



Carer Locality Lead GP Bulletin Coalfields Area


June 2018 Bulletin

June sees our second edition of the carers leads bulletin from Sunderland Carers Centre, I hope you all enjoyed the first edition in May.

Carers week is soon upon us 11th – 16th June, I will be in Hetton Medical Group from 10-12 on Monday 11th June, providing information and advice and raising the awareness of carers and Sunderland Carers Centre. Our Coalfields Carers Group are having a trip to Minsteracres Retreat Centre, Nr Consett for a day of relaxation. This enables our carers to have time away from their caring role, to do something for themselves and to recharge their batteries.

Our first Summer Fair is on Saturday June the 16th; this will bring carers week to a close, celebrating carers and raising the awareness of the impact caring can have on individuals and families. The event is free so why not pop along for a fun filled day?




55%
of carers aged 65 or over would turn to their GP for support, compared to only 25% of carers aged 16-24.

Nationally carers week will be celebrated with various events across the UK. 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. This year's theme is 'Healthy and Connected'.

You can see a research report from last year's Carers Week [here](#).

Everyday another 6,000 people take on a caring responsibility.

By 2037 it is estimated that the number of carers will increase to 9 million. (*Carers UK*)

There are lots of community projects happening across the Coalfields to help reduce social isolation and improve mental health, which your patients and carers may be interested in. I have attached a flyer so please feel free to promote this within your practice.

On the 21st May the Carers Centre launched a Dementia Advice Service. This service can provide information, advice and guidance for family members and people awaiting a dementia diagnosis. Over the next few weeks I will be bringing you some flyers to display. In the meantime, I have attached an electronic copy.

Debbie Ainscow, Carer Locality Lead (Coalfields)

Keep in touch with the important news for Carers in Sunderland



@sunderlandcarerscentre



@sunderlandcarer



www.sunderlandcarers.co.uk



0191 549 3768



contactus@sunderlandcarers.co.uk

Social Activities 2018

Supported by Coalfield Area Committee

*Some sessions and activities have a charge

Cake and Company

St Johns Methodist Church, Fencehouses – 2 p.m. Thursdays Fortnightly

A new support group 'Cake and Company' is held once a fortnight 2 p.m. to 3.30 p.m. on Thursdays at St John's Methodist Church in Fencehouses. Guest speakers, light exercise, music and refreshments are just some of the things planned for the coming months. For further information please contact Kathy Dobson kathydobson576@yahoo.co.uk

Our Day Out

ELCAP, Brickgarth, Easington Lane – various days/times and locations

Social outings to local parks and places of interest. The project will provide guided trips to outdoor spaces, tailored to the different needs and requests of participants. The aim is to support local people to get 'out and about' improving their health and meeting new people. To book a place or find out more please contact Dave Ellison 0191 5261071 elcaptransport@hotmail.co.uk

People's Park

Friends of Hetton Lyons Country Park, Hetton Lyons Country Park

Themed activities and events in Hetton Lyons Country Park. Marquees with seating and tables will be provided and refreshments available. Some of the activities include Paws in the Park, Scarecrow Picnic, Craft Activities and accompanied rides round the park provided by People's Pedal Power. For further information contact Shirley Carr friendsofhlcip@gmail.com

Gateway Diamonds

Gateway North East, Easington Lane

Monthly carer support group for carers who have a child or young adult with a disability. A variety of activities and interests will be developed in consultation with carers. Life coaches will be available to support carers to increase participation in social and physical activities. For further information contact Andrew Wright andy@gatewaynortheast.org.uk 0191 5263112

Coalfield Arts Inclusion

MBC Arts Wellbeing

A series of arts wellbeing courses will be delivered across the Coalfield area to vulnerable or older adults to improve their social interaction and wellbeing. The courses will be held in local venues and will provide ceramic skills, encouragement, advice and guidance. Information on local services and activities will also be promoted. For further information please contact Mark Burns Cassell mark@mbcceramics.com 07824468383

Transport Links

Hetton New Dawn

The Transport Links project will provide access support to local people to enable them to attend a number of activities delivered by Hetton New Dawn. Those not able to access services independently will be offered a transport service to lunch clubs and social events provided by New Dawn. A small charge will be made to help sustain the service. For further details please contact Hilary Avent: 07522164817 cdw-newdawn@outlook.com

Cake and Chat

Space4, Newbottle Street, Houghton le Spring

An additional weekly group for meeting people and taking part in a variety of activities. Refreshments and social activities provided, access to other services available. For further information contact Christine Britcliffe 0191 5120676 space4christine@gmail.com

Rewards for All

Shiney Advice and Resource Project (ShARP), Beatrice Tce, Shiney Row

This project will provide tailored and expert support to older or vulnerable/socially isolated who want to become involved in volunteering activity. Supported by a Volunteer Co-ordinator, induction and training on an individual level is provided. Each volunteer will be offered a range of volunteering opportunities such as Shiney Things shop, community library and IT support. All new volunteers have access to advice & support via services offered within ShARP as well as any training opportunities available. To find out more contact June Robinson 0191 385 6687 j.robinson@shineyadvice.org.uk

