



Caring Times

North East Lincolnshire

News

Information

Events

Fun stuff



/CarersNEL



Carers' New Year Lunch—ONLY £5—Details Inside
NEW—Carers' Support and Innovation Fund
WWW.carerssupportcentre.com





The Carers' Support Service



Working with Carers in North East Lincolnshire



Almost 1400 of you have registered with us since April 2014, my goodness have you been keeping us busy!

Your Carers' Centre has become a busy hive of activity, with forums and community groups meeting at the centre, and lots of partnership working taking place from Parent Carer Coffee Mornings to Alzheimer's Society and NAViGO drop in sessions to name a few.



Since our first newsletter back in September, "Caring with Confidence" has been successfully launched, we have been fundraising with Britain's Best Breakfast and one to one computer tuition has become a hit with computer beginners. We have run a computer course in partnership with CERT and recently we have been making Carers aware of their rights via our Carers' Rights Day event on the 28th November, a summary of which is in this newsletter.



In this issue we also have some new dates for "Caring with Confidence", as well as Back Care Training and First Aid Training. Visit our website for more information on upcoming activities and events.

Christmas is fast approaching, so we wish you happiness for the holiday season and best wishes for the new year.

David and the team

Sit back and relax. We hope you enjoy reading the newsletter

You are invited to the North and North East Lincolnshire

Carers' New Year Lunch

If you would like to
attend, please let us know
by Wednesday 14th
January

Thursday 29th January 2015

Brigg Garden Centre

12noon till 2:30pm

MENU

Main

Roast Beef & Yorkshire Pudding
Salmon in a White Wine Sauce
Sausages, Creamy Mash & Rich Onion Gravy
Cottage pie
Brie & Mushroom Crumble
Italian Chicken
Roast Vegetable Quiche & Seasonal Salad

**

Dessert

Apple Pie
Summer Berry Cheesecake
Traditional Trifle
Eton Mess Sundae
Chocolate Profiteroles

**

Tea and Coffee

Cost - £5 upon booking, Includes transport (if needed) from Grimsby, free raffle ticket & a soft drink on arrival

If you want to attend, please return the reply slip (included with this newsletter) to the free-post address provided.



CARERS' SUPPORT AND INNOVATION FUND

A brand new service for adult Carers of adults with additional needs, who have not had a full Carers Needs Assessment

As a Carer, you may find yourself in need of one off financial support, to help you deal with an emergency or to lessen the impact of your caring role on your health and wellbeing. For some Carers accessing support via social services just isn't an option. The Carers' Support and Innovation Fund provides financial assistance where it would otherwise not be available.

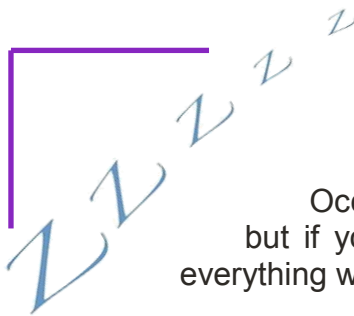
Successful applications will:

- Help to keep a Carer independent
- Help to maintain a Carers health and wellbeing
- Prevent a Carer reaching crisis

**Applications from Carer
Support Groups will be
considered**

- Need a new washing machine because yours has broken down?
- Need a break to recharge your batteries?
- Struggling to pay for a college course because of your caring situation?
- Does your Carer Group need funding for a one off activity?

For more information and an application form Call 01472 242277



Getting Enough Sleep?

If you're a Carer you may be having broken, or not enough sleep. Occasionally, having a disturbed night will affect you the following day, but if you are having trouble sleeping for longer than a night or two, then everything will seem harder.

Caring for someone brings extra pressures, such as money worries, emotional worry, isolation, and having no time to yourself. All of these can contribute to stress, which can make it hard to get to sleep, and keep you awake at night.

There are things you can do to help make it easier to sleep and to improve the quality of your sleep.



