

## Congratulations Lynn, Vicky and Diane!

Sunderland Carers' Centre is pleased to announce that three carer representatives, Lynn Brettwood, Vicky Donnigan and Diane Kirtley (pictured) have successfully graduated from their 'Introduction to Leadership for Users, Carers and Advocates' training programme. They all attended a graduation ceremony at Teeside University in late March and all had a brilliant night of celebrating with friends and family.

Supporting carer representatives like Lynn, Vicky and Diane is important so carers have a voice in influencing policy and developing services for people they care for and for themselves as carers. We are sure the skills they learned as part of this training programme will help each of them to influence and contribute to service improvements for carers in Sunderland. Well done!



## Our Standard of Quality

We are proud to announce that Sunderland Carers' Centre has been awarded the PQASSO (Practical Quality Assurance System for Small Organisations) Quality Mark at Level 1 by the Charities Evaluation Service.

The Board of Sunderland Carers' Centre decided it was important to apply for the standards as a valuable sign of achievement and quality of service that can be expected of us.

Board members, staff, volunteers and carers worked in teams to gather information and evidence to provide to the Assessors. We would like to thank all those involved with a special thanks to those carers and volunteers, who agreed to come in and speak to the Assessors about their experience of Sunderland Carers' Centre.

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.

## ADHD Support Group

Are you a parent of a child with ADHD?

Would you like to meet other parents?

The Sunderland ADHD Support Group is run by parents themselves and they offer each other advice and support.

If you are interested in joining the group please contact the Carers' Centre.

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

**Tel: 0191 567 3232**

(Answerphone after 5pm)

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

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

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

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# Newsletter

Sunderland Carers' Centre

Sunderland NHS  
Teaching Primary Care Trust

Sunderland  
City Council

carerstrust  
a Network Partner

May 2012

## New Carers' Centre, Same Organisation

Sunderland Carers' Centre has moved to lovely new premises in Thompson Park. The new building will be much easier to drop in to browse for information using the extensive library and a touch screen computer as the reception and public area has been specifically designed to allow this. There will also be a garden where carers can relax when the sun shines – but that is still work in progress! The final part of the jigsaw will be a cafe with public access – but again, there is still fund-raising to be done on that so watch this space.

The former Thompson Park Nursery has been leased from Sunderland City Council, which agreed a "peppercorn" rent in recognition of the fact that Sunderland Carers' Centre has been responsible for the cost of the refurbishment. Generous grants from Sunderland North Area Committee and Gentoo North Customer Service Panel have provided the library and public information area and the money raised by Margaret and her team through coffee mornings have furnished the meeting rooms.

The building renovation has been done to meet high environmental standards both to benefit the planet and to save costs of heating and lighting. The lower the running costs can be kept, the more money can go directly towards helping carers.

All the 'old' faces have moved to Thompson Park and look forward to welcoming you to the new-look Sunderland Carers' Centre.

## Carers Trust is launched

The Princess Royal Trust for Carers and Crossroads Care, two of the major national charities for carers, have merged to form Carers Trust. The new charity will combine the knowledge and skills of the two founder organisations and work with its Network Partners to provide information, support and advice to the millions of people caring for a family member or friend.

Network Partners are the independent carers' organisations, such as Sunderland Carers' Centre, which choose to join the Network and which meet the criteria for doing so. This is a similar relationship to that between Sunderland Carers' Centre and The Princess Royal Trust for Carers. Independent local

Centres come together through the Trust to share experience and provide a collective national voice. The Board of Sunderland Carers' Centre has decided it should become a Network Partner of Carers Trust. This in no way affects its independence as a registered charity in its own right. As members of The Princess Royal Trust Network, Centres learned a lot from each other, benefitted from some national opportunities and, by working together, contributed to a stronger national voice for carers. It is hoped that the opportunities and benefits will be even greater by being part of the new national network.

Her Royal Highness, The Princess Royal, has agreed to be President of Carers Trust.

# Carers Week Trip

To recognise Carers Week (18 – 24 June), Sunderland Carers' Centre are organising a coach trip to Scarborough on Wednesday 20th June. This is a great opportunity for you as a carer to have a day for yourself and enjoy some leisure time with other carers.

Scarborough is Britain's first seaside resort and has something to interest everyone - a beautiful beach, the historic castle, sea life centre, art gallery, plenty of shops, various different restaurants and great fish and chips to tickle your taste buds!

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 £3 per carer (non refundable). Please call into the Carers' Centre or phone 567 3232 as soon as possible to book. Places are limited. Your place will be confirmed on payment of your £3. Payment must be in cash (no cheques) and must be received by Thursday 7th June. 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 2012.

