



COUNTYWIDE SUPPORT FOR CARERS

Including “Needs & Aspirations”,
Support Line, Activities,
Advice & Information, Short
Breaks, Support Groups, Carers
Cafes and much more.

CARERS ARE PEOPLE WHO LOOK AFTER FAMILY MEMBERS AND FRIENDS.

Our vision “Carers will be universally recognised,
valued and supported as individuals in their own
right with information, advice and support to
enable them to have better health and wellbeing.”

January 2018 – March 2018



JANUARY 2018

WHEN	WHAT	WHERE	TIMES
Friday January 19 th & 26 th . February 2 nd , 9 th	Yoga (4 sessions) £8 donation	Northampton	10 a.m. to 12 noon
Monday 22 nd January	Ten Pin Bowling £3 Donation	Welling- borough	11 a.m.
Thursday 25 th January to 1 st March	Trace your Family History (6 sessions)	Rushden	10.15 a.m. to 12.30p.m
Tuesday 30 th January	Games Afternoon	Welling- borough	1 p.m. to 3.30 p.m.
Wednesday 31 st January	Lunch at Billing Mill	Billing	12 noon

FEBRUARY 2018

WHEN	WHAT	WHERE	TIMES
Tuesday 6 th February	Painting at Potz £3 donation	Billing	11 a.m. to 1 p.m.
Wednesday 7 th February	Nordic Walking Taster Session	Kettering	9.30 a.m.
Wednesday 21 st February	Lunch at Towcester Tea Rooms	Towcester	12 noon
Friday 23 rd February	Lunch at Manor Restaurant	Corby	12 noon
Tuesday 27 th February	Easter Craft workshop	Welling- borough	10 a.m. to 12 noon
Wednesday 28 th February	Tour of Radio Northampton with coffee and cake	Northampton	11 a.m.

**YOU MAY SELECT 2 SESSIONS BETWEEN
January to March 2018**

ARE YOU INTERESTED IN A CARERS ALLOTMENT?
Please let us know by calling 01933 396382



MARCH 2018

WHEN	WHAT	WHERE	TIMES
Monday 5 th March	Tour of Delapre Abbey with cream tea	Northampton	1.30 p.m.
Tuesday 6 th , 13 th & 20 th March	Mindfulness (3 sessions)	Wellingborough	10 a.m. to 12 noon
Tuesday 6 th March	Nordic Walking Taster Session	Sywell	2 p.m.
Thursday 8 th March	Painting a Daisy Welcome Slate £5 donation	Northampton	10 a.m. to 12.30 p.m.
Thursday 15 th March	Cheese Tasting £3 donation	Northampton	1.15 p.m. to 3.30 pm
Wednesday 21 st March	Visit to Jeyes Museum and Cream Tea	Earls Barton	1.30 p.m.
Tuesday 27 th March	“First Signs of Spring” walk with light lunch	Brixworth Country Park	10.30 a.m. to 1 p.m.

**YOU MAY SELECT 2 SESSIONS BETWEEN
January to March 2018**



**CARER AND
CARED FOR
PERSON**

We have been asked to provide some options where Carers can take the person they care for with them so that both can share an experience. Please see option below:-

Please note funding can only be used for Carers.

**Wednesday 28th March Lunch at Mandarin Buffet – 12 noon
Carer pays only for drinks. Cared for person pays £8.90**

ORGANISATION	ORGANISATION CONTACT
	<p align="center">NORTHAMPTONSHIRE CARERS 01933 677837</p> <p>Providing Carers Hub, Support Line, Assessments, Carers Cafe's, Carers Support Groups, Lunch Breaks for Carers, Carers Choir & Ukulele Group, Health & Fitness, Carers in Employment, Peer Supporters, Peer Support Groups,</p>
	<p align="center">NENE VALLEY COMMUNITY ACTION 01933 396382</p> <p>Providing "Needs & Aspirations" Activities and Training & Awareness sessions.</p>
	<p align="center">ALZHEIMER'S SOCIETY 01832 736670</p> <p>Providing Carer Support group, Singing for the Brain, Side by Side service.</p>
	<p align="center">AGE UK NORTHAMPTONSHIRE 0845 677 2220</p> <p>Providing Carers Sitting Service</p>
	<p align="center">CARERS TRUST EAST MIDLANDS 07810 104125</p> <p>Providing Sitting Services in partnership with Northamptonshire Carers and Carers Emergency & Planned Breaks Sitting Service.</p>

