



Carers Together

 in Redcar & Cleveland

Issue 39
Winter 2010

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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Government Refresh of the National Carers Strategy

In August the government asked individuals and organisations for their views and evidence on activities that will have the greatest impact on carers during the next 4 years.

The Government are intending to 'refresh' the national carers strategy published in 2008 with a view to developing an action plan for 2011-2015.

They will not re-write the 2008 strategy, but prioritise the key activities that they, working in partnership with all stakeholders, can concentrate on.

Carers Together responded with our recommendations on which aspects of the strategy we identified as priorities. Early identification and recognition of carers is crucial, we know from our day to day experience that carers

rarely contact us until they are facing some crisis in their lives. Once people realise they are carers, we can target the appropriate information and support they need. Not only do we need to help people to continue in their caring role, we believe it is vital that carers and families should have a life of their own beyond caring.

The revised national strategy is due to be published later this year. Government have said it will set out how carers can be supported and ensure they have a life of their own.

£400 million funding for Carers breaks

Care Services Minister, Paul Burstow, has announced that everyone eligible will get a personal budget by 2013 so they can be in control of their of their own care and more carers will get breaks.

This is part of the Government's plans for Adult Social Care. A vision for adult social care: Capable Communities and Active Citizens published by the Department of Health in November.

Continued on page 2

This Magazine is now delivered direct to 2,357 carers

Comments

2010 has proved to be another extremely busy year at Carers Together - 2,357 people are currently registered with us. Over the last 6 months we have received more than 1,200 different enquiries from carers seeking support on a wide range of issues.



We have provided numerous events and activities throughout the year, including first aid training, computer courses and social events such as our carers Christmas party.

The demand for our complementary therapy sessions has continued to grow and we have now increased our sessions to include Friday evenings so that working carers can access the service.

All of our social events and our complementary therapy sessions would not be possible without your generous donations and fundraising – so we would like to say on behalf of us all 'thank you'.

We would also like to thank those of you who have taken the time to volunteer with us and have helped to post out our magazines to the 3,000 on our mailing list along with those who have attending meetings, focus groups or completed questionnaires—with your help, we are able to make a difference for the carers not only in our borough but across the country.

We hope you all have a wonderful Christmas and happy new year.

Sue & the team



Personal Budgets give people and carers greater choice and control over the social care services they receive.

Carers can use their own personal budget to spend on taking a break from their caring responsibility – whether that's time to pursue a hobby, take a holiday or have some time to themselves. The Government is making £400million available through the NHS over the next 4 years to support carers breaks.



Article taken from the DoH website

Right to Control is Withdrawn

A decision has been reached with the Office of Disability Issues for Redcar and Cleveland to withdraw from being a 'Right to Control' Trailblazer site. This decision has been taken to enable the significant resources invested in this work to be used to support other priority areas within Adult Services and specifically to ensure that people are kept safe from harm.

I appreciate that a great deal of time and energy has been put into this programme both within the Council and with partners and that there will be disappointment at this decision. It is important therefore to assure you that the work already undertaken and the achievements to date will not be lost and that staff in Redcar and Cleveland Council will continue to work with partners to embed the principles of 'Right to Control' in practice and to ensure that any learning is used positively to improve the experiences of people with a disability living in the borough.

Barbara Shaw
Acting Director
Adult and Children's Services



VISION

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

In 2008 the Labour government launched the National Carers Strategy '*Carers at the heart of 21st-century families and communities*' setting out its vision that by 2018 "Carers will be universally recognised and valued as being fundamental to strong families and stable communities. Support will be tailored to meet individuals' needs, enabling carers to maintain a balance between their caring responsibilities and a life outside caring, while enabling the person they support to be a full and equal citizen".



The current Coalition government supports the vision and—as part of a refresh—held a consultation to seek views to determine what they should prioritise to support carers over the next four years. It is unsurprising that the main focus of the CP meeting was to provide an opportunity to involve everybody in the consultation and form a collective response.

