



Carers Together

in Redcar & Cleveland

Issue 42
Autumn 2011

This magazine is **FREE**

Opening Hours

Monday to Thursday
9.00am – 5.00pm
and Friday 9.00am - 4.30pm

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Farewell to Sue Reeves

After 11 years with Carers Together (previously the Carers Development Service), Chief Executive Sue Reeves has announced her retirement from the charity, effective at the beginning of October.

Sue said "I feel very lucky to have been involved in such a fantastic organisation. I've met some amazing people over the years and hope that we have helped make a difference for carers. I find it hard to believe that the work started 11 years ago. There are far too many people to thank for the support they have given me. I hope they know who they are and how much I have appreciated it. I believe that the organisation is structured to meet the challenges it undoubtedly faces in the years ahead".

Sue was instrumental in the creation of Carers Together, which started back in 2000 and over the last 11 years has led the organisation through its many developments and achievements, including registering the organisation as a charity and company limited by guarantee.

Sue has worked directly with many families and has increased services, benefits and support for many carers across our borough. She has also worked strategically across both our local authority and health service and has strived tirelessly to improve services for carers and the people they support.

Sue will be deeply missed at Carers Together, however we would like to wish her all the best in her future life.



This Magazine is now delivered direct to 2,590 carers

Comments



When I started my new post in October 2000 as a Carers Development Worker at RCVDA little did I realise where it would lead.

The aim of the job read something like 'to develop appropriate services for carers in Redcar & Cleveland'. I wasn't too sure of what I was doing! So I started out and did what some people suggest I do besttalking to people.

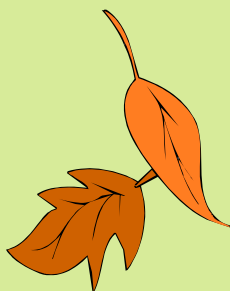
Slowly things started to take shape, I was networking with professionals, engaging with carers, developing the database and magazine, providing support and information to carers and attending strategic meetings. It was at a Carers Day at the Grenfell Club in October 2001 the idea really crystallised and carers started to say they wanted their own organisation; and the rest, as they say, is history. Carers Together was born and became a reality in 2003 when we became a registered charity.

I have learnt so much from the carers and professionals who I have worked with over the years and have been so privileged to lead such a wonderful organisation. A massive thank you to everyone for your support which has seen Carers now being high on the agenda as they so rightly should be.

Carers Together are currently recruiting my replacement (which will hopefully be announced in our next magazine) and I would like to wish them all the best for the future.

Hopefully I will see some of you at our AGM in September where I can say farewell in person.

Sue X



Money Tree Credit Union at Redcar and Cleveland ROC's Information and Shopmobility Service



Money Tree Credit Union is a profit sharing, financial co-operative owned and controlled by its members. Anyone over 18 who lives or works in Redcar & Cleveland is eligible for full membership. The Junior Savers programme is for under 18's.

All welcome regardless of income/employment status/age or debt history.

You can now join at Redcar and Cleveland ROC's Information & Shopmobility Service, Pybus Place, Redcar and they will help you to fill in an application form, and explain some of the benefits of joining R&C Money Tree Credit Union as a convenient way to save and borrow money.



Call in between 11.00 a.m. to 2.00 p.m. Tuesday to Saturday.

World Alzheimer's Month

Every year on 21st September, Alzheimer associations across the globe unite to recognise World Alzheimer's Day and 2011 will be no exception with events taking place internationally.

We are confident that the large numbers of people involved and the media coverage these events will gain can make a real difference for people with dementia, their families and carers worldwide.

On 21st September, Alzheimer's Action Day, the Association is asking people to wear purple and to take action in the fight of Alzheimer's.

To find out more information visit www.alz.org



Welcome to In Your Area, the part of the magazine that tells you what is happening across our borough and within your local community.

Community Outreach Team

At Carers Together we have a team of Community Development Workers who are here to provide support to people caring for someone who lives in Redcar & Cleveland. Whether you have recently found yourself in a caring role and are unsure of what support is available to you; or if you have been caring for a while but are looking for someone to speak to who understands your situation, our team are on hand to help.

To speak to a member of our team or to make an appointment to see us in one of our 21 community outreach venues contact us on 01642 488977 or 01642 491572.



