



SHARING THE CARING



Registered Charity No. 1069278

Registered Company No. 3534933

The Princess Royal Trust - Sedgefield Locality Carers Centre

Issue 33

Summer 2006

Welcome to our Summer issue

Mental Health Carers - Support Group

(Group meets on the last Wednesday of each month in the Pioneering Care Centre between 10am and 12 noon)

Forthcoming Events

Wednesday, 28th June 06 Fit For Life

Liz Jordan from the Fit For Life programme has kindly agreed to come along and talk to the group. The programme is aimed at helping people to lead a healthier lifestyle and give them the knowledge they need to maintain and improve their health. The group will meet at the usual time (10am) and Liz will join us from 11am until 12 noon.

Wednesday, 26th July 06 Lunch at The Cobblers

Instead of the usual meeting in July I thought it would make a nice change to go out for lunch! We will meet at The Cobblers Hall, Newton Aycliffe at 11.30am to eat at around about noon. Please feel free to bring a friend. Please note that you will have to pay for your own meal.

If you would like to come along to any of the above could you please contact Carole on 01325 313123

Over 50?

DirectGov is the website to turn to for the latest and widest range of public information.

There is an extensive range of material for people aged 50 and beyond covering:

- Work
- Learning
- Retirement and pensions
- Benefits
- Health & well being
- Travel & Leisure
- Home, care and community

..... and much more

For useful, easy to find information all in one place go to www.direct.gov.uk/over50s

Radar Key

Anyone requiring a RADAR key for Disabled Toilets can obtain one by sending a cheque for £3.50, made payable to Durham County Council, to Directions, Room 2184, County Hall, Durham. Don't forget to enclose your name and address to ensure a prompt return.

Parent Carers Group

The parent carers group continues to meet on a monthly basis. We have enjoyed a number of speakers and those that attend have the opportunity to share experiences. The group is open to any parent or guardian caring for a child with special needs. The next two meetings are on:

Wednesday 14th June:

Speaker from the Learning Library

Wednesday 12 July:

Speaker from Parent Partnership

The group meets at The Oak School, Rock Road, Spennymoor from 10am - 12 noon. Please come along you will be very welcome.

Pensions and Carers Allowance - claim it anyway

The 'overlapping benefits' rule means that carers cannot get a pension and claim Carers allowance. However, it can still be worth putting in a claim for Carers Allowance, because although you may not get paid any allowance, it means you are officially recognised as a carer and may be able to get other help, such as:

- An extra £25 a week pension credit, called a 'Carer Addition'
- Council tax reductions

According to government figures 133,200 carers of state pension age are receiving this additional amount, but many more may be eligible. Always check first - ring Welfare Rights on 0191 384 4252 for a benefits check.

Other extra help you may not have heard of:

- Community care grants
- Budgeting loans
- Crisis loans
- Help with the cost of a funeral
- Fares to hospital for treatment or to visit someone.

The information in this Newsletter is, as far as we are aware, accurate at the time of going to press.

The Princess Royal Trust - Sedgefield Locality Carers Centre can accept no liability for error or omissions, or for the quality of information or services provided by other organisations, nor can we recommend products or services.

Service Review

A sincere thanks to everyone who completed one of our service review questionnaires. We were pleased to receive 248 responses, a summary of the responses received are listed below:

Respondents - Just over a third were male, the majority of carers between 50 and 60 years of age, looking after an adult and only 21 respondents were parent carers.

Speaking in confidence - 22% of Carers did not know about this service. Out of the 97 Carers who have used this service only 1 found it not useful, 61% very useful and 38% useful.

Impartial advice & information - 18% did not know about this service. Out of the 90 carers who have used the service 61% found it very useful, 36% useful and 2 Carers found it not useful.

Assistance in gaining services - 25% did not know about this service. Out of the 107 Carers who have used this service, 59% found it very useful, 35% useful with 4 carers finding this service not useful.

Support to carers at meetings - 15% did not know about this service. Out of the 49 Carers who have used this service 47% found it very useful, 39% useful with 10% finding it not useful.

Home visits - 27% did not know about this service. Out of the 83 Carers who have used this service 65% found it very useful, 33% useful with only 1 carer finding it not useful.

Home visits out of office hours - 26% did not know about this service but 58% did not answer this question.

Volunteer Transport Service - 26% did not know about this service and only 16% of respondents have used the service. Out of the 38 Carers who have used this service 63% found it very useful and 32% useful.

Volunteer sitting service - 22% did not know about this service and only 8% of respondents have used this service. Out of the 19 Carers who have used this service 79% found it very useful, 16% useful, with only 1 carer finding it not useful.

Complementary Therapies/Counselling - 22% did not know about this service. Out of the 73 Carers who have used this service 74% found it very useful, 21% useful with only 2 carers finding it not useful.

Social/Information events - 19% did not know about this service. Out of the 48 Carers who have used this service 60% found it very useful, 35% useful with only 1 carer finding it not useful.

Lunches - 19% did not know about this service. Only 9% of Carers have attended a lunch. Out of the 21 Carers who have used this service all of the carers enjoyed it.

Trips - 25% did not know about the trips. Only 14% of respondents had been on a trip. Only 1 carer did not enjoy the trips.

Carers Support Groups - Working Carers

Evening Groups - 43% would find an evening useful or very useful. Type of group preferred by the 191 carers who would like an evening group - Social 40%, Professional speakers 23% and Your health 38%.

Having a say about services - At Carers Centre 13%, Local Planning Groups 7% and National consultation 6% of respondents.

Caring role affects: Physical health 40%, Emotional Wellbeing 58%, Social Life 51% and Finances 25%.

