

Sunderland Carers' Centre

Newsletter

September 2014

Parliament exhibits Time Well Earned

The Time Well Earned photographic exhibition which highlights the importance of carers taking a break from their caring roles and features images of carers from Sunderland was shown in the House of Commons from 23 – 27 June.

The exhibition, by local photographer Daniel Dale, had previously visited venues across the city. Sharon Hodgson MP for Washington and Sunderland West attended the exhibition at the University in March 2013 and suggested the exhibition be shown in the Houses of Parliament. One year later and thanks to Sharon and her office, this became a reality when on Monday 23rd June she officially launched the exhibition in the Upper Waiting Hall of the House of Commons. The launch was also attended by Bridget Phillipson MP for Houghton and Sunderland South.

Sharon said "The Time Well Earned exhibition is a moving depiction of the challenges carers face and the importance of taking time themselves to pursue hobbies and interests and I'm really excited to be bringing it to Parliament for other MPs and Peers to see."

Graham Burt, Chief Executive Officer of Sunderland Carers' Centre said "Caring for someone can be demanding and can often affect a carer's own health and well-being. We want to encourage carers to take a break and where appropriate access the Carers Breaks and Opportunities Scheme. The Scheme, which is managed by the Carers' Centre on behalf of Sunderland Clinical Commissioning Group and Sunderland City Council, offers grants to carers to enable them

to take a break from caring and take part in opportunities or activities that they would like to do and that will help maintain or improve their quality of life."

The photographs can be viewed on our website: www.sunderlandcarers.co.uk/timewellearned



Pictured: Carer, Gary Dixon, at the exhibition launch in the House of Commons.

Caring with Confidence

Just a reminder, there are still places available for any carer wishing to sign up for the Caring with Confidence sessions. There are four sessions for carers looking after a friend or relative with dementia. The first introduction session, Understanding Dementia, will take place at Washington Primary Care Centre on **Wednesday 10th September**.

There are another six Caring with Confidence sessions which are suitable for all carers including those looking after a friend or relative with dementia. These sessions will take place at Houghton Primary Care Centre starting with an introduction session on **Monday 13th October**.

All sessions run from 11am – 2pm with a light lunch provided. If carers need any assistance to attend the sessions, either help with transport or funding for alternative care costs please get in touch. Also please tell us of any special dietary requirements you may have.

To sign up for the introduction sessions please phone the Carers' Centre on 549 3768 or email carole@sunderlandcarers.co.uk

Summer Streets

On Saturday 23rd July the Carers' Centre garden was opened up for the public to enjoy as part of the Summer Streets festival.

The festival began with a music procession through the streets of Southwick to Thompson Park and the sun was shining. Then the rain came but it did not stop the fun and festivities. The park was filled with music to suit all tastes. In our garden there was music and comedy for children. Everyone had a fabulous time with families singing and dancing in the rain. The garden looked fantastic too decorated with bunting made by carers.

Thank you to the organisers, The Cultural Spring – it was great to be involved in such a brilliant festival.

Sunderland Carers' Centre Annual General Meeting

You are invited to the above meeting to be held on

Wednesday 15th October 2014

in the

Black Cat Bar

The Stadium of Light

(please use Black Cat Bar entrance and car park)

Registration from 11.30am

Buffet lunch at 12 noon

Business starts at 12.45pm

RSVP: (0191) 549 3768 by

Wednesday 8th October 2014

Parent Carers

Do you care for a disabled child or young person aged 0 – 25? Do you receive our monthly Parent Carer Information Bulletin?

If not, why not join our mailing list to do so. We will keep you up-to-date with activities and events for your family.

To join the mailing list please contact the Carers' Centre - email info@sunderlandcarers.co.uk or phone 549 3768. Let us know if you would like to receive the bulletin by post or email.

Britain's Best Breakfast

Carers Trust are holding their first ever national fundraising campaign to raise money to help them support more carers and give them a break from their caring role. They want to encourage people to wake up to the issue of caring.

They are asking you to invite your friends and family to join you for breakfast this October (17 – 19) and raise money for Carers Trust.

