



Inside:

Carers Wellbeing Fund	page 3
Information and Support	page 4-6
Christmas Lunch	page 7
Carers Week Review	page 8-9
Free NHS Flu Jab	page 10
Listening Link	page 11
Dates for your Diary	page 14-15
Plus our regular Benefits News, Council Updates and more!	

Newcastle Carers is an independent charity providing dedicated information and support to adult carers (aged 18 years+) who provide unpaid support for someone living in Newcastle.

Contact our Carers Information Line for free and confidential information and advice:

Monday to Friday, 9:00am to 5:00pm.

T. 0191 275 5060 SMS. 07874 100043

E. info@newcastlecarers.org.uk

Help us help more carers

Anyone can become a carer, yet we know carers often feel isolated and unsupported. They often struggle to take a break and neglect their own health. Donations enable us to support more carers and help prevent them reaching breaking point. To make a difference today:

Donate Online by scanning QR code on the right.

Text NCLC01 followed by the amount you'd like to donate (up to £10) to 70070. E.g. NCLC01 £5.

Costs of texts may vary depending on your mobile network.

Contact us to find out other ways you can help.



To request our newsletter in **larger print** or in another language contact:

T. 0191 275 5060 SMS. 07874 100043





Do you need support to improve your own health and wellbeing?

The Carers Wellbeing Fund may be able to provide a small grant to help you as a carer. The fund is intended to support unpaid carers in need to improve their own health and wellbeing.

You can apply for a small grant of up to £200 for something that will improve your health and wellbeing. For example a holiday in the UK; driving lessons; household items; gym membership.

The fund is discretionary. This means there is limited money available so not all applications will be successful. If you are aged 18 or over and the person you care for lives in Newcastle and you'd like to apply, contact us for an application pack or download one from our website:

<http://www.newcastlecarers.org.uk/our-services/carers-wellbeing-fund>.

The Carers Wellbeing Fund is provided by Newcastle City Council and the NHS Newcastle Gateshead Clinical Commissioning Group. It is administered by Newcastle Carers.

Keep up-to-date with us on social media:



@NCLCarers



/NewcastleCarers

When looking after someone, having the right information at the right time can make a difference. We provide carers with information, support and guidance on any concern relating to their caring role.

Drop-in Information and Advice Sessions:

Come along to see one of our Carer Information and Advice Workers at our **Drop-in Information and Advice Sessions**. We have a selection of **free** drop-ins across Newcastle to give you a chance to get dedicated information and advice tailored to meet your individual needs. *See the [Dates for your Diary timetable on page 14](#) to find your nearest drop-in.*

Carer Cafés:

Our Carer Cafés are a great source of support for carers to meet other people in similar caring situations. They're also a chance to:

- Get a break from your caring role
- Get information and support.

See the [Dates for your Diary timetable on page 14 to 15](#) to find your nearest Café.



Have you visited our website Information Hub?

Find information on a range of subjects, including health, the caring role, carers' rights, and much more!

www.newcastlecarers.org.uk/Information-Hub



Free Information and Advice Sessions to support you in your caring role

We are running two separate Information and Advice Sessions for carers who are looking after someone with:

- A **mental health condition**;
- A form of **dementia**.

Both Information and Advice Sessions are free to join and give carers a chance to:

- Meet other carers who may be in similar caring situations
- Share information around key concerns about caring
- Feel better informed and connected

Sessions are hosted by a Carer Information and Advice Worker with expertise in each condition. Carers are welcome to come to all or some of the sessions. All sessions are friendly and welcoming!

If you care for someone with a mental health condition:

6 sessions taking place on Wednesdays from 13 September to 25 October, 1:30pm–3:30pm at our Centre in Byker:

- 13 September**
- 20 September**
- 27 September**
- 4 October**
- 11 October**
- 1 week break**
- 25 October**

If you care for someone with dementia:

6 sessions taking place on Wednesdays from 4 October to 8 November, 11:30am–1:00pm at our Centre in Byker:

- 4 October**
- 11 October**
- 18 October**
- 25 October**
- 1 November**
- 8 November**

Did you know? ... Tuesday 10 October 2017 is World Mental Health Day!

