



Carers Together in Redcar & Cleveland

Issue 31
Autumn 2008

This Magazine is **FREE** please take one

Opening Hours

Tuesday, Wednesday
and Thursday
10.30am–12.30pm
and 1.15pm–2.30pm

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A Diamond for East Cleveland

We are delighted to introduce you Susi Diamond, our new Development Worker for the East Cleveland area. Susi's project is funded by The Northern Rock Foundation: she has taken over the role from Jo Swinburne who has decided not to return from her maternity leave (see page 11 for baby news) .

Susi has over 25 years of experience within the health sector, working initially as a staff nurse within St Luke's Hospital. From there Susi went to work in one of the first Community Mental Health Teams that were set up following the reduction in long stay wards with the advent of the Community Care Act. Susi worked at Newlands, with the Community Mental Health Team for 11 years, where she progressed to the role of Manager.

Susi left the area in 1999 and went to work for Aylesbury Vale Mental Health Trust and spent some time working for MIND in Hertfordshire before returning to the North East in August 2007.

Susi said "with my previous work

experiences I'm very aware of the difficulties many carers face. I'm looking forward to getting my teeth stuck in to the challenges ahead".



Susi will be continuing the project from where Jo left off and will be continuing outreach appointments within the local community.

If you live in the East Cleveland area and would like to speak to Susi about any caring issue or would like to make an appointment to meet her in one of our outreach clinics, then please ring her on 01642 491572



This Magazine is also available in large print

Comments

Well what another exciting and challenging 12 months it has been—and how quickly it has passed!

Over the last year we have celebrated our 5th birthday as an independent charity, registered our 1,600th carer on our database, held successful events for both Carers Week, Carers Rights Day and launched our new website www.carerstogether-rc.org.uk.

The Carers Partnership has continued to grow stronger, however we are desperately in need of more carers to attend to give their views (see page 5 on ways you can help). The Partnership has the potential to make a real difference to carers lives, but only with effective representation from both carers and professionals.

In June we saw the launch of the National Carers Strategy 'Carers at the Heart of 21st Century families and communities'. Signed up to by seven government departments, to join up and support carers so that they are not disadvantaged in their own communities. We will continue to update you on it's progress during 2009.

We hope you enjoy reading the magazine and find something of interest to you that is relevant to your caring role.

We are always interested to hear what you think and ask you to please keep sending in your stories and recipes.

On this note, from the Management Committee and staff we would like to thank you all (carers and partner agencies) for your continued support and wish you all a very merry Christmas and a happy New Year!

Sue, Nic & Angela



Annual General Meeting

The fifth Carers Together in Redcar & Cleveland Annual General Meeting will take place on:

**Friday 13th February 2009
at Redcar Cricket Club
from 2pm—4pm**

We hope you can come along and join us to find out more about our other achievements for the past 12 months and hear our vision for the future and enjoy a cream tea.

If you are able to join us, please return your invite or alternatively contact us on 01642 488977. If you are unable to attend, but would like to see a copy of our report, you can download it from www.carerstogether-rc.org.uk or alternatively contact us on 01642 488977.



Thank You!

We'd like to say a big thank you to all of you who sent in your Wish Tokens. There were more charities than ever registering this year and we understand that many of you have had divided loyalties.

We are yet to find out how much money we have raised, but whatever the total it will be put towards continuing our complementary Therapy Sessions. Thanks again!

It's a boy!



Congratulations to Jo and Roger Swinburne on the birth of Archie Thomas on the 24th September weighing a healthy 8lb 3oz.

Jo has decided not to return to work and is planning to spend her time with her new family so we would like to wish them all the best for the future and look forward to meeting Archie very soon.

“ Isn't it ironic that because I'm too busy caring for others, I cannot find the time to support the Carers Partnership and your organisation, both of which are vital to the improvements of services which I so desperately need and use. I do receive copies of the minutes and presentations which allows me to be part of the Partnership ” Received by email from a Carer

Once again the quarterly Partnership held in September was attended by over 60 people.

There was a mixture of updates on regular items relevant to arising issues including the Emergency Respite Scheme, Personalisation and the Direct Payments Forum; and information about Dignity and Patient safety and the national and local carers' strategy.

Geoff, who is a carer, told the meeting about his personal experience of being involved in the tendering process for the Carers Emergency Respite Scheme. He said that he had found the whole experience very positive: he had been fully involved and kept well informed throughout the entire process. He told the meeting that his views as a carer were listened to and helped inform the appointment of the Care agency. However, he was a little disappointed that more carers had not put their names forward to become involved, but many carers are unable to participate due to their caring responsibilities.