Tips for better sleep

- Make sure your bedroom is comfortable – not too hot, cold or noisy.
- Try not to work or have your computer or TV in your bedroom.
- Get some regular exercise – swimming and walking are ideal – but try not to do this too near to bedtime as it may keep you awake.
- Take a look at your mattress. It should be firm enough to support you comfortably, but not so firm that you feel perched on top of it. You should try to replace your bed every 10 years so that it maintains maximum support and comfort.
- Try to cut down on tea and coffee in the evening.
- Try not to eat or drink a lot late at night - have your evening meal earlier if you can.
- Don't drink too much alcohol. It may help you fall asleep, but makes you more likely to wake up in the middle of the night.
- Spend some time relaxing before you go to bed – a warm bath may help. There are many different relaxation techniques. You could try tapes and books available in your local library or you could join a class.
- Try to keep a regular pattern of going to bed and rising at the same time every day, even if you are not tired
- Keep a notepad by your bed so that if you are worried about something, you can write it down and be ready to deal with it the next day.
- If you still cannot sleep, try not to lie there worrying. Get up and do something you find relaxing like reading, watching TV or listening to quiet music. After a while you may feel tired enough to go to bed again.
- Complementary therapies such as massage or aromatherapy can be a good way to relax.

While the tips listed above may help with sleeping problems, if sleeplessness becomes intolerable, a visit to your GP may help. It is particularly important to see your GP if you are suffering with stress, anxiety or any physical ailment, so that you can start getting treatment. Even just talking to your GP may help ease your worries.

The Carers' Support Service

Working with Carers in North East Lincolnshire



“Life Changing” and “A much needed break”

Join the thousands of Carers that have already benefitted from the course.

Give yourself the opportunity to gain new knowledge, learn new skills, meet new people and care with confidence.



NEW DATES!

Caring with Confidence is a free skills and knowledge programme developed to make a positive difference to your life and that of the person you care for

Thursdays 11am till 2:30pm

5th March	Finding your way
12th March	Caring and coping
19th March	Caring and me
26th March	Caring day to day
EASTER BREAK	
15th April	Caring and resources
22nd April	Caring and life
29th April	Caring and communicating

**The course is FREE and lunch is provided
1 Town Hall Square, Grimsby, DN31 1HY
Call 01472 242277 to book your place or email
david.wilson@carerssupportcentre.com**

If you would like to attend but can't because of your caring role, please let us know



/carersnel



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www.carerssupportcentre.com

Working in Partnership with
North East Lincolnshire
Clinical Commissioning Group

Registered Charity Number 1070028

FIRST AID FOR ADULT CARERS



“Giving you the confidence to deal with an emergency situation”

Split over 2 days, the training will cover:

DAY ONE

Dealing with an emergency
Unconsciousness
Choking
Bleeding
Burns
Recovery Position

DAY TWO

Heart attack
Stroke
Sprains, strains and broken bones
Head Injuries
Diabetic emergency
Hypothermia.
Course content subject to change

Wednesday 21st and Wednesday 28th January 2015, 10.00 – 1.00pm

At the Carers Support Centre, 1 Town Hall Square, Grimsby.

Light refreshments will be provided

You MUST be able to attend BOTH Days to get your certificate

Please call 01472 242277 to book your place

Free Back Care Training

Wednesday 4th February



10am to 3pm—Lunch Provided

The course will cover

Causes of back pain

How to look after your back

Practical techniques for moving and handling

Carers' Support Centre, 1 Town Hall Square, Grimsby

To book a place call 01472 242277



Do you struggle to attend events, training opportunities or activities relating to your caring role?

Please let us know why, and what support you need to help you attend events in the future. Your feedback will help us develop future services.

There will always be circumstances that mean you may still not be able to get to an event, but you can still often be involved. We can share your thoughts and opinions and ask your questions on your behalf. Just give us a call, send us an email or drop in to the centre at 1 Town Hall Square, Grimsby.

Volunteers Wanted

YOU can make a difference!

Caring can be rewarding, but for many Carers, it can be lonely and stressful. Support from volunteers can be a vital lifeline in helping a Carer get back their confidence and continue the wonderful work they do every day

We have volunteering opportunities in:

Befriending
Counselling
Computer Mentor
Drivers
Holistic Therapies
Supporting Carer Groups

Full training and support will be provided

The Carers' Support Service

Working with Carers in North East Lincolnshire



For more information contact
the Carers' Support Service
on 01472 242277

GET INVOLVED - Be a part of the North East Lincolnshire Carers Forum



We all know that at any time, anyone can become a Carer, so in 2008 the Carers Forum was set up to give a voice to Carers and highlight their worth.