For more information and to register visit www.britainsbestbreakfast.org

Changes for families with children who have special educational needs

From 1st September 2014 there will be changes to the way children and young people with special educational needs (SEN) in England are supported. The changes are introduced in a new law called the Children and Families Act 2014.

As part of the reforms each local authority will have independent support workers to work with families to support them through the process of either a transfer from a statement to an Education, Health and Care (EHC) plan.

Sunderland Carers' Centre are very pleased to announce that we are going to be delivering the contract for Independent Support to families in the Sunderland, Washington and Coalfields area.

We will have an Independent Support Manager (Lisa Watson) and a team of well trained and highly motivated Independent Support Workers to help parents and young people to transfer from a statement to an EHC plan. The support will be time limited and restricted to helping parents and young people through the process.

The Carers' Centre Parent Carer Workers (Wendy Greenhow and Joanne Scott) will work closely with the team to be able to continue to offer other support.

The team will continue to work with Sunderland, Washington and Coalfields Parent Carer Council and Parent Partnership to ensure that the best possible service is available for parents and young people.

What's different about the new system?

Statements and Learning Difficulty Assessments will be replaced by Education, Health and Care (EHC) plans. Like the statement, the EHC plan will be a legal document specifying your child's special educational needs, the special educational provision they will get and the school, college or other educational place they will go to.

Have local authorities stopped doing statements?

Local authorities must follow the current law. This means that until 31st August 2014, you have the right to request a statutory assessment for your child. This process may carry on until after August and may result in a statement if your child needs one. Existing rights of appeal will continue as well.

Will my child lose their statement?

The legal criteria for issuing an EHC plan are the same as for a statement. So if a child's educational needs remain the same, they should have an EHC plan.

My child has left school. Can they still have an EHC plan?

Unlike statements, EHC plans can support a young person after they leave school, if they stay in some kind of education or training up until age 25.

Can my child get extra help without an EHC plan?

Most young people with SEN won't need an EHC plan because their school or college can provide all the extra help they need. This level of support will be called SEN support.

In mainstream schools, SEN support will replace School Action and School Action Plus. In Sunderland we are going to call School Action and School Action Plus – Action and Action Plus.

If you have any questions about these changes please contact Sunderland Carers' Centre on (0191) 549 3768.

Hello from Juliet and Nicola

Hello, my name is Juliet Pringle. I joined Sunderland Carers' Centre on 4th August. I have past experience working in a school setting with special needs children. During this role I had experience working with parent carers and saw what challenges being a carer can bring.

I am excited for my new role as a carer support worker and I'm looking forward to meeting with the carers in Sunderland.

Hi, I'm Nicola Winter. I also joined Sunderland Carers' Centre on 4th August as a carer support worker.

I have been a family support worker and a health care assistant in my previous job roles. Both these roles included working alongside families and on a one to one basis.

I have personal experience and an understanding of being a carer. I too look forward to new challenges and meeting carers whilst working at the Carers' Centre.

Sunderland Carers' Centre

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HOPS Wellbeing Service

This article has been provided by HOPS Wellbeing Service.

HOPS Wellbeing Service offers quality healthcare to anyone who needs stress relief and some easing of pain. The Service is based in a relaxed friendly setting with caring professional staff and is open to all.

Weekly Wellbeing Classes include Yoga, Tai Chi, Chi Kung, Meditation, Gardening for Relaxation and Singing for Health and Happiness.

Complementary Therapies include Massage, Aromatherapy, Indian Head Massage, Reflexology, Shiatsu and Reiki/Healing. We also take CBOS (Carers Breaks and Opportunities Scheme) clients via the Carers' Centre.

If you feel isolated and would like to meet new people and improve your health at the same time then ask about our new 'Wellbeing Together' programme, free for the over 50's, starting in September. Choose from a range of wellbeing classes and complementary therapy tasters. This is a partnership project with CEED which is an environmental charity working with communities across Sunderland. The project is funded by Sunderland City Council.

For details

Tel: (0191) 548 3722

Email: info@healing-sunderland.org.uk

Visit: www.healing-sunderland.org.uk

Call in at: 30 Roker Park Road, SR6 9PG.

No Smoking Please

Please could we make all visitors aware that smoking is not allowed on our premises and in our grounds at Thompson Park. This includes the car park, garden and at our entrance gate.

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.