



CAN WE HELP YOU?

Most frequently asked questions and their answers



I have just become a carer for a family member. Where is the best place to go for advice and information?	<i>In the first instance you should contact the Carers Support line on 01933 677907.</i>
How do I ensure I am registered as a carer at my GP surgery?	<i>Speak to the GP/Receptionist at your local surgery and ask to be added to the Carers' register and flagged as a carer on systems.</i>
I really need to have some time away from my caring role. What do you suggest?	<i>If you look through this newspaper you will find lots of opportunities to have some time away from your caring role.</i>
How do I know if I am receiving the benefits that I am entitled to as a carer?	<i>In the first instance contact Northamptonshire carers on the support line 01933 677907</i>
I have recently become a carer and would like to talk to others in a similar situation.	<i>For details of your local support group contact Northamptonshire Carers on 01933 677907. For a chance to meet others in informal settings contact NVCA on 01933 396382.</i>
I am a young carer for my Mum (under 18 yrs) and sometimes feel lonely & isolated. My school does not understand what I am coping with. Any ideas?	<i>There is a Young Carers and Young Adult carers service available in Northants. Please contact 01933 677837.</i>
I would love to be able to get out for a couple of hours and know that the person I care for is safe. What do you suggest?	<i>Age UK Sitting Service on 0845 677 220 or Crossroads Care on 01455 560046.</i>



USEFUL CONTACTS



CONTACT	TELEPHONE	EMAIL	WEBSITE
Northamptonshire Carers	01933 677837	carers@northamptonshire-carers.org	www.northamptonshire-carers.org
Nene Valley Community Action	01933 396382	info@nvca.org.uk	www.nvca.org.uk
Crossroads Care	01455 560046	call@emcrossroads.co.uk ask@emcrossroads.co.uk	www.emcrossroads.co.uk
Age UK	0845 677 2220	duty@acnorthants.org.uk	www.ageuknorthamptonshire.co.uk
Family Support Link	01933 227078	fslcontact@yahoo.co.uk	www.familysupportlink.co.uk
Alzheimer's Society	01832 736670	northamptonshire@alzheimers.org.uk	www.alzheimers.org.uk/northamptonshire
Carers Voice	07946 533054	Carersvoice.northants@gmail.com	
Families in Partnership	01933 677837	advocacy@familiesinpartnership.org.uk	www.familiesinpartnership.org.uk

Our Commitment to Equal Opportunities – the organisations supporting Carers mentioned in this newspaper are committed to providing a service to all Carers and will not discriminate against any Carer on the grounds of gender, race, colour, ethnic origin, disability, sexuality, religious belief or political opinion, age, marital status, economic status and social background.

This Carers Newspaper is supported by some of the voluntary and community sector organisations that attend the Carers Partnership and provide services to and for Carers in Northamptonshire. These services are not exclusive and there may be other organisations that can better meet your needs. For further information call the Carers Support Line on 01933 677907.



69,498
CARERS IN
NORTHANTS

CARERS NEWS

IF YOU ARE CARING FOR A RELATIVE OR FRIEND THEN THIS IS ALL ABOUT YOU!

The FREE paper for unpaid Carers in Northamptonshire
News, Information & Services

69,498 CARERS REGISTERED IN THE 2011 CENSUS IN NORTHAMPTONSHIRE

Who is a Carer – the definition – A Carer is "someone who looks after or helps to look after a relative, neighbour or friend who has additional needs as a result of disability, illness or ageing. The care given is informal in that it does not form part of a paid contract: instead it relies on a sense of responsibility for commitment to the other, driven by feelings of love, duty and concern."

Carers of all ages, including Young Carers (aged 5 – 18) are supporting and caring for people with all disabilities, including mental illness, frail/elderly, sensory loss, substance misuse, HIV/AIDS, physical and learning disabilities of all ages (including children).

Who are Carers?

If you are looking after a relative or friend, of any age who:

- * Has a mental health problem
- * Has a learning disability
- * Has a substance, alcohol or drug misuse
- * Someone who is frail or elderly
- * Has a physical disability
- * Has a long term illness
- * Has HIV or AIDS
- * Then **YOU ARE A CARER**

You may be a wife, husband, partner, parent, daughter, son, friend or neighbour, but you are also a Carer – or may know someone who is.

If you provide a substantial amount of care to another person, you are entitled to a Carers Assessment even if the person you are caring for does not meet the eligibility of the local county council or chooses to refuse services.

The Carers Partnership for Northamptonshire have got together as providers of Carers services to bring together all the advice, information and support to this one newspaper in the hope that whether you have previously recognised yourself as a Carer or not – **help and support is available for you!**

We sincerely hope that you find this publication useful.