The Forum is Carer-led and is open to Carers of people with varying needs. There are representatives for Older Carers, Learning Disability, Mental Health, Children and Families, Physical Disability, Drugs and Alcohol and also Former Carers.

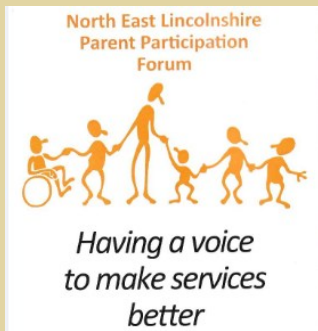
The Forum has a key role in the planning and development of local services and the promotion of issues affecting local Carers. Most recently, the Forum has been involved in the selection of the new provider of Carers' services in North East Lincolnshire.

Would you like to become a part of the Carers Forum ?

Meetings are held on monthly on Friday morning (10.00-12.00) at the Carers Support Service, 1 Town Hall Square,

As a Forum, we are moving onwards and upwards. For more information about the Forum and becoming a member, please call the Carers' Support Service on 01472 242277.

Mary Morley - Chair, Carers Forum



North East Lincs Parent Participation forum is a collective Voice for Parent/Carers of children with special needs and disabilities.

The NELPPF held a successful Special Educational Needs and Disability (SEND) workshop in November in partnership with North East Lincolnshire Council, NEL Clinical Commissioning Group and SERCO. There will be further workshops planned for 2015. Keep up-to-date with information via our Facebook and Twitter pages—details below.

UPCOMING EVENT—12th January 2015, 9:30am till 2:30pm

' Sleep Clinic ' with The Children's Sleep Charity and their sleep practitioners.

VENUE—The Carers' Support Service, 1 Town Hall Square, Grimsby, DN31 1HY

There will be a newsletter coming soon in the new year from SENDIASS (SEND Information, Advice & Support Service), NEL Local Education Authority and NELPPF. We will keep you posted

[Email-nelppf@virginmedia.com](mailto:email-nelppf@virginmedia.com)

Tel- 07583474892

Or follow us on Facebook –North East Lincs Parent Participation Forum

Twitter -@NELPPF.

JOIN US

Parent Carer Coffee Morning

2nd Wednesday of Every Month

10am till 12noon

Carers' Support Service, 1 Town Hall Square, Grimsby

Scope
About disability



How does Good King Wenceslas like his pizzas?
deep pan, crisp and even!



Apples provide a better morning wake-up than a cup of coffee.



USE A HANGING SHOE RACK TO STORE CLEANING SUPPLIES

(AND KEEP THEM AWAY FROM THE KIDS)

Round Up

Carers received lots of useful information on Carers Rights Day this year, and they also shared their experiences of accessing Carers Services and support for the people they care for. Here's a round up of the day.



The Care Act—The biggest change to social care legislation in 60 years

There are 2 main principles:

1. The prevention of need for formal support and allowing people to maintain their independence
2. People should be in charge of their own care and support

From April 1st, a Carer may have any level of need to be eligible for an assessment, that will look at current and future needs. There will be a national eligibility criteria that will be interpreted locally, making accessing support fairer for everyone. The definition of a Carer is also going to change. A Carer will be 'Anyone who provides or intends to provide care'... more information at www.carerssupportcentre.com

Accessing support for the person you care for—Focus Independent Adult Social Work

Focus is the replacement for Adult Social Care in North East Lincolnshire. It assesses and reviews people for services. It will also commission services for people. The aim is to personalise services and give people choice. Focus encourages Carers to have an input into services for the people they care for, and looks to develop those services.

Everyone is entitled to an assessment as with the Care Act the 'substantial' element of the eligibility criteria has been dropped. Clients/Service Users are able to self assess via www.services4.me.uk should they wish. Services 4 me is also an online market place of support and services available to Carers and cared for people.