CARERS VOICE

CARERS VOICE needs to know your experiences & challenges as a Carer.

CARERS VOICE members consult with their peers & advise Health & Social Care professionals at senior levels on what works for us. You will be very welcome to join one of our meetings - for details please contact us. You can write to Carers Voice at N. Carers 123 Midland Rd Wellingborough NN8 1LU or email: carersvoice.northants@gmail.com or phone 01933 677837 and ask for a call back. If you are unable to attend meetings agendas, minutes and questionnaires to gather Carers' experiences are available via email. Sorry we are unable to post due to costs.

"YOUR VIEWS ARE IMPORTANT"

From Northamptonshire Carers



FOR PEOPLE WITH COPD AND THEIR UNPAID CARERS

“BREATHING SPACE” is aimed at:

- People diagnosed with Chronic Obstructive Pulmonary Disease (COPD) and their unpaid Carers
- Reducing isolation and improving wellbeing

Fortnightly Breathing Space meetings held in Daventry & Northampton will provide opportunities to share experiences & engage in social, fun activities.

Access to clinical advice from a GP or specialist nurse. Sessions on relaxation, self management, healthy eating, exercise & practical advice.

For more information contact
01933 677837

Carers Sitting Service Volunteers Needed

Do you have a few hours to spare? If so you might be interested in becoming a volunteer with the Carers Sitting Service.

What's involved?

The Carers Sitting Service gives a break to those who have a caring responsibility for a husband, wife, partner, parent, relative or friend. Sitting sessions take the form of befriending and involve meeting the same person in their own home.

As a befriender you would be visiting someone local to you.

About you

- You must be over the age of 18 and be available for a few hours a week based during the period 9am and 5pm Monday to Friday

We will provide induction and on-going support.

Volunteering is flexible and enables you to offer your time on a day that suits you and the hours that suit you. In this way it is possible to fit in some volunteering around your other commitments and interests.

- Travel expenses will be paid for any visits you make.

To find out more call Adam Wilson on 01933 677837 or email him at adamw@northamptonshire-carers.org



Northamptonshire Carers

NORTHAMPTONSHIRE CARERS aim to offer a comprehensive support service to the unpaid Carers including Parent Carers of Northamptonshire.

We recognise the contribution of Carers to society and we will endeavour to empower Carers in improving their quality of life. Our organisation is Carer-led and our developments will be a response to Carers' needs.

Carers Support Line Telephone: 01933 677907



The Support Line provides:

- A listening ear and emotional support
- Signposting & referral to other organisations
- One-to-one telephone support
- Access to Carers' Assessments
- Information and advice, ongoing support
- Access to Dementia Care Advice service
- Access to Carers Sitting services & Peer Support



Carers Choir and Ukulele groups

Have fun – no experience necessary

New members always welcome

UKULELE group meets every Monday during term time 9.30 a.m. – 10.30 a.m.

The CARERS CHOIR meet every Monday during term time 10.30 a.m. – 12.15 p.m.

Both held at: 123 Midland Road Wellingborough NN8 1LU



PLEASE NOTE NO CHOIR SESSION :
12TH FEBRUARY
19TH FEBRUARY

Carers Assessments

Carers have a legal right to an assessment through the Care Act 2014. Northamptonshire Carers provide these.

A Carers Assessment is an opportunity for you to express your feelings and needs as a Carer. The purpose is to find out what impact your caring responsibilities have on you and what support you might need to continue your caring role.