“Needs and Aspirations Project”

Nene Valley
Community
Action

A DIRECTORY OFFERING A WIDE RANGE OF ACTIVITIES, LEISURE OPPORTUNITIES AND TRAINING FOR UNPAID CARERS.

WOULD YOU LIKE SOME TIME TO YOURSELF AWAY FROM YOUR CARING ROLE?

Everyone is aware of the vital contribution that informal carers make and it is because of this that Northamptonshire County Council agreed funding for this project. It is an opportunity for carers to access a wide range of options to have a break from their caring role whether it be for a half day session or over a period of weeks.

Options have included: Yoga, Tai Chi, Pilates, Aromatherapy & Relaxation, Computer courses, Family History, Digital Photography, Facebook & Ebay, Painting, Jewellery making, Hanging Baskets, Salsa dancing & Stress Free Cooking.

TO MAKE SURE YOU RECEIVE THE NEXT DIRECTORY CONTACT NENE VALLEY COMMUNITY ACTION ON 01933 396382 OR EMAIL info@nvca.org.uk. PLEASE PROVIDE YOUR NAME, FULL ADDRESS AND CONTACT DETAILS.

THE ALZHEIMER'S SOCIETY NORTHAMPTONSHIRE offers a range of services throughout the county.

Befriending Service in Northamptonshire

People with Dementia – Northamptonshire on 01832 736676

Carers – Northamptonshire on 01832 736676

Carer Support Service in Northamptonshire

Kettering / Corby Area

For more information contact a dementia support worker on 01832 736677.

Northampton Area

For more information contact a dementia support worker on 07947 519537 or 01604 878062.

East Northants Area / Wellingborough

For more information contact a dementia support worker on 01832 736678.

Daventry Area

For more information contact a dementia support worker on 07947 519537 or 01604 878062.

South Northants

For more information contact a dementia support worker on 07590 418333 or 01604 878063.

Day Support Service in Northamptonshire

People with Dementia- Northampton Venue

Monday for people over 65 and Wednesday for people under 65.

For more information contact the day support manager on 07866 039092.



AGE UK Carers Sitting Service



Age UK Northamptonshire Carers Sitting Service is designed to support carers offering respite care to their dependents in Northamptonshire. The service can benefit in a number of ways giving you the chance to talk to someone who understands and will really listens to you, offering support in a caring role. Information on matters which concern you as a carer, for example benefits, allowances, aids and adaptations.

Information and Advice on other services and support that you could access locally, nationally and sign post you to similar groups across the County.

Carers Service is free and opens from 9.30am - 9.30pm Monday to Sunday up to maximum of eight hours a week including weekends; cost per hour after eight hours is ten pounds an hour - five pounds for half an hour. Staff are trained in manual handling.

- You might want to deal with important duties.
- Do a spot of shopping
- Meet with friends for coffee and a chat.
- Visit the hairdressers for a pamper
- Join a local club, Enrol in courses
- Lifetime Department offers a range of different courses that may interest you, Tai Chi, IT Computers etc.



Carers in the first instance to contact Service Advice Team at 31, Billing Road, Northampton, NN1 5DQ Telephone 0845 677 2220 they will arrange a home visit assessment to ascertain support needed, from this point you will need to register and book appointments via Valerie Collins, Tel: 01604-611200.



Families in Partnership (FiP) is an Independent Family Advocacy organisation which works with families who have a member with a severe learning disability and complex needs, and who, due to this are experiencing periods of particular challenge.

You can contact us via Northamptonshire Carers on 01933 677837

Northamptonshire Carers Lunch Clubs

There are currently two Lunch Clubs in the County, Weston Nr Brackley and Northampton which give Carers the chance to meet in a relaxed and safe environment to off load and discuss their issues with other Carers in similar circumstances. Carers are able to bring along the cared for person, avoiding the need to obtain sitters whilst they are out.

The groups are open to all Carers, booking is essential for numbers and dietary requirements. Charges for lunch apply. Further details can be obtained by calling 01933 677837



COUNTY NEWS & SERVICES

CARERS WEEK

In June of each year there is a National Carers week which highlights the issues and needs of carers, enabling us to:

- Raise the profile of caring and help the public identify themselves as Carers and access support, advice and information.
- Celebrate and recognise the contribution the 6.4 million UK Carers make to the people they care for and their communities.
- Highlight the challenges of caring and campaign for sustainable funding for services and support for Carers and the people they care for.

CARERS ASSESSMENT

Every Carer who provides a substantial amount of care is entitled to a Carers Assessment. There is a team of Carers Assessment and Support Workers (CASW's) based at Northamptonshire Carers. **Contact 01933 677907.**

An assessment will look at the following:

- * Carers Health & Wellbeing
- * Guidance & Services that support the Carer
- * Education, training & employment needs
- * Short term support
- * Mediation support
- * Support Planning
- * Other agency referrals
- * Carers activities
- * Referral for long term support

The CASW's provide Carers with information and support, signpost to other services and help Carers to recognise and address their own health needs.