From left to right on the back row:
Irene Poynter , Jo Swinburne & Sue Humphrey
From left to right on the bottom row:
Amanda Spencer & Glenda Middleton

What's happening this Autumn

September 2011

Mon 5th Sept	Caring with Confidence course at Whale Hill Community Centre
Wed 7th Sept	Caring with Confidence course at Whale Hill Community Centre
Tues 13th Sept	Dementia Advisor Service Pub Lunch at O'Gradys
Wed 14th Sept	Caring with Confidence course at Whale Hill Community Centre
Fri 16th Sept	Carers Craft Group at Loftus
Wed 21st Sept	Caring with Confidence course at Whale Hill Community Centre
Tues 27th Sept	Dementia Advisor Service Music Session
Wed 28th Sept	Caring with Confidence course at Whale Hill Community Centre
Wed 28th Sept	Luncheon Club Group at the Poverina Inn, Normanby

October 2011

Wed 5th Oct	Caring with Confidence course at Whale Hill Community Centre
Fri 7th Oct	Carers Craft Group at Loftus
Wed 12th Oct	Caring with Confidence course at Whale Hill Community Centre
Wed 19th Oct	Caring with Confidence course at Whale Hill Community Centre
Wed 26th Oct	Luncheon Club Group at the Poverina Inn, Normanby
Fri 28th Oct	Carers Craft Group at Loftus

November 2011

Fri 18th Nov	Carers Craft Group at Loftus
Wed 30th Nov	Luncheon Club Group at the Poverina Inn, Normanby

If you are interested in participating in any of these activities or would like any further information please contact us on 01642 488977.

The Soldiers, Sailors, Airmen and Families Association - Forces Help

The Soldiers, Sailors, Airmen and Families Association (SSAF) Forces Help is the oldest national forces charity in the UK helping and supporting those who serve in our Armed Forces, those who used to serve and the families of both.

Who do we help?

- Service and ex-servicemen and women of all three Services and their families
- Members and former members of the Reserve Forces and their families
- National Service personnel and their families
- Merchant Navy/Mercantile Marine and their families
- All who have ever served, close relatives, widows and widowers

Eligibility is based upon one day's paid service in any of the Regular Forces.

Supporting the Ex-Service Community

Our trained and professional volunteer caseworkers provide:

- Experienced, non-judgemental and friendly advice
- Help for those with additional needs for equipment or home redevelopment
- Financial assistance, in association with other Charities and Benevolent Funds
- A myriad of many other "needs"

To find out more contact us on:

01642 217440

Monday to Friday 10.00-12.00

Email: Cleveland@ssafa.org.uk

Website: www.ssafa.org.uk



Whatever happened to respite care?

People are telling us that there appears to be a lack of available respite beds and that planning a break has become more difficult and stressful.

We would love to hear from you if you have been affected.

- Have you recently tried to plan respite so that you can have a break yourself?
- Has this had an impact on the person you support?
- Has this had an impact on your family life?
- Has this had an impact on your own health wellbeing?

We met a number of carers on 17th August to discuss their concerns and we are planning to hold another discussion group in the near future to hear your views also.

We would like to involve as many people as possible. The discussion group will last for approximately one hour.

If you would like to take part and contribute your experiences please ring us on 01642 488977 and ask for Jayne. If you are unable to attend meetings but would like to tell us about your experiences you can either write to us at 23 Queen Street, Redcar, TS10 1AB or ring us for a questionnaire.

We hope you will take this opportunity to raise any concerns you may have.

Maybe together we could make a change!

My mate told me my essay on wind was rubbish,
I told him it was only a draft

I've decided to write all my jokes in capitals,
this one was written in London

4

A book just fell on my head,
I only have my shelf to blame

Did you hear about the scarecrow that won an
award, he was outstanding in his field

Janet & Josh Jump for Carers

Bungee jumping is definitely not a sport for the faint of heart. However Janet Evans and her son Josh certainly put their fears to the test when they both made a leap of faith and bungee jumped off the top of the Transporter Bridge, Middlesbrough in aid of Carers Together.

Janet said "It was an awesome experience and we both can't wait to do another one.

I'm hoping to make this an annual carers week activity and any volunteers would be welcome".

Between them, they raised over £100.00 for the Carers Together Social Activities fund which pays for activities such as day trips, Carers Week events and also helps to fund our subsidised complementary therapy sessions.

On behalf of us all we would like to say a big **thank you** to Janet and Josh and thanks to all who sponsored them.



Carer awarded at Teesside University

Susan Scott has achieved great heights in her computer studies. She has attended the Carers computer group at Destinations in Saltburn, on a Friday afternoon for several years now.

Sue started with the UK online scheme and with encouragement from Carers Together and tutors Paul and Sue Davies, she has achieved qualifications accredited by Teesside University.

Here she is pictured after the presentation of her certificate complete with cap and gown.



Anyone wishing to join the computer group at Destinations please call Sue Humphrey on 01642 488977 to arrange a start date.

Computer Courses at South Bank Library



Carers Together recently featured in the 'this is Redcar & Cleveland' magazine for our IT courses which have been taking place at the new South Bank Library.

The library celebrated it's first anniversary in it's new location as part of the Low Grange Health Village and has accommodated many local community groups including Carers Together.

If you are interested in attending future computer courses then contact Amanda on 01642 488977.