What is a Carers Assessment?

It is your opportunity to discuss your individual caring role and will help you identify your eligible needs as well as how these impact on your wellbeing and what you want to achieve in your day to day life. It will help to identify your strengths and capabilities and the support available to you in the community.

The Carer Assessor will help you to develop a plan to support you to carry on looking after the person you care for and to achieve the outcomes you need to maintain your health and wellbeing. The assessor will offer advice, information, and practical support and tell you about other organisations who may be able to offer support.

Some Carers may need specific help which cannot be met by this support alone. Where the assessment indicates this is the case you may be eligible for further support from your local authority as set out in the Care and Support Regulations 2014.

If you are eligible the assessor will draw up a support plan. The support plan will be subject to an annual review for outcome monitoring.

Make sure you have your assessment. Call 01933 677907

Supporting Carers in paid employment From Northamptonshire Carers

The project focuses on Supporting Carers who are in paid employment. The project will look at ways Carers in paid employment can be further supported.

We have members of staff leading on this work who will be working alongside businesses in the county to raise awareness of Carers they employ and how they can be supportive in the future.

Call 01933 677837 for more details.





Lunch breaks for Carers

From Northamptonshire Carers

Do you look after someone; feel isolated and would enjoy the company of others in a similar situation?

Why not come along to meet other Carers in a relaxed and safe environment to off load and discuss any issues with people in a similar situation.

CARERS AND THE PERSON YOU CARE FOR ARE WELCOME!

NORTHAMPTON – No need to book, just turn up from 12 noon to Queen Eleanor Wootton Northampton NN4 7JJ. EVERY 2ND THURSDAY IN THE MONTH.

GREENS NORTON COMMUNITY CENTRE – BOOKING ESSENTIAL on 01933 677837 Greens Norton Community Centre Towcester Road Greens Norton NN12 8BL. EVERY 3RD THURSDAY IN THE MONTH.

Health & Fitness for Carers

From Northamptonshire Carers

Relax FREE of charge at a leisure facility where you can use the gym, swimming pool, Jacuzzi or just join a class. Carers can book and attend sessions at many gyms in Northamptonshire.

TO ACCESS FOR THE FIRST TIME, A CARERS ASSESSMENT IS NOW NEEDED ALONG WITH A SUPPORT PLAN.

TO REQUEST A CARERS ASSESSMENT TELEPHONE **01933 677907**

IF YOU HAVE HAD AN ASSESSMENT, TO BOOK PLEASE CALL **01933 677837**



****KETTERING****
****WELLINGBOROUGH****
****NORTHAMPTON****
****DAVENTRY****
****CORBY****
****RUSHDEN & THRAPSTON****
****TOWCESTER & BRACKLEY****



Make sure you have your assessment. Call 01933 677907



Carers Support Groups

Carers Support groups are open to CARERS ONLY.

Carers that already attend Support Groups and activities have said that they come to a group because “we are listened to”, “we get mutual support”, “make lovely new friends”, “get practical help and information services”, “Time Out”, “Have Fun” and “is a place to offload”. If you have a problem with getting there for the first time, please contact us to discuss how we get over that.

Northampton Coffee Mornings
(incorporating Community Law Service)
St Michael’s Church Rooms, Perry Street,
Northampton NN1 4HL

FRIDAY 10 a.m. – 12 p.m.

5th January – Planning & Community Law

19th January – Vintage Retreat

2nd February – Community Law & Social

16th February – Exercise & Games

2nd March – Community Law & Social

16th March – Workbridge visit

Towcester Carers Support Group

The Bull, Brackley Road, Towcester NN12 6BX

WEDNESDAY 12 noon – 2 p.m. NEW TIME

17th January – Planning & meal at The Bull

All dates & venues to be decided at this meeting.

Kettering Evening Support Group

Windsor Gardens Kettering, NN16 8DV

THURSDAY 7 p.m. – 9 p.m.

