



Carers Together in Redcar & Cleveland

Issue 34
Autumn 2009

This Magazine is **FREE** please take one

Opening Hours

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

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Carers Week 2009

You can understand why the theme for this years Carers Week was 'Carers the UK's Secret Service' when we have an estimated 16,000 carers in Redcar and Cleveland providing unpaid care to a relative, friend or neighbour, saving the local economy an incredible £268 million.



Carers Together, in partnership with Redcar & Cleveland Borough Council and other local partners, organised a series of events in the area to celebrate and highlight the unrecognised role of carers.

Our celebrations began with the annual 'Taster Day' at Redcar Adult Learning Service. The group spent the day trying out a number of courses including Digital Imaging, Cookery and Salsa Dancing. The buffet lunch provided everyone with the opportunity to meet up with both old and new friends. The feedback we received was fantastic and several people have expressed an interest in registering on a part time course.

At Carers Together we promoted the role that carers play in our community by holding an 'Open Day'. Both the general public and a



Carers enjoying the cookery course at the 'taster' day

wide range of professionals were invited to join us in our new premises. So people from all walks of life were able to get together over refreshments, meet the team and browse through our Information

“ I've not once thought about my problems at home today! ”

Continued on page 8

This Magazine is now delivered direct to 1,901 carers

Comments

Welcome to our Autumn '09 issue of the Carers Together Magazine.

Although the summer wasn't quite what was originally forecast, we certainly made the most of it during Carers Week. The 'Taster Day' was a great success and the feedback we received shows it was thoroughly enjoyed by all. We opened the doors to Queen Street and had a great day relaxing and chatting with those of you who were able to join us for 'afternoon tea'!

Since the last issue we're bringing you up to speed with some exciting and positive developments which are taking place across the borough, including news of a successful application to pilot a Specialist Dementia Advisor in Redcar & Cleveland. The Advisor will provide a consistent service to people with Dementia and their families so see our back page for all of the details.

The Local Authority have provided us with an update on the Carers Strategy on page 9 and we also have news of Emergency Card+, the exciting addition to our popular Emergency Card Scheme.

We hope you enjoy the magazine and if you have any issues which you would like featured, then please let us know.

Sue, Nic & Angela



Changes to the State Pension age

From 2010, the State Pension age for women will increase gradually to 65. This is to bring it into line with the State Pension age for men. It also reflects women's changed role in the workplace in recent years, and the fact that people are living longer on average.

Over time, the Pension Service will be writing to all women affected by this gradual increase with more information about the changes. When you get your letter will depend on your date of birth.

The State Pension age for women born after 5 April 1955 will be 65. More changes will be introduced from April 2024, when the State Pension age for everyone born after 5 April 1959 will increase.

Other changes to State Pensions

As well as an increase in State Pension age for women, further changes are planned to make State Pensions more generous and widely available. These changes only apply to people who reach State Pension age on or after 6 April 2010.

If you do, you may be able to benefit from the changes below:

- The number of 'qualifying years' of paid or credited National Insurance contributions you need for a full basic State Pension will be reduced to 30 for both men and women.
- You need only one qualifying year to get some basic State Pension.
- If you are a parent or carer, you may be able to build up entitlement to a State Pension through a new weekly National Insurance credit.

For further information visit:

www.thepensionservice.gov.uk



VISION

All Carers should have full opportunities and choices to improve their quality of life, be respected and included as equal members of society.



The Carers Partnership continues to flourish and the June meeting was no exception. As the meeting was held during Carers Week, we decided to give it a celebratory and fun feel.

It was a lovely sunny day, quite in contrast to the launch 2 years previous when the rainy season started! It was a meeting of two parts. There was feedback about progress to date on the Carers Strategy consultation (*full details can be found on page 9*) and the development of the Carers Emergency Card with the introduction of Allied Healthcare and Emergency Card+ (*see page 4 and 5 for news of it's launch*).

Then we got down to the serious business of celebrating some of the fantastic achievements and contributions carers have made in Redcar & Cleveland during the last 12 months.