Love

written by Mr Jeffrey Walker

There's poems, songs and writings of love
Expressions of tenderness, soft as a dove
But life has many pitfalls and shocks in store
And problems keep coming, more and more

But troubles are for sharing, often leading to
strife

When married they are shared with a loving
wife

Or husband when those dark clouds gather
To hug and to hold, no need for this blather

Mighty oaks they say from tiny acorns grow
The same is for love, it can lie far below
But when it is needed it quickly blossoms
And husband and wife hold bosoms to bosoms

So don't think that love is all kisses bestowed
It is having a loved one to share the load
So when tempers flare and anger does rise
Think of your loved one, for you got the prize

Pirate Jokes

Sent in by Elliot Smith



Q: Why did the pirate eat a
light bulb?

A: Because he wanted a light
snack

Q: What's the most dangerous vegetable to have
on a pirate ship?

A: A leek

Q: Why did the pirates cross the sea?

A: To get to the other tide

Q: Where do pirates buy their presents from?

A: Arrrrrgos

Carers Lawn & Gardening Tip



If you haven't found the hedge
trimmer yet, forget it. It's almost
time to now lose the leaf rake!



Recipe

Crunchy Topped Salmon Steaks
(Serves 4) by Gordon Mogg



Ingredients

20g Butter
15ml (1tbs) Olive oil
4 Salmon steaks
4 Slices fresh white bread
1 tbs Dry sage and onion stuffing
100g Grated cheddar cheese

Spread the butter in a rectangular oven dish
Place the salmon steaks on top of the butter
Season with salt and pepper
Blitz the slices of white bread in a blender and add the sage
and onion stuffing and grated cheese
Cover the salmon with the breadcrumb mix
Bake in the oven 180 degrees C (160 degrees C fan assisted
oven) for 20 minutes until the topping is golden brown
Serve with peas and chips.

***This is just one of the many delicious recipes which features in our Carers
'Cooking Together' Cook Book which will be launched at our AGM on 23rd September
(see the back page for details).***

To pre-order your copy please contact us on 01642 488977

Communicating with someone with dementia

Dementia is a progressive illness which, over time, will affect the ability of the person you're looking after to remember and understand basic everyday facts, such as names, dates and places. Dementia will gradually affect the way the person communicates. Their ability to present rational ideas and to reason clearly will change.



As a carer, you may find that as the illness progresses you'll have to start discussions in order to get the person to make conversation. This is common. Their ability to process information gets weaker and their responses can be delayed.

Body language and physical contact

Body language and physical contact become more significant when communication is difficult. There are several ways to make communication easier:

- Being patient and remaining calm can help the person communicate more easily.
- Keep your tone of voice positive and friendly where possible, because tone is also a means of communication.
- Don't stand too close to the person while talking as it can intimidate them.
- Don't stand too close to the person during communication. Either be on the same level (sitting if they are), or be lower than them. Then it isn't intimidating or difficult for them.
- Patting or holding the person's hand while talking to them can help to reassure them and make you feel closer. Watch their body language and words to see whether they're comfortable with you doing this.

Encouraging communication

Try to start conversations with the person you're looking after, especially if they're having fewer conversations. There are other ways to encourage communication:

- Speak clearly and slowly, using short sentences.
- Make eye contact with the person when they're talking or asking questions or having other conversations.
- Don't make them respond quickly because they may feel pressured if you try to speed up their answers.
- Encourage the person to join in conversations with others where possible.
- Don't speak on behalf of the person during discussions about their welfare or health issues. This can make them feel invisible, and they may not speak up for themselves in other situations.
- Don't patronise the person you're looking after, or ridicule what they say.
- Don't dismiss what the person you're looking after says if it doesn't answer your question or seems out of context. Instead, show that you've heard them, and encourage them to say more about their answer.
- Avoid asking the person to make complicated choices. Keep it as simple as possible.
- You may find that you'll need to use other ways to communicate, and you may have to rephrase questions because the person can't answer in the way they used to.

Carers Rights Day 2011



We are celebrating Carers Rights Day 2011 with a Carers Christmas Party at:

**Coatham Memorial Hall, Redcar
on Friday 2nd December 2011
11.30am till 3.00pm**

The party is free to carers and will include a pie and peas lunch, festive quiz, raffle and our usual fun and games. So if you would like to join us in our celebrations then give us a call on 01642 488977



AGM

ANNUAL GENERAL MEETING

2011

Carers Together invites you to our Annual General Meeting, a showcase of our achievements and projects.

We will be joined by a guest speaker (to be confirmed) and will be launching our cookery Book 'Cooking Together' which has been produced by carers as a celebration of our 10 years anniversary.

1.30pm for 2.00pm Start

Friday, 23rd September 2011

25K Youth and Community Centre
Ayton Drive, Roseberry Square, Redcar

**To confirm your attendance please contact us on 01642 488977
or email angela@carerstogether-rc.org.uk**