11th January – Community Law

8th February – Meal out

8th March – Games evening

Pravasi Mandal Ladies Group

123 Midland Rd,

Wellingborough NN8 1LU

THURSDAY 1 p.m. – 3 p.m.

4th January – Community Law

1st February – Crafts

1st March – Beckworth Emporium

Rushden Support Group

The Bridge, Whitefriars Junior School,
NN10 9HX.

WEDNESDAY 10 a.m. – 12 noon

3rd January – no meeting

7th February – Community Law

7th March – Pamper morning

Denton & Surrounding areas

Arranged venues each month

WEDNESDAY 2 p.m. – 4 p.m.

3rd January – no meeting

**7th February – Wyevale Garden
Centre**

7th March – Delapre Abbey

Call 01933 677837 for venue



Northampton Male Carers

Arranged venues each month

WEDNESDAY 2 p.m. – 4 p.m.

31st January – Beckworth Emporium

28th February – Trumpet Pub

28th March - Snooker

Call 01933 677837 for venue



Carers Cafe's

"DROP IN SESSIONS"

01933 677837

Carers Cafe sessions are open to CARERS & THE PERSON YOU CARE FOR if they wish to come along with you. The Carers Cafe's extend a warm welcome with a drink in a welcome and friendly atmosphere. Information, advice & support.

Northampton Cafe 11 a.m. – 1 p.m. Elim Church Gladstone Road Northampton NN5 7EG Tuesday 2 nd January, Tuesday 6 th February, Tuesday 6 th March	Kettering Cafe 11.15 a.m. – 1.15 p.m. Windsor Gardens Lower Street Kettering NN16 8DV Tuesday 9 th January, Tuesday 13 th February, Tuesday 13 th March
Wellingborough Cafe 1 p.m. – 3 p.m. 123 Midland Rd Wellingborough NN8 1LU Tuesday 16 th January, Tuesday 20 th February, Tuesday 20 th March	Corby Cafe 1 p.m. – 3 p.m. West Glebe Pavilion 100 Cottingham Rd Corby NN17 1SZ Tuesday 23 rd January, Tuesday 27 th February, Tuesday 27 th March
Daventry Cafe 10.30 a.m. – 12.30 p.m. The Abbey Market Square Daventry NN11 4BH Thursday 4 th January, Thursday 1 st February, Thursday 1 st March	Oundle Cafe 1 p.m. – 3 p.m. Oundle MIND Dovedale 1 Herne Park East Road Oundle PE8 4BZ Thursday 25 th January, Thursday 22 nd February, Thursday 22 nd March

Do you have a Carers card?



For your safety and the person you care for, it may be beneficial for you to carry an especially designed "Carers Card". It could be useful when obtaining discounts on admission to the cinema, a theme park etc.

Are you registered? If not please call the office to obtain a copy and simply register with us.

01832
736670

MEMORY MATTERS



Activity & support for people affected by Dementia and their Carers

Keeping an active social life is key to helping someone with dementia feel happy and motivated. Our activities include something for everyone and are supported by skilled staff.

CORBY West Glebe Pavilion West Glebe Park Cottingham Road Corby NN17 1SZ 10 a.m. – 12 noon Second Wednesday of the month	KETTERING Ise Lodge Community Centre St Vincent's Ave, Kettering NN15 3DR 10.30 a.m. – 12.30 p.m. Fourth Tuesday of the month
TOWCESTER Sawpits Centre, Richmond Road Towcester NN12 6EX 1.30 p.m. – 3.30 p.m. Third Tuesday of the month	DAVENTRY Abbey Resource Centre, Market Square Daventry NN11 4XG 1 p.m. – 3 p.m. Second Tuesday of the month
NORTHAMPTON Simon de Senlis Court, Robert Street Northampton NN1 3AE 1.30 p.m. – 3.30 p.m. First Thursday of the month	WELLINGBOROUGH Salvation Army, Salem Lane, Queen Street Wellingborough NN8 4JT 10 a.m. – 12 noon Second Thursday of the month

Contact the Alzheimer's Society on 01832 736670 for further information.