Over 40 carers were presented with certificates for the following:

Computer Courses	presented by Linda Fleetham
Stress Management	presented by Lynn Johnson
G P pilot referral	presented by Bill Gamble
MRCCS Health Training	presented by Mayor Brian Briggs
Carers Partnership	presented by Vera Baird QC MP



There was a great relaxed atmosphere which gave everyone the chance to meet up with both carers and professionals and the party feel continued as Gordon and Lynn cut the cake to celebrate the achievements that the Partnership and all involved have achieved in the two years since its launch.



The next meeting is:

Monday 24th September 2009
 12.00-2.30pm
 Coatham Memorial Hall

There will be presentations on the Carers Strategy, Independent Complaints Advocacy Service and Sports Development. All are welcome, the meetings are held in an informal atmosphere, and we start with a light buffet lunch. If you are unable to attend but would like copies of minutes, please contact Angela on 01642 488977.

In your area



Irene Poynter

TS10 & TS11 Areas

Several carers from New Marske have expressed an interest in meeting up at Errington Centre so I will be arranging something for September and be contacting you. If you are interested please get in touch with me and I will be happy to let you know when we are meeting.

The three month 2 way pilot referral system with the Coatham, Garth and Manor House GP practices has now ended and has been very successful. The three practices were awarded certificates at the Carers Partnership in recognition of their development of good practice for carers and their partnership working with Carers Together.

During the pilot Carers Together referred 13 carers to their GP practice for registration and the GP practices referred 11 carers to Carers Together. I hope to introduce the referral system to all GP practices in Redcar & Cleveland. Don't forget to let your GP know you are a carer next time you visit.

Irene

Funded by The Big Lottery Foundation



Toni McHale

TS6 & TS7 Areas

The basic computer course was a great success and this informal course has provided carers with new skills and the chance to meet new people. We're hoping to organise more courses for the Autumn. So if you are interested, please give me a ring as places go fast and are allocated on a first come first served basis.

If you are caring for someone who has been diagnosed with Dementia or Alzheimer's why not come to the monthly pub lunch at the Poverina. This small friendly group offer support, friendship and have a great understanding of the issues faced.

If you are in Redcar why not ring to make an appointment to call in the office to have a look at our Resource Library. We have information on a wide range of subjects including accessible holidays, autism, health and equipment.

For more information or to discuss your caring role, please contact me on 01642 488977 and I can arrange to meet you at a location in your area.

Toni



Funded by Redcar & Cleveland PCT

Carers Complimentary Therapies

**SUBSIDISED APPOINTMENTS FOR CARERS
PRICE INCREASE**

From 1st September 2009, a minimum contribution of £4.50 towards your therapy will be requested, the remainder will be made up by Carers Together from fundraising and donations.

To find out more about our Complimentary Therapies or to book an appointment, contact Angela on 01642 488977.

THANK YOU FOR YOUR SUPPORT





Susie Diamond
TS12, TS13, TS14 Areas

The 2nd stress management group is underway, the first one showed some good affects for individuals from the training. I

am still taking names for a follow on group and would really like to have one out in Guisborough, Saltburn or Loftus in the near future. A lunchtime get together was held at The Voyager at Guisborough, which was great fun, if you'd like to come to the next one please let me know. Also any other suggestions for places to have a 'get together' are always welcome.

I have two new venues to see people, Saltburn Library and the new Walk In Skelton Health Centre, Byland Road. So thanks to the staff at both venues for allowing me a room. The offer of a daytrip to Whitby hasn't come to fruition yet as I only received four responses, so for the time being this has been put on hold. However, there is plenty of time, before the end of the summer, should people decide they would like to go. My contact number is 01642 488977 so give me a ring if there is anything you would like going on in your area and I'll see what I can come up with.



Susie
 Funded by The Northern Rock Foundation



Glenda Middleton
Equalities Worker

Have you ever wondered if there was support available to help you pursue a complaint about the treatment or care you, or the person you care for, have received from the NHS? At a recent event I met a worker from the Independent Complaints Advocacy Service (ICAS) and invited him to speak about the service at the next meeting of the Carers' Partnership on Monday 14th September at The Coatham Memorial Hall in Redcar at 12 noon.

