

Newsletter

November 2014

Rainbows and Rollercoasters

There were celebrations at Sunderland Carers' Centre on Friday 29th August when the young carers launched their new book 'Rainbows and Rollercoasters' at a special garden party.

'Rainbows and Rollercoasters' is a book about young carers, by young carers, for young carers with a collection of stories, pictures and poetry aimed at giving an insight into their lives and was produced thanks to funding from Carers Trust and Comic Relief.

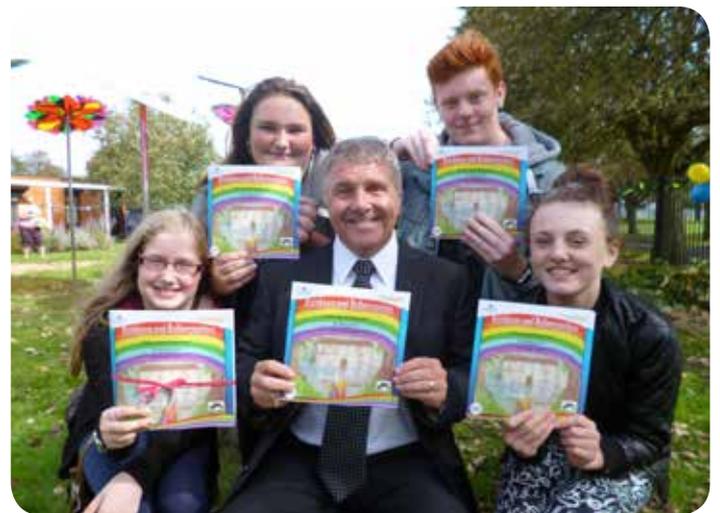
The young carers chose the name because being a young carer is not always easy, there are tough times, but young carers can also have amazing experiences and make fantastic achievements. In this book they write about all the positive things they have been doing because they were recognised as a young carer and received support from Sunderland Carers' Centre.

The young carers were given the idea of writing the book by the Centre's patron, Denise Robertson MBE. Denise said "I'm delighted they have committed their experiences to print in a book that I know will be helpful to young carers everywhere. It was a pleasure to meet with them and help the book get underway. They are a credit to their families and the city."

Sunderland Clinical Commissioning Group has also agreed to further support the book by purchasing 5,000 copies to be distributed to GP practices across the city.

View the book at

www.sunderlandcarers.co.uk/youngcarers



Pictured: Hannah Coates, Kaitlyn Bradley, Ross Muscroft and Laura Smith with Graham Burt, Chief Executive Officer of Sunderland Carers' Centre.

Chief Executive Officer Update

I would like to take the opportunity to update you as to the developments within Sunderland Carers' Centre and indeed some exciting developments within the city.

Sunderland Carers' Centre and Age UK have been working closely together to establish the Essence Service which has its base in the old library at Doxford Park. The Essence Service will support carers and the people they care for following diagnosis with dementia from the Memory Protection Service (MPS) on the Monkwearmouth Hospital site. The MPS diagnose a number of types of dementia including Alzheimer's and Vascular Dementia. Should carers need any further information about the service they can call the Essence Service on (0191) 522 1310 or ring us here at the Carers' Centre.

Following some internal changes we now have five dedicated Carer Locality Leads operating within the five geographical areas of the city – Coalfields, Washington, East, North, and the West. The main purpose of the roles is to work closely with other teams currently being developed within the areas in both Health and Social Care to support carers in their communities.

The great partnership that has been established with Sunderland GPs over the past 18 months has seen an increase in referrals to Sunderland Carers' Centre from local GPs. Indeed I would encourage all carers if they have not done so already to inform their GP that they look after someone at home. There are real benefits to carers if their GP knows they are caring for someone.

Sunderland Carers' Centre have also been successful in winning a contract to deliver Independent Support to children and families involved in the changes surrounding long term planning for their future. This will mean a dedicated team to support the changes imposed by the Children and Families Act.

It is a very busy time here at the Centre; however the staff team remain as always dedicated to supporting you as carers in the quickly changing environment we find ourselves in at the moment.

Graham Burt
Chief Executive Officer

Carers Breaks

From 1st October there were changes to the Carers Breaks and Opportunities Scheme application form and guidance notes. The main change on the form is to identify key outcomes the break or opportunity will give the carer. This information will help Sunderland Carers' Centre monitor the scheme and provide vital feedback to the scheme funders. To apply call (0191) 549 3768 or visit www.sunderlandcarers.co.uk/carersbreaksandopportunities

Christmas Closing Dates

Sunderland Carers' Centre will be closed from 12.30pm Wednesday 24th December until 9am Monday 5th January.

If you feel stressed and need support during this time you could ring the Mental Health Matters Helpline tel: 0800 013 0626 from 5pm to 9am weekdays and 24 hours at weekends and Bank Holidays, or The Samaritans tel: 08457 90 90 90 anytime.

If you feel that you do need to speak to the Carers' Centre, staff have volunteered to monitor the answerphone on Monday 29th, Tuesday 30th and Wednesday 31st December and Friday 2nd January. Your message will be picked up and dealt with if it is urgent.

Please note we will be unable to respond to any messages or queries sent via facebook and twitter between 24th December and 5th January.

