

# Sunderland Carers' Centre

# Newsletter

May 2013

## 'Time Well Earned' at Sunderland University

**In our last newsletter we featured an article about the 'Time Well Earned' exhibition featuring carers taking part in their own hobbies and interests and getting their well-deserved breaks.**

Sunderland Carers' Centre and Daniel Dale, whose photographs featured in the exhibition, received such positive feedback they have been on show again at the Showcase Gallery in Sunderland University's Priestman Building.

The University and Carers' Centre have worked together for nearly two decades by involving carers in the Social Work degree programme. Wendy Ingram, Senior Lecturer on the programme summed up the importance of this relationship and the new opportunity to show the exhibition. She said...

"Once qualified, our student social workers will be coming into contact with carers. Who better to explain the reality of being an informal carer than carers themselves? Carers come from all walks of life; many don't see themselves as 'carers' at all and wouldn't necessarily be aware of the support that could be available to help them."

She added: "Hosting the exhibition here is a welcome opportunity to raise awareness about caring more widely and within the university so that staff and students, who may themselves be carers, can find out more about the support available to them."

The Carers' Centre and Daniel are hoping to further exhibit the photographs in as many different locations as possible to really raise the awareness about carers. We'll keep you posted on where the 'Time Well Earned' photographs will be heading next!



Pictured (from left to right) are Daniel Dale, Wendy Ingram and Jane Tunmore (both University of Sunderland Social Work degree programme) and Professor Julie Mennell, University of Sunderland Deputy Vice-Chancellor.



NHS South of Tyne and Wear  
serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and  
Sunderland Teaching Primary Care Trust



# Carers Week Trip

To celebrate Carers Week (10 – 16 June) Sunderland Carers' Centre are organising a coach trip to Harrogate on Wednesday 12th June. This is a great chance for you to have a day to yourself and meet other carers. Harrogate is a shopper's paradise with lots to offer including "Betty's famous Tea Rooms, many cafes and elegant boutiques. The coach will depart from Toward Road bus stop next to Mowbray Park at 9.45am prompt and plans to arrive back about 5.30pm. The cost is £4 per carer (non-refundable). Please call into the Carers' Centre or phone 549 3768 from **Tuesday 7th May** to book. Places are limited. Your place will be confirmed on payment of your £4. Payment must be in cash (no cheques) and must be received by Tuesday 28th May. Carers must book individually (no block bookings) and must be over the age of 18. We look forward to seeing you on the day!

# 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 2013. For example, a nurse, doctor, care worker, or a voluntary or community worker (not workers from Sunderland Carers' Centre). All workers will receive a certificate. The awards and certificates, sponsored by The Co-operative Membership, will be presented during Carers Week. Please return nomination forms (enclosed with the last newsletter) to the Carers' Centre by **Wednesday 8th May**. For a new form phone Lisa Hall on 549 3768 or visit our website [www.sunderlandcarers.co.uk/awards](http://www.sunderlandcarers.co.uk/awards)

# Scones, Cakes and Coffee Morning

Join us at the Carers' Centre for another one of our brilliantly successful Fundraising Coffee Mornings taking place on Thursday 16th May from 10.30am – 2.30pm. Feel free to drop in. You will be very welcome. There will be scones, cakes, raffle, tombola, bric-a-brac, books, cuppa, chat and good company. You could pick up a bargain. No need to book, just turn up on the day.

# Satisfaction Survey

Sunderland Carers' Centre wants to give as good a service as possible to carers and in order to improve the work we do we conduct an annual Satisfaction Survey to obtain carers' views on the services we provide. This year 190 carers took part in the survey and the results have been collated into a report.

Thank you to all the carers who participated. We are overwhelmed by the many positive comments made by carers and the feedback you have given about our services will prove very valuable in helping us develop our services in the future. Overall 91% of carers who responded described our services as excellent or good and the average rating out of 10 given was 9.

The survey has identified that not all the carers we are in contact with may be fully aware of the wide range of services we provide. Sunderland Carers' Centre is therefore committed to carrying out more awareness-raising of the different services available, for example, about our courses, website and the Carers Breaks and Opportunities Scheme (CBOS). Further discussions will take place within the individual carers' groups to identify if group members have suggestions for improvement for the particular groups they attend and we will take into account the comments made by carers about the newsletter. The results and comments relating to CBOS will be provided to the CBOS Steering Group for consideration.

We will report on any progress made as a result of changes following this survey via the newsletter and website. To read the full report please visit our website [www.sunderlandcarers.co.uk/survey2012](http://www.sunderlandcarers.co.uk/survey2012) or phone Lisa Hall on 549 3768 for a copy.

# Facebook

The Carers' Centre now has its own Facebook page to keep you up-to-date with the very latest news for carers. Why not have a look and 'Like' us. You do not need to have a Facebook account to view the posts but only those who do will be able to communicate with us via Facebook. You can also follow us on Twitter.

**Facebook:** [www.sunderlandcarers.co.uk/facebook](http://www.sunderlandcarers.co.uk/facebook)

**Twitter:** [www.twitter.com/@sunderlandcarer](http://www.twitter.com/@sunderlandcarer)

## Carers' Contributions

In the Satisfaction Survey some carers asked if we could include more contributions from carers in the newsletter. Due to the limited space available, we are not always able to include a lot of this type of information but we do really like the idea of carers being able to share information with other carers. So with this in mind we would like to set up a 'Carers' Section' on our website. Please send us your stories, tips about caring, poems, recipes, celebrations, and anything else you would like to share. Post them to Lisa Hall, Sunderland Carers' Centre, Thompson Park, Thompson Road, Sunderland SR5 1SF or email to [info@sunderlandcarers.co.uk](mailto:info@sunderlandcarers.co.uk). We look forward to your contributions!

