

Newsletter

August 2016

Carers' Centre Carer Locality Leads working at the heart of your community

For the past year or so the Carers' Centre Locality Leads have been working as part of the Community Integrated Teams out in the five locality areas of Sunderland. This has enabled our team of workers to work directly and as part of the same team as GP practices, Adult Social Work teams, District Nurses and Community Matrons. In fact, most professionals who are providing support to people who need it at home have a much stronger link with the Carers' Centre Locality Leads. As a result, carers are better supported and involved, they are seen as part of the solution giving the vital care that they do for the people they look after alongside the support received from other key professionals.

Carer Locality Leads will also regularly attend Multi-Disciplinary Team meetings (MDT's) facilitated through the GP practices. The key professionals mentioned above will attend these meetings where as a team they will best decide the support that is required for each situation. These meetings are identifying carers who previously may not have come forward for their own support so carers and the people

they look after get a more joined up service. Having the Carers' Centre staff as part of these teams mean their caring roles are recognised and all professionals involved are aware of what carers do – they are not forgotten! Pictured below are our Carer Locality Leads who have made great links and working relationships with other professionals – keep up the good work!



(Pictured are Helen McAdam (Washington), Debbie Ainscow (Coalfields), Nicola Winter (Sunderland North), Kay Duffie (Sunderland East) and Andrea Lanaghan (Sunderland West).

Independent Support work in Sunderland goes from strength to strength

On 1st July Martin Bull from Council for Disabled Children came from London to visit Sunderland Carers' Centre. The purpose of his visit was to find out more about how we deliver Independent Support in Sunderland.

Martin has been spending a lot of time visiting various projects across the country who are currently delivering Independent Support.

He was made to feel welcome by the 0-25 team, Sunderland Washington & Coalfields Parent Carer Council and a variety of professionals from education, health and social care.

Martin had the opportunity to hear first-hand from the staff, parents and colleagues from education, health and social care the success we have had delivering independent support in Sunderland. The issues families have raised with education, health and care plans and how passionate we are to be able to continue into 2017 to deliver the independent support as part of on-going work.

Overall Martin was delighted to hear the support we are able to offer families through our 0-25 team, which means that families who come to us for independent support information, advice and guidance or also able to access so much more, for example support for the young carers in the family, parent carer groups, funding through various sources such as the family fund and much more.

"Parents have commented many times to me that this would have been a scary process without the inclusion of the IS worker who ensures that their voice is heard and that parents have the time to say all that they wish to about their children/young people.

They feel that the IS worker is their "friend in the room" The IS worker is always looking out for them and helps make sense of the whole process. The whole family approach that Sunderland Carers Centre adopts is of particular value to the parent carers as they often are able to hear about other support networks to assist them after the transition is complete."

Sunderland, Washington & Coalfields Parent Carer Forum – Chair, Chair of Regional Parent Carer Forum & Co-Chair of National Network of Parent Carer Forum

If your child/young person is going through the process of transferring from an educational statement to an Education, Health & Care Plan (EHC plan) or you are starting the journey of requesting a plan – please give the team a ring for support on 01915493768

Tall Ships – Young Carers set sail!

As many of you may know the Tall Ships Sunderland has been awarded host port status for the "Tall Ships Races" in 2018, and has been selected to be the start port for the race series.

In partnership with the organisers of the Tall Ships for Sunderland, we have supported 4 young carers aged 12 to 15 to take part in a voyage around the British Isles.

The young carers boarded the ship on Saturday 16th July and after becoming familiar with their surroundings, and the crew set sail on Sunday 17th heading North, and touring some of the Scottish islands.

Arriving home again in Sunderland on Thursday 21st July.

At the time of this newsletter going to press – we were waiting to hear from the young carers about their experiences. However, we are expecting that they will have had not only an amazing experience of learning new skills, including climbing a mast, but also some time away from home that they will never forget.

We plan to continue to work in partnership over the next 2 years with the Tall Ships and already have another other young carer aged 16, who is going to be Sunderland Carers' Centre and Tall Ships Ambassador.

The role of the young ambassador's is to learn about the Tall Ships race and publicise this to as many people as possible to encourage the people of Sunderland to support this fantastic weekend event in 2018. I am sure we will be hearing lots from her over the next 2 years!

Caring with Confidence - Dates for the diary!!

Hundreds and hundreds of carers have taken part in our Caring with Confidence sessions since way back in 2009! time flies when you are having fun... and carers still yell us they value these sessions as much as ever. If you haven't taken part in the sessions why not take part this time around! The next round of sessions start on Thursday 8th September 2016 (11am - 2pm) at Houghton Primary Care Centre (Community Room). This first session is the introduction session, the other six sessions will continue on the consecutive Thursdays finishing on 20th October.

The sessions will give you vital information, advice and guidance to help anyone in a caring role in a friendly and informal way. It is also a great way to take a well-deserved break from your caring role! A lunch is served at each session and if you need help with transport to the sessions or financial help to arrange alternative care for the person you look after we can help with this.

The places do fill up fast so contact the Carers' Centre as soon as possible to book a place or if you need more information on 0191 5493768.

