

Sunderland Carers' Centre

Newsletter

September 2012

Carers' Centre Garden Transformed on TV

An invasion took place in the Carers' Centre garden recently! The young carers were chosen to take part in a TV programme named "The Flower Pot Gang".

The producers were looking for worthy projects that would benefit from a garden make over and we applied. After being short listed they came from London to meet some of the young people. Of course they were quickly blown away by them and we were picked for the transformation.



Pictured from left to right: Jordan Haynes, Robert Shevlin and Olivia Wind.

For ten days we were over-run with BBC crew which included the presenters Phil Tufnell, Anneka Rice and the gardener Joe Swift. The story behind the show focused on 10 year old Hannah Coates and her family. They were fabulous throughout and we are very thankful for their support. Lots of other young carers were involved with planning, designing and making things for the garden and the 16+ group were there every day, mucking in and taking a lead on what should be included.

Alongside them were a host of volunteers who included students from the local college, Carers' Centre staff, adult carers and people from the local community who just wanted to help in some way. We were absolutely overwhelmed by the support of people and glad everyone appeared to enjoy being involved!

When the garden was revealed to the young carers they wasted no time running around and swinging and climbing about! It was the reward those who worked so hard had wanted.

On behalf of all the young carers a very big THANK YOU to everyone involved.

A GARDEN APPEAL!

In order to maintain the garden we will need the help of some volunteers who can give a little time each month to tend it through weeding, trimming and watering etc.

If you can help please ring the Carers' Centre on 549 3768.



NHS South of Tyne and Wear
serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and
Sunderland Teaching Primary Care Trust



Sunderland Carers' Centre Annual General Meeting

You are invited to the above meeting to be held on

Tuesday 23rd October 2012

at

The Stadium of Light (Banqueting Suite)

Buffet lunch at 12 noon
Business starts at 12.45pm

Guest speakers will include
The Mayor of Sunderland,
Councillor Iain Kay

RSVP: (0191) 549 3768
by Friday 12th October

Are you a member?

All carers in contact with Sunderland Carers' Centre receive the Newsletter and can attend all the activities and events, including the Annual General Meeting. However, only carers who are members and have applied to do so on a membership application form can vote at the Annual General Meeting, elect the Board which decides the Centre's programme of work and makes decisions for the future and can become a Board member themselves.

This is because Sunderland Carers' Centre is a legally constituted Company Limited by Guarantee with a membership which makes the major decisions about its future. Members are "shareholders" in the company – but pay no fee to be a member and liability is limited to a maximum of £10.

Becoming a member shows that you care about the future of Sunderland Carers' Centre. The services of Sunderland Carers' Centre remain available to all carers in the city, whether members or not, but if you are a member it really is your Centre. You will continue to receive the newsletter, even if you choose not to become a member.

To become a member or for more information please contact the Carers' Centre on 549 3768 or get an application form on our website www.sunderlandcarers.co.uk/publications.html

City Hospitals Sunderland Partnership Working

City Hospitals Sunderland is currently working alongside staff at Sunderland Carers' Centre to improve the experience of the many patients and carers who use our facilities.

We have recently launched our Carers Charter (2012) stating our intentions to value the carer as the expert in care delivery for their loved ones as well as working in partnership with the carer and family when discharge planning to prevent lack of continuity of care and ensure breakdown in the carer role does not occur.

A Carers Steering Group meets quarterly and discusses many issues raised by carers and City Hospitals staff. The meetings are beneficial to both parties and have had a positive impact here at Sunderland Royal Hospital. If you have any issues you would like to be discussed please contact the Carers' Centre.

We have recently asked staff from the Carers' Centre to be involved in providing training to our newly qualified nursing staff on the Trust Preceptorship Programme. This programme

allows the newly qualified staff to consolidate their prior learning and to further develop their skills to become competent practitioners.

The input from the Carers' Centre will be an excellent opportunity for staff from City Hospital Sunderland to gain first hand experience of the role of a carer and hopefully generate some valuable discussion.

The intention is to also deliver these sessions on the Health Care Assistant Development programme. The Trust's first programme will run in September with the possibility to deliver further sessions for other nursing staff.

The Trust's commitment to carers has also been shown in the involvement of the Carers' Centre's Joint Operations Manager, Eibhlin Inglesby, in our recent recruitment process for staff nurses. Her involvement in interviews was extremely useful and we have been able to recruit some excellent nurses.

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

Caring with Confidence

We are delighted to confirm the next round of Caring with Confidence sessions is heading back to Houghton-le-Spring taking place in Houghton's brand new, state of the art Primary Care Centre (next to Houghton Sports and Wellness Centre).

It is hard to believe over four years ago Sunderland got its first experience of Caring with Confidence sessions and they are still proving more popular than ever. So far in 2012 carers in Sunderland and Washington have taken part in the sessions and now carers in Houghton... it's your turn!

One carer who recently took part said "The sessions were so welcoming and friendly and I made some wonderful friends who I still meet up with regularly. I would definitely advise carers who haven't taken part in the sessions to do so as soon as they can; I wish I had done it years ago!"

If you want to find out more or want to take part please contact us on 549 3768 to book a place at one of the introduction sessions, on either **Tuesday 18th or Tuesday 25th September (11am – 2pm)**. Light refreshments are available and help with transport can be arranged for carers who need it. Don't miss out!