CARERS WELLBEING WORKSHOPS

The aim of the workshops is to enable & empower Carers to make choices for a healthy life balance.

- Session 1 – Caring and Me
- Session 2 – Health & Wellbeing
- Session 3 – Be Safe Stay Safe
- Session 4 – Information & Resources



Northamptonshire Carers is recognised as a Centre for Excellence in supporting Carers. We employ experienced staff who have undertaken specialist training to deliver the sessions.

SESSIONS HELD AT NORTHAMPTONSHIRE CARERS WELLINGBOROUGH.

For more information contact 01933 677837

Parent Carers

Have you heard of NPFPG?

The Northants Parent Forum Group is an independent parent-led group formed and run by parent volunteers to represent the views of families of children and young people up to the age of 25 with special educational needs and /or disabilities living in Northamptonshire.

We work strategically with Health, Education and Social Care bodies and represent the views and experiences of parent carers. To ensure we represent your child or young person please email us what is working well for you (so services remain) and what is currently not working well for you (so services can be improved).

Do you receive our communication?

If not, please visit our website (www.npfg.co.uk) and register your email address via the e-bulletin tab. This way you will occasionally receive invitations to workshops and events, be made aware of any feedback opportunities/consultations and receive general information.

If you are on Facebook please like "NPFPG".

Could you be a NPFPG Link Member?

We recently have set up NPFPG Link Members to specific disability groups or geographic areas. If you are associated with a SEND group please email Anna on enquiries@npfg.co.uk to check if a link is in place to ensure we represent you.

KETTERING PARENT CARERS SUPPORT GROUP

THURSDAY 10.30 a.m. – 12 p.m.
18th January – Meal out TBC
15th February – Social & Planning
15th March - Crafts

SNIX – SPECIAL NEEDS INDEX

What is it? – SNIX is an electronic database of information about young people from birth to 25 years who have a learning and/or physical disability or sensory impairment who live in Northants. See www.northamptonshire.gov.uk
Enter snix in keyword search.

CALLING PARENT CARERS

Nene Valley Community Action is responsible for putting together the activities & opportunities at the front of this booklet.

WHAT WOULD PARENT CARERS LIKE TO TAKE PART IN?

**Please let us know and we will do our best to provide your choices.
Call NVCA on 01933 396382 or
email info@nvca.org.uk**

IT'S YOUR CHOICE!

Nene Valley
Community
Action

Sitting and Support services

Sitting Services enable Carers to take a regular break from their caring role knowing that the person they care for has some company and is safe.

Carers Trust East Midlands – Befriender Service

The volunteers provide company to the cared for person but are unable to provide personal care or any hands on care. This service is available between the hours of 9am and 5pm Monday – Friday and delivered in partnership with Northamptonshire Carers. Contact details Telephone: 01933 677837 or email: carers@northamptonshire-carers.org

Age UK Northamptonshire

The Carers Sitting Service supports people who care for other people (full time) over the age of 18 who may be relatives, neighbours or friends. The service benefits Carers by offering support and advice.

Carers who register with Age UK can benefit in a number of ways:

- Receive someone to sit with your loved one, enabling you to take a break. Two or three hours per week. Charges apply @ £5 per hour.
- Available 7 days a week – 9.30 a.m. to 9.30 p.m. Additional hours can be purchased @ £17 per hour.
- Information on matters which may concern you as a Carer, e.g. benefits and allowances, aids and adaptations

For further details contact the Service Advice Team on 0845 677 2220 or email: duty@ageuknorthants.org.uk

Alzheimer's Society

Side by Side Service: from joining a club, going to football or just going for a stroll in the park – Side by Side is a new service which helps people with dementia to things they love and get out and about with the support of a volunteer. Singing for the Brain groups also available. Telephone 01832 736670 for further details.