ICAS is a government funded service which offers free, independent and confidential support to anyone wishing to make a complaint about any aspect of their NHS care or treatment. The service is delivered in the North East by the Carers' Federation which is a registered charity. Their development worker, Eric Hall, will explain the role of the service and how an advocate can help and support you through the NHS complaints procedure. So, to find out more, please come along to the Memorial Hall - there will be other items on the agenda that might be of interest to you too.



Glenda
 Funded by The Local Authority

Who said that?

1. A bank is a place that will lend you money if you can prove you don't need it
2. Turned out nice again
3. I don't know a thing about music, in my line you don't have to
4. Just like that
5. I don't believe it
6. Don't make me angry
7. He can run but he can't hide
8. Lovely Jubbly
9. May the force be with you
10. You're going to like this, not a lot you'll like it

10. Paul Daniels
 9. Obi-Wan Kenobi
 8. Derek Trotter
 7. Joe Lewis
 6. Incredible Hulk
 5. Victor Meldrew
 4. Tommy Cooper
 3. Elvis Presley
 2. George Formby
 1. Bob Hope
- Answers

Jokes Corner



- Two aerials meet on a roof, fall in love, get married. *The ceremony was rubbish but the reception was brilliant!*
- Police arrested two kids yesterday, one was drinking battery acid, the other was eating fireworks. *They charged one and let the other one off!*
- Someone complimented me on my driving yesterday, *they left a note on my windscreen saying 'Parking Fine'*
- Two cannibals eating a clown. One says to the other *'does this taste funny to you?'*
- I went to the butchers the other day and bet him £50 he couldn't reach the meat on the top shelf. He said *'no the steaks are too high'*.

Caring

Sent in to us by E.J. Knight

*It's hard to care for someone
who is very close to you
when illness strikes so suddenly
and you don't know what to do*

*It's hard to watch them suffering
you try to ease their pain
and ask yourself a million times
can I make them well again?*

*You try to take their pain away
and take it as your own
you try and get it through to them
that they are not alone*

*But when that loved one turns on you
and wont accept your help
it's time to care about yourself
for now you need help too*

*So don't feel guilty, and try to bear
the caring on your own
there's others out there who will help
and you'll find your not alone*

Ponderisms - have you ever wondered?

- All of us could take a lesson from the weather. It pays no attention to criticism.
- If Jimmy cracks corn and no one cares, why is there a song about him?
- Does pushing the elevator button more than once make it arrive faster?
- Why doesn't glue stick to the inside of the bottle?



Recipe



Broccoli Soup By Harold Williams

3 medium potatoes
1 medium broccoli
1 small onion
½ teaspoon dry parsley

1 carrot
1 vegetable stock cube
1 small pot of single cream
¼ lb cheddar cheese

- Prepare the vegetables and place in a pan of water
- Add the vegetable stock cube
- Bring to the boil and simmer until the vegetables become soft
- Add the dry parsley
- Blend until smooth and then leave to cool.
- Add the cream and cheese and reheat to serve.

The Unknown NHS service

NHS Home Visit Eye Tests

Over 1 million people live at home or in care and are unable to visit a high street optician, yet less than a third of them access FREE home sight tests available on the NHS. Probably because they are unaware of the service or think it would be expensive.



Home visit eye tests are the ideal solution for anyone who needs an eye test but finds it difficult to leave their home without help because they are

disabled or too frail to visit the optician. Sight tests are not just to see if you need new glasses but are an important health check that should be done every two years at least. A simple home visit eye test can help detect and treat eye conditions early, as well as screening for general health problems such as high blood pressure and diabetes, which may otherwise go unnoticed.

If you are unable to leave your home easily a sight test can really enhance your vision and wellbeing, and wearing the right glasses can prevent falls and accidents. Surveys show over 189,000 people with eye sight problems fall each year and countless more suffer unnecessary frustration and isolation.