Activities for Male Carers

Are you a male carer looking after a family member, friend or neighbour? Would you like the chance to meet other male carers? ... Join our Men's Group!

Our Men's Group is held on the **second Friday** of every month. (Meeting times change each month depending on group activities).

The group is a great opportunity for male carers to:

- Meet other male carers who may share similar interests
- Get a break from their caring role
- Take part in social activities and try something new

The group particularly enjoys getting out and about and trying new activities, e.g. visiting museums or a falconry display.

For more information, or if you would like to join the group, please contact us.

This year's National Carers Rights Day takes place on **Friday 24 November 2017**. The day aims to help carers understand their rights and find out how to get the help and support they are entitled to.



Throughout November our dedicated team of volunteers will be at supermarkets around Newcastle, raising awareness of carers' rights and the support available to carers. So, if you're shopping in your local supermarket during November and you see our information stand and friendly volunteers, please stop to say "hello" and take some free information leaflets.





Christmas Lunch



It's that time of year again when carers are invited to join our popular and festive annual Christmas Lunch!

Come along to enjoy a traditional three course Christmas lunch, raffle and disco—not to be missed!

When? Monday 11 December, 12noon–4:00pm

Where? The Assembly Rooms, Fenkle Street, NE1 5XU
(across from Central Station).

Cost? £12 per person

Booking is essential. Payment is due by **Tuesday 31 October**. To book your place (places are limited) please contact us. When booking please let us know if you have any dietary requirements.

Due to the limited spaces available only carers and former carers can attend.



Local carer Hilary Wilson fund-raised a fantastic **£600** for us at her Carers Week Open Garden on Sunday 18 June. Hilary opened the gates of her cottage garden in Beadnell for people to come along with a picnic and enjoy a lovely afternoon out. Homemade jams, chutneys

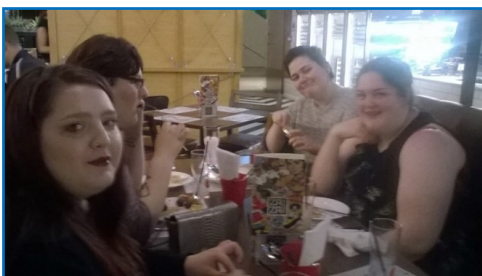
and cakes were on sale, as well as a plant stall and raffle.

We're delighted to say the money Hilary has raised will be put towards the cost of our carers Christmas lunch. Each year we subsidise the cost of the Christmas lunch and as a charity this can be difficult. So, we'd like to say a huge *'thank you'* to Hilary and to all those who attended Hilary's Open Garden for making this possible!



Carers Week, the national celebration of carers, took place 12–18 June this year and what a fantastic week of events it was!

We started our Carers Week celebrations with a wonderful trip to Beamish on Tuesday 13 June. Carers enjoyed visiting the 1900s sweetshop, riding the vintage buses and exploring much more! We ended the day with a delicious lunch.



“Thank-you for a great night, it was amazing ...”

On Wednesday we had a trip to Eldon Leisure 10-pin bowling with a group of carers who enjoyed an evening of bowling and socialising. Also on Wednesday a group of young adult carers had a lovely evening meal at a local restaurant. Lots of fun was had by all!

We welcomed carers, friends and professionals to our Centre Open Day on Saturday for free complementary therapy taster sessions and to meet staff and volunteers.



Since Carers Week was scheduled during Ramadan, a group of female carers from the Black and Minority Ethnic (BME) group enjoyed a trip to Alnwick Gardens on Monday 10 July. A lovely day was spent exploring the gardens and enjoying delicious afternoon tea.

Carer Friendly Communities Awards Ceremony



After the success of last year's Carer Friendly Communities Awards Ceremony we decided to host the event again. We had a fabulous afternoon celebrating those who go the extra mile to support unpaid carers in their community. Congratulations to everyone

who received an award on Friday 16 June at Tyneside Cinema. Thank you to those who nominated and to all who came along to our ceremony.



2018 Carer Friendly Communities Awards Ceremony!

We're now accepting nominations for our 2018 Awards Ceremony!

Who will you nominate?

