

Personal budgets research

Do you care for a partner that receives a personal budget? Carers Federation, a Nottingham-based charity, would like to speak to carers that are married to or living with a partner who has a physical disability, and whose partner is in receipt of a personal budget to help pay for their social care costs. The aim of the research project is to find out how the lives of carers may be changing as the personalisation agenda progresses. All participants receive a £10 High Street voucher.

For more information, please call Dr Emma Richardson, Research Development Worker at Carers Federation, on 0115 962 9328, email research@carersfederation.co.uk or visit <http://www.carersfederation.co.uk/researchopportunities/>

Silver Stroll

Saturday 1st October is the International Day for Older People. Age UK Sunderland is celebrating the day with a 'Silver Stroll in Mowbray Park'. For more information please contact Age UK on 514 1131.

Remember, Remember the 12th of September!

In need of a little bit 'me' time and a cuppa? If you are keep space in your diary on Monday 12th September, 10.30am to 12.30pm, we have just the answer! Following the success of the Open Day in May you are invited back to the Carers' Centre to do it all again! To raise funds for the new Carers' Centre building you can take advantage of a 15 minute pamper for a small charge. Cakes, crafts and handmade cards will also be on sale. We look forward to seeing you then, no need to pre-book.

World Alzheimer's Day Church Service

Action on Dementia Sunderland and West Park Church are holding a service in recognition of people who have dementia and their families and friends on Tuesday 20th September, at 2.30pm, at West Park Church (next to Park Lane Interchange). Reverend David Whiting will be conducting the service. All are welcome.

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

Tel: 0191 567 3232

(Answerphone after 5pm)

Sunderland Carers' Centre, 12 Toward Road,
Sunderland SR1 2QF.

Email: info@sunderlandcarers.co.uk
Website: www.sunderlandcarers.co.uk

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

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

Registered Charity No. 1118502

Your city...your say

State of the City Event

Wednesday 14th September

Arrival 5.30pm

Event 6pm – 8.30pm

City Space, Sunderland University,
Chester Road, Sunderland SR1 3SD

Have your say about the key issues affecting Sunderland now and in the future at this free public event. Everyone is welcome or you can watch live on the internet.

To register your interest please call
0800 783 1710 or email
sunderland.partnership@sunderland.gov.uk

For more information, for your chance to submit questions and to watch the event live log onto www.yourcity-yoursay.com

Carers' Rights Day

This year Carers' Rights Day takes place on Friday 2nd December. Make a note in your diary. More details in the next newsletter.

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.

Newsletter

Sunderland Carers Centre

Sunderland NHS
Teaching Primary Care Trust

Sunderland
City Council



September 2011

Autumn Training for Carers

Autumn is upon us and we have some fantastic free learning opportunities to get you through these dark months!

Caring with Confidence back at the Hetton Centre

As ever, carers can take part in 'Caring with Confidence' sessions from September to November. Many carers have already taken part in the sessions over the last three years and the feedback they continue to give remains very, very positive.

If you are thinking about taking part but want to find out more why not come along to one of the introduction sessions called 'Finding your way' on either Tuesday 20th or Tuesday 27th September, 11am – 2pm. From there you can decide if the sessions are for you and if you would like to do any of the others.

This time all the sessions will take place at the Hetton Centre, Welfare Road, Hetton-le-Hole, DH5 9NE. We have held the sessions here once before. Carers loved the informal setting so much we have to go back due to popular demand!

Help with travel and alternative care costs are available if needed.

If you have already taken part in some of the sessions and want to pick up the ones you have missed please contact us and we will sign you up for these sessions. The other sessions are:

Tuesday 4th October	11am – 2pm	Caring and coping
Tuesday 11th October	11am – 2pm	Caring and me
Tuesday 18th October	11am – 2pm	Caring and communicating
Tuesday 1st November	11am – 2pm	Caring and resources
Tuesday 8th November	11am – 2pm	Caring day-to-day
Tuesday 15th November	11am – 2pm	Caring and life

Caring with Confidence is getting bigger!

Look out for our next newsletter. We will be introducing some new sessions to the Caring with Confidence programme to start in late November. Watch this space for details.

Female Carers – Are you looking for 'New Beginnings'?

We are working with Hillcroft College, the Educational Charity and Residential College for Women, to offer female carers, over 19 years of age, a unique opportunity to think about going back into some form of education or training.