Since the Partnership was launched just over 15 months ago there have been a variety of opportunities to participate: most recently a group of carers met Inspectors during the Annual review of Adult & Childrens Services by CSCI in August.

Participants were asked to complete a survey to identify what is good about the current workings of the Partnership and to provide suggestions to identify areas for improvements .

People told us they value the partnership for a number of reasons including:it is raising the profile of caring; brings carers and staff from different

agencies together; helps carers gain an understanding of how different systems work; helps keep people up to date with and understand



policy changes; has increased involvement of carers in the planning and delivery of services and is creating links with other partnerships in the



borough, they have the opportunity to ask questions and express their views and concerns.

Some people told us they preferred having a mixture of presentations and discussion groups as they found 2 hours a long time to sit.

We are grateful for all of the comments which we received, they are extremely useful and will help to shape the future meetings in accordance with your wishes.

The dates for next year are:

- Monday 16th March 2009
- Monday 15th June 2009
- Monday 14th September 2009

Please get these into your diaries and do try and join us.

If you are unable to attend but would still like to be included on the Partnership mainlining list, please contact Angela on 01642 488977 or email carerstogether@btconnect.com

In your area



Irene Poynter

TS10 & TS11 Areas

Christmas again! And so many of us will be getting into a frenzy about the time of the year which comes and goes in a flash! Once again the shops are encouraging us to spend, spend, spend—but this year many of us are having to cut back due to the rising costs of basics.

It's never been more important to claim your benefit entitlement - it's surprising how many people are reluctant to. Now might be a good time to find out a little bit more about the benefits available to you. The benefits system is complex and recent research has revealed that there is approximately £4.5 billion in unclaimed benefits just for pensioners alone.

So whatever your age, why not make a New Year resolution to find out more? Contact the Welfare Rights Unit, Age Concern or The Pensions Service for a full benefits check. Even if you've been claiming for some time, if your circumstances have changed it is a good idea to have your income checked, just to make sure you are claiming your full entitlement.

Have a Happy Christmas - and I look forward to seeing you in 2009.

Irene

Funded by the Big Lottery



Toni McHale

TS6 & TS7 Areas

The follow up computer courses at Golden Boy Green are in full swing. Carers from 30 to 80+ are enjoying learning new skills and socialising with other carers. The pub lunches for carers of someone diagnosed with Alzheimers or dementia continue to flourish. Initially we brought the carers together and made the arrangements, but they now make their own arrangements. They give each other support and share valuable coping mechanisms whilst enjoying a friendly chat over lunch. New carers are most welcome to join the lunches.

This is the time of year when we all dash around looking for the perfect gift for our loved ones. Carers tend to rush about even more - they have the additional pressure of what would happen to the person they care for if any thing happened to them whilst they are out and about. Over 300 carers are now registered with the Emergency Card Scheme: they tell us that the peace of mind it offers them whilst they are out and about is invaluable.

Have you got your Emergency Card? You can't buy peace of mind. Pick up the phone today!

Toni

Funded by Redcar & Cleveland PCT

Carers Complementary Therapies

We'd like to thank everyone for their patience in waiting for appointments for Complimentary Therapies with Tracey Holmes. Due to the high demand for this service we currently have a 2 month waiting list for appointments.

The £3 charge is a **minimum** contribution towards the therapies, the remaining balance is funded through Carers Together's fundraising and donations. So, could we please remind you that if

you are unable to attend your appointment, please telephone us at least 24 hours prior to your appointment so that we can fill your place. We do understand that in cases of emergency, this is not always possible.

If you would like any more information on the Therapies available or would like to make an appointment, please contact Angela on 01642 488977.



Susie Diamond

TS12, TS13, TS14 Areas

Hello! I'm Susie Diamond the newly appointed Carers Development worker for East Cleveland. I took up post on 27th October and I will be working hard to attempt to follow in the footsteps of Jo Swinburne who recently chose not to return to her post after her maternity leave.

I have over 20 years experience as a psychiatric nurse, working both in the Redcar area and also for some years in Buckinghamshire. I have significant skills in counselling and teaching and on rare occasions still deliver team building sessions. I am extremely excited about my new challenge and am chomping at the bit to get up and running with everything that needs to be tackled! So, if you live in the East Cleveland area and would like to speak to me or would like to arrange an appointment to discuss your caring issues, then please ring 01642 491572.

