



Carers Together

in Redcar & Cleveland

Issue 41
Summer 2011

This magazine is **FREE**

Opening Hours

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

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Unpaid Carers save £119 billion a year

CARERS UK
the voice of carers

New estimates, calculated by Carers UK and the University of Leeds, show the care provided by friends and family members to ill, frail or disabled relatives is now worth a staggering £119 billion every year.

The figure has risen by over a third since the 2007 estimate, which stood at £87 billion. Carers' contribution

now far outstrips the total cost of the NHS (£98.8 billion). The figure amounts to £2.3 billion per week and £326 million per day.

New estimates show that there are around 6.4 million people in the UK providing care for ill or disabled loved ones that would otherwise cost the state £18 an hour, meaning that each carer saves on average

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icareforsomeone.com

0845 303 9820

In the last issue of our magazine we told you our exciting news of how we had produced a television and radio ad featuring real carers, in conjunction with other Tees Valley Carers organisations.

The TV commercial has been on ITV since April and will be shown

throughout the day during June, in particular Carers Week, and the radio adverts have been played on both TFM and Capital Radio.

We have also produced posters and leaflets for the campaign which have been circulated across Tees Valley. The campaign has attracted

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This Magazine is now delivered direct to 2,518 carers

Comments

Welcome to issue 41, our Summer Magazine.



Unfortunately we have had to reduce the size of our magazine to 8 pages, however please remember to keep checking our website for information on news and events.

Enjoy your reading and please keep you stories, recipes and jokes coming.

Have a lovely summer and enjoy Carers Week.

Sue & the team

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£18,473 a year. Given this massive contribution, Carers UK argues that society must do more to support growing numbers of carers.

Carers UK is calling for:

An **urgent review of Carer's Allowance**, which is the lowest benefit of its kind.

The Government to **think again about cuts to disability benefits** which mean that disabled people and their families are being the hardest hit by cuts to the benefits that they depend on for their everyday lives.

Councils to **protect funding for social care services** to preserve the independence and dignity of disabled and older people and provide vital support to their families who care for them.

Reform and sustainable funding of the care and support system to recognise carers' contribution and allow carers to live healthy lives alongside caring.

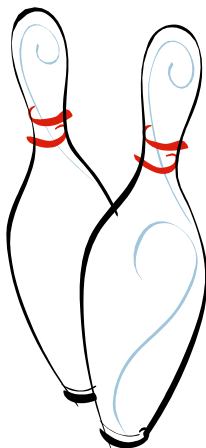
A **new approach to supporting carers** involving all parts of society.

You can calculate your own individual contribution using Carers UK's new **'Care Calculator'** at www.carersuk.org.

Free Bowling at Hollywood Bowl

Hollywood bowl. Stockton are offering carers a free game of bowling on Monday 13th June from 10.00am till 10.00pm.

On the day you will also receive a discount card which will entitle you to 50% off bowling 6pm Sunday to 6pm Friday for you and up to 4 friends.



To book your free game call **0844 826 3035**

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over 400 people to access the website and has resulted in a number of people registering themselves as carers with our service.

Whilst the campaign has attracted carers, the majority of people who access our service have heard about us from family, friends and neighbours. So if you have received a good service from us, and know someone who is providing support to someone, please pass on our details to them.



hollywood bowl

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 Summer

**There are many events taking place over the next three months including:
Carers Week 2011 - 13th - 19th June**

Monday 13th June 2011

- | | |
|-----------------------|---|
| Hollywood Bowl | Hollywood Bowl are offering carers the chance of free bowling — <i>see the full article on page 2</i> |
| Coffee Morning | Ann Robinson is organising a Coffee Morning in aid of Carers Together at 46 Castle Road, Redcar between 10am—2pm. |

Wednesday 15th June 2011

- | | |
|---------------------|--|
| Trip to York | Carers Together are providing carers with a free trip to York—departing Coatham Bowl 9.15am and departing York at 2.15pm |
|---------------------|--|

Other events taking place include:

