

# Stockton Adult Carers' Support Service Newsletter

May 2018 | Issue 1

I would like to welcome you to the first edition of our Carers' Newsletter and hope you find it a great way to keep informed going forward. Stockton-on-Tees Borough Council is fully committed to providing a full range of quality support to assist in the valuable role that carers, of all ages, play. We recognise the vital role that carers, including those under the age of 18, take on in supporting people day in and day out without even a thought for themselves. As a council one of our key priorities is to minimise the impact that caring responsibilities place on carers and provide a support network to help people in their caring role.

**Councillor Jim Beall, Deputy Leader and Cabinet Member for Adult Services and Health**



## Meet the Team



**(Denise Jenkins – Support Worker, Marie Bowen - Time Out Co-ordinator, Rebecca Gray – Carers Service Manager, Rachel Boggett – Support Worker, Alistair Mathieson – Support Worker)**

Our team is here to support you as a carer to stay healthy, well and happy. We are so pleased to be working alongside you to develop our service and offer you advice, support and encouragement on your journey as an informal carer. If you currently require someone to talk to about any issues you are having as a carer or if something changes in your situation and you need support and advice one of our support workers will be happy to visit you to complete a carers assessment and support plan. Please contact us on **01642 524494** and we can arrange a time that is convenient for you.

## Regular carers support groups

Group	Day	Venue	Who is the group for?	To book
Peer Support Group	Every Thursday 1-3pm	Stockton Parish Church, High Street, Stockton-on-Tees TS18 1SP	Peer Support Group Any informal carer age 18+	Contact the support service on 01642 524494
Lunch Club	Second Tuesday of Every Month 12.30-2.30pm	Brewers Fayre, Preston Farm, Yarm Road, Stockton-on-Tees, TS18 3RT	Peer Support for both the carer and cared for aged 18+ social event	Just turn up on the day
Lanark Support Group	Second Wednesday of Every Month 11am-1pm	Lanark 1 Lanark Close Stockton-on-Tees, TS19 0UY	Parents and Carers' of an adult with learning disabilities	Just turn up on the day

We are hoping to set up additional carers support groups within Stockton and would love to hear your views on where you would like these to be held and what you would want for the group. Please contact us with your comments on 01642 524494 or email [carerssupport@stockton.gov.uk](mailto:carerssupport@stockton.gov.uk)

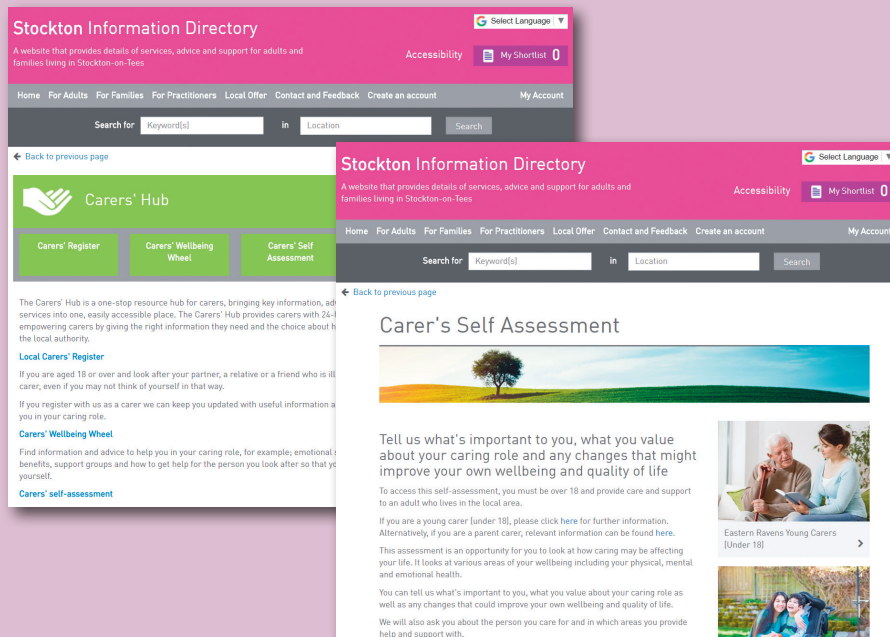
# Carers' Co-production meeting

## Carers working together with the service to develop support

We are hoping to establish a carers co-production group to enable us to continue engaging with carers and ensure we remain focused on our priorities throughout the year. If you are a carer and would be interested in being involved in this opportunity please register your interest by emailing [carerssupport@stockton.gov.uk](mailto:carerssupport@stockton.gov.uk) or telephone 01642 524494. from all backgrounds and situations are welcome.

# Carers' Hub

Did you know that you can access lots of services through our online carers support hub? The HUB is located on the Stockton information directory under the adults section at [www.stocktoninformationdirectory.org](http://www.stocktoninformationdirectory.org)



**Carers' Register** - this section enables you to register as an informal carer and to make sure that as a Local Authority and support service we know who you are, what you do and allows us to engage with you about services and decisions that affect both you and the person you care for. We would like as many carers as possible to register to enable us to keep you informed and make sure our services are designed to meet your needs.

**Carers' Wellbeing Wheel** - where you can access information about services that are available in your local area to support you in your caring role. This section also allows you to create your own health and wellbeing plan.

