about their feelings

in a warm and compassionate environment."

The dedicated room will support carers and families of service users and give them the chance to talk in confidence about their experiences and to find out what help they themselves might need.

It will be open on:

Mondays	1pm - 4.30pm
Tuesdays	1pm - 5pm
Wednesdays	2pm - 7pm
Thursdays	1pm - 4.30pm

Outside these times carers will be able to receive support from hospital staff on the wards.

Caring Washington Carers

Local families in need benefited at Christmas thanks to gifts donated by the Washington Carers Group. The group, which meets the first Tuesday of the month, 1.30pm – 3.30pm, at Barmston Mere Fire Service Training Centre, had been collecting toys and gifts throughout the year to donate to The Salvation Army. The gifts were presented at their November meeting and were then distributed to families in the Washington and Sunderland areas. Carer and group volunteer, Richard Bell said "This is the third year running that our members have been collecting gifts for the appeal – it's now become an annual event for the carers group. Once again we have had a fantastic response."



Sunderland Carers' Centre

Thompson Park, Thompson Road, Sunderland SR5 1SF

Tel: 0191 549 3768

Email: info@sunderlandcarers.co.uk

Website / Facebook / Twitter:
www.sunderlandcarers.co.uk

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This newsletter can be made available in large print, audio and other languages.

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Parent Carer and Independent Support Team

Sunderland Carers' Centre is delighted to introduce you to the Parent Carer and Independent Support Team. The team can support you if you care for a child from 0 - 25 years of age.

Since July 2014 Sunderland Carers' Centre has been running the Independent Support contract to offer support to families who are either beginning the journey of an Education, Health and Care Plan (EHC Plan) or transferring from a Formal Statutory Assessment (Statement). The team of Independent Support Workers can support you through this process as well as working alongside two Parent Carer Development Workers to support you with any other issues in your caring role.

Who are the team? Lisa Watson is the Independent Support Manager and manages the Parent Carer and Independent Support Team. There are three full-time Independent Support Workers, Amy Howard, Graeme Flaxen and Julie Fletcher and one part-time Independent Support Worker, Catherine (Cat) Thompson. The two full-time Parent Carer Development Workers are Wendy Greenhow and Joanne Scott. Alison Smith provides administration support to the team and the rest of the Centre.

The team come from a varied background of community development, residential care, police, parent carer and social work.

Ways to Donate

Sunderland Carers' Centre receives the majority of its funding from Sunderland Clinical Commissioning Group and Sunderland City Council. As a registered charity, however, Sunderland Carers' Centre is also dependent on money raised from fundraising activities and from donations from individuals and organisations.

In addition to the traditional cash and cheque donations we have now established secure text and online donation services to allow people to donate via their mobile phone and internet.

You can donate to us by text: Text **SUNC20** and the **amount** you would like to donate to **70070** e.g. to donate £5 text **SUNC20 £5** to **70070**

You can donate to us online by going to:

<https://mydonate.bt.com/charities/sunderlandcarerscentre>

All donations no matter how big or small would be greatly appreciated. Thank you.

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.