Lively discussions took place throughout the hall as people talked about their experiences relating to each of the key priorities before providing considered priorities and supporting evidence on the outcomes:

"Carers will be able to have a life of their own alongside their caring role"

"Carers will be supported to stay mentally and physically well and treated with dignity"

"Carers will be respected as expert care partners and will have access to the integrated and personalised services they need to support them in their caring role"

"Carers will be supported so that they are not forced into financial hardship by their caring roles"

A response has been sent to government. Feedback from the refresh will be brought back to a later meeting.

Thank you to everyone who participated in making the meeting so interesting, informative and valuable.

The value of participation in the Carers Partnership can not be underestimated as it continues to inform the National and Local Carers Strategies, increases carers recognition and helps to put carers health and wellbeing firmly on the local agenda.

The next meeting is:

Monday, 13th December 2010
Coatham Memorial Hall, Redcar
Buffet served from 12 noon
Meeting between 12.30pm - 2.30pm

Contact Angela on **01642 488977** or via angela@carerstgether-rc.org.uk, or access www.carerstgether-rc.org.uk for a copy of the minutes or further information.

In your area

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.

We work in partnership with many organisations



including health and social care, Citizen Advice Bureau, Department of Work and Pensions, leisure and housing, so regardless of your issue, we are here to help. We also house a vast amount of information in our Information Resource which is open for you to come and browse through.

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.

Meet the Community Outreach Team

From left to right on the back row:
Irene Poynter Carers Health & Wellbeing Liaison Worker for TS10 & TS11 areas.

Jo Swinburne Dementia Advisor
Sue Humphrey Carers Development Worker for TS12, TS13 & TS14 areas.

From left to right on the bottom row:
Amanda Spencer Carers Development Worker for TS6 & TS7 areas.
Glenda Middleton



What's happening this Winter/Spring

Fri, 3rd Dec 2010	Carers Christmas Party, Coatham Memorial Hall, Redcar 11.30am—3.00pm
Mon, 13th Dec 2010	Carers Partnership, Coatham Memorial Hall, Redcar 12.30pm—2.30pm
Tues, 14th Dec 2010	Carers Pub Lunch, The Voyager, Guisborough 12 noon onwards
Wed, 15th Dec 2010	New Marske Carers Group (Venue to be confirmed)
Fri, 17th Dec 2010	Dementia Advisor Service—D'Café (Xmas Cards), 25K Community Centre, Redcar
See page 5 for dates	Give Us A Break, Health Checks and CVD Screening
17th Dec, 7th Jan, 28th Jan & 18th Feb (all Fridays)	Carers Craft Group, Loftus Co-op 10.30am—12 noon. Join this free group and try something new. (contact Sue Humphrey on 01642 488977 for further details)
See page 9 for dates	Carers Health Training Programme

There are also a wide range of carer computer courses available across the borough including South Bank Library, Redcar Library, Cyber Valley Eston Sports Academy & Destinations Saltburn. To book a place or to find out more information contact Amanda on 01642 488977

As a user led organisation, the services, events and training which we provide are all developed through your comments and feedback. If you have any suggestions for activities or training that you would like us to provide or would be interested in attending please let us know.



Give us a break

Health Awareness Days

With a focus on holistic needs of people caring for others

Taking a small amount of time out of the day to go for a health check could provide you with the reassurance and support you need to live a healthier and longer life.

Carers Together in partnership with MRCCS are holding Carers Health Awareness Days across Redcar & Cleveland. We will be providing carers with a wide variety of information about their health along with free Cardio Vascular Disease health checks, Blood Pressure, BMI and Diabetes checks.

There will be the opportunities to talk and receive information from our partners including Welfare Rights, Dementia Advisor Service, Jobcentre Plus.

We will be providing demonstrations and opportunities for you to get involved in a new activity including pottery, painting, sports and leisure and much more.