Green Fingers and Friends

Groundwork NE and Cumbria – various times and locations from April to July 2018

The project will support people across the Coalfield area to make hanging baskets/tubs for their own home and to participate in community gardening at local venues. Each group will visit a local garden centre to purchase plants and materials, make baskets and tubs in a local community facility. The project will provide information and support on other local services and provide refreshments and social interaction. Transport will be provided. Contact Rebecca Wilson on 0191 4640003 rebecca.wilson@groundwork.org.uk

LGBT+

Space4, Newbottle Street, Houghton le Spring

A new weekly group for members of the LGBT+ community. The project will provide a safe space to share concerns and issues of isolation, as well as the opportunity to socialise, learn new skills and crafts, increase confidence and take part in a number of local trips. Refreshments and social activities are provided, and access to other services available. For further information contact Christine Britcliffe 0191 5120676 space4christine@gmail.com

Shiney, Herrington and Peshaw Engage (SHAPE)

Peshaw CA, Wensleydale Ave, Peshaw

A new weekly games afternoon, including bingo, card games, dominos etc.. followed by a selection of afternoon tea items and refreshments. Health, nutrition and wellbeing will also be incorporated into some sessions. Members will be introduced to other groups in the area, based on interest, such as carpet bowls, WI and IT activities. Contact Lindsey Milner lindseyhmilner@hotmail.co.uk 07944344362

From Me To You

Sunderland Carers Centre

This innovative project will work with young carers to help them understand isolation and the impact it can have on mental health and will provide opportunities for young carers to interact with the older generation using letters as a form of communication. Young carers will plan and write letters to older and isolated adults and at the end of the project will meet their 'pen pals' at a celebration event. For further information contact Debbie Ainscow debbie@sunderlandcarers.co.uk 0191 5493768

Community Create and Collate Springboard

A 12 month programme targeting males who are socially isolated. Hetton Lyons Country Park will be a meeting point for a befriending programme where people can meet to take part in an interactive programme of water sport, heritage and history, cookery, team building and horticulture. The project will also provide IT skills such as how to read on kindles, how to use the internet and social media. For further information contact Charlotte Hunter chunter@springboard-ne.org.uk 0300 003 7073

Further services and social activities provided by a wide range of local organisations include:

- St Matthews Church Hall, Newbottle, Lunch Club – 12.30 Thursdays Contact Malcolm 0191 5844995
- St Matthews Church Hall, Newbottle, Monthly Coffee Morning – first Saturday of the month 10 a.m. – 12 noon. Books and jigsaws for sale too. Call in or go to the website for more information www.stmatthewsnewbottle.org
- Space for Women, Newbottle Street, Houghton le Spring – 1.30 Mondays Contact Christine Britcliffe 0191 5120676 kotezbue82@yahoo.co.uk
- Lunch Club, Eppleton Academy, Church Road – 12.15 p.m. Tuesdays Contact David Wallace on Tel: 0191 5262696 dwallace967@btinternet.com
- Hetton New Dawn Lunch Club, Hetton and Eppleton Community Hall Wednesdays Contact Hilary Avent: 07522164817 cdwnewdawn@outlook.com
- ELCAP Shopping Bus service – Thursdays and Fridays Contact Dave Ellison elcaptransport@hotmail.co.uk
- 'Soup and a Bun' Drop-in, Apostolic Church, Brickgarth, Easington Lane 12 noon Mondays Contact Hilary Avent: 07522164817 cdwnewdawn@outlook.com
- Shiney Row coffee club, is held at ShARP on Thursday mornings between 10am to 12. If you suffer from social isolation, anxiety or loneliness then this group is for you. We have a cuppa and a chat while doing many different activities. All are welcome. The cost is £1 per session. To find out more contact June Robinson 0191 385 6687 j.robinson@shineyadvice.org.uk



Dementia Advice Service



Information, advice and guidance 'Within Reach'

Our Dementia Advice Service can provide information, advice and guidance to any family member or friend of someone with dementia, awaiting a dementia diagnosis or worried about someone's memory

Sunderland Carers Centre is a local charity that supports anyone who looks after a family member or friend.

Staffed by professionals with a range of specialist knowledge, we offer carers confidential information and advice, direct support or simply an opportunity to talk to someone or get a break from their caring role.

We take a 'whole-family' approach as we understand looking after someone can affect everyone in a household.

Our Dementia Advice Service can provide information, advice and guidance to any family member or friend of someone with dementia, awaiting a dementia diagnosis or worried about someone's memory

This can include:

- General Dementia condition information and how to obtain a diagnosis**
- Money Matters and Legal Affairs**
- What to expect from health and social care services**
- How to obtain an Adult Needs Assessment**
- Organising Care at Home**
- Signposting to other organisations that can help**
- Supported Living and Residential/Nursing Homes**
- Accessing support as a carer including a Statutory Carers Assessment**
- Equipment and daily living requirements**

Helping to improve the lives of people affected by Dementia

We are 'Within Reach'

Get in touch to find out more:

Pop in: 9am to 5pm Thompson Road, Sunderland SR5 1SF
Phone: 0191 549 3768
Email: contactus@sunderlandcarers.co.uk
Lots more: www.sunderlandcarers.co.uk
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