HOLIDAY LODGE

There are 2 holiday lodges based in Saxmundham, Suffolk which are available for Carers to access giving them a break from their caring role. The lodges are available free of charge for Carers registered with Northamptonshire Carers or for private hire but please be aware that due to the popularity of this service there may be a waiting list.

Telephone 01933 677837 or email holiday@northamptonshire-carers.org

FAMILY SUPPORT LINK

Family Support Link is a registered charity offering a range of services to support the families and carers of drug or alcohol users across Northamptonshire both adult and young people. Many families and carers feel guilty and unable to cope with the problems associated with drug or alcohol use for instance theft, deceit and depression. We do not work with the user but offer families and carers one to one support, advocacy, telephone support and signposting services. We also provide free awareness sessions looking at the issues for families and carers to schools community groups and professionals.

All the services provided are free, so if you need someone to talk to honestly and openly in confidence call 01933 227078 or e mail us on fslcontact@yahoo.co.uk

SERVICES AVAILABLE INCLUDE

- One to one support
- Telephone support
- Signposting services
- Awareness sessions
- Advocacy



NORTHAMPTONSHIRE CARERS

Northamptonshire Carers are a countywide organisation offering a wide range of services for Carers. They also manage and support the countywide Carers Support Line. **TELEPHONE 01933 677907**

Carers Support Line

The Carers Support Line provides a confidential service to support the needs of Adult and Young Carers. The service can be accessed by Carers, professionals or anyone with a Carers related enquiry or issue.

The Support Line provides:

A listening ear and emotional support

- Specialist information, including signposting and referral to other organisations or other outreach services
- One-to-one telephone support
- Access to Northamptonshire Carers services and support
- Information and access to Carers Assessment, including Reviews
- Support Planning and Crisis Planning
- Health & Wellbeing promotion

Carers Support Line workers will do their best to respond to Carers and Carer related enquiries no matter how diverse.

Young Carers Service

Young Carers are children and young people aged between 5 and 18 years, who take responsibility for the care of another person.

The aim of the Young Carers service is:

- To raise awareness, identify and support Young Carers
- To work with statutory and voluntary agencies
- To enable the voice of Young Carers to be heard to improve the services and support
- To give Young Carers a break from their caring role

If you are a Young Carer or know someone that is telephone the number above.

PLEASE NOTE THERE IS ALSO A SERVICE FOR YOUNG ADULT CARERS FOR PEOPLE AGED BETWEEN 16 – 25 YEARS AND WHO TAKE RESPONSIBILITY FOR THE CARE OF ANOTHER PERSON, USUALLY A RELATIVE.

Peer Support

This service includes:

- Providing emotional and listening support to Carers through either groups/social activities or on a 1:1 basis or via the Carers Support Line
- Be a link between Carers and services that can help and support them
- Refer and encourage Carers to engage with services
- Accompany Carers to services when they need support to engage



Carers Voice aims to improve the services available to carers by seeking carers' views and opinions and making sure they get heard. We are a county-wide organisation and feed back our members' views to the Carers Partnership, where we can assist in service provision for the future. If you look after someone now or if you did in the past, no matter how much, how often, or for how long, we can help you get your voice heard, and work towards getting carers a better deal.

Let us know what areas you believe need improvement. Talk to us informally and in confidence, or come along to our meetings. Join our mailing list for updated information. Meetings are monthly, and travel and sitting cost expenses will be paid to those attending.

Join In – Get Connected: The more members, the louder our voice and the further it carries.

c/o: 7 Regent Park, Booth Drive, Park Farm South, Wellingborough NN8 6GR

tel/sms: 07946 533054 email: carersvoice.northants@gmail.com (Monday to Friday, 9am to 5pm)

Health and fitness for carers

Relax at a leisure facility where you can use the gym, swimming pool, Jacuzzi, steam room, or join a class such as yoga or aerobics? Northamptonshire Carers has purchased the following memberships for carers to book and attend **FREE OF CHARGE**.

You must book directly through Northamptonshire Carers on 01933 677837 and not the gym.

KETTERING – Balance Health Club

Opening times: Monday to Thursday 6.00am – 10.00pm; Friday 6.00am – 9.00pm. Weekends – 8.00am – 7.00pm

WELLINGBOROUGH – Diana's Health & Fitness

Opening times: Monday – Friday 6.30am – 10pm; Saturday, Sunday, Bank Holidays 8am – 8pm

RUSHDEN – Pemberton Centre & Splash Pool

THRAPSTON – The Nene Centre

Carers can access any of these venues. Opening times vary, but can be checked by phoning the gym/pool or by going on the website

CORBY – East Midlands International Pool & Lodge Park.

