

Sunderland Carers' Centre

Newsletter

March 2013

Caring for Carers Awards 2013

Has a worker from health, social services, a home care agency, a voluntary or community project or another organisation been of particular support to you in your caring role? For example a nurse, doctor, dentist, optician, pharmacist, consultant, social worker, care worker, or a voluntary or community worker.

If so, this is your chance to say thank you by nominating them for the Caring for Carers Awards 2013. The awards aim to recognise workers who have made a real difference to the lives of carers.

All workers who have been nominated will receive a certificate and the winners will be presented with their awards during Carers Week in June.

Carers on the mailing list will find a nomination form enclosed with this newsletter. Simply complete the form to nominate someone and return it to: 'Caring for Carers Awards', Sunderland Carers' Centre, Thompson Park, Thompson Road, Sunderland SR5 1SF.

If a nomination form is not enclosed please contact the Carers' Centre on 549 3768 or visit the website – www.sunderlandcarers.co.uk/awards.html

The closing date for nominations is **Wednesday 8th May.**

The award winners are not chosen by the Carers' Centre but by an independent panel of judges. It would be helpful to the judges if you could give as much information as possible about how the worker has helped you in your caring role and why you think they deserve an award.

Please note nominations must be from carers only and the person you nominate must be a worker (not a young carer or other family member/friend). We are also unable to accept nominations for workers from Sunderland Carers' Centre.

Sunderland Carers' Centre would like to thank The Co-operative Membership for sponsoring the awards for the sixth year running.

For more information about the awards please contact Lisa Hall at Sunderland Carers' Centre on 549 3768.

Sponsored by: **The co-operative membership** 



NHS South of Tyne and Wear
serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and
Sunderland Teaching Primary Care Trust



Are you feeling the financial strain?

For the past couple of years it has been hard to ignore the constant media stories about future cuts to services and the benefits system. As many of these changes will start to take effect this year we want to hear about how they will directly affect you – and all the other carers in Sunderland. Every caring situation is different so we want to hear as many of your experiences as possible.

If you look at the following questions think if they have affected you financially, particularly the impact on you personally as a carer...

- 1) Have the changes to services and benefits had an impact on your household income and to you personally as a carer?
- 2) If you live in social housing is your home now classed as 'under occupied?' (i.e. you have a bedroom classed as 'spare'). How will this affect you financially if you stay in your property? If you had to move house would this impact on your caring role?
- 3) Do you feel your caring role has increased as a result of changes to services and benefits?

To tell us your responses to these questions please contact the Carers' Centre on 549 3768 or e-mail info@sunderlandcarers.co.uk. Please put 'Financial Strain' as the subject of your e-mail. If you prefer to post your information please send them to us at 'Financial Strain', Sunderland Carers' Centre, Thompson Park, Thompson Road, Sunderland SR5 1SF. Any information you give us will be recorded anonymously and you don't need to give us any financial information, it is the impact on your life as a carer we are interested to hear.

Get-Togethers

Would you like to meet up with other carers for a coffee and a chat? Come along to the Carers' Coffee Mornings on Monday 18th March and Monday 15th April, 10.30am – 12 noon or the Carers' Evening Get-Togethers on Thursday 7th March and Thursday 4th April, 6.30pm – 8pm. All will take place at the Carers' Centre. Staff will be on hand to offer any information or advice if necessary

Open Day raises £450

A fantastic £450 was raised at our Christmas Open Day and Fundraiser on Friday 7th December. The money was raised via a raffle, tombola and the sale of cakes, savouries, books and bric-a-brac and will go towards the work of the Carers' Centre.

The raffle was drawn by the Mayor of Sunderland, Councillor Iain Kay, and Mayoress, Councillor Barbara McClellan. The winning tickets were 144, 278, 325, 264, 311, 175, 466, 23, 123, 444, 9, 423 and 62. The following raffle prizes remain unclaimed: 278 (wine) and 23 (chocolates). Please contact the Carers' Centre if you have one of these tickets.

Sunderland Carers' Centre would like to thank everyone who came along to the event, the staff, carers and volunteers who baked cakes, donated items and helped on the day, and the Irish Dancing Group for entertaining us and getting us into the festive spirit.

Sponsored Zip Wire

Sunderland Carers' Centre has entered a team comprised of staff members and young carers to take part in a sponsored Zip Wire across the River Wear on Sunday 28th April.

The team of brave volunteers are to conquer their fear of speed and heights all in a good cause... to raise funds for the Carers' Centre. We would like to raise as much money as possible.

If you would like to sponsor the team and want to find out how you can do this please ring the Carers' Centre on 549 3768 or visit our website www.sunderlandcarers.co.uk

Census reveals rise in carers

The number of people providing unpaid care for disabled, sick or elderly relatives and friends has risen substantially in the last decade.

Census data released by the government reveals that the number of carers increased from 5.2 million to 5.8 million in England and Wales between 2001 and 2011. 2.1 million people are providing over 20 hours a week of care – the point at which caring starts to significantly impact on the health and

wellbeing of the carer and their ability to hold down paid employment alongside their caring responsibilities. Those providing the most number of hours of care – over 50 hours a week and very often caring round-the-clock – has risen to 1,360,000.

In Sunderland there has also been an increase in the number of carers – from 31,864 to 32,531. 30% of carers (9,621) provide 50 or more hours of unpaid care a week.