**Carers' Self Assessment** - you can complete an assessment of your own needs as a carer and submit this to the Local Authority. If you identify that you have needs in certain areas then one of our support workers can contact you to discuss creating a plan to support you to make arrangements to meet these needs. The assessment could also lead to a carers personal budget to help you to meet your identified needs.

# Time out service

Time Out is currently provided by the carers service and provides up to 8 hours free support per month to individual carers to enable them to have a break from their caring role. This can be a planned regular break or used on an ad hoc basis in response to appointments or upcoming events. The service provides one to one support for the cared for person while the regular carer takes a break. However, the service does not provide any domiciliary or personal care for the cared for person. We will however keep them company, provide supervision and support and ensure they remain happy and safe until you return. If you would like more information or would like to request some support you can contact our Time Out Co-ordinator on 01642 524494.





# Living well with Dementia in Stockton – Celebration Event

Thank you to the North of Tees Dementia Collaborative for inviting us along to their celebration event for people living with Dementia. The event was a huge success and we managed to speak to well over 150 people from around the area who are affected in some way by Dementia. Everyone agreed it was a great success and we all managed to learn or meet someone new during the afternoon.



# Working Carers

One of our priorities over the coming months is to support carers who are also in paid employment to balance the competing demands on their lives from their employment and their caring role. To do this we are hoping to raise awareness of your rights as an employee to things like flexible working and the right to request time off. We will also explore opportunities to work with local employers to identify carers in the workplace as early as possible and support them to remain well, healthy and stress free as far as possible. If you would like more information about carers in employment you can access this on [www.employersforcarers.org/](http://www.employersforcarers.org/)

# Carers' Emergency Cards

During carers' week (June 11th – 17th) the adult carers' support service will be launching an emergency carers' cards to anyone over the age of 18 who provides unpaid support to a loved one. These credit card size cards show a picture of you (the informal carer) plus a unique identification number and a carers' emergency contact number. You should carry this card at all times. In the event of an accident or emergency, it lets people know that you have someone who relies on you for support.

The cards will be issued on the completion of a registration form that provides details of what you would like the Local Authority to do in the event of an emergency to ensure the safety and wellbeing of the person you care for. This information will be stored securely and accessed in the event that someone calls the line to advise that you are incapacitated.

If you would like to access a carers' emergency card you can come along to one of our events during carers' week to sign up there and then and have your picture taken for your card. Alternatively, if you cannot make it along to an event you can contact The Stockton Adult Carers' Support Service on **01642 524494**.



## **STOCKTON ON TEES** **CARERS EMERGENCY CARD**

I am a carer and someone relies on me.  
In an emergency please telephone:  
**01642 528880**  
Carer ID: SCSS001  
TEST

# Drop in dates and venues

Everyone is welcome to drop in for information, support or just a friendly chat.

10am – 12 noon	Tennant Street Norton Medical	Last Wednesday of every month
10am – 12 noon	Norton Medical Centre	First Monday of every month
10am – 12 noon	Kingsway Medical	First Friday of every month
10am – 12 noon	Dr Rasools (Abbey Health)	Last Monday of every month
10am – 12 noon	Yarm Medical	First Tuesday of every month
10am – 12 noon	Queenspark Surgery	Last Thursday of every month
10am – 12 noon	Lawson Street Surgery (Densham/Dovecot practices)	Second Friday of every month
1pm – 3pm	Primary Care Trust (Ground floor – Thornaby Medical)	First Monday of every month

We will notify you of additional drop in dates and venue as they are confirmed.

## Carers Week - June 11 - 17 2018

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

The campaign is brought to life by thousands of individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

This Carers Week, we're coming together to build communities that support the health and wellbeing of carers. Around 6.5 million people in the UK are carer, looking after a parent, partner, child or friend. A carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health problem or who needs extra help as they grow older. Caring can be a hugely rewarding experience but sometimes carers find it challenging to take care of their own well-being whilst caring. The impact of caring on health and well-being should not be underestimated this carers week we will be looking to share examples of good practice from supporters of which have helped carers to stay Healthy and Connected.

In Stockton-on-Tees we will be holding an exciting and full programme of events throughout carers week along with lots of other organisations who also work hard to support carers. You will find enclosed with this newsletter a full programme of events for the week. Please note that some of the events are drop in whilst some may require booking.



## Call for Knitters To Help Babies on Neonatal Ward

North Tees and Hartlepool NHS Foundation Trust has launched an appeal for volunteers to knit special red woollen hats to help babies who need extra care. The delivery suite at the University Hospital of North Tees in Stockton is aiming to reduce the number of term babies admitted to the neonatal unit. The unit assesses all babies at birth and those that need extra monitoring wear a red hat to raise awareness to both staff and parents.

If you can help please contact [michelle.matchett@nth.nhs.uk](mailto:michelle.matchett@nth.nhs.uk) or call the delivery suite on **01642 382718**.

If there is anything you would like to see on these pages from events to reminders or advice then please email us at: [carerssupport@stockton.gov.uk](mailto:carerssupport@stockton.gov.uk) with your comments and ideas. Our newsletter will be published quarterly and we look forward to including stories and experiences from your lives.

If you do not wish to be included on the Stockton Adult Carers' Support Service mailing list please contact us on **01642 524494** or email and we will be happy to remove your details.



**Hartlepool and Stockton-on-Tees**  
Clinical Commissioning Group



Big plans for the care we provide