Opening times: Mon, Wed, Thurs, Fri 6.30am – 10pm; Tuesday 7am – 10pm
Saturday and Sunday 9am – 5pm (check times for use of the pool and gym)

NORTHAMPTON – Nuffield Health & Fitness

Opening times: Monday to Friday 6.30am – 10.00pm; Saturday, Sunday and selected bank holidays 8.00am – 8.00pm

TRILOGY GYMS – Danes Camp, Lings Forum, Mounts Baths & Duston

Trilogy Gyms have kindly offered a reduced membership for carers who are registered with us. The cost will be £19.95 per month instead of the usual price of £35.00. If you are interested, you will need a letter from Northamptonshire Carers stating that you are registered with us, which is essential, and you can then contact the gym to register. Northamptonshire Carers cannot be held responsible for this membership.

If you would like to take advantage of this opportunity, please call the Carers Centre for your letter and go to one of the four Trilogy gyms to register and set up your membership.

TOWCESTER and BRACKLEY – Isospa South Northants Leisure Trust

Opening times: Monday to Friday 6.30am – 10.00pm; Weekends 8.00am – 6.00pm

If carers would like to use the gym at Towcester and Brackley ISOPA, there will be an induction fee of £7.50. Check times for use of the pool

DAVENTRY – Daventry Court Hotel (formerly Barceló Hotel)

Opening times: Monday to Friday 6.30am – 9pm; Weekends and bank holidays 8am – 8pm



**Pravasi Mandal
Ladies Group
meets at Pravasi Mandal,
Elsden Road,
Wellingborough
Contact 01933 677837
for details**



Daventry Mental Health Carers

Held at North Street Day Centre (Mind), North Street,
Daventry on the 3rd Tuesday of every month at
6.30pm. Contact 07850 541825.

**Support Group for Parents of
Children with ADHD, ASD, ADD
(or awaiting diagnosis) 1st Friday of every month.
1pm - 3pm at Sure Start Centre,
Raunds. Drop in and ask for Julie or Vickie.**



COME AND SING!

**The Carers Choir meets every Monday morning at 10.30am - 12pm at
Northamptonshire Carers offices in Wellingborough. Telephone 01933 677837. New
members are always welcome (no experience necessary). It will be lovely to see you.**



CROSSROADS CARE EAST MIDLANDS is a registered charitable organisation providing practical, emotional and social support to carers and people with care across the East Midlands. The organisation has developed over the past 40 years to meet the ever changing needs of Carers and their families. In Northamptonshire Crossroads Care East Midlands provides a range of services ensuring Carers and their families are supported in a variety of ways.

Carer's emergency service: Funded by Northamptonshire county council this service provides Emergency, planned short breaks and appointments for carers at a time when they have an event or emergency. The Carer Response officers are highly skilled, their individual experience and training provides a diverse background for carers and their families in difficult times. Carers can use the service for up to 72 hours three times a year. For further information please contact the enquiry number: 07810104125.

Carers sitting service: working in partnership with the National garden scheme and Northamptonshire Carers, these services are for carers to take a short break for a few hours. A volunteer is matched to the Carer and person with care needs by the coordinator. For further information please call: 01933 677837

Registered services: Crossroads Care East Midlands provides private, individual and bespoke care across the County. Carer Support Workers are trained to a high standard, enhanced CRB checked and provide an individual and professional approach to care. Practical, emotional and social tasks are included. An individual care plan is designed with each person and their Carer to meet their individual needs. For further information and prices please contact the office on 01455 560046. Web: www.emcrossroads.co.uk

CARERS CAFÉ'S AROUND THE COUNTY

Come along for a break and enjoy a chat with other Carers, Carers Advisors and Peer Supporters. Carers are welcome to bring the person the care for, a friend or family member.

KETTERING

2nd Tuesday of each month at Maidwell Room, Toller Church, Gold Street, Kettering
From 11.00am – 1.00pm

WELLINGBOROUGH

3rd Tuesday of each month at Northamptonshire Carers, 7 Regent Park, Booth Drive, Park Farm South, Wellingborough NN8 6GR
From 1.00pm – 3.00pm

CORBY

4th Tuesday of each month at Epiphany Church, Elizabeth Street, Corby NN17 1PN
from 10.30am – 12.30pm

OUNCLE

4th Thursday of each month at Oundle Mind, Dovedale, 1 Herne Park, East Road, Oundle PE8 4BX
from 1.00pm – 3.00pm

NORTHAMPTON

1st Tuesday of each month at The Elim Centre, Gladstone Road, Northampton NN5 7EG
From 11.00am – 1.00pm

NORTHAMPTON

Welfare Rights Surgery (1st Friday of each month)

Meets at St. Michael's Church Rooms, Perry Street, Northampton NN1 4HL.

Come along to this coffee morning for the opportunity to discuss the benefit changes with Community Law Service

