



Carers Together

in Redcar & Cleveland

Issue 43
Winter 2011

This magazine is **FREE**

Opening Hours

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

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Introducing Julia Bracknall, Our new Chief Executive

The board of Carers Together are delighted to announce the appointment of Julia Bracknall as our new Chief Executive.



Julia, who took up the post on 7th November 2011 brings with her a vast range of experience and knowledge, leaving her position of Service Manager for Middlesbrough Voluntary Development Agency to join us.

Julia's experience includes almost 10 years as Chief Executive of The Junction, where she worked closely with Adult and Children's Services to develop and improve services to support young carers in Redcar and Cleveland.

Julia said "I am really pleased to be taking on the role of Chief Executive at such an exciting and challenging time in the life of Carers Together. I'm looking forward to working closely with the staff team, trustees, carers and colleagues in other agencies, building on the organisation's achievements to ensure that carers continue to be at the heart of what we do".

**On behalf of the Team at Carers Together
we would like to wish you all a very
Merry Christmas and a Happy New Year**

This Magazine is now delivered direct to 2,611 carers

Comments



As I write this, I am at the end of my second week at Carers Together and I already feel like part of the furniture! I have had a warm welcome from staff, trustees and carers, who have been very patient and helpful in the face of my continuous questions.

I am enjoying finding out about Carers Together's services, as well as hearing first hand from carers about their experiences and about the information and support we provide. Having worked in Redcar and Cleveland from 2001-2010, I'm also enjoying returning to working with colleagues in other agencies in my new role.

I remember Carers Together being developed as a new project and moving into premises in Redcar; little did I realise what the future would hold and that I would have the opportunity to lead what is now a well established organisation.

Looking to the future, my role is to ensure that Carers Together continues to do what it does well: listening to carers, responding to their needs and involving them in the design, development and delivery of services that improve their quality of life.

Julia



easysearch

.org.uk

Did you know you can raise money for Carers Together in Redcar & Cleveland while you search the Web?

carerstogether.easysearch.org.uk

combines the results of several search engines such as Yahoo!, Bing and Ask to ensure you can always find what you're looking for. But the fantastic thing is that **EVERY TIME** you search, half a penny is raised for **Carers Together in Redcar & Cleveland**. Search just 15 times a day and you can raise around £25 a year for us.

Also

easyfundraising

.org.uk

Do your Christmas shopping online and raise money for free for Carers Together in Redcar & Cleveland!

If you already shop online with retailers such as Amazon, M&S, Argos, John Lewis, Comet, Vodafone, eBay, Boden and Play.com, then we need you to sign up for free to raise money while you shop!

So how does it work?

You shop directly with the retailer as you would normally, but if you sign up to:

www.easyfundraising.org.uk/causes/carerstogether

for free and use the links on the easyfundraising site to take you to the retailer, then a percentage of whatever you spend comes directly to us at no extra cost to yourself.

Flu Jab Reminder

If you have not already done so, don't forget to book your annual appointment to have a Flu Jab.

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 at 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, Jayne Anderton & Sue Humphrey

From left to right on the bottom row:
Amanda Spencer & Glenda Middleton

What's happening this Winter

- 2nd Dec Carers Christmas Party**, Coatham Memorial Hall, Redcar 11.30am till 3.00pm
- 8th Dec Dementia Advisor Service Christmas Party**, 25K Community Centre, 12.30pm—3pm
- 9th Dec Carers Craft Group**, Old Co-op, Loftus 10.30am—12 noon
- 9th Dec Drop—In at Garth Surgery**, Guisborough 1pm—4pm call in to speak in confidence to a Development Worker
- 6th Jan Carers Craft Group**, Old Co-op, Loftus 10.30am—12 noon
- 10th Jan Dementia Advisor Service Movement and Music Session** with Jo Drew
25K Community Centre, 2pm—4pm Please reserve a place as numbers are limited
- 17th Jan Carers Drop In**, Low Grange Health Village, South Bank, 1-4 pm
- 25th Jan Carers Pub Lunch** – Poverina Inn, Normanby 12.30 pm
- 27th Jan Carers Craft Group**, Old Co-Op, Loftus 10.30am—12 noon
- 27th Jan Dementia Advisor Pub Lunch**, the Ship Inn, Marske
- 17th Feb Carers Craft Group**, Old Co-Op, Loftus 10.30am—12 noon
- 21st Feb Visit the Tele-care Bungalow** 2pm—3.30pm Drop In, Severn Road Community Centre, Severn Road, Redcar

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

Carers Together Annual General Meeting 2011

Over 70 people attended our AGM this year which was held on 23rd February at 25K Youth and Community Centre.