The Give Us a Break Health Awareness Days are taking place:

Tuesday 25th January 2011, Eston Sports Academy, Normanby Road, South Bank TS6 9AE

Tuesday 22nd March 2011, Loftus Centre of Opportunity and Partnership, High Street, Loftus

Please note the Cardio Vascular Disease checks are 30 minute appointments which must be pre-booked and you must fill the following criteria:

- You must be between the ages of 40 - 75
- Have no previous history of high blood pressure or high cholesterol or heart disease
- Have received no similar health check within the last 2 years

Alternatively, if you cannot attend any of the above dates but would still like to receive a free Cardio Vascular Health Check, then appointments are available for our Health Check Clinic at Carers Together, 23 Queen Street, Redcar TS10 1AB on:

Wednesday 8th December 2010

&

Monday 21st February 2011

For further information or to book your healthy heart check at any of the venues contact Sue Humphrey on 01642 488977



Sports and Leisure for Carers

Redcar & Cleveland Sports Development are currently providing badminton sessions for carers at Marske Leisure Centre and are also putting together a programme of other sports and leisure activities for carers including: bowls, Nordic walking, orienteering, Pilates and squash. If you would be interested in joining in with any of these groups, then please contact Carers Together on 01642 488977 for further details.



When I won a Holiday

By Mr & Mrs Wells

The day I was told that we were lucky enough to win a week's break in Filey I was very proud of myself. In 32 years of marriage both my husband Dennis and I have been away 3 times as we have never had the money to spend on frivolities. When the girls from Carers Together rang me to tell me, I wandered around saying "I've won a holiday".

We were picked up outside of our home and taken to the Caravan at Filey and were given a starter pack of groceries by the lovely people from Middlesbrough Lions Club and they very kindly collected us at the end of our holiday to take us home again.



Throughout the week we were looked after by Filey Lions Club who came to see us nearly every day. All of this was very much appreciated as both my husband and I are not too well.

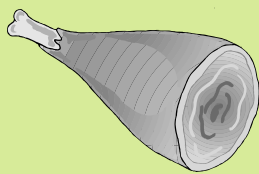


To go back to the holiday, we visited Scarborough and

also Bridlington using our bus passes. Scarborough was very busy as the children were off school but Bridlington was quieter. We went to Filey seafront and also visited the gardens, museum and much more.

I would like to thank all who made the holiday possible and also Peter from Filey who looked after us so well.

We have come back refreshed and ready to do battle again. Once again thanks to Carers Together and to the Lions Club for making our holiday enjoyable. **Thank you all!**



Recipe

Pasta with Parma Ham in a creamy sauce A simple and delicious meal by Claire Hopper



250g farfalle (pasta bows)
25g butter
1 onion finely chopped
125g button mushrooms sliced
Small head of broccoli cut into small florets
70g pack of Italian parma ham cut into strips (or pancetta)

200ml tub of low fat crème fraiche
75g freshly grated parmesan cheese (or cheddar)
Freshly ground pepper
Tablespoon of red pesto
Fresh basil leaves to garnish (optional)

1. Cook the pasta in boiling water for 10 minutes until just tender.
2. Cut the broccoli into even sized small florets, wash and boil in water for approx 5—10 minutes until tender.
3. Meanwhile, melt the butter in a large frying pan and fry the onions and mushrooms for approx 5 minutes.
4. Stir in the parma ham, and cooked broccoli.
5. Add the drained cooked pasta and stir ingredients in the pan.
6. Add crème fraiche, pesto and cheese and stir. Heat through gently and garnish with fresh basil.

Farewell and Thank You Glenda

We are sad to say goodbye to Glenda Middleton, who's secondment with Carers Together has finally ended and she has now returned to her post as Financial Services Officer at the Local Authority.



Glenda has spent the last few years carrying out Carers Assessments which have resulted in some fantastic outcomes for carers including: increased respite, awards for gardening services, backdated council tax exemptions and extra hours for indirect payments and much more.

I hope that I have been able to make a difference to the lives of carers that I have worked with".

Glenda said "I've thoroughly enjoyed my work at Carers Together and have met some lovely people.

