

Sunderland Carers' Centre

Newsletter

July 2013

Caring for Carers Awards 2013

Neil Revely, Director of Health, Housing and Adult Services at Sunderland City Council, presented this year's Caring for Carers Awards and certificates at a presentation ceremony on Monday 10th June at the Stadium of Light.

Sponsored for the sixth year running by The Co-operative Membership, the awards gave carers the chance to nominate workers who had supported them in their caring roles and made a real difference to their lives.

This year there were three award winners:

Gill Hepple, Day Care Manager, at St. Martha's Ltd.

Gill was nominated by June Morris. In her nomination June said "Gill is a happy, bright, shining star. She is my lifeline in an emergency. Mum is happy and content in her care. She shows great concern for mum's physical and social well being, giving me peace of mind. She is more than aware that a happy mum means happy me."

Ann Schorah, Manager of The Old Vicarage Care Home.

Ann was nominated by Sandra Barber. Sandra said "Ann is an angel and deserves wings not just an award. She has been an unseen hero for years. She puts everyone else before her and goes out of her way for everyone, not just residents but the family too."

A team of Personal Assistants – Sandra Gunn, Sandra Hardy, Rebecca Ibinson, Diane Simpson and Lesley Tansey.

The team were nominated by Dee Eynon who said "Over the years these women have provided more support to our family than anyone else. It is only because we know my son is with this group of exceptional women

that the rest of the family can relax and enjoy some "normal" time together."

An additional 20 workers and teams from a variety of agencies were nominated by carers and in recognition of their achievements each were presented with a certificate at the Presentation Ceremony held as part of this year's Carers Week celebrations.



Pictured (from left to right) are Sandra Hardy, Sandra Gunn, Lesley Tansey, Diane Simpson, Neil Revely (Director of Health, Housing and Adult Services), Ann Schorah, Graham Burt (Chief Executive Officer of Sunderland Carers' Centre) and Gill Hepple.



Sunderland
Clinical Commissioning Group



Supporting Carers Week

Thank you to Sainsbury's and City Hospitals Sunderland NHS Foundation Trust for supporting Carers Week and making it a great success.

Sainsbury's Fulwell, Silksworth, Sunderland North and Washington stores teamed together and supplied beverages, buns and prize gift cards for the young carers' BBQ. They also handed a hessian shopping bag, magazine and a packed lunch to carers as they boarded the coach to Harrogate. Throughout the week the Carers' Centre held information stalls in the stores enabling us to meet 142 carers.

City Hospitals Sunderland undertook a number of initiatives, including: loading a screen saver onto all computers to raise the profile of carers within the Trust; launching a frequently asked questions booklet for carers; refreshing the information on their intranet site to remind staff to identify carers and include them in the patients' care; and giving information to staff who have caring responsibilities. The Carers' Centre also met 50 carers at an information stall held at Sunderland Royal Hospital.

Walk in Celebration of Carers

Up to 200 people with learning disabilities, carers and representatives from various organisations gathered in Herrington Country Park on Friday 21st June to support 'A Walk in Celebration of Carers'. The walk was organised by Washington Multi-Purpose Centre, part of Sunderland City Council's Health, Housing and Adult Services, to link in with Carers Week. It was supported by the Carers' Centre and ASDA.

The Mayor of Sunderland, Councillor Robert Heron, officially started and participated in the walk to recognise and celebrate the important role played by the 32,500 carers across Sunderland looking after ill and disabled family members or friends. All those taking part received a special T-shirt, medal, certificate and goodie bag to commemorate the day and their participation.

The walk raised an amazing £450 which has very kindly been donated to the Carers' Centre. Thank you to all the walkers and Washington Multi-Purpose Centre. It was a memorable day and this is a special donation.



Carers Breaks and Opportunities Scheme

The Carers Breaks and Opportunities Scheme (CBOS) offers carers the chance to take a break from their caring responsibilities or take part in opportunities or activities of their choice that will help to maintain or improve their quality of life. It awards grants of up to £500 to carers who meet the criteria.

Not all carers are able to, or want to, apply for funding towards the cost of a break but are unsure what else they could apply for funding towards. In this and future editions of the newsletter we will give real examples of different ways that carers have used their grants.

Mrs T has cared for her husband for the past five years. Her husband has bone and prostate cancer which has now spread to his lungs and liver. He has very poor mobility. He uses a zimmer frame in the house and a wheelchair outside. Mrs T struggles to push her husband as she has her own health problems. Mrs T applied to CBOS for an Artisan food mixer, pasta maker and various other cooking aids. Due to Mrs T's own health problems the aids have enabled her to produce healthy meals for herself and husband whose appetite is very poor at times due to his treatments. Mrs T says that the kitchen is now her 'haven'. It is a place to relax, think, cry and pray as she finds her caring role emotionally draining. The cooking aids she has now make her life a lot easier.

Other examples of successful grants include driving lessons, therapies, mountain bikes, laptops/iPads, gym membership and football season tickets.

For more information or to apply to CBOS please contact the Carers' Centre on 549 3768 or visit our website. We have workers that can advise you and help you apply.

Carers Week Trip

On Wednesday 12th June 60 carers went on a day trip to Harrogate. Here are some of their comments:

"Fab day. Very relaxing. Makes a real difference to have real "me-time". Thank you Carers' Centre for organising a lovely day."

"Had a really good day, had the chance to relax and unwind."

"On behalf of all mental health carers I would like to thank all the staff at the Carers' Centre for a great day out at Harrogate. Also thanks to the staff from Sainsbury's who presented us with a small gift to set us on our travels and the driver of the coach that got us there and back safely. A great day was had by all. It was much appreciated."