Our guest speakers included Dr Ali Tahmassebi, Chair of Langbaugh Consortium, who gave a presentation on 'Working Together for Better Local Health Services'.

Dr Tahmassebi explained how clinical commission groups are responsible for commissioning healthcare and how they are formed.

The Consortium will be working in partnership with clinicians, Local Authorities, patients and carers to improve the health of the local population.

Stephen Childs, Interim Chief Executive NHS Tees, followed on from the presentation by stating that there will be a number of changes to the NHS services including a stronger focus on outcomes rather than targets and measures. There will be new services by new providers giving patients wider choice.

Eileen Found, full time carer for her husband, described how participating in Carers Together activities helped to support her, in particular the first aid training which she received

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as part of the Heart Start Programme.

Since being involved with Carers Together, Eileen and her husband now access a range of services including day care, sitting service and they have had a wet room installed which has made an enormous difference to both their lives.

The AGM was also used to launch our new 'Cooking Together' Cook Book.

A group of carers who participated in our computer course put together a cook book, celebrating 10 years of the Carers Together Magazine which includes all 40 featured recipes.

Avril Baker, carer, presented a copy of the book to Mayor Olwyn Peters. The book is now available for a charitable donation which will be used to fund carers social activities.



Mayor Olwyn Peters and Avril

A presentation was made to Sue Reeves who left Carers Together in October. Janet Evans, thanked Sue for her continued hard work and dedication to the organisation.

If you missed the event, but would like a copy of our AGM report or minutes, please contact us on 01642 488977.

We would like to take this opportunity to thank everyone for their continued support.

Cut down on nuisance post and telephone calls



The Dementia Advisor Service have recently received a number of calls from people concerned about telephone and mailing scams. Below are a few services which you can register with to reduce unwanted calls and post:

Mailing Preference Service

You can reduce the amount of unsolicited letters and mailings that the person you care for receives by registering with the Mailing Preference Service. This is free and you can register by calling 0845 703 4599.

BT Network Controlled Dialling System

BT can set up a service whereby up to 10 numbers can be dialled but all others are blocked. A list of numbers for family, friends, GP etc that need to be used can be given, but all other numbers are blocked. This is useful when a person with dementia repeatedly dials the talking clock for example. Contact BT for more information. If you are not already with BT, ask your current provider as they may also have a similar service.

Telephone Preference Service

To protect anyone you care for from phone scams, you can register with the Telephone Preference Service. As with the Mail Preference Service, the TPS offers a free register for individuals who do not wish to receive unsolicited sale and marketing telephone calls. To register call 0845 070 0707.

Bad Jokes!!!

I just had an argument with my friend over which is the best vowel.....I won

I just caught a thief trying to steal my Sat Nav I told him to get lost

Someone asked me to do my best robot dance the other day.....I told them I was a bit rusty

Helping people stay warm in their homes

Over 25,000 people in the UK die each year because they can't keep warm in their own homes. This is due to either faulty heating or because worries about the cost of fuel force them to turn their heating off or down to unsafe levels or because they use cheaper and less safe forms of heating which can cause fires.



Protecting local communities

Many of these people are in the most vulnerable groups, such as older people, single parents with children, people with disabilities or mental health issues and those with a long-term illness.

Anyone who is worried that they may not be able to heat their home properly or is concerned about a family member, friend or neighbour, should call the Fire Brigade on **01429 874063**. More information is also available at www.clevelandfire.gov.uk/warm

New faces in the Carers Together Team

We would like to introduce you to two new members of our team; Jayne Anderton, Carers Development Worker and Sara Buckworth, Finance Officer.



Jayne joined Carers Together in July and is providing additional support to our services, in particular the Dementia Advisor Service. Jayne is also developing a service for carers in hospital settings.



Sara, who is a Chartered Accountant, joined Carers Together in July 2011 to manage the finances of the growing organisation and provide support to the Management Team.



Carers 'Cooking Together' Cook Book

A group of carers came together some months ago to attend a desktop publishing course organised by Carers Together with help from Community Skills.



The group decided to put their new skills into action and got together to produce a cook book, titled 'Cooking Together' to celebrate 40 editions of the Carers Together magazine. The book was launched at our AGM and copies are available (for a small donation) from Carers Together, 23 Queen Street, Redcar.