Focus can also manage personal budgets or they can be managed by the service user via direct payments. Online management of budgets is being developed. This will give greater flexibility, especially for those carers not living with their cared for person... Q and A available at www.carerssupportcentre.com

Accessing support for the person you care for—Children's Disability Services

The Children and Families Act comes into force from April 1st 2015. The act calls for more transparency in the way services are delivered and a person centred approach to services and assessments. Part of the act focuses on Special Educational Needs and encourages agencies to work more seamlessly together.

There will be more integrated assessment and planning and the right to a personal budget. There will be a single assessment for children with a disability that will take a whole family approach and include the child's school and other professionals. Following assessment, an Educational Health and Care Plan will be put in place.

There are some services in North East Lincolnshire targeted specifically at children with additional needs. F.L.A.G (Family Links Around Grimsby) and The Disability Sports Forum. For more information, visit www.carerssupportcentre.com

Expert Carers and Carer Consultation

Carers have a wealth of knowledge that is of benefit to other Carers, knowledge about what has worked for them and made their caring role more manageable. We asked Carers to share some of this knowledge with us, so that we could share it with all of you. We also found out what services carers want to see developed in the future. All the details are at www.carerssupportcentre.com

If you do not have access to the internet but would like the full summary, please give us a call on 01472 242277

Carer Groups

and specialist advice

Groups

Grimsby Group	Every Friday 1pm till 3pm	For all Carers
Bernie's Club	Fortnightly on Thursdays 2pm till 4pm	For People with Dementia and their Carers
Dementia Activity Group	First or second Wednesday of the month 10:30am till 12 noon	For Carers of people with Dementia
The Angel Club	Mondays, Every 4 weeks 2pm till 3:30pm	For Carers of people with Substance Misuse problems

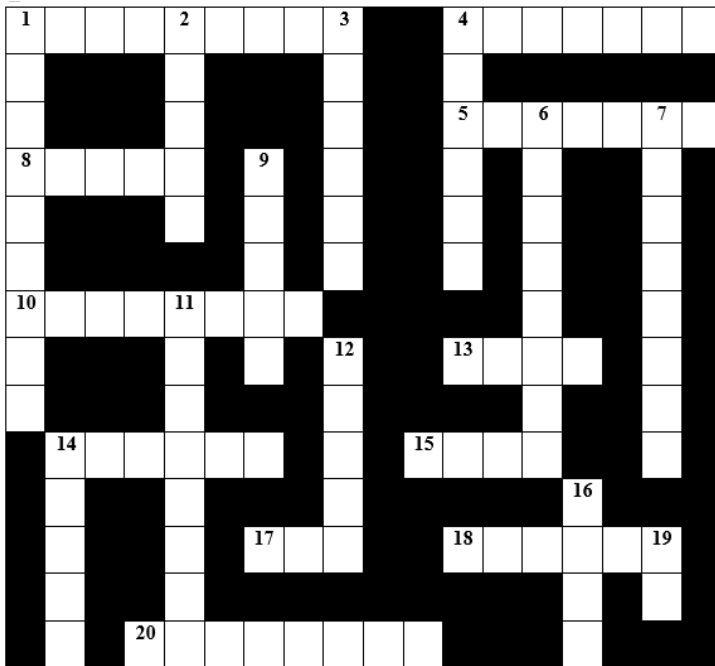
Specialist Advice

Welfare Benefits, Housing, Finances & Debt	Specialist advice is available at the Carers' Support Service via appointment. We also have some home visits available	Every 2 weeks, appointments are available at Taylors Avenue Medical Centre
Alzheimer's Society Dementia Advisers	If you are affected by Dementia, advisers can give you advice, guidance and information	Appointments are available at the Carers' Support Service on the 1st and 3rd Friday of the month between 10am and 4pm
Parent Carer information, support and advice—Scope	Parent Carer drop-ins are available between 10am and 2pm every 2 weeks (term time only)	The Carers' Support Service hosts a Parent Carer Coffee Morning on the 2nd Wednesday of every month—10am till 12noon
NAViGO drop in	Drop in session for Carers of people with Mental Ill Health	Last Wednesday of every month 10am till 12noon

All services take place at the Carers' Support Service, 1 Town Hall Square, Grimsby, unless stated otherwise

For more information on any of these services, please call
The Carers' Support Service on 01472 242277