- | | |
|-------------------------------|--|
| Dementia Music Therapy | 14th June 2011 at 25K Community Centre, Redcar 2.00pm — 4.00pm
19th July 2011 at 25K Community Centre, Redcar 2.00pm — 4.00pm
30th August 2011 at Redcar Lit, Redcar 2.00pm — 4.00pm |
| Computer sessions | Destinations Cafe, Saltburn every Friday 2.00pm — 4.00pm |
| Carers Craft Group | Old Co-Op, Loftus — Friday 4th June, Friday 15th July & Friday 15th August. |
| New Marske Group | 20th July & 17th August 10.00am — 12.00 noon Surestart building, |

Caring with confidence

coming to Whale Hill Community Centre in September

Carers Together are giving you an opportunity to take part in the next free 'Caring with Confidence' programme, to be held at Whale Hill Community Centre starting in September. We are able to offer these free sessions to you thanks to The North East Caring with Confidence Co-ordinator who provides the facilitators and course material for us.



Caring with Confidence is a programme for adult carers which aims to help you improve your own situation and that of the person you care for. It covers a variety of themes such as: how to cope with stress, how to maximise your income and how to juggle your caring role with other aspects of your life.

Each session is delivered by carers who have completed the 'Caring with Confidence' programme themselves; the sessions are informal and run weekly for seven weeks.

Ten carers from Loftus and Redcar have recently completed the Caring with Confidence Programme and their feedback has been very positive. Although the members of the group have all been caring for at least five years (and some for considerably longer than that), they all said they had learnt things that will help them in their caring role.

Some comments from the Loftus and Redcar group: 'Excellent information and great for exchanging ideas.'

'I didn't know what to expect when I started the course but I've learnt lots of useful things and we've all become really good friends.'

'You find others people in the same boat so you don't feel alone.'

It's good to share your thoughts about your caring

4 *role with others.'*

'I enjoyed meeting other carers.'

The North East Caring with Confidence Co-ordinator said:

'About five hundred carers in the North East region have already taken part in the Caring with Confidence sessions and their feedback has been outstanding. The sessions not only offer carers a safe and supportive environment to explore the services available to them but they make strong friendships and learn so much from others in an informal, fun and friendly way. Over 98% of those taking part so far have rated the sessions 'excellent' or 'good' and 99% said they would recommend the sessions to other carers.

I am delighted these valuable sessions will be available to carers in the Redcar and Cleveland area. The feedback from carers who took part in the sessions previously has been so positive and we want to give more carers the same opportunity to take part.'

If you would like to be part of the next group of carers who find out how to: 'Care with Confidence' or would like more information about the sessions please give Glenda a call on 01642 491572 or 01642 488977.

A carers Letter

Since registering with Carers Together we have been given a Social worker and Occupational Therapist.

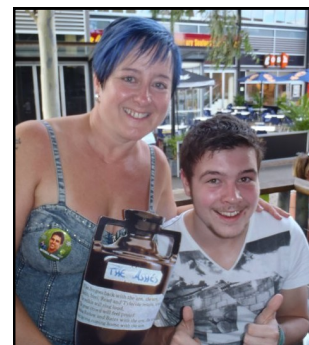
The Social Worker, has persuaded my husband to attend day care, which he is going to on Thursdays. Also a sitter has been allocated for four hours per week, which I take on Fridays to attend a Carers Course and he also has the Homecall pendant.

The Occupational Therapist has given him a bed lever to help him in and out of the bath and a Bio Bidet on the toilet which washes and dries him. We are waiting delivery of a recliner chair and for a wet room to be installed in our Utility room.

I can't believe after nearly five years struggling by myself I now have help. It has made me feel so much better; especially the Bio Bidet, the best thing since sliced bread!! Many thanks to all of you at Carers Together, most sincerely. Eileen

Janet & Josh Jump for Carers

Janet Evans and son Josh are proving they really have no fear by bungee jumping off the Transporter Bridge Middlesbrough in aid of Carers Together.



Janet, who has been on the Board of Carers Together for the last 4 years and her son Josh will take the thrilling plunge on Sunday 19th June at around 10.30am.

If you would like to support Janet and Josh, please call in at Carers Together to collect a sponsorship form or to give your donation.

