

Carers Summer 2006 Newsletter

**For members of the Newcastle Carers Forum
Produced by Carers Centre Newcastle**

Carers' Week 2006 – Join in, in June!

Carers Week takes place from the 12th to the 18th June. It is both a celebration of carers and an opportunity to raise awareness of the amazing job that carers do.

This year the theme is 'In sickness and in health', focusing on the health and emotional wellbeing of carers. Carers UK, along with the seven other charities who make up the national Carers Week Partnership, are campaigning for every carer to be offered a health check within 12 months of becoming a carer. Health checks should be provided by a GP, practice nurse or health visitor and include blood pressure,

diabetes, mental well-being check and flu jab. In addition, it should include a discussion about key areas in each carer's life that may be affecting their health, and provide information to signpost the carer to services that can help.

As part of our Carers Week celebrations we will be offering health checks at the Carers Centre on Thursday 15th June. District nurses will be here from 10am until 3pm offering blood pressure, weight and general health and wellbeing checks; no appointment necessary.

Throughout Carers Week there will be lots of activities and



Carers Centre Newcastle is part of Newcastle Healthy City Project, reg. charity no. 1060063 and is supported by Newcastle City Council and Newcastle Primary Care Trust. Carers Centre Newcastle, 6 Saville Place, Newcastle upon Tyne NE1 8DQ
Telephone 0191 260 3030 Fax 0191 230 1500
Email CarersCentreNewcastle@btconnect.com
Drop in 10am to 4pm Monday to Friday

Carers' Week 2006 – Join in, in June! (continued)

events going on for them in Newcastle, including trips; sessions on healthy eating, healthy living, complementary therapies, stress management and relaxation; a walk along Hadrian's wall, a free disco and a church service. **For a full listing of Carers Week events and activities, turn to page three.**

The highlight of the week for the Carers Centre is our annual Carers Gathering which takes place on Monday 12th June, 1pm to 3.30pm at Brunswick Methodist Church. We hope as many of you as possible will join us for this celebration of carers, which includes a buffet lunch, the Carer Friendly Awards and entertainment from performer extraordinaire, Alan Cutler, who returns by popular demand.

The Carer Friendly Awards 2006

As part of the celebrations for National Carers Week in June this year, we will once again be making a special award to individuals, companies or other organisations who are carer-friendly in their work.

This is your chance to say thank you to a person or an organisation that has been particularly helpful to you as a carer. For example, it could be that your GP's receptionist, district nurse or social worker, local Post Office, nearby Chemist or even supermarket staff have made a difference to you as a carer. If so, let us know and we will make sure their good work is recognised and rewarded with a special 'Carer Friendly Award'. All nominees will receive a certificate at the Special Carers Gathering event on the 12th June.

How to make your nomination

Contact Wendy Harris at Carers Centre Newcastle, with:

- the name of the person or organisation you wish to nominate
- their address
- brief details of how they have helped you as a carer

Telephone: 0191 260 3030

Fax: 0191 230 1500

Email:

CarersCentreNewcastle@btconnect.com

Or write to:

Carers Centre Newcastle,
6 Saville Place,
Newcastle upon Tyne
NE1 8DQ.

Carers Week Events

We have negotiated with the City Pool to offer carers half price entry to its swimming pool, sauna and Turkish bath facilities throughout Carers Week. Vouchers are available from the Carers Centre (see front page for contact details).

Saturday 10th June

Huntington's Society **Coffee Morning**, Ferguson's Lane Community Centre, 10.30am to 12.30pm. Tickets, £1 from Carers Centre Newcastle.

Monday 12th June

- **Welfare rights and pensions advice and information** for carers, 10 am to 12 noon at Carers Do Support, 315 Welbeck Road, Walker. Ring 0191 276 0658 for more details.
- **Church service** for carers of all faiths, 11am until 12 noon, Brunswick Methodist Church (behind Fenwick's). Followed by:
- **Newcastle Carers Gathering and Carer Friendly Awards**, 1pm to 3.30pm, Brunswick Methodist Church (behind Fenwick's). Free buffet and entertainment. Booking not required for Church service or Carers gathering.
- Advice on **healthy living activities** in the community, 11am to 1pm at Carers Do Support, 315 Welbeck Rd, Walker. Ring 0191 276 0658 for more details.
- 20 mile sponsored **walk along Hadrian's Wall**. Starts 10am and finishes Tuesday afternoon. All mental health carers and carers workers are welcome. Organised by Making Space mental health charity. Telephone Barbara Quinn on 0191 277 2355 to book a place.