Christmas Crossword



Across

1. Day of Jesus' birth (9)
4. Santa has to climb down it (7)
8. Time of day when Santa delivers presents (5)
10. Animals that help pull
13. One guided the Wise Men (4)
14. Husband of Mary (6)
15. Put lights on it at home (4)
17. Where you must be early on Christmas Eve night (3)
18. Hang one on your door at Christmas (6)
20. Put around the presents (8)

Down

1. Fruit used for sauce to go with turkey at Christmas (9)
2. Man in red (5)
3. Place where Jesus was born (6)
4. Sung at Christmas (6)
6. What you do to house and tree at Christmas (8)
7. Given to family at Christmas (8)
11. Month of Christmas (8)
12. King at time of Jesus' birth (5)
14. Born at Christmas (5)
16. Mother of Jesus (4)
19. Santa says it three times (2)



If you need access to community health & social care support or advice and information, the Single Point of Access is always open.

Whatever the time of day or night, weekend or bank holiday, you can call us 24 hours a day, 365 days a year.

01472 256 256

NELCCG.A3TeamPublic@nhs.net
www.focusadultsocialwork.co.uk

Carers Team

Focus Independent Adult Social Work

The community outreach bus will be out and about on the following venues and dates:

Friday 23rd January 2015
 Friday 27th February 2015
 Friday 20th March 2015

10am – 3pm Cleethorpes Civic Offices
 10am – 3pm Sainsburys, Corporation Rd, Gy
 10am – 3pm Dementia Friends Event - Laceby



Some useful websites and numbers

Age UK

The UK's largest charity working with and for older people. It has information guides on a wide range of issues.

www.ageuk.org.uk TEL: 0800 169 6565

Alzheimer's Society

Works to improve the quality of life of people affected by dementia. Produces a large number of factsheets on dementia-related topics. www.alzheimers.org.uk TEL: 01724 848594

Care Plus Group

Provides adult health and social care services to people across North East Lincolnshire. <http://careplusgroup.org>
TEL: 01472 266999

Carers Direct (NHS)

Provides advice, information and support to Carers. www.nhs.uk/carersdirect TEL: 0300 123 1053

Carers UK

Carers UK, a national organisation, supporting Carers by giving them a voice and campaigning for changes that make a difference. www.carersuk.org TEL: 0808 808 7777

Arthritis Care

Provides high-quality information and support to empower people to take control of their arthritis.

www.arthritiscare.org.uk TEL: 020 7380 6500

Carers Trust

The Carers Trust is the largest provider of comprehensive carers support services in the UK.

www.carers.org TEL: 0844 800 4361

Macmillan Cancer Support

Provides practical, medical and financial support for people affected by cancer and pushes for better cancer care.

www.macmillan.org.uk TEL: 01904 651700

NAViGO

Provides mental health and associated services in North East Lincolnshire.

<http://navigocare.co.uk> TEL: 01472 583000

North East Lincolnshire Council

Information about services provided by North East Lincolnshire Council.

www.nelincs.gov.uk TEL: 01472 313131

Scope

Supports disabled people and their families, especially those affected by cerebral palsy.

www.scope.org.uk TEL: 07992 752 573

Cinnamon Trust

The Cinnamon Trust is the only specialist national charity for people in their last years and their much loved, much needed companion animals. A network of 8,000 volunteers "hold hands" with owners to provide vital loving care for their pets. A national fostering service is provided for pets whose owners face a spell in hospital - volunteers take pets into their own homes and supply love and care in abundance until owner and pet can be reunited.

www.cinnamon.org.uk

TEL: 01736 757900

Family Information Service

Directory of services and activities for children and young people aged 0-19 years in North East Lincolnshire.

www.familyinformationservice.info

TEL: 01472 326293

Disability Rights UK/RADAR

Wide range of information and publications designed to educate and inform disabled people, public sector organisations and the private sector. Operates the National Key Scheme which provides disabled people with independent access to locked public toilets around the country.

www.radar.org.uk

TEL: 020 7250 8181

Services4.me.uk

A one-stop directory of adult social care, health care, wellbeing, voluntary and community services and related events and activities available in North East Lincolnshire.