On behalf of all of the team at Carers Together and the carers that Glenda has worked with and supported we would like to wish her all the best for the future and say a big Thank You!

J	E	S	U	S	V	L	S	T	F	I	G
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L	H	Z	S	L	O	R	A	C	A	N	T
S	C	M	B	W	B	X	C	A	R	D	S

Can you find the festive words in our Christmas word search—kindly sent in by Judith Varley

- | | | | |
|---------|-----------|----------|-----------|
| Angels | Christmas | Jesus | Shepherds |
| Baubles | Crackers | Kings | Stable |
| Cards | Gifts | Nativity | Stocking |
| Carols | Holly | Santa | Tree |

Winter Warmth Initiative

Cleveland Fire Brigade are delighted to be able to inform you that the warmth initiative will be running again this winter from October 1st 2010.

This means that we will be able to provide vulnerable persons with risk reduction equipment free of charge and supply loan heaters as a short term measure, whilst signposting to partner agencies for longer term support.

The simple referral system is the same; simply call 01429 874063 and leave your details.

New Marske Carers Group

The New Marske carers group have now completed their sessions on 'Talking About Stress' and so hopefully now know how to remain stress free. They also play badminton on a Tuesday morning at Marske Leisure Centre and would welcome any new players.

The group meet at Sure Start New Marske on a monthly basis and all carers are welcome to any sessions, so if you would like to join us contact Irene on 01642 488977 for further information.



The problem with accountancy jokes is that when put together, they don't add up to much!

Q: What do you call a penguin in the desert?
A: Lost!



250,000 carers missing out on pension protection

CARERS UK
the voice of carers

A quarter of a million people caring for an ill or disabled friend or relative could be missing out on a top up that protects their basic and second State Pensions in later life. An estimated one million people have given up work to care for someone and Pensions Minister Steve Webb wants 'hidden' carers who could be eligible for Carer's Credit to benefit.

Steve Webb said: "It's natural that people caring for a loved one often forget about their own needs and thoughts about the future are pushed to one side. But this is a very simple way for carers to protect their State Pension and I urge people to find out more by visiting the Directgov website or by calling the Carer's Allowance Unit."

People giving up their time for 20 hours or more a week to provide unpaid care for a loved one, who are not already claiming Carer's Allowance, could qualify.

"If you give up work to care for someone who is close to you who is ill or disabled, often the last thing on your mind is planning for your pension"

There are currently less than 1,000 people getting Carer's Credit. The Government and Carers UK are calling for people to help identify hidden carers and encourage more people to ensure they are claiming all they are entitled to.

Many people looking after an elderly parent, ill spouse or disabled child do not think of themselves

as carers. In fact, according to research from Carers UK the majority of people who care for relatives take over a year to realise that they have become a carer. But if you are giving up time to cook, clean, shop or provide personal care, unpaid, for someone you could be entitled to Carer's Credit.

Carers UK Chief Executive Imelda Redmond CBE, said: "If you give up work to care for someone who is close to you who is ill or disabled, often the last thing on your mind is planning for your pension. But

it is vital that carers check that they are claiming the right benefits or credits to

ensure that they will get their full State Pension in retirement."

Carer's Credit is not a cash sum now but means that a carer's financial future can be protected. It credits a person's National Insurance record for the time they are caring, helping them to build up their State Pension.

Disabled Persons Railcard

Carers are able to enjoy a third off rail travel if accompanying someone using a Disabled Persons Railcard. Anyone receiving one of the following benefits can purchase a card:

- Attendance Allowance
- High or low rate DLA mobility component
- High low rate DLA care component
- Registered as having a visual impairment



The Christmas Criminal

It was Christmas and the Judge was in a merry mood as he asked the prisoner "what have you been changed with?" "Doing my shopping too early" replied the defendant.

"That's no offence" said the judge, "how early were you doing this shopping?" "**Before the shop opened**".