Susie

Funded by The Northern Rock foundation



Glenda Middleton

Equalities Worker

Looking to the new year, those of you caring for a disabled child or young person might be interested in a scheme The Family Fund are launching.

The Family Fund is a registered charity the UK and is funded by the national governments of England, Northern Ireland, Scotland and Wales. They are the largest independent grant-giving organisation helping families who are caring for a severely disabled child but these grants are means tested. The Family Fund recognises that caring for a disabled child is expensive and in an effort to find new ways to support more families they are about to introduce Family Fund Extra. This scheme will offer a variety of discounted goods and services from electrical items to holiday.

To find out more about how to benefit from these discounts and services please register your interest at www.familyfundextra.org. Merry Christmas!

Glenda

Funded by the Local Authority

Helping us improve services in the Borough

We urgently require the help of carers who would be willing to participate in evaluations and consultations to design and improve future services within Health and the Local Authority.

The format of consultations are usually quite informal with a handful of people discussing their own experiences, both positive and negative and take place at a local venues.

We understand that it is not always possible to find the time to attend consultations and meetings due to caring or work commitments, however you can always send your comments to us, and we can put forward your views.

We are compiling a list of carers who we are able to call upon and who are willing to share their own experiences and comments. If you would like your name to be added this list or be involved in any way, please can you contact Angela on 01642 488977 or email carers-together@btconnect.com.

Your feedback and comments are crucial to the development and improvement of services. Without your input we cannot move forward.

A Carer's Story

Peace of Mind by Brenda

It's not often these days that I have the time to put pen to paper, however on this instance I thought that I should share my experience to hopefully encourage others to take up the Emergency Card Scheme.

For the last 48 years I've been Joe's wife, however 4 years ago he was diagnosed with dementia and my role in life changed; I became not only his wife but also his carer.

Joe can be left for short periods of time on his own, giving me the chance to nip out to the shop for a pint of milk but in the back of my mind there was always the worry of 'what if something happened to me while I'm out—who would know that Joe was at home on his own'. Thankfully when something did happen I was registered with the Emergency Card Scheme.

Like most carers I'd been putting my own health last and had been feeling a little under the weather, but things came to a head in town

when I collapsed. All I can remember is the paramedics asking for my name, I had no knowledge that I'd passed out. Whilst I was unconscious, they had checked my purse for some identification and found my Emergency Card Scheme Card which they immediately activated. Within five minutes of the paramedics arriving, my daughter had been notified of my situation, was able to get straight round to check on Joe and knew which hospital I was being taken to.

I still shiver at the thought of what might have happened if I wasn't registered with the scheme, so if you are going to do one thing today, make sure it's register with the Emergency Card Scheme.

To find out more about the Emergency Card scheme or to register, please either contact Toni at Carers Together on 01642 488977 or alternatively you can download your application form at www.carerstogether-rc.org.uk

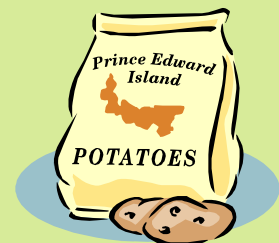


Recipe

Tasty Corned Beef and Bean Pie

Kindly provided by Sue

A healthy and cheep winter warmer for all the family!



1 tin of corned beef
1 large onion
1 tin of baked beans
4 large potatoes

Knob of butter
Splash of milk (or cream)
Grated Cheddar Cheese
Salt and pepper to season

Slice and place the corned beef into the bottom of an ovenproof dish.

Chop the onion and fry in a small amount of olive oil until tender.

Layer the onions on top of the corned beef and then pour over the baked beans.

For the mash topping, peel and chop the potatoes into quarters and boil in a pan of salted water for about 10-15 minutes, until tender.

When the potatoes are cooked, drain the water and mash the potatoes well.

Add the milk (or cream), butter and salt and freshly ground black pepper to taste.

Arrange spoonfuls of mash on the top and give a light covering of grated cheese.

Cook in a preheated oven (190C/375F/Gas 5) for around 30 minutes until the cheese is melted and the potato becomes crisp and golden brown around the edges.

Serve hot!