Carers Trust East Midlands

Carers Emergency and Planned Breaks Service. The aim of this service is to provide emergency breaks and rapid response support to carers at short notice, to deal with emergency situations or to prevent a crisis from occurring. The service also provides support for one off appointments and events to offer the carer more support and flexibility to deal with life's unexpected events. The services operate 24 hours a day, 7 days a week. Contact details are Telephone: 07810 104125

Respite care

Respite can mean different things to different Carers. Sometimes it may just be for a few hours to enable the Carer to attend social events, functions, being able to meet up with a friend or take part in a sporting/recreational activity. In which case the Carers Sitting services (previous page) that exist may meet those needs.

To others Respite Care may mean a stay for the cared for person in a residential setting away from the home. Carers can discuss their options with the Carers Support Line on Telephone: 01933 677907 or with Northamptonshire County Council staff through Adult Care Services, they can be reached on Telephone: 0300 126 1000. N.B. The County Council respite service IS financially assessed.

It could be me or you

Our Carers Choir has been working hard to put together a music video to celebrate our Silver Jubilee Appeal.

We are hoping to raise Carer awareness as well as funds towards our Silver Jubilee Appeal which aims to provide Carers with a much deserved break.

Huge thank you to all those who gave their time free of charge in the making of this video - especially the Carers and Young Carers who have come together to sing.

Please share and like this video with your friends. If you're able to donate you can do so online or by texting. NCSJ25 £5 to 70070 or NCSJ25 £10 to 70070

https://www.youtube.com/watch?v=F_OgSiE64IU



MAKING CARERS AWARE OF THEIR RIGHTS

According to Carers UK, every year, more than 2 million people take on a new caring role nationally. Many struggle to navigate the maze of services and entitlements, and miss out on financial and practical support as a result. And it's not just people who are new to caring – even those who have been caring for years sometimes aren't aware of all their entitlements.

Carers though do have several rights which may apply to your individual situation. Here is a snapshot of what may be applicable but there are more so please contact the Carers Support Line on 01933 677907 for more information or to discuss your individual situation.

- **Benefits and tax credits:** please contact the Carers Support Line on 01933 677907
- Carers Allowance is the most well known benefit but many Carers, especially pensioners aren't entitled to it.
- Despite this you may still be entitled to other benefits such as Pension Credit or Income Support.
- The person you care for could be entitled to a disability benefit plus other support such as a Blue Badge.
- We would recommend regular benefit checks, especially should circumstances change.



Employment:

- Carers are entitled to request flexible working
- Northamptonshire Carers are working with employers to support them support carers who make up 1-in-9 of the workforce.

Assessment:

- Carers have a legal right to a Carers Assessment and for eligible support needs to be met.
- These rights come from the 2014 Care Act and focus on wellbeing and the impact of providing care.
- If you need support with your assessment, then you may also be entitled to advocacy.
- Northamptonshire Carers deliver Carers Assessments on behalf of the County Council. For more information or to request your own assessment, please contact the Carers Support Line on 01933 67790

Northamptonshire Carers

Open
Monday – Friday
9 a.m. – 5 p.m.

01933 677837

123 Midland Road
Wellingborough NN8 1LU

Support Line

01933 677907

Email: carers@northamptonshire-carers.org

Website: www.northamptonshire-carers.org

Northamptonshire Carers – here to support you

FOR NEEDS & ASPIRATIONS

NENE VALLEY COMMUNITY ACTION

01933 396382 or 01933 313526

MONDAY – THURSDAY 10 A.M. – 3 P.M.

Or email your choices to us info@nvca.org.uk
with your name, address & mobile number

**NVCA WILL CONFIRM YOUR PLACE HAS BEEN BOOKED AT
THE TIME OF BOOKING**



**GO ALONG TO YOUR CHOSEN
ACTIVITY AND ENJOY!**

We may exchange your details with Northamptonshire Carers &
Northamptonshire County Council

NVCA – Supporting Carers in Northamptonshire