Home eye tests are similar to normal eye tests, the opticians use state of the art mobile equipment to carry out a comprehensive sight test. The

appointments are tailored to suit your needs, the duration of the test can be tailored to you in the comfort of your own home.

If you need glasses there is a large selection of frames to choose from. Many people are entitled to NHS help towards part or all of the cost of new glasses; this is assessed on an individual basis.

If you or anyone you know who would benefit from a FREE home eye test and would like to book an appointment or receive more information call your local domiciliary Optician Home Visit Eyecare on:

0845 674 10 10



We've now raised an amazing £1,111.02 through our 'High 5's for Carers' campaign which is used to support our Carers Complementary Therapy Sessions.

Originally the campaign was to collect 5p pieces, however we are now receiving bags of all kinds of loose change, so thank you all for your generosity.

Due to it's success we have decided to keep the campaign running for the foreseeable future, so please keep sending in your spare change.



Carers Week 2009

Continued from page 1

Library. We marked the official opening to our refurbished premises by holding an 'Open Day'. We were delighted that we were able to invite all members of our community to join us for the first time as we now have full access with a ramp which has been installed to the rear entrance of our premise..

The week ended in style with the Carers Partnership (see page 3 for full details), and the celebratory theme encouraged many new carers to attend.

Although carers week is now over for another 12 months, we hope that we can keep carers in the forefront of peoples minds.

Thank you to all carers and professionals who helped make the week such a great success, to everyone who donated raffle prizes and to our Directors for the Carers Week cake.



Carers waiting for their turn to dance in the Salsa Class



Enjoying a cuppa and chat at The Carers Together 'Open Day'



Thank you Ann!

Ann Robinson, Director and one of the founder members of Carers Together organised a wonderful Coffee Morning during Carers Week in aid of Carers Together.

Every year since 2003 Ann has hosted charity events in aid of Carers Together, including Coffee Mornings, Garden Parties and Pie and Peas suppers.

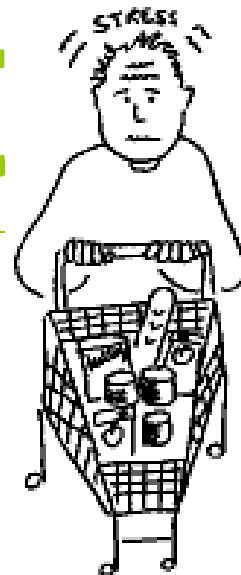
Over the last 6 years Ann and the Friendship Group which she established over 10 years ago have raised well over £2,000 for Carers Together. This has helped us provide social events and activities for Carers, including our Annual Christmas Party.

So from all of the Carers and staff at Carers Together we would like to say a big thank you Ann!



Stress Management

By Susi Diamond



We have completed our first stress management pilot course and are delighted to announce that due to positive feedback from our evaluations, we will be rolling it out across other areas in the near future.

Participants came along to Queen Street for 6 weekly sessions, which were an hour and half long. Baselines of individual stress levels and self perception were taken as the group commenced, and again, after the 6 sessions had been completed.

The sessions included tailored techniques on how to deal with our own stressors as well as weekly homework, which members reported on the following week. Three sessions were dedicated to explaining and analysing everyone's meaning of their own stress, and then using techniques to assist in reducing this. The 4th session covered assertiveness, as being unassertive can cause anxiety which is a form of stress. The 5th session looked at self esteem, where everyone looked at

their own self esteem and how to increase it. The final session was a run down of the previous 5 weeks with an appreciation session where individuals recognised in writing how other group members had changed.

At the final session, the group members decided to meet up again in a few weeks for lunch. This has since happened and they have all asked me to organise another one. I feel that this may end up as an ongoing support group and it would be useful to revisit the final evaluation of the group techniques to see if the individuals have sustained the changes that they made when in the group.

If you would be interested in attending future Stress Management sessions, or would like more information about the course, then please contact Susi on 01642 488977.