Lifeline of Entitlement



Having a disabled child incurs many extra costs. There are various benefits that can be claimed at different stages of the child's life to help ease the financial difficulties. Below is a lifeline of entitlement:

Pregnancy

You can get Healthy Start Vouchers if you are under 18 and at least 10 weeks pregnant/ or at least 10 weeks pregnant and you or your family get Income Support, income based Jobseekers Allowance or Child Tax Credit (not Working Tax Credit) and your income is below £15,575 (2008/09).

0—3 years old

You may be entitled to claim Disability Living Allowance Care Component. This will only be paid from when the child is 3 months old.

You may be able to get a blue badge to help with parking, these are usually restricted to children two years old or over but there are some exceptions to this.

Healthy start vouchers (see above)

3 Years old

You may be entitled to claim Disability Living Allowance Mobility Component at the Higher Rate.

5 years old

You may be entitled to claim Disability Living Allowance Mobility Component at the Lower Rate

16 years old

you may be entitled to:

- Employment Support Allowance in Youth;
- Income Support;
- Direct Payments;
- Independent Living Fund;
- Education Maintenance Allowance.

18 years old

you may be entitled to:

- Council Tax Benefit;
- Council Tax Exemptions;
- Council Tax Discounts including discounts for Carers.

**For more information, please contact Redcar & Cleveland Welfare Rights
on: 01642 771166 Mon—Fri 10am—12noon.**



We would like to thank all of you who have been sending us your 5 pence's for our high 5's for carers appeal. We have now raised a fantastic £674.50 which is equivalent to a 5 pence piece for 1349 carers.

As we are now getting closer to our 16,000 challenge, we have opened up the collection to any loose change which you may like to donate. So if you collect 1 pence pieces or 20 pence pieces, every penny now counts!

Carers can't afford to be ill

Many people find it hard to manage their finances when they become a carer. You may face extra costs because of disability or illness, and you may be trying to find your way around the benefit system.

- **Claiming the right benefit** - The main carers benefit is Carer's Allowance, currently £50.55 per week. For more information on whether you can claim or to make a claim call the Benefits Enquiry Line on 0800 88 22 00 or visit the Department of Work and Pensions site at www.dwp.gov.uk/carersallowance. If you would like to discuss any aspect please contact us on 01642 488977

- **Combining work and care** - Many carers combine paid work with their caring role. As well as providing extra income, work can be a good way of retaining social contact and having some time away from your caring role. If you would like help with finding a job or a training course visit your local Jobcentre Plus.

If you are in paid work, you may need support to help balance your working and caring responsibilities. As a carer it is possible to request flexible working from your employer if you have been employed continuously with them for more than 26 weeks.

- **Protecting your pension** - If you receive Carer's Allowance you will automatically receive National Insurance contributions. This helps to protect entitlement to the State Pension. If you are a carer, but not entitled to Carer's Allowance, you can claim Home Responsibilities Protection. For more info contact the Pension Service on 0845 60 60 265 or ask at your local Jobcentre Plus Office.

- **What to do if you are in debt** - Many carers say they face financial hardship as a result of reduced income and higher costs related to illness and disability. If you are facing financial difficulties do not ignore them. There are agencies who can help manage debt problems e.g. your local

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Citizens Advice Bureau can provide you with

Managing your finances

free, confidential advice about how to deal with them. Alternatively you can contact the National Debt Line on 0808 808 4000

- **Get help with healthcare costs** - If you receive Income Support, Jobseeker's Allowance or Pension Credit you can get help with health costs, including free prescriptions, dental treatment and eye tests. You may also be able to get help with fares to hospital for treatment. Even if you do not qualify for one of these benefits, you may still be able to get help if you are on a low income.

- **Social Fund** - If you receive Income Support, Jobseeker's Allowance, Pension Credit or Tax Credits (up to fixed limits) you **may** be able to get a grant/loan from the Social Fund for items that you need. The Jobcentre Plus can provide more info.

- **Carer's Assessment** - You can ask your social services department for a Carer's Assessment. This should look at the care you are providing and the support you need to enable you to carry on providing care. It should also look at support you may need to continue with your work, training and leisure interests.

The person you care for may also be entitled to services such as home care, help with maintaining their home or adaptations to their home.

- **Fuel bills** - If you are living with a disabled person you may be entitled to a lower tariff for your fuel bills. Talk to your fuel provider about schemes they may have.

- **What if your situation changes?**

Your caring role may change over time, for example, the hours you spend caring may increase. The benefits you are entitled to may also change and it is important to seek help and advice.

If you have any concerns about your health or financial situation then please contact Carers Together on 01642 488977 for help and support.

Autism - Myth or Fact?