Contact us for a nomination form or download one from our website:

[http://
www.newcastlecarers.org.uk/
whats-on/carers-week-2018](http://www.newcastlecarers.org.uk/whats-on/carers-week-2018)

Free NHS Flu Jab—make yourself flu-proof this winter!

If you're the main carer of an older or disabled person who would be at risk if you were ill, you may be entitled to a free NHS flu jab. You can also get one if you get Carer's Allowance.

As well as helping to protect you from the flu, having a flu vaccination makes it less likely that you'll pass the virus on to the person you care for. If they're frail or disabled, for instance, or have a long-term condition, they may be at higher risk of catching the flu and more likely to develop complications and become seriously ill as a result.

How to book your free NHS flu jab

Explain to your GP that you'd like a flu vaccination because the welfare of the person you care for would be at risk if you were ill. Your GP practice will invite you to have an annual flu vaccination.

Ask your GP to make a note on your medical records that you look after someone to alert them that you may need extra support in your caring role.

Vaccinations are usually made available from September.

Alternatively, ask your local pharmacy for a free NHS flu vaccination as many now offer this service and will liaise with your GP practice to let them know that you've been vaccinated.

Did you know? ... We have 2 computers available for carers to use during Centre opening hours. If you're familiar with a computer you're welcome to drop-in and use them.



**Would you like to make a difference to someone's life? Are you friendly and good at listening?
We would love to hear from you...**

Listening Link is a volunteer telephone support service for carers. Each carer is matched with a volunteer who will call them regularly for a friendly chat.

Speaking to a volunteer gives carers a chance to share their worries or concerns, providing support and encouragement so that they feel less alone. We know that being a carer can feel very isolating. A friendly voice on the other end of the phone can make a huge difference.

In your volunteer role you would be asked to telephone the carer you have been matched with, from your own home, usually once a week.

Volunteers must be over 18. All volunteers are provided with out-of-pocket expenses, training and support. We work with people from diverse communities and welcome all enquiries. Please contact Alison for more information: alison@newcastlecarers.org.uk; 0191 275 5060.



**Shaping the future for carers in Newcastle
by Fiona Richardson, Carers Lead Officer,
Newcastle City Council**

Newcastle City Council is starting to look at planning future services for carers. We know that some services provide excellent support, but we know there are some areas where information, support and services could be improved. Over the next few months you may receive a questionnaire or an invitation to let us know your views on what works well now and what else you need. We would really appreciate your help to plan services that will best meet carers' needs. If you would like more information or to get involved, please contact me, Fiona Richardson on **0191 277 7452**, or email fiona.s.richardson@newcastle.gov.uk.

Carers Allowance - The Facts

Carers Allowance (CA) is the main benefit paid to carers. To claim you need to be:

- At least 16 years old
- Not in full time education
- Not earning more than £116 per week (after work related expenses)
- The only person claiming CA for the person you look after
- Caring for someone for at least 35 hours per week. That person must also be getting the middle or higher rate care *Disability Living Allowance*, *daily living Personal Independence Payment* or *Attendance Allowance*.

Entitlement to CA could mean extra income and class 1 national insurance contributions to help meet the conditions for contributory benefits, as well as exempting you from the benefit cap

Get advice if the person you look after gets a means-tested benefit as their benefit may be affected if you are paid CA.

For more information on CA, see www.gov.uk/carers-allowance.

For benefit advice, contact your nearest advice centre. Visit: www.newcastle.gov.uk/benefits-and-council-tax/welfare-rights-and-money-advice/useful-contacts.

The worlds' most iconic half marathon!

We have a team of runners who are taking part in Simplyhealth's Great North Run on Sunday 10 September to fundraise for us.

A huge "good luck" to them all!

If you'd like to add to our runners' fundraising efforts, visit our website: <https://www.justgiving.com/newcastle-carers>.

#GreatNorthRun



Important! Christmas Opening Hours

The Centre will close at 5:00pm on Friday 22 December and will reopen at 9:00am on Tuesday 2 January 2018.

Our usual Drop-Ins and Carer Cafés will **not** be running over this period.