Redcar & Cleveland Carers Strategy 2009 – 2014

Redcar & Cleveland Council and the Primary Care Trust are developing the strategy for how the council and the health service can improve and maintain their support for carers.

From April to June we consulted on our draft strategy, many of you have contributed either through meetings or by completing the questionnaire.

The draft strategy for carers was based on 6 priority areas, which were developed through ongoing meetings of the Carers Partnership.

A very important issue was raised during the consultation period and that related to the needs of parent carers of disabled children.

Some parents said they felt that their needs were not included and some of the returned questionnaires also reflected these views. As a result we have decided to include parent carers of disabled children as a seventh priority in the final document.

The consultation period is now over and the results are being independently analysed by Teesside University. Rob Crowe is attending the next Carers Partnership to share his findings. Thank you to all those who replied, it was obvious that some carers had spent some time and energy in completing the questionnaire and this was much appreciated.

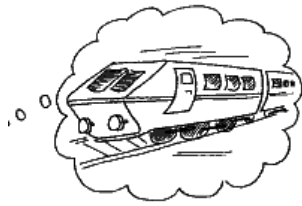
We are intending that the final Redcar & Cleveland Carers Strategy will be ready by the end of the year.

NHS
Redcar and Cleveland



Disabled Persons Railcard

Get 1/3 off
rail fares



If your travelling with a friend, they get discount too.

At £18 for a one year card can you afford to be without it? A three year card at £48 is also available.

To find out how to apply see the leaflet 'Rail Travel Made Easy' (available at stations) or contact us:

www.disabledpersons-railcard.co.uk

Tel: 0845 605 0525

Email: disability@atoc.org

Textphone: 0845 601 0132

You qualify if you meet any one of the criteria below:

- You receive Attendance Allowance
- You receive Disability Living Allowance (at either the higher or lower rate for getting around or the higher or middle rate for personal care)
- You are registered as having a visual impairment
- You are registered as deaf or use a hearing aid
- You have epilepsy and have repeated attacks or are currently prohibited from driving because of epilepsy
- You receive severe disablement allowance
- You receive War Pensioner's Mobility Supplement for 80% or more disability
- You are buying or leasing a vehicle through the Motability scheme

Diamond Wedding Anniversary



We would like to send our congratulations to Doreen and Bill Hurst who on June 18th celebrated their Diamond Wedding Anniversary with their daughters Pamela and Sheila and family and friends.



They recalled many memories from their wedding day in 1949 at York Road Methodist Church in Hartlepool and anniversary guests included best man Harry, bridesmaid Joy and groomsman Reg. Their daughter Sheila and son-in-law David travelled from Perth, Western Australia to join in the party and the Reverend Malcolm Newman from Zetland Park Methodist Church conducted a short service of thanksgiving and blessing. They were also delighted to receive a greeting card with a message of congratulations from the Queen!

Instead of receiving gifts, Doreen and Bill requested that donations were made to Carers Together and we would like to say a very big thank you for the £238 which we received. The money will go towards providing a Christmas Party for carers on the 4th December in celebration of Carers Rights Day. So from all of the carers, staff and Directors at Carers Together thank you for your generosity and congratulations!

Stop Press - Carers Lunch

If you are caring for someone and would like to meet other carers then why not join us for a pub lunch at O'Gradys, Queen Street, Redcar on Thursday 22nd October at 12 noon. **Please telephone Irene on 01642 488977 for further details or to book your place.**



Emergency Card+

We are delighted to launch **Emergency Card+**, the exciting addition to our highly successful **Emergency Card**.

Emergency Card+ is a *free* addition to the scheme, providing the option of a temporary respite package of care for the person you support, if they are aged 18 or over and live in Redcar & Cleveland. The Emergency Card will continue to work as before, contacting your pre agreed contacts if an emergency occurs. With Emergency Card+ you have the option of adding our new partners, Allied Healthcare Group, as a contact. In the case of an emergency, Allied Healthcare Group will provide the person you support with free respite care for a temporary period of up to 48 hours, until suitable arrangements are made.