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Carers Health Training Programme

In the last issue of our magazine we offered Health Training programme for Carers. The training was based on findings from a trial programme we held in 2009. The 2010 programme began in October, and has been supported by partner agencies by providing staff to facilitate the sessions. Nine carers applied for places, but three were unable to complete the whole programme; the six who have completed the sessions say it has made them more confident with their caring role .

The programme is part of a service that is being funded by NHS Redcar & Cleveland to provide opportunities for Carers.

The group sessions bring carers together and aim to support carers in their caring role by:

- Understanding how caring can affect their lives
- Understanding health and social care services
- Learning new skills
- Understanding the emotions they may experience and find practical ways to deal with them

The Programme covers the following:

- Introduction to Services and Support
- Social Care & Carers Assessments
- Introduction to Basic First Aid
- Falls Awareness/Prevention
- Safe Handling of Medication
- Looking after Yourself
- Nutrition and Diet
- A get together to reflect on the course

The carers who have participated in this course have all said they have learnt so much and feel more confident than they did before they started. They also feel less alone and realise many other people face similar circumstances.

We are planning a further course to take place during February and March, times and venue are to be confirmed, but we think the sessions will run on Wednesdays. We need a minimum of 10 carers for each course, so if you are interested, please can you contact either Nicola or Irene on 01642 488977. We are developing a programme for the rest of 2011, so if places have been allocated there will be the opportunity to join in at a later date.

Also, we are planning some one off courses including Basic First Aid, Podiatry and Continence. If these interest you please can you let us know, so that we can make arrangements for them to take place.



The story of the season ticket

Freddie and John were fortunate enough to have season tickets to watch their favourite club Middlesbrough. They could not help noticing that there was always a spare seat next to them and they have a friend who would love to join, especially if all three could have seats together.

One half time Freddie went to the ticket office and asked if they could buy the season ticket for the empty seat. The official said that unfortunately the ticket had been sold.

Nevertheless, week after week the seat was still empty.

Then on Boxing Day, much to Freddie and John's amazement the seat was taken for the first time that season.

John could not resist asking the newcomer, 'where have you been all season'.

'Don't ask' he said, 'the wife bought the season ticket back last summer, and kept it for a surprise Christmas present!



Worried about your memory?

In August the Alheimers Society re-launched their campaign to encourage people to seek help if they are concerned about their memory or someone else's. This will enable people to receive a diagnosis of dementia as early as possible.



Why get a diagnosis?

A proper diagnosis of dementia is essential in order to:

- Rule out other conditions that may have similar symptoms to dementia and that may be treatable, including depression, chest and urinary infections, and thyroid deficiencies.
- Rule out other possible causes of confusion, such as poor sight and hearing, emotional changes and upset.
- Access advice, information and support.
- Allow the person with dementia to plan and make arrangements for the future.

If you are worried about your memory or someone else's contact the Dementia Advisor Service on 01642 488408.

Exercise and brain size

taken from Living with Dementia

Walking more than six miles a week could reduce your risk of developing memory problems, according to research published in the online issue of Neurology. Scientists at the University of Pittsburgh found people who walked between six and nine miles each week had a greater brain volume than those who walked less.

Maintaining volume in certain parts of the brain was found to help reduce the risk of mind cognitive impairment.

Dr Susanne Sorensen, the Society's Head of Research, said, 'Although a link has been found between lack of exercise and brain shrinkage, we need more research to find out why physical activity may affect the brain. The best way to reduce your risk is to take regular exercise, eat healthily, don't smoke and get your blood pressure and cholesterol checked.'

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Music Therapy Sessions



The feedback from our first Music Therapy session in October was very positive and people who attended said they would like to make it a regular event..... so we have arranged another for Tuesday, Dec 7th , 25K Community Centre, Redcar 1.30pm –3.30pm.

The next Music Therapy Session will be delivered by Jeanette Wainwright who has previously provided sessions for Mind.

We will be having a relaxed get together, an hour sing-a-long session and an opportunity to ask Jeanette any questions about the benefits of music. After our singing, there will be afternoon tea and cakes and time to meet up with people in similar situations and have a chat.