If you need information, advice or guidance, our Carers Information Line will be **open** as usual on Tuesday 27, Wednesday 28 and Thursday 29 December between 9:00am and 5:00pm.

Who do I Contact in an Emergency?

If you need help from social care, you can contact Community Health and Social Care Direct on **0191 278 7878**.

If you or the person you care for are unwell, you can contact your GP or call NHS Direct on **111**.

Listening support is also available from the Samaritans, 24 hours a day, 365 days a year. You can contact the Samaritans by phone on **116 123**, or by email:

jo@samaritans.org.

The Northumberland Police non-emergency phone number is **101**.

In an emergency call **999**.

Have your details changed? ... Please let us know! Got a new mobile number? Was this newsletter addressed incorrectly? Has your caring role changed? Contact us so we can keep our confidential database up-to-date.

Would you prefer to get our newsletters by email? ... Please let us know so we can change your communication preferences.

Dates for your Diary

Where?	When?	Time?
Drop-in Information & Advice Sessions: <i>(information on newsletter page 4)</i>		
Newcastle Carers Centre	Drop-in: Monday to Friday	1:00pm - 5:00pm
Gosforth Library, Grundy Room, Regent Farm Road, NE3 3HD	Drop-in every Monday	10:00am - 12:00noon
West End Customer Service Centre & Library, Community Room, Condercum Road, NE4 9JH	Drop-in every Tuesday	10:00am - 12:00noon
The Lemington Centre, Education Therapy Room, Tyne View, Lemington, NE15 8RZ	Drop-in every Friday	10:00am - 11:00am
Carer Cafés: <i>(information on newsletter page 4)</i>		
Newcastle Carers Centre	For carers and former carers: Wednesday 4 Oct, 1 Nov, 6 Dec, 10 Jan 2018	10:30am - 12:00noon
Newcastle Carers Centre	Dementia Carer Café for carers of people with dementia: Friday 29 Sept, 27 Oct, 24 Nov	1:00pm - 2:30pm

Dates for your Diary

Carer Cafés continued: (information on newsletter page 4)

Gosforth Library	Friday 15 Sept, 20 Oct, 17 Nov, 15 Dec, 19 Jan 2018	10:30am - 12:00noon
The Lemington Centre	Thursday 14 Sept, 12 Oct, 9 Nov, 14 Dec, 11 Jan 2018	1:00pm - 2:30pm
The Angelou Centre, 17 Brighton Grove, NE4 5NS	For Women from Black and Minority Ethnic Communities <i>New day:</i> Tuesday 26 Sept, 31 Oct, 28 Nov	<i>New hours:</i> 12.30pm - 2.30pm

Mental Health Information and Advice Sessions: (Please book - information on page 5)

Newcastle Carers Centre	Wednesday 13 Sept, 20 Sept, 27 Sept, 4 Oct, 11 Oct, 25 Oct	1:30pm - 3:00pm
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Dementia Information and Advice Sessions: (Please book - information on page 5)

Newcastle Carers Centre	Wednesday 4 Oct, 11 Oct, 18 Oct, 25 Oct, 1 Nov, 8 Nov	11:30am - 1:00pm
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Men's Group: (information on page 6)

Newcastle Carers Centre	Friday 13 Oct, 10 Nov, 8 Dec, 12 Jan 2018	Times vary. Please contact us.
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t. 0191 275 5060 **e.** info@newcastlecarers.org.uk **SMS.** 07874 100043
Tweet: @NCLCarers **Facebook**/NewcastleCarers
www.newcastlecarers.org.uk

Getting to us

We are located half way along Shields Road in Byker. 135- 139 Shields Road, Byker, Newcastle upon Tyne, NE6 1DN

Buses to/from Shields Road

1, 12, 15, 15a, 22, 39, 40, 62, 63

Buses to/from Heaton Road

16, 18, A3, 32a

Byker Metro within 100 meters

Sat Nav Address 137, NE6 1DN

Parking: there is 2 hour parking on minor roads at the back of the Centre



If you have any comments about the Newsletter or other services provided by Newcastle Carers please **contact us**.

Disclaimer: Every effort is made to ensure that the information in this Newsletter is correct. Newcastle Carers 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.



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