There are over half a million people in the UK with autism—that's around 1 in every 100. Despite affecting so many people's lives in the UK, there are still a number of myths about autism:

Myth	Fact
Asperger syndrome is a middle class malady made up by parents to excuse their badly behaved children. →	<i>Asperger syndrome is a very real and very disabling condition that has its own set of diagnostic criteria. It is often diagnosed slightly later than autism at around 11-13 years but its effects are just as real and can be devastating if people's needs are not met.</i>
Only children have autism and they can get better or grow out of it. →	<i>Autism is a lifelong developmental disability with no cure. Children with autism grow up to be adults with autism.</i>
Autism is the result of emotional deprivation or emotional stress. →	<i>Autism is a complex developmental disability involving a biological or organic defect in the functioning of the brain.</i>
A person with autism cannot be educated. →	<i>With the right structured support within and outside of school, individuals with autism can be helped to reach their full potential.</i>
People with autism wish to avoid social contact. →	<i>People with autism are often keen to make friends but, due to their disability, find this difficult.</i>

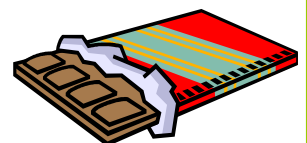
Where do I go next? The National Autistic Society Helpline offers confidential information and advice on autism and related issues: Tel: 0845 070 4004 (open 10am—4pm Monday—Friday) or email autismhelpline@nas.org.uk



Name the Sweet Delights!

How well do you know your Chocolate? Can you name the sweet or chocolate from our descriptions below?

1. Mothers local
2. Feline Equipment
3. Garden Flowers
4. Big Bus
5. Spin Around
6. Istanbul Harem
7. Outside Meal
8. Noisy Insect
9. Reward
10. Toothless Drink



1. Mars Bar
2. Kit Kat
3. Roses
4. Double Decker
5. Twister
6. Turkish Delight
7. Picnic
8. Humbug
9. Bounty
10. Wine Gum



Answers:



Did you know?

Over 400 hundred people are killed and 12, 500 people are injured in house fires every year in the UK, and on average, 270 of those did not have a smoke alarm fitted their home.

The majority of those fires are also accidental and preventable.

Cleveland Fire Brigade Invite you to receive a free home fire safety visit 15 minutes is all it takes

Cleveland Fire Brigade can also provide you:

FREE trained staff who will work with you to identify and reduce the risk of fire & accident in your home

FREE 10 year sealed Unit Smoke alarms/detectors

FREE replacement batteries for your existing alarms/detectors

FREE talks to client groups and organizations

Please telephone: 01429 874063 or

Email: myull@clevelandfire.gov.uk

Quote code: ST3136



Protecting local communities

Carers' coping strategy

Carers

Laura Collins is a carer. Here she shares her tips for coping with caring.

There just aren't enough hours in the day! So how is it possible to get all our caring tasks completed, and still have time to ourselves? The answer is - to think smarter, not work harder. The following suggestions have worked for me.

1. **Spending time worrying is a waste of time**, and produces a negative and unhelpful mindset. Speed up decision-making by listing the positives and negatives, then make your informed choice, and let go of the outcome.
2. **Avoid procrastination.** Prioritise demands, schedule the worst tasks first, and schedule in your free time. Giving yourself something to look forward to, no matter how small. It brings a sense of control over life, reducing feelings of stress.
3. **Delegate work** - this can be hard to do. Agree the shared caring that you want to do.
4. **Be organised and reduce the clutter.** I feel so much better for doing this. I have found that when there is order, coherence and unity in my life I can feel at home and feel secure. I can cope better.

I Want to Work sent to us by Joan

The consultant asked “would you like a letter for you employer saying you cannot do your job”. Initially I was taken aback, then I felt angry – I said I wanted help to continue working.

I had been diagnosed with a sight problem (Macular Degeneration) and have been seeing a consultant regularly since then. Recently, my sight deteriorated; as a result I had to give up driving which caused some difficulties with work. I enjoy my job and for me work is more than just providing an income: I meet people from all backgrounds, get a lot of job satisfaction and have a great supportive working environment. The consultant referred me to the Low Vision Clinic who said they may be able to offer some equipment for use at home, but not to help me to stay in work.