New carers law proposed

Carers UK has joined forces with Barbara Keeley MP and a cross party group of MPs to work on a new piece of legislation to improve the supply of social care and help identify hidden carers.

Barbara, a long-term advocate for carers, secured a spot in the parliamentary calendar for a 'Private Member's Bill' - a piece of legislation proposed by a backbench MP rather than the Government and chose to use the opportunity to champion carers' rights. For Private Member's Bills to succeed they need to win support and convince the Government to allow MPs to debate the Bills. The bill goes before Parliament on 7th September. To show your support visit www.surveymonkey.com/s/privatemembersbill or contact the Carers' Centre.

Newsletter by email

To help us save money on printing and postage costs etc. the Carers' Centre would like to invite you to receive this newsletter by email rather than in the post. To do so please ring the Carers' Centre on 549 3768 or email info@sunderlandcarers.co.uk. Thank you if you have already contacted us to request the newsletter in this way. It is much appreciated.

Healing Opportunities (HOPS)

Do you fancy being looked after for a change? An hour just for you?

HOPS: Healing Opportunities at Roker can help you get away from it all to re-charge your batteries. Why not try one of our treatments or courses? Expert therapists offer a wide range of therapies, from Aromatherapy to Shiatsu, from Indian Head Massage to Reiki/Healing or Reflexology.

Getting some relief from stress or pain can make all the difference and can set you on the road to feeling brighter and more able to cope with what life throws at you. One client summed it up by saying "I always feel I'm going on holiday every time I come here!" Another said "I never thought I would feel this good again."

The wide range of courses at HOPS can help you to get and stay fit – and yet they are relaxing and fun too! Weekly classes include Yoga, Tai Chi, QiGong and Relaxation. Weekend courses include Sing your Way to Health and Happiness; and Bach Flower Remedies for Carers.

The Healing Opportunities treatments and courses sometimes have concessions; and you may even be eligible for free treatments and courses through the Carers Breaks and Opportunities Scheme, run by the Carers' Centre.

For further information ring HOPS on 548 3722 or 07714 373521 or visit our website www.healing-sunderland.org.uk

This article has been provided by HOPS.

Senior Manager Update

You will have read in the last newsletter that Ailsa Martin, our highly esteemed Senior Manager, retired in July. Her post will be advertised in September and we hope that the results of interviews will be available for the November newsletter. In the interim period, Joint Operations Managers, Lynda Irving and Eibhlin Inglesby are taking responsibility for day to day running and it is business as usual at the Carers' Centre!

Raffle Tickets

Our former volunteer receptionist, Susan White, has created a beautiful hand-knitted blanket and kindly donated it to the Carers' Centre to raise funds. Raffle tickets are available from the Carers' Centre reception desk and at all Carers' Centre groups and events. The cost is £1 per strip. The draw will be made at the Carers' Centre Annual General Meeting in October.

1st prize: Susan's blanket

2nd prize: Chocolate hamper

3rd prize: £10 Sainsbury's voucher

New hospital on the Cherry Knowle Site

Sunderland Carers' Centre was very proud and pleased when as carer representative on the Project Board and Governor of Northumberland, Tyne and Wear NHS Trust, Norman Hildrew was asked to cut the turf at a ceremony on 28th June, to mark the start of building work on the new hospital for mental health patients in Sunderland.



As you can see from the photograph Norman was given something a little bit bigger than a spade to use! In his speech on the day, Norman, also a Board Member of Sunderland Carers' Centre, said, "Having sat around the planning table for over ten years I was delighted when I heard that the building plans had finally been approved and extremely honoured to be asked by the Trust Chairman to undertake the special act of cutting the turf at this ceremony today".

Norman has been able to feed in to the Project Board the requests and concerns of carers about how the new hospital should be designed and the features which carers feel would improve facilities. These include an overnight stay room for carers, a quiet room with vending machine, private consultation room, outside space and a family room with suitable space for child visitors.

The new hospital will also have a new name but, although many suggestions have been put forward by carers, service users and staff, none has yet been decided upon for when it opens in 2014.

How to find us

The Carers' Centre is often contacted by people asking the location of our new premises.

Here is a map to help - we are located to the left of the main Thompson Park entrance gates and are on the opposite side of the road to the Total Garage and the Wearmouth Colliery Welfare Sports and Social Club.



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.

Your city... your say

This year's State of the City event is Wednesday 12th September at City Space, University of Sunderland.

Find out what the City Council and its partners are doing and what they plan to do, about key issues affecting Sunderland now and in the future. The discussion will cover issues such as the economy, the regeneration of the city centre, improving health and making our communities safer.

Light refreshments will be provided from 5.30pm with the main debate starting at 6pm and finishing at 8pm, after which there will be a half hour session until 8.30pm where you will have the opportunity to speak to elected Members and key decision makers from across the city, about issues specific to you.

Visit www.yourcity-yoursay.com for more information. Everyone is welcome and entry is free. To register your interest in attending, please call 520 4848 or email yourcity-yoursay@sunderland.gov.uk.

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

Tel: 0191 549 3768

(Answerphone after 5pm)

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

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

This newsletter can be made available in large print,
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