Pick up the phone

By Amanda

I registered with CT five years ago. Dare I admit, the main attraction then was the free magazine? I love it. It keeps me informed about local events, is full of useful tips and advice, and it explains things in an way that is easy to understand.



Back then, receiving the magazine was the limit to the help I would accept. I felt asking for help, was admitting not being able to cope. I loved my husband, it was only right I should look after him on my own. As the years passed, I noticed my own health started to fail this in turn affected how much I could do for John. I started to worry about what would happen to us if I could no longer carry on.

I had recently joined a local craft group run for carers, which was advertised in the latest Carers Together magazine. It was lovely to spend a couple of hours having a chat with others who truly understood what my daily struggles were like. It was the group who persuaded me to pick up the phone and contact Carers Together and ask for an appointment to discuss what services and help was available.

I am now so glad that I did. In a space of 3 weeks, we were allocated a Social Worker, she worked out a 'package of care' to suit our needs. John goes to day care once a week. He was resistant at first but now loves it. He gets a chance to catch up with friends and family or just relax, knowing John is happy and safe. An Occupational Therapist was involved, and we now have the equipment John needs. This has made my life so much easier and has given John back his dignity and confidence.

I was delighted to return to the craft group and give them an update on all that had happened. I wonder how many readers are like me, love receiving the magazine, but not dared ask for help. I would say to anyone, don't suffer in silence, pluck up the courage pick up the phone and call Carers Together. You'll be glad you did.



A Wonderful Visit with the Doctor

by Eileen Found

Dr Dallara, a Loftus doctor, has for the past ten years along with his friends at Saltburn Rail Tours, taken a trip each year to a different part of the country. This July it is Fort William, Scotland.

We travel by private Pullman train, wonderful meal on board, good hotels. There is always an excursion on the Sunday (we go Friday to Monday,) this year it is on the steam train to Mallaig.

My husband is disabled and has a wheelchair, we get him on board the train; a lovely table for two (or four,) such comfortable seats. There is a steward in each carriage to look after us, stewards in the hotel, his wheelchair rides in the guard's van. There are usually 250-300 people on board the train, all looked after by the wonderful staff. Everyone is so friendly, everything so well organised, I can't believe how much work goes into all the organising.

Last year we visited Llandudno, it was wonderful, I even had my husband at the top of Mount Snowdon in his wheelchair.

I would never have the confidence to take my husband on holiday, but, in this case, where could you go on holiday with your doctor?

Hearing Aids



I was chatting to a carer recently who was telling me how her husband had just been to a private company to have a hearing test.

I asked why they had gone private and had not seen his GP about this as his hearing aid would be free on NHS.

She called me back a few weeks later to say that they had gone through their GP and that her husband now had his hearing aids and that they were very happy with the results.

The private company were going to charge £4,000 for the hearing aids.

Irene, Carers Health and Wellbeing Liaison Worker



Recipe

Moist Lemon Cake
Sent to us by Mike



Ingredients

175g (6oz) caster sugar
175g (6oz) self-raising flour
175g (6oz) softened butter
1 level teaspoon baking powder
3 medium eggs
Finely grated zest of 1 large lemon
75ml (2 1/2 fl oz) milk

To finish

3 tablespoons granulated sugar, plus a little extra juice of 1 large lemon
A few more curls of lemon zest

Pre-heat the oven to 180°C/350°F/Gas Mark 4

Line the base of a 17.5—20cm (7—8 inch) cake tin with non-stick baking parchment and grease the sides. Put all the ingredients for the cake into a food processor and process until smooth and evenly mixed, to produce a fairly runny cake batter. Pour into the prepared tin and bake for 40—50 minutes, until a skewer inserted into the centre comes out clean. Let the cake stand in the tin for 5 minutes then turn out on to a plate. With a fine skewer pierce a dozen or so holes in the cake.

While the cake is in the oven, make the lemon syrup by sifting the 3 tablespoons of sugar into the lemon juice until dissolved. Pour this syrup over the cake once it has been turned out and pierced. Sprinkle the top with a thin, even layer of granulated sugar and curls of lemon zest.

Depression and Dementia

Depression and dementia share many of the same symptoms, making it difficult to differentiate between the two.