Prepared to Care?

A new report 'Prepared to Care?' was launched in Carers Week following research to find out from the UK's carers how prepared as a society we are to care and what could make a difference to carers' lives and the people they care for. The report presents the findings and shares the personal accounts of carers as they discuss the realities of caring for a family member or friend. It concludes with recommendations from carers. Read the report on the Publications page of our website. If you do not have a computer contact Lisa Hall for a copy on 549 3768.

Circle of Friends

The Circle of Friends Group is a social group for female carers. They have one day out a month and the carers choose where they go. It could be walking, visiting gardens, bowling, theatre or meals out. Everyone gets on well. Carer, Ann Dennison said "What shall we do and where shall we go next month? Somehow an idea is sparked and a day out to socialise, relax, enjoy, is once again a date in the diary to look forward to." If you would like to join the group you will be more than welcome. Please contact Margaret at the Carers' Centre on 549 3768.



Carers in Tanzania

On Monday 15th July young adult carers, Gabrielle Neale, David Harrison, Becky Slater and Rachael-Louise Chapman flew out to Tanzania as part of the Mount Kilimanjaro First Aid Community Programme, after successfully raising the £8000 they needed. They will be spending four weeks in Moshi, helping in the orphanages. The group have designed a health programme which they will deliver and they will also help build a play park in the orphanage ground for the children. It took a lot of hard work for them to fundraise the £8000 but they got there with a lot of local support. Becky said "I want to say a massive thank you to everyone who has supported us on our journey." The group will keep us updated on what is happening from Tanzania via our Facebook page – technology permitting!

Fundraising News

People have been busy fundraising for Sunderland Carers' Centre over the past few months. Here are just a few examples...

On Sunday 28th April a team from the Carers' Centre braved blustery conditions to zip wire from Monkwearmouth Bridge across the River Wear raising £850. The team were Jackson Stubbs (Clerical Support), Lisa Hall (Information Worker), David Harrison (Young Adult Carer), Robert Shevlin (Young Adult Carer) and Naomi Coulson (Development Worker) - Pictured below from left to right.

You helped us raise £560 at our Fundraising Coffee Morning on Thursday 16th May via a raffle, tombola, guess the Teddy Bear competition (Henry) and the sale of cakes, savouries, books and bric-a-brac. This was the first official engagement for the Deputy Mayor, Councillor Stuart Porthouse and his wife, Marie, the Deputy Mayoress, who opened the event and cut our birthday cake to celebrate our first anniversary at Thompson Park.

In May we received a cheque for £200 from ASDA. Carer Janet Raine nominated us for ASDA Washington's Charity Token Scheme and we came out top, collecting the most green tokens of the three nominated charities.

Thank you to everyone involved in these and other fundraising activities. To keep up-to-date with fundraising news please visit our website, like us on facebook or follow us on twitter. If you would like to help us raise funds towards our work please contact the Carers' Centre on 549 3768.



Taking care of you....

As a busy carer you may think you don't have enough spare time to do such things as exercise. Taking regular exercise has lots of benefits for you and that in turn will help the person you care for. Regular exercise is a great way to: reduce stress; increase physical strength; increase stamina; increase energy levels; lose or maintain weight; improve your self-esteem, your mood and mental well-being.

Sunderland Wellness Service offers a number of activities for people of all ages and abilities. More information on these programmes and services can be found in the 'Your Wellness Guide and Your Wellness Services' booklet by visiting www.sunderland.gov.uk/wellness or by telephoning 561 4693.

There are also Wellness membership packages which give you access to gym, swim and exercise classes in all of the council's sports and leisure centres as often as you like! For more information call the sales team on 561 6161 or email leisure@sunderland.gov.uk

This article has been provided by Sunderland Wellness Service, Sunderland City Council.

Some carers have successfully applied to the Carers Breaks and Opportunities Scheme to provide funding to cover the cost of a Wellness membership package. For more information please contact Sunderland Carers' Centre on 549 3768 or visit our website www.sunderlandcarers.co.uk.

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.

Nominate your GP

Does your GP care about carers? Carers Trust, The Royal College of General Practitioners and Carers UK are calling for nominations from carers for the national 'Caring About Carers Awards' that recognise the work of GPs and GP practices in supporting unpaid carers across the UK. For more information visit the News page of our website or contact Lisa Hall at the Carers' Centre on 549 3768. The closing date is Wednesday 31st July.

Congratulations Jordan

Congratulations to Jordan Haynes, one of our young adult carers, on winning the NIACE North East Young Adult Learner Award. Jordan has reached his level two in Youth and Community Work and is now hoping to gain his level three. He has worked very hard and we now employ him as a sessional worker with our younger groups. His aim is to be a full time Young Carer Worker.

Houghton Drop-in

The Carers' Centre now holds a monthly Carers' Drop-In at Houghton Primary Care Centre (within the Rehabilitation Unit), Brinkburn Crescent, Houghton-le-Spring DH4 5HB. It takes place on the first Tuesday of the month, 1.30pm – 3.30pm. The next drop-in is on Tuesday 6th August. Come along for advice and support or to find out how the Carers' Centre can help you.

Visit our website

Have you visited our website? If not, take a look. It is regularly updated with the latest news for carers. Carers who have already used the website have said it is helpful and easy to use. Visit www.sunderlandcarers.co.uk

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

Tel: 0191 549 3768

(Answerphone after 5pm)

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www.sunderlandcarers.co.uk

This newsletter can be made available in large print,
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