I was determined to find out if, and what help was available: I had heard about Access to Work

(ATW). I phoned the disability worker at Job Centre Plus who gave me the number for ATW team based in Newcastle. I completed an application for support and was allocated a worker who came to visit me at work to discuss my needs. It was very friendly and informal and I was surprised how much help they can offer. Following the assessment I now get help with taxi fares for my work in the community and to attend work related meetings and training. I have a range of equipment to help with reading and using computers so I can continue with my work. ATW contributed towards the cost of the equipment and if my sight changes I can ask for further help.

Access to Work can help you if your health or disability affects the way you do your job. It gives you and your employer advice and support with extra costs which may arise because of your needs.

Access to Work may pay towards the equipment you need at work, adapting premises to meet your needs or a support worker. It can also pay towards the costs of getting to work if you can't use trains or buses, and for a communicator at job interviews, if you need one.

So if you are thinking that you or the person you care for may not be able to continue work due to a disability, then why not seek more information before you make that decision.

Employment Support Allowance

Employment Support Allowance (ESA), a new benefit replacing Incapacity benefit and Income Support on the grounds of incapacity, starts on the 27th October 2008. There will be one benefit ESA for everyone who needs to make a new claim for benefit if they are ill or disabled from this date.

There are two types of ESA:

Contributory ESA is for people who have paid sufficient National Insurance contributions. This is non means tested and replaces Incapacity benefit.

Income related ESA is for people who don't have sufficient National Insurance contributions. This is non-means tested and replaces Income Support on the grounds of incapacity.

Any claim for ESA whether contributory or income related will be paid at the same rate of benefit and during the first 13 weeks at a basic rate of £60.50 weekly. During this period difference assessments will take place and a decision will be reached as to whether the person will place into a support group or a work related activity group which determines how much additional benefit they can receive and if they need to take part in work related activity.

To find out more about this new benefit, contact:

Welfare Rights Unit

Tel: 01642 771166.



Useful Contacts and Christmas Opening Hours

Benefit Advice

Welfare Rights Advice Line 01642 771166

Carers Together

Closed from 24th Dec until Monday 5th Jan '09
01642 488977

Children's and Young Person's Services

Children's Social Care Services 01642 771500
Families' Information Service 01642 771173

Emergency Duty Team

Redcar & Cleveland Health & Wellbeing
(Social Services)

Emergency 'Out of Hours' Times

Mon to Thurs 5pm until 8.30am daily and Fri
4.30pm until Mon 8.30am Bank Holidays 24

hours a day 08702 402994

Coast & Country Housing

Repairs and out of hours emergencies
01642 771300

Money Advice

01287 612489

East Cleveland Hospital

Tel: 01287 676205

James Cook Hospital

01642 850850

Stead Primary Care Hospital

Tel: 01642 282282

Primary Care Groups (GP's)

All GP Surgeries will be closed as follows:
Christmas Day, Boxing Day and New Years
Day.

NHS Direct

For non urgent health enquiries around the
clock 0845 4647

Samaritans

08457 90 90 90

Christmas Fun

S	U	E	A	N	G	A	E	L	A
N	A	I	E	C	O	N	L	A	T
R	O	N	O	E	L	G	N	I	G
E	L	E	T	R	E	E	N	D	A
K	Y	I	E	A	R	L	E	N	E
C	L	H	L	O	L	L	Y	S	U
A	L	S	T	O	C	K	I	N	G
R	O	S	S	F	L	O	D	U	R
C	H	R	I	S	T	M	A	S	I
M	E	R	M	Y	X	M	A	S	T

Try to find the following ten festive words:

Santa	Tree	Mistletoe
Cracker	Angel	Holly
Christmas	Stocking	Noel
Rudolf		

Q: Who looks after Father Christmas when he is ill?

A: *The National Elf Service*

Q: What happened to the man who shoplifted a calendar at Christmas?

A: *He got 12 months*

We would like to take this opportunity to thank all of our carers and partners who have continued to support us over the past 12 months.

On behalf of our Management Committee and Staff, we would like to wish you all a very merry Christmas and a happy New Year



Dates for your Diary

CARERS TOGETHER ANNUAL GENERAL MEETING— Friday 13th February 2009 from 2pm till 4pm at Redcar Cricket Club

GET TOGETHER PUB LUNCHESES — for Carers who support a person with Alzheimer's or dementia. Contact Toni for dates and further information on 016424 88977

THERAPIES FOR CARERS — every Tuesday £3.00 per session.

CARERS PARTNERSHIP — The next meeting is taking place on March 16th 2009.

For information or to book a place on any of the above, please contact us on 01642 488977.