The scheme will be officially launched at 11am on Friday 16th October 2009 at 25k Youth & Community Centre, Ayton Drive, Roseberry Square, Redcar. If you would like to hear more about the scheme, meet our new partner Allied Healthcare Group and find out how the scheme could benefit you and the person you care for, please contact us on **01642 488977** to book your place.



Carers Christmas Party 2009

We are celebrating Carers Rights Day 2009 with our Carers Christmas Party at:

**Coatham Memorial hall, Redcar
On Friday 4th December 2009
11.30am till 3.00pm**

The party is free to carers and will include a light buffet lunch, festive quiz, raffle and usual fun and games, so if you would like to join us in our celebrations and help raise some funds for Carers Together, then **give us a call on 01642 488977 to book your place** (*remember to book early as places are limited!*)



Do you know about Power of Attorney, Wills and Probate

Andrew Way, Senior Legal Executive, will be providing up to date information on Wills, the law relating to Lasting Power of Attorney and the protection of assets and taxation changes

**At: 25K Youth and Community
Centre, Ayton Road, Redcar
Wednesday 4th November 2009
10am till 1pm**

Refreshments will be available afterwards, giving you the opportunity to put forward any questions.

Specialist Dementia Advisor in Redcar & Cleveland

After a rigorous and competitive national process, Redcar & Cleveland Adult Services in partnership with NHS Redcar & Cleveland, Carers Together, people with dementia and their carers has been successful in securing funding from the Department of Health to pilot a new dementia advisor service. We are one of only two sites in the North East, leading on this work.

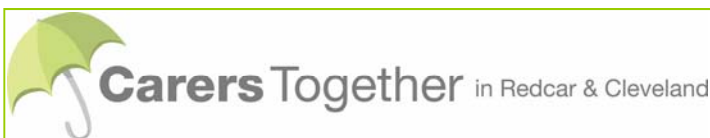
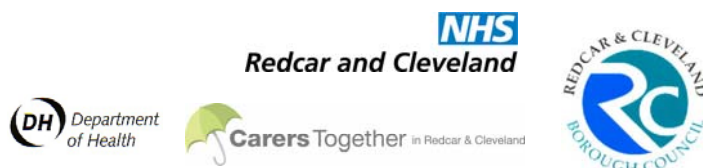
'Demonstrator Sites', announced by Care Services Minister Phil Hope, will kick off in 22 areas around the UK. Advisors located at the Demonstrator Sites will act as a guide to support people with dementia and their families navigate the care and support system throughout their illness.

We know that people with dementia and their families are under huge strain. Dementia advisors will be there for them when they need help, from diagnosis onwards. The pilot will strengthen the

current range of services available to people with dementia, their families and carers in Redcar & Cleveland. The pilot will also promote the importance of early diagnosis.

The Dementia Advisor for Redcar & Cleveland will be based at Carers Together offering a mobile information support and advice service to facilitate easy access to care, support and appropriate information during each stage of someone's illness.

We will be recruiting during the next month and are aiming to have someone in post by November. We want to involve people with dementia and their families in designing the service. If you would like more information please contact Nic on 01642 488977 or email nicola@carerstgether-rc.org.uk.



In Your Area

If you provide care and support to a relative, friend or neighbour and would like to speak in confidence to someone about your caring role, then why not make an appointment to see one of our Development Workers at a community venue near your home. All appointments are confidential and held in private rooms in the following community venues:

Redcar & Marske

Lakeside SureStart, West Dyke Road
Redcar Health Centre, Coatham Road
Stead Hospital
Marske Medical Centre
Zetland Practice, Marske

Greater Eston Area

Eston Clinic
Eston Grange Health Centre
Grangetown Library
Manor House Surgery
Ormesby Library
South Bank Library

East Cleveland

Loftus Library
Brotton Library
Lingdale Parish Council Offices
Saltburn Library
Skelton Health Centre
Garth Surgery, Guisborough
Springwood Surgery, Guisborough

We also offer appointments at Carers Together, 23 Queen Street, Redcar

To make an appointment please contact us on 01642 488977