Time Well Earned – A Student’s Perspective

As a German social work student I came to the Carers’ Centre to do my placement here. My time has come to an end but I am so pleased to have been able to view the photographic exhibition before leaving. It just visualised my impressions and experiences.

The exhibition contrasted carers in stunning black and white pictures, but also showed that their life doesn’t have to be black and white. Thanks to the Carers Breaks and Opportunities Scheme they can get some colours into their lives.

As I have never come across any Carers’ Centres in Germany, this has been an indescribable opportunity for me. Not just the whole overall experience, but also the exhibition picturing and framing wonderfully what is and should be possible for carers in the whole world.

Thank you so, so much to all the staff (particularly the Young Carers’ workers) and carers for making me part of your lives during those 3 months. You are all incredible people!

Sonja Langford

The ‘Time Well Earned’ Photographic Exhibition took place in December at ‘The Place’ Gallery and highlighted the importance of family carers taking a break from their caring role. Featuring photographs by Daniel Dale (pictured below), it gave a fascinating insight to some of the hobbies carers enjoy when they get those much needed breaks. The Carers’ Centre is planning to run the Exhibition again in the future so if you did not have the chance to see it first time round then please watch this space for details.



Caring with Confidence gets a new look for 2013!

Caring with Confidence sessions are starting again in Sunderland in mid-April. Since 2008 we have hosted a staggering 135 sessions of this hugely popular programme. Time does fly and a lot has happened since that very first session, so much so the time was right to give the Caring with Confidence programme a new look! The overall feel of the sessions will remain the same, giving carers a safe and supportive environment to meet and share ideas with other carers. The sessions will still be hosted by our experienced team of facilitators who will still focus on the usual Caring with Confidence themes but now with refreshed information about services available to carers locally and nationally.

If you want to get involved or want to find out more why not sign up to one of the two introduction sessions ‘Finding Your Way’ on either Friday 12th April or Friday 19th April? From this introduction session you can then decide which of the other six sessions you would like to take part in. All sessions take place at ‘The Place’, Athenaeum Street, Sunderland, SR1 1QX from 11am - 2pm. Lunch is provided at each session. To book your place contact the Carers’ Centre on 549 3768.

Keep Warm Keep Well

In the last newsletter we told you about a Department of Health guide called ‘Keep warm keep well’ available on our website. If you do not have a computer but would like a copy, please contact Lisa Hall at the Carers’ Centre on 549 3768.

Satisfaction Survey

Thank you to everyone who completed and returned the Satisfaction Survey which was included in the last newsletter. Your comments are much appreciated and will help us to improve our services to carers. If you have not returned the survey but would like to do so, please return it to Sunderland Carers’ Centre as soon as possible.

Twitter

Would you like to keep up-to-date with the latest news from the Carers’ Centre? Do you use Twitter? Then why not follow us **@sunderlandcarer**

Friends and Family Test

This article has been provided by City Hospitals Sunderland NHS Foundation Trust.

“How likely are you to recommend our ward / A&E department to friends and family if they needed similar care in the future?”

On 25th May 2012 the Prime Minister David Cameron announced the introduction of the “Friends and Family Test” to improve patient care and identify the best performing hospitals in England.

This test consists of one question only and this has been standardised throughout the UK. It is aimed at all adult patients (over 16 years old) who attend the A&E department and are then subsequently discharged and all adult patients (over 16 years old) who are inpatients.

City Hospitals Sunderland will be participating in the launch of the Friends and Family Test as it will be a way for the Trust and its staff to measure how well it is doing in comparison to other hospitals and also identify those wards where improvements need to be made quickly.

The question will be printed on to a post card and patients will be asked to complete this on discharge. Alternatively a website address is also available in order to register comments electronically.

The information is given anonymously with only the ward and hospital being identified. An external company will analyse the information and this information will be returned to the Trust and individual wards on a monthly basis to be displayed in highly visible areas for patients, carers, visitors and staff to see.

The main function of this test is to ensure patients not only have a positive experience during their stay but also to enable us as a Trust to improve the patient care where and when issues have been identified. The general public will also be able to view the results via NHS Choices later this year.

Glass Making Appeal

The National Glass Centre would like to involve the community in creating a new exhibition as part of its new Heritage Gallery and are appealing for contributions of personal stories about glass making in the City of Sunderland and donations of interesting pieces of

glassware that were made in the city, including Hartley Wood coloured glass and British Pyrex.

Please contact Sarah Rothwell on 515 5555 or email sarah.rothwell@sunderland.ac.uk

Choir Members Wanted

Shiney Row Male Voice Choir are keen to maintain a male voice singing in the area and are interested in hearing from anyone who would like to join them. Despite already having a healthy membership, the Choir wishes to expand and attract more members from Sunderland, Houghton-le-Spring and Washington. For more information please contact Ron Wilson on 527 9734 or Bob Robson on 552 1344. will take place at the Carers' Centre.

Every effort is made to ensure that the information in this newsletter is correct. Sunderland Carers' Centre can accept no liability for errors and omissions and can not recommend products or services. Views and opinions expressed in this publication are not necessarily those of Sunderland Carers' Centre.

The Carers' Centre is open
Monday to Friday 9am-5pm.

Tel: 0191 549 3768

(Answerphone after 5pm)

Sunderland Carers' Centre, Thompson Park,
Thompson Road, Sunderland SR5 1SF.

Email: info@sunderlandcarers.co.uk
Website: www.sunderlandcarers.co.uk

Twitter: [@sunderlandcarer](https://twitter.com/sunderlandcarer)

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