The group are now working hard on creating a calendar for Carers Together which will hopefully be available at our Christmas Party on Friday 2nd December 2011.



Recipe

Boxing Day Turkey and Ham Pie
Sent in by Judith Blackburn



Ingredients

30g/1oz butter	675g/1lb turkey and ham cut into 2cm chunks
1 large onion, finely chopped	1.2kg/2½lb potatoes
275ml/10fl oz chicken or turkey stock	Knob of butter
450g/1lb mushrooms, sliced	3 tbsp milk
1tbsp tarragon or marjoram, chopped	Salt and freshly ground black pepper

- Preheat the oven to 180C/360F/Gas 4.
- In a saucepan large enough to hold all the meat, melt the butter and add the chopped onion. Season with salt and pepper and cook, without browning, on a gentle heat for 8-10 minutes, until the onions are soft.
- Add the cream and stock and bring up to the boil and simmer for a few minutes to thicken.
- Meanwhile, in a separate frying pan, heat the mushrooms with a knob of butter (you might need to do this in two batches) for 3—4 minutes, or until soft and golden brown.
- Add tarragon or marjoram to the mushrooms and season to taste with salt and pepper.
- Add the meat and the mushrooms and stir well.
- Meanwhile for the mashed potato, place the potatoes in a saucepan of boiling water and cook until soft. Drain the potatoes and return them to the saucepan. Mash roughly and add the butter and milk and mash to a thick paste. Season to taste with salt and pepper.
- Pour the cream, mushroom and meat mixture into a shallow gratin dish and top with the mashed potato.
- Place in the oven for about 20-30 minutes until the potato topping is golden brown and the filling is hot.

Eight care giving maxims for dealing with perplexing behaviours



Barbara and Malcolm Pointon both lectured in music at Homerton College, Cambridge. At the age of 51 Malcolm was diagnosed with an atypical form of Alzheimers' Disease.

Barbara cared for him at home until he was placed in a nursing home in 1998; she later brought him home again to be nursed in his own familiar environment. They were the subjects of the award-winning documentary, "Malcolm and Barbara A Love Story" shown on ITV in 1999.

Over the years, I've arrived at eight care giving maxims—I only wish that, as a new carer, someone had given them to me from the outset. Similarly all those who offer care at home or indeed in any care setting might find them useful.

1. Don't try and stop people with dementia from doing something just because it isn't being done "properly". Give them time to do things in their own way at their own pace.
2. People with dementia understand far more than they are ever given credit for. Take care what is said in their presence and don't exclude them from conversations or decisions.
3. Bossiness is Just Not On. It's very easy to confuse "caring" with "controlling" and nothing winds up any one of us more than the sense that someone else is controlling our lives. And if someone can't find the words to protest, then resistance or aggressive actions will ensue.
4. Ask the question, "Who is it a problem for—us or them?" If it is us, we should be old and ugly enough to let things ride. Does it really matter that he wants to go to bed with his trousers on, doesn't want a wash right now, eats mashed potato with his fingers, says there are little green men in the garden? Don't scald, argue or contradict. Go with the flow, however bizarre it seems.
5. Preserve their autonomy for as long as possible by giving them choice (e.g. In what clothes to wear) and celebrate what they can still do, rather than bemoan what they can't.
6. There is always a reason for agitation—often something or somebody in the environment. Try to spot the cause and change it if possible.
7. If they can't enter our world, we must enter theirs and affirm it. Forget reality orientation—what day is it, where are you, who's the Prime Minister—who cares? Enjoy fantastic adventures with them in their "real" world instead. Be prepared to time-travel backwards into their personal history.
8. Look behind the illness and reach out to the frightened person still in there who needs to feel secure, respected and cherished.