Tuesday 13th June

Complementary therapies, 11am to 1pm at Carers Do Support, 315 Welbeck Rd, Walker. Ring 0191 276 0658 for more details

Wednesday 14th June

- Carers Centre **trip to Wallington Hall**, 10.30am to 5pm. Ring 0191 260 3030 to book a place.
- Carers Centre **outing to historic Crook Hall**, Durham, 10.30am to 2.30pm. Ring 0191 260 3030 to book a place.
- **Coffee and Cakes Morning** for mental health Carers at Carers Centre Newcastle, 10am to 1pm. Booking not required.
- Carers Do Support **'Picnic in the Park'**, 11am to 5pm, venue to be arranged. Ring 0191 276 0658 for more details.

Thursday 15th June

- **Carers Health Checks** at Carers Centre Newcastle. Pop in between 10am and 3pm for a blood pressure, weight and general health and wellbeing check from a District Nurse; no appointment necessary.
- **Healthy eating workshops**, run by Newcastle Nutrition. Healthy snacks provided. Book for the 10 am to 11am, or 11am to 12 noon sessions by ringing 0191 260 3030.
- **Stress management and relaxation** with Gill Foster from the Northumberland and Tyne & Wear NHS Trust, 2pm to 3.30pm. Ring 0191 260 3030 to book a place.
- **Mini massage taster sessions** at Carers Centre Newcastle, 10am to 3pm. Booking not required.

Friday 16th June

- **Carers Free Celebration Disco**, 7pm to 11pm at Blackfriars Hall, St Dominic's Church, Newbridge Street. All carers and cared-for are welcome. Free tickets are available from Carers Centre Newcastle, telephone 0191 260 3030.
- **Men only health activity** – details to be arranged; for more details ring Carers Do Support on 0191 276 0658.

Looking after me

This is a free self-management course for carers. As its name implies, the course is about you making time to look after your own health needs and is followed by a free, light lunch. It aims to help you take more control of your situation and to make a difference to your life, by exploring the following topics: dealing with tiredness; relaxation techniques; exercise; healthy eating; coping with depression; communication with family, friends and professionals; and planning for the future. 'Looking after me' is a six week course, beginning on Thursday 22nd June at Carers Centre Newcastle; each session runs from 10.30am until 1pm and is followed by a light lunch. To book your place contact Wendy at the Carers Centre (see front page for contact details).

John's Top Tips . . . by local, former carer, John Reid

Hypothermia . . . Always be aware of hypothermia, summer or winter. If people are immobile, whatever their age, they can easily get chilled and run the risk of hypothermia. If you are very concerned remember to regularly check the person's temperature, checking their forehead, hands and feet.

Walking aids . . . If the person you care for is issued with a walking aid, for example, a walking frame, stick or crutches, it should be adjusted to the correct height for them. Try not to readjust the equipment once you get it home, as using a walking aid set to the

wrong height can cause backache and poor posture. Remember to return any equipment that is no longer needed as it could help someone else.

Taxis . . . Always be specific about your needs when ordering a taxi for someone in a wheelchair. This allows the taxi company to provide the correct type of transport, for example, if the wheelchair user needs to stay sitting in their wheelchair inside the taxi; and to let the driver know what to expect.

The Benefits Column

written by Newcastle Welfare Rights Service

A carer refused benefit, can be better off!

You are a carer. You claim a benefit. Even though you are entitled to it, you are refused. But you get an increase in another benefit. How is this possible?

This is how it works - step by step

1. You claim Carers Allowance because you care for someone (see Carers Allowance explained below)
2. You get a decision that you are entitled to Carers Allowance
3. But you are not paid it because you already get an "overlapping benefit" (see overlapping benefits explained below)
4. But this gives you an "underlying entitlement" to Carers Allowance
5. This "underlying entitlement" means that a "carers premium" can be included in several benefits like Pension Credit or Income Support (see premiums explained below)
6. If you already get one of those benefits, it should be increased
7. If you do not get it, you may now be able to claim it. See example below.

Carers Allowance – explained

Carers Allowance is a weekly benefit for people who care 35 hours or more per week for someone who gets either Attendance Allowance or the middle or higher rate of Disability Living Allowance care component. The basic rate of Carers Allowance for 2006/07 is £46.95.

Overlapping benefits – explained

You only get one, or a combination of two, of the following benefits: Carers Allowance, Retirement Pension, Maternity Allowance, Incapacity Benefit, Unemployability Supplement, contribution based Jobseekers Allowance, Widows Benefits and Bereavement Benefits or State Training Allowance.

Premiums - explained

Premiums are extra amounts of Income Support, income based Jobseekers Allowance, Housing Benefit and Council Tax Benefit or Pension Credit, depending on many circumstances. A carers premium is included if you either get or have an "underlying entitlement" to Carers Allowance. The 2006/07 carers premium is worth £26.35 a week.

What other benefits might you expect?

"Underlying entitlement" to Carers Allowance can also enable you to receive National Insurance contribution credits, help qualify for the state second pension and get a £10 Christmas bonus.