Independent Support

We welcome four Independent Support Workers to our staff team – Catherine Thompson, Graeme Flaxen, Amy Howard and Julie Fletcher who will offer support to families who are either transferring from a statement to a new Education, Health and Care plan and/or anyone who is requesting new support for their child or young person with special education needs and/or disabilities up to the age of 25. For more information please ring (0191) 5375740 or e-mail reception@sunderlandcarers.co.uk

Tell your GP Practice you are a carer!

We are now in the second year of the Carers Improvement Scheme (CIS) project working with GP practices across the city. The scheme is about identifying carers as early as possible so they find out about support services and information useful to their caring role, sooner rather than later. So far, the Carers' Centre has received over 200 referrals from GP practices of carers not known to us. This is a great result but we know there are many other carers who are still under the radar and therefore may not be aware of the support available to them.

Carers not known to Sunderland Carers' Centre:

If you are reading this in a GP practice, or any other public place, and you are not known to Sunderland Carers' Centre please tell your practice that you are a carer and that you would like to be referred to us. They will make a referral and one of our staff team will contact you to see how we can support you.

Carers known to Sunderland Carers' Centre:

Even if you are known to Sunderland Carers' Centre it is still worth telling your GP practice about your caring role. As part of the CIS scheme practices are inviting carers for annual flu jabs and health checks. It will be useful for practices to know how many patients on their registers also have a caring role so they can develop more carer-friendly services.

Patient Groups:

Why not find out if your practice has a patient group you can join? As a carer you can put across your point of view at these meetings to suggest ways your practice can improve its service to all patients, particularly those who have caring roles. Some practices even have virtual groups so those who are unable to attend meetings can have their say and feel involved.

It is important you are well informed in your caring role and you are able to look after your own health... so don't delay – tell your GP practice you are a carer today!

Hello from Andrea

Hi, I'm Andrea Lanaghan. I joined Sunderland Carers' Centre on 18th August as Carer Locality Lead for the West of Sunderland.

I have experience of supporting staff in three NHS hospitals in Newcastle who were balancing their work and home life with their own carer responsibilities. More recently and prior to joining Sunderland Carers' Centre I worked in South Tyneside identifying and then supporting hidden carers who had received no previous help in their role. To identify carers and to give them the opportunity to help make their role less demanding by highlighting the services available and to encourage them to take time to recharge their batteries was very rewarding for me.

I am very happy to come back to Sunderland to work and hopefully to take the opportunity to make a difference to carers in my home city.

New Beginnings Group

"Caring becomes your whole life, once your caring role ends you often find yourself saying what do I do now?"

Are you a former carer? Would you like to meet others who can share your experiences of caring and meet new friends? The New Beginnings Group offers support for carers after their caring role has ended for whatever reason. The group has lots of activities, including meeting for coffee or lunch, days away, evenings out, weekends away and holidays. The group provides support, new experiences and a new network of friends for former carers. For more information please contact Dorothy on (0191) 548 6064.



Essence Service



The Essence Service is a joint collaboration between Age UK and Sunderland Carers' Centre based at the Sir Thomas Allen Centre, Mill Hill Road, Doxford Park. The service will provide support and information to older people who have been diagnosed with dementia and their carers. Essence support workers will spend time getting to know the person with dementia and agree a plan that meets their needs. For more information please contact the Essence Service on (0191) 522 1310.

Personal Budgets & Direct Payments

This article has been provided by Sunderland City Council.

Personal Budgets and Direct Payments are one way of organising and managing support if you are entitled to social care support. Sunderland City Council have been offering Personal Budgets and to make sure we are getting it right, we need to learn from the experts – people and families. We would like to invite you to be part of a group for families and people who have experience of using a Personal Budget and Direct Payments.

If you would like to be involved in this group, please contact Julie Stoves Tel: 0191 5616173, mobile 07900608253 or Email: Julie.Stoves@sunderland.gov.uk. We look forward to seeing you.

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

Donate to us:
www.sunderlandcarers.co.uk/donate

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

Company limited by guarantee No. 5842011 Registered in England and Wales
Registered Charity No. 1118502

Safe Place

Sunderland Carers' Centre is delighted to have signed up to the Sunderland Safe Place Scheme and become a Safe Place. The scheme aims to provide vulnerable people, particularly those with a learning disability, with a safe place to go to where help can be summoned if they are feeling worried or upset while out on their own in their community. Staff members have received training from Sunderland People First and we display a Safe Place sticker on our door.



Provision of Nutritious Meals

This article has been provided by City Hospitals Sunderland NHS Foundation Trust.

In recent NHS Choices scores for the provision of quality food choices to patients City Hospitals Sunderland achieved a score of 96.5%, one of the best in the country. The Trust is very proud of this result and it reflects the approach we have taken to staff engagement with food and drink provision to our patients. The Trust provides approximately 3000 meals daily and the provision of a choice of quality and healthy meals and drinks is seen as part of the patient treatment plan.

A multi-disciplinary Nutrition Steering Group made up of members of the Catering Team, Dieticians, Speech and Language Therapists, Doctors and Nurses as well as lay representatives works closely with nursing staff to ensure food and drink meets patients' nutritional needs and listens to patients' views about food choice and times of service.

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.