Chief Executive Officer Update

Over the past six months or so we have conducted a review of all the services we provide especially in relation to the funding we receive from our Statutory Partners in Health and Social Care. Every one of us is aware of the current financial pressures we face here in the North East and in particular in Sunderland.

Sunderland Carers' Centre continues to work extremely closely with organisations like Sunderland City Council and Sunderland Clinical Commissioning Group. We are convinced that if we work together carers in Sunderland can receive the very best support we can realistically provide.

The review of our services has been thorough in its approach and has led to three key functions being developed. One is our services for Adult Carers which will be led and managed by Vera Maw will develop services for Dementia Carers, Learning Disability Services, Mental Health support and Substance Misuse Carers. Our 0-25-year-old provision will be led and managed by Lisa Watson and will encompass our work with Young Carers, Parent Carers, and Independent Supporters. The third area will see Kevin Devine manage and lead our Quality Assurance and Data needs and also our commitment to undertake Carers Assessments on behalf of the Local Authority.

It has been a busy time for all of us here at the Centre and we are all now looking forward to implement the new way of working for the benefit of all carers in Sunderland.



Pictured here is Graham receiving a cheque from pupils from Diamond Hill School

Thank you Diamond Hill School!

We would like to send a big 'thank you' to the pupils of Diamond Hill School for their generous donation as a result of their brilliant fundraising idea. The pupils were sponsored for doing chores around the house to think about what it must be like to be a young carer. Well done to everyone for fundraising on our behalf and for thinking about how caring does affect young people. Keep up the good (house)work!

Graham Burt, August 2016

Christmas 2016 and New Year 2017 closing times and dates

Please make a note if the our closing times and dates over the festive period. The centre will close at 5pm on Friday 23rd December 2016. The centre will re-open at 9am on Tuesday 3rd January 2017. During our closed period there will be an answerphone message giving all the emergency numbers carers are likely to need. Also, please note any contact made to social media (Facebook, Twitter) will not be picked up until 3rd January. Sunderland Carers' Centre wishes everyone a great festive season!

And to introduce Val....

My name is Val Armstrong and I am a new member of staff at Sunderland Carers Centre. In my new role as Carer Practitioner I will be running workshops and training opportunities to Carers who care for a family member, friend or partner with a chronic condition such as Diabetes, COPD, Cardio Vascular Disease.



The workshops and training will be run in the community and we will have specialist input from my nursing colleagues and other specialists so carers can learn all about the conditions of the people they look after.

I look forward to meeting you soon! Val.

Summer Streets Festival 2016

Once again we were invited to join in the fun at the Summer Streets Festival and the young carers, adult carers and staff jumped at the chance to learn how to perform some samba drumming with Dave Harper from local band Frankie and the Heartstrings. We only had 10 weekly lessons to learn new skills and a rhythm for the upcoming parade. The group had great ideas and decided themselves on the music they wanted to play. Each week they turned up with so much enthusiasm and all ages worked fantastically well together as a team by listening to each other to ensure the sound was right and designed the t shirts they would be wearing.

Ten weeks soon went by and the big day came, luckily the sun was out, a quick rehearsal and off we went to start the parade. We marched around the streets of Southwick alongside other bands, no nerves showing as we performed in front of an audience all the way to Thompson Park. The atmosphere was electric, everyone enjoyed and put their hearts and souls into the performance making the Carers Centre very proud. Well done everyone!



Carers Rights Day 2016

This year Carers Rights Day takes place on Friday 25th November 2016. This year the theme for the day is all about carers getting the right information at the right time to help them in their caring role. This year the centre the centre is inviting all carers and professionals who work with carers to get the most information of what is happening for carers here in Sunderland. Other organisations will be available on the day to offer specific tailored advice if needed. No need to book, just drop in up on the day at Sunderland Carers' Centre from 10am to 3pm. Pick up information have a cuppa and cake and leave feeling better informed! We look forward to seeing you then.

Information, advice and guidance - for everyone!

To ensure that the Carers' Centre reaches as many carers as possible, you may soon see some of our promotional material across the city in different languages. Initially the new material will be in six new languages (French, Polish, Farsi, Romanian, Cantonese and Arabic). If you are a professional working with a carer whose first language is not English, the Carers' Centre can still offer support even if their language is not listed as one of these six languages. We are working in collaboration with the North of England Refugee Service (NERS) who can provide translation and interpretation services for carers in virtually any language. For more information contact the Carers' Centre on 0191 5493768.

Sainsbury's Fulwell - Charity of the Year

We are delighted to say that customers and staff of the Fulwell Sainsbury's store have chosen Sunderland Carers' Centre to be its Charity of the Year. We would like to thank everyone who chose us and we look forward to tell you about fundraising events coming up over the next year! The first major event is a regional event, 'Sainsbury's Big Bike Ride' which will end at the Sainsbury's North (Castletown) Store on September 11th from 1pm to 4pm. There will be lots going on at this event for both adults and children and the Carers' Centre will be there helping to raise money. You can also welcome all the finalists across the finishing line....some of them will have been riding their bikes from Alnwick!

Pictured are Sainsbury's staff members Heather Smith, Richard Sharp and Ann McClelland – not only are they fundraising for us they are also volunteering to keep our garden tidy!!



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