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A session called 'New Beginnings' will take place at 'The Place', Athenaeum Street, Sunderland SR1 1QX on Thursday 13th October 2011, 9.30am to 3.30pm.

The session will help female carers discover their potential, understand their current skill level and build confidence in a safe and supportive group. Participants will also work one-to-one with a session facilitator to look at their individual needs.

Carers may want to take advantage of the extensive residential training programme Hillcroft College can offer in Surrey – everything from numeracy, literacy, dyslexia strategies to I.T. and digital arts. For others, there may be local opportunities where they can further develop their skills and confidence.

Each carer will have different needs and aspirations and this is what 'New Beginnings' is all about – identifying those needs and aspirations for each individual and deciding on their next steps. If needed childcare and transport costs can be provided for this session.

For more information about Hillcroft College, free courses, childcare provision and residential courses look at their website – www.hillcroft.ac.uk. (The 'New Beginnings' session is funded by the National Lottery Outreach Programme at Hillcroft College).

Sign up! Need more information?

To sign up or for more information about any of these training sessions please contact Sunderland Carers' Centre on 567 3232 or e-mail kevin@sunderlandcarers.co.uk. Keep up to date with our training programmes on our website – www.sunderlandcarers.co.uk in the 'What's on' section.

Taster Treatment Days at HOPS

Sunderland Carers' Centre is planning Taster Treatment Days at HOPS, 30 Roker Park Road, Sunderland SR6 9PG.

Taster Treatment Days will offer two mini treatments and one taster workshop session to carers who have never had a treatment at HOPS before and think it will benefit them in their caring role. Treatments on offer will usually be Massage/Indian Head Massage, Shiatsu, Reflexology, Reiki/Spiritual Healing. Taster workshops will cover Yoga, Tai Chi/QiGong and Energy/Relaxation.

The day will run from 10am – 2pm and refreshments will be available throughout the day.

These will take place if the demand is high enough so please get in touch with the Carers' Centre on 567 3232 and leave your name if you are interested.

Funding for the days to take place will be applied for through the Carers Breaks and Opportunities Scheme so follow up paperwork will have to be completed after the Taster Treatment Days.

[HOPS (Healing Opportunities Provision Scheme) also run a variety of other day-time, evening and one-day courses.

For more details visit their website www.hops-sunderland.org.uk or phone 548 3722 Tuesday – Thursday, 10am – 3pm or 07714 373521 any weekday. Carers who have already received treatments from HOPS said "I thought I'd never feel this good again" and "I feel like I'm going on holiday every time I come here".]

'Trick or Treat Neet' - Let's party!

The Carers' Centre is hosting a 'Trick or Treat' party 'Neet' to celebrate Halloween on Thursday 27th October at Fulwell Firemans Club, 7pm to 11pm.

For just £4 a ticket you will enjoy a delicious buffet and can dance the night away to your favourite ghoulish classics... 'Time Warp', 'Monster Mash'... the list goes on!

For those carers who really feel like getting in to the 'spirit' of things a prize will be given to the most creative and frightfully scary costume.

Other prizes and raffles will be held throughout the night with all proceeds going to our new building.

Don't delay! Tickets will go on sale from the beginning of September and are only available from Sunderland Carers' Centre reception. Cash is only accepted for tickets, please do not send cheques.

We look forward to greeting you on the night my lovelies. It's going to be a thriller... mooooooh ha ha ha!!

Mental Health Carers' Groups

Do you care for a family member or friend who has a mental health related illness?

This may be, for example, depression, psychosis or dementia. If you do, would you like to come along to our carers meetings where you can meet other carers, have a cuppa and a chat. We often have guest speakers to talk about a host of topics.

We meet at The Galleries Health Centre, Level 3 Day Unit, Washington, on the last Friday of every month, 1.30pm-3.30pm. This group is ideal for carers who live in the

Washington or Coalfield areas but if you live in other areas of Sunderland you are very welcome to join us.

Our next Washington based meeting is on Friday 30th September where we will be looking at relaxation techniques.

We also have a mental health carers meeting every Tuesday morning, 10.30am – noon, at the Carers' Centre, 12 Toward Road.

If you would like more information about the group meetings please ring Vera at the Carers' Centre on 567 3232.