## Carers Breaks and Opportunities Scheme (CBOS)

CBOS awards grants to carers who meet the criteria. Some examples of grants which have been successful are Holidays/Breaks, Driving Lessons, Therapies, Mountain Bikes, Laptops/iPads, Gym membership, Football season tickets, National Trust membership, Wii fit and Alternative Care. CBOS are holding two 'drop in' sessions to enable carers to come along and get more information about the Scheme at:

**'The Place'**  
**Athenaeum Street**  
**Sunderland**  
**SR1 1QX**  
**on Tuesday 14th May**  
**10am – 3pm**

**The Millennium Centre**  
**The Oval**  
**Washington**  
**NE37 2DQ**  
**on Thursday 16th May**  
**10am – 3pm**

Depending on how many carers 'drop in' you may be able to complete an application form with the help of staff from the Carers' Centre BUT you must have the following information with you for the application process to proceed:

- Do you want a holiday/break or opportunity?
- If it is a holiday/break, where you want to go, dates and the cost
- For an opportunity you must know what you want, the cost and where you are going to purchase it from

A grant of up to £500 can be made if you meet the criteria and if at all possible we will pay the provider direct.

If you cannot make any of the above but would like some more information regarding CBOS please telephone 549 3768 and speak to Sheila, Karen or Joanne or visit our website.

## Carers' green fingers work their magic!

Following on from the transformation of the garden area by the BBC's 'Flowerpot Gang' a group of carers have recently formed a gardening group to maintain the young carers space featured in the TV programme. The group are also planning to improve the remaining garden space around the Carers' Centre so adult carers have their own space to enjoy and relax. The plans so far include re-establishing the sensory garden, creating a space for wildlife to flourish and seating areas so carers can sit out in the fresh air.

The group have already tidied the car park area and entrance approach to the building. This was a huge task in itself after many years of neglect. Thankfully the group carried this work out on the only sunny and warm day of the year so far!

Keep up to date with progress in the garden in this newsletter and on the Carers' Centre website. If you are interested in joining the gardening group please contact Kevin at the Carers' Centre on 549 3768 or email [kevin@sunderlandcarers.co.uk](mailto:kevin@sunderlandcarers.co.uk). You would be most welcome to join and no gardening experience is required!



Pictured are garden volunteers Elaine Cruikshanks, Vicky Donnigan and Ashley Sutherland.

# Working Carers

Are you a working carer but not able to make contact with the Carers' Centre during the day? If so, we can still offer you assistance.

Support to working carers can be made available outside standard office hours by appointment, for example, after 5pm on an evening or at weekends.

For those working carers who wish to meet up with other carers on an evening, the Carers' Centre holds a monthly Carers Coffee Evening on the 1st Wednesday of the each month at Sunderland Carers' Centre,

6.30pm – 8.15pm. Working carers can also apply to the Carers Breaks and Opportunities Scheme as the decision to give funding is based on the carer's individual caring circumstances, not their income. The Carers' Centre also has its own website, Facebook page and Twitter feed so you can keep up-to-date with the latest news for carers at any time that suits you.

For more information about help for working carers please contact the Carers' Centre on 549 3768.

## Change of Details

If you have changed or are changing your phone number (particularly mobiles) or email address, please could you let the Carers' Centre know so that we can amend our records. Recently our workers have tried to contact some carers but the phone numbers are no longer recognised. Call us on 549 3768 or email [info@sunderlandcarers.co.uk](mailto:info@sunderlandcarers.co.uk)

## Friends and Family Care

A new leaflet 'Friends and Family Care' has been launched for people who are full time carers of someone else's child (kinship carers). Kinship carers play a unique role in helping children and young people to stay with people they know and trust if they cannot for whatever reason live with their parents, for example, grandparents and other relatives looking after children as a result of their parent's drug or alcohol abuse. The leaflet is available online at [www.sunderland.gov.uk/familycare](http://www.sunderland.gov.uk/familycare) or by phoning Lisa Hall at the Carers' Centre on 549 3768. Pictured are Sheila Lough and Steve Towers from Children's Services along with members of More than Grandparents and staff team from Children's Services.



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.

## Rotary Club help Young Carers head out to Africa!

In our January newsletter we told you about the fantastic opportunity four young carers have been given to do some voluntary work in Tanzania as part of the Kilimanjaro First Aid Community Programme. Becky, Rachael, David and Gabi have been busy fundraising for their journey and have recently received a terrific boost to their funds, receiving £300 from the Rotary Club of Sunderland. The Rotary Club members raise their

funds by providing car parking at the University of Sunderland City Campus every Saturday from 8.45am onwards. For only £2 you can park all day! Not only will you get great value for money parking in the city centre but you will help local worthwhile causes at the same time. Thanks to the Rotary Club for providing this excellent service and for supporting Becky, Rachael, David and Gabi for their journey of a lifetime.

## 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](http://www.sunderlandcarers.co.uk)

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

**Tel: 0191 549 3768**

(Answerphone after 5pm)

Sunderland Carers' Centre, Thompson Park,  
Thompson Road, Sunderland SR5 1SF.

Email: [info@sunderlandcarers.co.uk](mailto:info@sunderlandcarers.co.uk)

Website: [www.sunderlandcarers.co.uk](http://www.sunderlandcarers.co.uk)

Twitter: [@sunderlandcarer](https://twitter.com/sunderlandcarer)

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