If you would like to attend the Music Session or for further information, please give Jo a ring on 01642 488408.

Carers Computer Courses By Amanda Spencer

The basic and basic plus computer courses have once again proved very popular, with all classes being well attended. We are also delighted to offer a new location where carers can meet, socialise and learn free computer skills.

Cyber Valley, at Eston Sports Academy, is a UK online centre, you receive help and advice from friendly supportive tutors who will guide you through the modules. Everything is done at the pace of the individual. No need to pre book a computer, just turn up and stay for as long as you like, be that 10 minutes or 2 hours. Jackie Godward, Cyber Manager, is always available to offer sound and knowledgeable advice and will help people to learn about what would most benefit them and what they are interested in such as using the internet, digital cameras, downloading music, webcams or skype. If you are interested in joining a computer group please contact Amanda on 01642 488977.

One story of success from the computer courses organised by Carers Together involves an older gentleman carer, who after taking part in a number of courses has found that using the internet has completely transformed his life.

He is able to contact and email friends and family and stay in touch more easily. He can now receive emails from family who live in New Zealand and is able to open attachments and receive photographs of his great grandchildren.



He has also ventured further and investigated his family tree. He has joined a small group of carers on a family history group and has accessed the library's family history websites, discovered information from the 1909 census and came away with photocopies of documents of his family details that he can share with his wife.

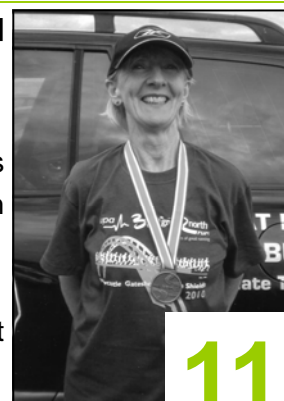
Another carer, who has taken part in the computer course has benefitted financially and managed to save money by comparing prices for insurance on comparison websites and reduced his car insurance by 15%. Carers have learned how to use websites such as directgov.com and now feel better informed about benefits. Carers have learned to do supermarket shopping online, making it easier for them to do the weekly shop. They just sit by the fire a cup of coffee at hand and let their fingers do the hard work for them.

Great North Run 2010 for Carers Together

We would like to say a big congratulations to Bridie White who completed the Great North Run half marathon back in September.

Bridie raised a total of £225.00 for Carers Together through sponsorships. The funds will be used to support the Carers Social Fund which contributes towards events such as the Carers Christmas Party.

We would like to say a big thank you to Bridie and congratulations on her 9th Great North Run. We would like to also thank everyone who sponsored her.



Pub lunches



We have had a number of carers enquiring about starting up luncheon clubs across the borough. People who have taken part in similar get-togethers in the past have enjoyed them immensely and look forward to meeting up on a regular basis with other carers, having a chat and a bite to eat.

We are having a Christmas 'Get-Together' and Pub Lunch at The Voyager, Guisborough on Tuesday 14th December between 12-2pm. Both Jo and Sue will be there on the day, so please join us, meet up with old friends and make new ones. Places are limited so please give us a ring on 01642 488977 to confirm your place.

If you are interested in having a pub lunch in your area or have other ideas for a social get together, then please give us a call on 01642 488977 and we will try to arrange something for the new year.



Carers Together in Redcar & Cleveland

Useful Contacts and Christmas Opening Hours

Carers Together

Closed from 23rd Dec until 4th Jan 2011 01642 488977

Primary Care Groups (GP's)

All GP Surgeries will be closed as follows:
From 2pm Fri 24th Dec until Tuesday 28th Dec
And from Fri 31st December until Tues 4th Jan
In EMERGENCIES telephone: 999

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 daily and Fri 4.30pm—Mon 8.30am
Bank Holidays 24 hours a day
Telephone: 01642 771500

Samaritans

A listening ear and emotional support 24 hours a day 356 days per year.
Telephone: 0845 790 9090

East Cleveland Hospital

01287 676205

James Cook Hospital

01642 850850

Stead Primary Care Hospital

01642 511000