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 9th May**.

For a new form phone 567 3232 or visit our website – [www.sunderlandcarers.co.uk/awards.html](http://www.sunderlandcarers.co.uk/awards.html).

# Quality of Life

My name is Allan Wallace and I am the Data Analyst for Sunderland Carers' Centre.

You may be asked by the Carers' Centre to do a questionnaire called Quality of Life. This questionnaire will provide us with invaluable information that we can use to raise awareness of carers' concerns.

From the questionnaires completed so far we know that:

- caring choice, caring stress and money matters are the biggest concerns
- carers are confident in their ability to care and get a great deal of carer satisfaction
- 50% of carers are over the age of 45 and they care over 70 hours per week

This information allows Sunderland Carers' Centre to emphasise carers' needs to others. This may be to MP's, councillors and other professionals and organisations. It gives carers a voice that can be heard far and wide and gives the opportunity to have your say on matters that concern you.

By filling in this questionnaire you can not only help yourself but also hopefully improve the quality of life of all carers.

# Sporting Staff

Congratulations to the team – Karen Bailey, Sue Callaghan, Eibhlin Inglesby, Ailsa Martin, Joanne Scott and Marie Willcock – who successfully took part in the 24-hour Swimathon to raise funds for the Carers' Centre.

Kevin Devine and Jackson Stubbs are currently in training for the Sunderland 10k run in May, again aiming to raise funds for the Centre.

If you would like to sponsor them please contact the Carers' Centre.

# Newsletter by email

To help us save money on printing and postage costs etc. Sunderland Carers' Centre would like to invite you to receive this newsletter in the future by email rather than in the post.

If you would like to receive the newsletter by email please ring the Carers' Centre on 567 3232, email [info@sunderlandcarers.co.uk](mailto:info@sunderlandcarers.co.uk) or complete and return the form enclosed with this newsletter.

If you wish to continue to receive the newsletter in the post there is no need to contact us.

## Caring with Confidence in Washington

The 'Caring with Confidence' team have packed their bags again and are preparing to bring the latest round of sessions to Washington. The sessions will take place at the Washington Primary Care Centre, Princess Anne Park, Park Way, Washington, NE38 7QZ (next to the Galleries shopping centre).

The introduction session, 'Finding Your Way', will take place on Thursday 17th May from 11.30am – 2.30pm. At this session carers will be able to choose the other sessions they want to attend. To book a place please contact Sunderland Carers' Centre on 567 3232 or e-mail [kevin@sunderlandcarers.co.uk](mailto:kevin@sunderlandcarers.co.uk)

### Is Caring with Confidence for you?

Caring with Confidence is a series of free local group sessions for carers over 18. The sessions help carers to make a positive difference to their life and that of the person they care for. Some of the themes of Caring with Confidence range from handling emotions, looking after your own health to dealing effectively with professionals.

Hundreds of carers have taken part so far and have really enjoyed the informal and friendly way the sessions are delivered. The vast majority have rated the sessions very highly. If you are still not sure about taking part contact Sunderland Carers' Centre for more information. We will be happy to help and offer advice. One carer who took part recently said 'I wish I had done it years ago!' Don't make the same mistake and sign up today!

# Carers and GP's

Sunderland Carers' Centre would like to hear from carers who are recognised and supported as a carer by their GP practice. Perhaps you are encouraged to have an annual health check or to take the flu jab because they understand the importance of you looking after your own health so you are able to carry on caring.

We would like to hear these or any other positive stories so we can encourage other GP practices to become more carer-aware and to help us identify more carers currently not in touch with us.

If you would like to get involved please contact Sunderland Carers' Centre or e-mail [kevin@sunderlandcarers.co.uk](mailto:kevin@sunderlandcarers.co.uk). Please be assured any information you give us will be in confidence.

### Do you work at a GP practice?

Copies of this newsletter are delivered to every GP practice across Sunderland and we hope practice staff also find our information useful. If you want to get more information about how your practice can identify and support carers please contact Sunderland Carers' Centre or e-mail [kevin@sunderlandcarers.co.uk](mailto:kevin@sunderlandcarers.co.uk)

# Mayor's Charity

The Deputy Mayor of Sunderland, Councillor Iain Kay, is making some early preparations for assuming the role of Mayor in the middle of May. Each year, the Mayor has the honour of nominating charities that can benefit from fundraising activity and awareness raising as being the official mayoral charities.

Cllr Kay has asked the Carers' Centre if we would like to be one of the chosen charities and we were delighted to say 'yes, please'.

In the next 12 months we will work with Cllr Kay to help raise as much new funds for our work as we can and we have some excellent ideas in the pipeline.

Watch out for them!