The two conditions do co-exist and depression is common among people with dementia. It affects one-fifth of people with Alzheimer's disease and almost a third of those with vascular dementia and dementia with Lewy Bodies.

People with dementia may become depressed as a result of lifestyle factors, but it can also be caused by chemical changes in the brain.

There are, however, simple steps people with dementia and their carers can take to reduce the risk of getting depressed.

Activities that the person enjoys and exercise have both proven beneficial in relieving depression.



Music Therapy Sessions

We have fantastic turnout at our last Music Therapy event in May.

We all enjoyed a sing along to some old favourites including roll out the barrel, Crazy (by Patsy Cline) and Daisy. Jeanette, the music therapist had everyone participating and the group made requests for their favourite songs.

The event was made extra special when Helen's mum who has dementia, picked up where she left off some years ago by playing a few tunes for us on the keyboard.

The afternoon ended with tea and cakes and everyone commented on how much they had enjoyed themselves.

If you have or are caring for someone with dementia and would like to join us at the next **free** music therapy session on the 14th June at 25K Community Centre Redcar, **contact Jo on 01642 488408 to book your place.**



Tips for promoting independence

The Alzheimers Society suggest that memory aids and other reminders can help a person with dementia retain their skills for longer.

This approach may be of most help in the early stages of dementia and ideas include:

Labelling cupboards and drawers, maybe using pictures rather than words e.g. photo of a jar of coffee

A notice board for messages.

A large calendar showing the day, month, year.

Notes stuck by the front door.

Enabling a person to keep their skills may seem on the face of it to present some risks, but staying active as long as possible avoids adding to the distress or anxiety and contributes to the person with dementia's quality of life.

For more tips on 'Maintaining everyday skills' log onto:

www.alzheimers.org.uk/factsheet/521

Local MP praises Carers

MP for Redcar Ian Swales showed his support for Carers when he attended a Charity night for Carers Together arranged by Chillis Indian restaurant and Coastal View magazine.

The night took place at Chillis in Redcar and was attended by about 60 people and after dinner Mr Swales gave a brief speech in which he described Carers as “unheralded saints”

He acknowledged the work of Carers Together saying “they are a fantastic organisation”. He also said he would be part of a parliamentary committee looking at welfare reform and wanted to hear people’s stories.

Mr Swales donated a signed bottle of Houses of Parliament champagne for auction which (after some intense bidding!) went to Gordon Mogg for £30.



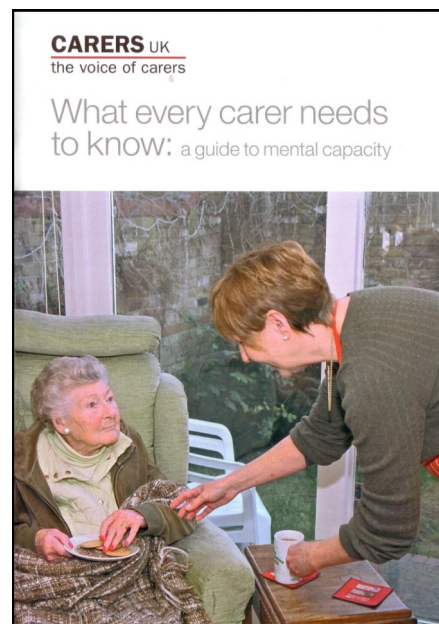
The evening raised £250 for Carers Together who would like to thank everyone involved. The money will contribute to giving Carers well deserved breaks.

What every carer needs to know: a guide to mental capacity

Carers UK have produced a booklet for carers of someone who may not be able to make a decision for themselves. They may be unable to make the decisions because of dementia, learning disabilities, brain injuries or reasons connected with mental illness.

It gives an outline of some of the law contained in the Mental Capacity Act 2005 and also gives examples to try and show how things should be for carers and the people they care for.

If you would like a **free** copy of the booklet, contact Carers Together on 01642 488977.



Carers Together in Redcar & Cleveland

Annual General Meeting
Friday 23rd September 2011
At 25K Community Centre, Redcar
1.30pm for 2.00pm

Join us at our Annual General Meeting where we will be reviewing the last 12 months and outlining our plans for the future. **To book your place contact Suzanne on 01642 488977**