www.services4.me.uk

TEL: 01472 256256

Care Link

Carers Emergency Alert Card and 24 Hour Telecare Response www.care-link.org.uk

TEL: 01472 312312

more useful numbers

Adult Community Health and Social Services single point of access, Social Care crisis response Team and Safeguarding Adults team (24 hours)	01472 256256
Mental Health Services Single Point of Access and Mental Health Crisis Home Treatment Service (24 hours)	01472 252360
Out-Of-Hours GP and Local Health Advice Line (24 hours)	01472 256222
Diana Princess of Wales Hospital (24 hours)	01472 874111
Emergency Dental Service—9am to 1pm	01472 346613
Womens Aid—24 hour emergency supported accommodation for women and their children who want to leave violent partners	01472 575757
Home Options Team—advice and assistance for people threatened with homelessness or seeking accommodation (office hours)	01472 326401
Grimsby, Cleethorpes and District Samaritans	01472 353111
Rethink Lincsline—for people who need support who are in crisis due to mental ill health (5—9pm Monday to Friday, 24 hours at weekends and bank holidays)	0808 800 1010
Alzheimers Society North and North East Lincolnshire (office hours)	01472 848594
Grimsby, Cleethorpes and District Mind (office hours)	01472 602502
Children and Family Services—Referral and Assessment service—Single point of access for new referrals—Childs assessment and safeguarding service—Urgent out-of-hours concerns about the welfare of a child or young person	01472 325555

Are you a Carer aged between 18 and 24?

We want to hear from you!

What are your hobbies and interests?

Where do you like to go for a bit of 'me' time?

What support would help you in your caring role?

We want to develop our services for Young Adult Carers

Call 01472 242277 or email

david.wilson@carerssupportcentre.com



Did you know that you can have a

FREE flu jab

if you look after someone, without pay, who can't get by without your help?

Ask a member of your GP team for details

FUNDRAISING

**Support us with our aim of reaching out to the
16,000+ Carers in North East Lincolnshire!**

There are several ways you can support the Carers Support Service in our fundraising efforts.

Do you run, or are you a member of a local group? Why not choose the Carers Support Service as your charity for your next fundraising event.

Are you planning a personal challenge? Why not achieve your goals whilst helping us to achieve ours. Give us a call and ask for a sponsorship form.

You can even donate to us whilst doing your Christmas shopping, via Give as you live.

Step 1: Sign up to Give as you Live on your desktop, tablet or via the mobile app. It's fast, simple and 100% secure.

Step 2: Shop for millions of products at over 3,000 top online retailers including Amazon, John Lewis, eBay, Expedia and more.

Step 3: A percentage of every pound you spend online will be donated to us. The best thing is, it won't cost you a penny extra. Visit <http://www.carerssupportcentre.com/north-east-lincolnshire/fundraising> and follow the link at the bottom of the page

We also accept Cash and cheque donations. Please donate cash in person, or make a cheque payable to 'Carers' Support Centre'

The Carers Support Service works with Carers in North East Lincolnshire

There are over 16,000 Carers in North East Lincolnshire

Carers save the local economy over £280 Million every year

The Carers Support Service is a registered charity—Registration Number 1070028

All donations go towards maintaining and improving support for Carers

THANK YOU FOR YOUR SUPPORT!

Meet the team

Its always nice to put faces to names. Here are the staff at the Carers' Support Service who are always happy to help.



Mike—CEO



Helen—Deputy CEO



David—Service Manager



Becky—Advocate & Carers Support & Development Worker



Danielle—Therapist



Lisa—Volunteer co-ordinator



Jacqui—Substance Misuse Support Worker



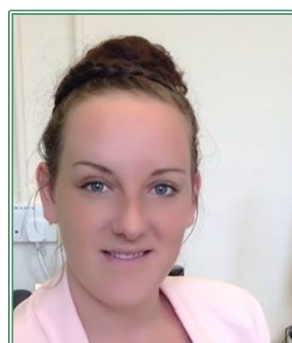
Sarah—Carers Support & Development Worker



Gemma—Carers Support & Development Worker



Hannah—Carers Support & Development Worker



Kirsty—Carers Support & Development Worker



Sharon—Carers Support Assistant

Working with Carers in North East Lincolnshire

The Carers' Support Service

Working with Carers in North East Lincolnshire