How to find out more

Contact Carers Centre Newcastle to book a confidential one-to-one session with Newcastle Welfare Rights Service or to find your nearest advice service. Pick up a copy of "Where to get advice in Newcastle" from the Civic Centre or any public Social Services office. Visit the Welfare Rights website at www.newcastle.gov.uk/welfarerights

Community Equipment

By Wendy Harris, Community Loans Equipment Service,
Carers Centre Newcastle

Are you about to get ripped off?

This is a question being asked by the Mobility Matters Network of showroom-based dealers specialising in mobility products and disability equipment. They find that a lot of customers come to them after having been sold an unsuitable item, very often at high cost. They hear many examples of misleading sales techniques and creative ways of getting people to part with their money. To help overcome this problem, the network has produced a Buyers' Protection Guide with information about pitfalls to avoid and how to ensure you are getting what you want at a good price and with good customer service. If you would like a copy of the guide, call me at the Centre and I'll post one out to you.

Kids@Sit provide exciting and innovative desks and chairs for children who have special needs.

The items are custom designed to suit the child and the classroom.

For more information, telephone 0191 269 7841.

Some carers have told us about having difficulties in getting travel insurance for the person they care for. However, two carers have recently reported that 'Rock EA' have been able to help them and offer competitive quotes. For more information telephone 01293 652818.

Disability North is no longer keeping a list of secondhand equipment. As we already have people telephoning us with items to sell, we are keeping our own list and if anyone has an item to add, please call Wendy at the Centre.

Items advertised in this publication are not recommended nor inspected and all information is given without legal responsibility.

Safeguarding adults – enabling all adults to lead safer lives

Carers look after many of the most vulnerable people in society. The negative effect that caring has on carers is well documented. Carers may become vulnerable people too due to the long term stress and strain of their caring responsibilities.

"Many people, both men and women, are mistreated or harmed by someone during their lifetime. It is very hard for people who have been harmed to talk about it because they might feel ashamed, embarrassed (especially if it is a family member who has done something awful) or think that no-one is going to believe what happened to them. Adults can be mistreated or harmed physically, sexually, emotionally or financially by family, friends, professionals, workers or strangers."

Led by Newcastle Social Services, the Newcastle Adult Protection Committee and all partner agencies in Newcastle have signed up to the principles and standards enshrined in

the National Standards Framework entitled 'Safeguarding People'.

If you need to talk to anyone about any of the issues mentioned above please telephone your local Social Services Duty Team on 0191 277 2555 (if you live in the West of Newcastle) or 0191 277 2077 (if you live in the East or North of the City), or ring Carers Centre Newcastle on 0191 260 3030.

Getting involved in future policy development

If you are interested on being part of a new discussion group which will focus on the carer's perspective regarding Safeguarding Adults, please contact Jane Sivell at the Carers Centre (see front page for contact details).

*Text in quotes is abstracted with permission from 'Safeguarding Adults' by Beyond Existing.

Support Group for 19 to 25 year olds

Are you aged between 19 and 25 and caring for someone? Would you like to meet other young adults for information, support and activities? We will be holding a meeting on Tuesday 13th June, 2pm to 4pm at the Carers Centre, to explore ideas, with a view to setting up a group for young adult carers. Please come along if you feel

you might be interested in being involved in the group. If you can't get to the meeting, we'd still really like to hear from you. To register your interest, please contact Jane at the Carers Centre, and she will be in touch to hear your views and to tell you what is happening.

Give your views and win a computer

On page 17 of the May/June issue of Citylife, the City Council are asking for local residents to fill in a short questionnaire about their revamped website. Please do take a few minutes to take part in this survey as the Council is keen to hear your views so that they can improve those sections of the website that contain information for carers, and they will enter you into a prize draw for a brand new Dell computer. Contact the Carers Centre if you don't have a copy of Citylife.

Coping with your partner's breast cancer?

'In it together' is a detailed and informative guide, published by the charity Breast Cancer Care, for spouses and partners of people who have been diagnosed with breast cancer. It features advice on how to provide the best support to a loved one at all stages of treatment, and

provides information for carers on how to personally cope with the situation. The guide can be downloaded free from the internet, from www.breastcancercare.org.uk/content.php?page_id=3067 or contact the Carers Centre to have a copy sent to you.

If you have any comments about the Carers Newsletter or other services provided by Carers Centre Newcastle, or you wish to make a complaint, please contact us (see front page for contact details).



If you have any difficulties reading the Carers Newsletter, please let us know and we will make arrangements to help you with this.

Every effort is made to ensure that the information in this Newsletter is correct. Carers Centre Newcastle and Newcastle Healthy City Project cannot accept liability for errors or omissions within it, are not responsible for the quality of services or products referred to, and do not necessarily endorse the views or opinions expressed by other organisations or contributors.