Newsletter - 86% find information above average or better. 85% find the presentation and style of the newsletter above average or better.

The support we offer overall - 75% rate support above average or better and 4% find service poor.

Have we made a difference?

55% of respondents think that we have made them feel better or much better. 13% of respondents think that we have made no difference.

Further to these responses we have enclosed with every newsletter a summary of the services that we provide. We are currently looking at our out of hours services and are looking at the options available for Carers who are interested in having a say in the planning of services.

Crafty Fun for Children with Special Needs and their Siblings

The children of Parent Carers registered with the centre were invited to come along last week to an afternoon filled with glue and sticky back plastic.

Fifteen children along with their parents created an array of colourful puppets and masks under the guidance of Jane and Dezzy from 'Scribbly Arts'.

The afternoon was great fun and occupied the children for a couple of hours during the school holidays. It also gave the parents the chance to meet each other and relax a little whilst the children created their masterpieces!

The centre hopes to organise further events during the forthcoming school holidays. If you would like any information about services for parent carers offered by the centre please contact Joanne on 01325 313123.

Short Breaks - with a difference

Allow us to introduce ourselves. We are a small 'family run' care home based in Newbiggen by the Sea, Northumberland, set up to offer 'Short Break' care for people with a learning disability.

Our Aim

- To offer personalised care and support for the individual
- To tailor activities and excursions to suit the interests or pastimes of our visitor
- To give the individual a positive and happy experience that they will cherish so much they will want to return again and again.

Our Objective

- To provide a happy and safe environment supported by experienced staff that are willing to facilitate the individuals choice.

If you wish to use our service or would like more information please contact us on 01670 520530, 07930 422051 or email us at jyball@btinternet.com

If you need any more information about any of the items in this newsletter, or have any issues about your caring role please do not hesitate to contact us for a confidential chat.

YOU CAN CONTACT US AT

Sedgefield Locality Carers Centre
Suite 3, Avenue House
Greenwell Road
Newton Aycliffe
Tel: 01325 313123
Fax: 01325 300832



Donations received

Many thanks to the Inner Wheel Club of Newton Aycliffe who kindly donated £100 towards the services that we offer to carers. We were delighted to receive the cheque and value their continued support.

A special thanks also to Mrs Metcalfe who kindly donated money collected from her work colleagues at Broom Cottages Primary School for her leaving present. We are delighted that Mrs Metcalfe chose to support our charity at such a special time.

Outreach Service News

Summer Coffee Mornings

We would like to invite all carers and former carers to two special summer coffee mornings. There will be strawberries and scones and hopefully a bit of sunshine!

Monday 26th June from 10am - 12noon at Spennymoor Library

Friday 30th June from 10am-12noon at Newton Aycliffe Youth Centre

You are welcome to call in for a cuppa and a chat at any point during the opening times. Feel free to stay as long as you wish, bring a friend if you do not want to come along on your own.

The Spennymoor and Newton Aycliffe Coffee Mornings are held each week, so you do not have to wait until June to come along! If you would like more information please call Joanne on 01325 313123.

Your Wellbeing Counts

There is still time to book places on the 'Your wellbeing counts' sessions. There are two coming up:

Tuesday 27th June: Relaxation. Held at the PCC, Cobblers Hall, Newton Aycliffe: from 7 - 8.45pm

Monday 10th July: Aromatherapy. Held at The Literary Institute, Dean Bank, Ferryhill: from 10-12noon.

If you would like to book a place please ring Joanne on 01325 313123.

Trust Funds

Parent carers who have disabled children and wish to set up a trust can gain access to a new package of measures which modernises the trust fund tax system. Published by HM Revenue & Customs, the Rev BN 10: Modernising the Tax System for Trusts can be found on their website www.hmrc.gov.uk/trusts/vb-guidance.htm

Summer and Christmas Trips

Thank you to everyone that completed the questionnaire about trip destinations. We had a very good response and we hope that you will be pleased with the result. The North Yorkshire Moors Railway was the most popular destination, with York coming a very close second and Harrogate was the third choice. So with this in mind the trips have been arranged as follows:

Christmas Shopping Trip



This will be to York on Wednesday 15th November. There will be a charge of approximately £6 to cover the cost of the bus. Please put this date on you calendar and watch out for details in the next newsletter.



Summer trip for carers.

Monday 17th July to the North Yorkshire Moors Railway. We will travel by coach to Grossmont where we will join the train that will take us to Pickering. There will be time to explore Pickering before returning on the train to Grossmont.



The trip is open to carers and you are welcome to bring along a friend. Due to the limited number of bus seats it is necessary to restrict this to one friend per carer.

The coach will pick up at Spennymoor, Shildon and Newton Aycliffe. If you are unable to get to get to these pick up points please tick the box on the form below, and we will contact you.

Please note that this trip is being subsidised and a normal adult fare on the train is £14.00 return (excluding coach travel).

The cost of this trip will be: £15 per person, this includes the coach to and from Grossmont and return fares on the train. **If you would like a packed lunch to be provided there will be an additional cost of £5.00**

If you would like to come along, please complete the form below and return it to our **FREEPOST** address by **MONDAY 3rd JULY**. Please enclose payment. Please make cheques payable to Sedgfield Locality Carers Centre. Thank you.

Summer Trip	
Name	
Address	
Telephone Number	
Number of Adult places	
Number of Lunches	
Do you require transport to the	
I enclose payment of:	£

Return to: **FREEPOST NEA16127, Newton Aycliffe, Co Durham, DL5 4BR** no later than

MONDAY 3rd July 2006