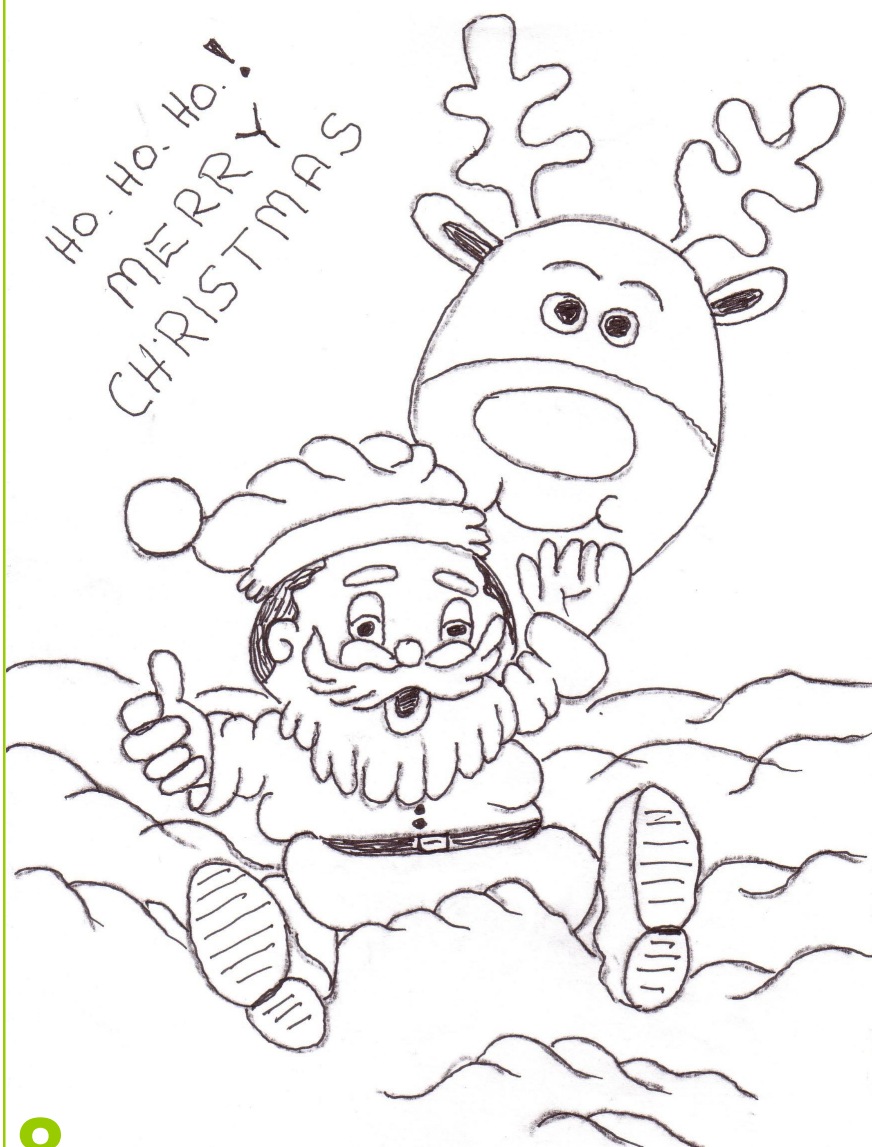
Christmas Wishes from Harry

My name is Harry, I am 70 years of age. I was brought up in a children's home at Hull until I was 14 years old. I then worked at Hull Docks gutting fish until I joined the Army and served 25 years and came out as a Sergeant. My wife Irene and I were pen pals whilst I was serving in the Army. We got married when I came out and have been married 37 years in January.

I have been looking after Irene now since 1991. She has Parkinson's Disease and is crippled with Arthritis. Before I started looking after Irene I worked at Redcar Steel Works. In my spare time I make my own cards and do a lot of art which I sell for charity.

I have drawn a Christmas picture for children to colour in.

Merry Christmas to you all. Harry



Useful Contacts and Christmas Opening Hours

Carers Together

Closed from 24th Dec until 3rd Jan
Telephone: 01642 488977

NHS Direct

24 hours a day 365 days per year.
Nurse led, confidential helpline providing advice and info on what to do if you feel ill, have health concerns for you and your family, local health services & self help support organisations.

Telephone: 0845 46 47

Emergency Duty Team

Redcar & Cleveland Adult & Children's Services (Social Services)

Emergency 'Out of Hours' Times
Mon—Thurs 5pm—8.30am
and Fri 4.30pm—Mon 8.30am
Bank Holidays 24 hours a day
Telephone: 08702 402 994

Samaritans

A listening ear and emotional support 24 hours a day 356 days per year.

Telephone: 08457 90 90 90

East Cleveland Hospital

Telephone: 01287 676205

James Cook Hospital

Telephone: 01642 850 850

Redcar Primary Care Hospital

Telephone: 01642 511 000

Guisborough Primary Care Hospital

Telephone: 01287 284 000