



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.”

July 2018 – October 2018 (4 months)



JULY 2018

WHEN	WHAT	WHERE	TIMES
Wednesday 4 th July	Pebble Art £4 donation	Welling- borough	10.30 a.m. - 12 noon
Thursday 5 th July	Pick your own fruit + Cream Tea Pay for own fruit	Dovecote Farm	2 p.m.
Monday 9 th July	Beetle Drive	Northampton	2 p.m. - 3.30 p.m.
Thursday 12 th July	Golf Range	Rushden	11 a.m.
Wednesday 18 th July	Tour of Towcester Mill Brewery	Towcester £3 donation	3 p.m.
Wednesday 25 th July	Mandala Canvases 	Kettering £4 donation	10 a.m. - 12 noon

AUGUST 2018

WHEN	WHAT	WHERE	TIMES
Thursday 2nd August	Visit to Sywell Aviation Museum	Sywell	2 p.m. - 3.30 p.m.
Monday 13 th August	Afternoon Cheese Platter	Desborough £3 donation	12 noon
Wednesday 15 th August	Kelmarsh Hall & Gardens	Kelmarsh Hall £3 donation	11 a.m.
Tuesday 28 th August	Tour of Nene Valley Crematorium	Welling- borough	10 a.m. - 11 a.m.
Wednesday 29 th August	Tour of House of Fraser + coffee & pastry	Rushden Lakes	10.30 a.m.

**YOU MAY SELECT 3 SESSIONS BETWEEN
July to October 2018**

SEPTEMBER 2018

WHEN	WHAT	WHERE	TIMES
Wednesday 5 th , 12 th , 19 th September	Walking Netball	Welling- borough	1.45 p.m. – 2.45 p.m.
Friday 7 th , 14 th , 21 st , 28 th September	Yoga (4 sessions) £8 donation	Northampton	10 a.m. – 12 noon
Tuesday 11 th September	Country Walk with light refreshment	East Carlton Country Park	10.30 a.m.
Thursday 20 th September	Afternoon Tea £3 donation	Scotch Farm Mears Ashby	2 p.m.
Monday 24 th September	Cacti & Houseplant Garden	Welling- borough £5 donation	10.30 a.m. – 12 noon

OCTOBER 2018

WHEN	WHAT	WHERE	TIMES
Tuesday 2 nd October	Tour of Dr Marten's Shoe Factory	Wollaston	1 p.m.
Monday 8 th October	Olive Tree Tour + Tapas tasting £3 donation	Olive Grove Oundle	11 a.m.
Wednesday 10 th October	Gift Wrapping of House Plants £5 donation	Welling- borough	2 p.m.
Thursday 18 th October	Christmas Crafting session (felt sewn decorations)	Welling- borough £5 donation	11 a.m. – 1 p.m.
Tuesday 23 rd October	Bingo & Musical Quiz	Welling- borough	2 p.m.

**YOU MAY SELECT 3 SESSIONS BETWEEN
July to October 2018**

CARER AND CARED FOR PERSON

Monday 29th October

Lunch at Toby Carvery Northampton

Carer pays only for drinks. Cared for person £7.49 + drinks

ORGANISATION	ORGANISATION CONTACT
	<p align="center">NORTHAMPTONSHIRE CARERS 01933 677837 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 313526 Providing "Needs & Aspirations" Activities and Training & Awareness sessions.</p>
	<p align="center">ALZHEIMER'S SOCIETY 01832 736670 Providing Carer Support group, Singing for the Brain, Side by Side service.</p>
	<p align="center">AGE UK NORTHAMPTONSHIRE 0845 677 2220 Providing Carers Sitting Service</p>
	<p align="center">CARERS TRUST EAST MIDLANDS 07789 111318 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 and Corby 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
- Or any other Carer related enquiry



CARERS CHOIR & 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.
CARERS CHOIR meets every Monday during term time
10.30 a.m. – 12.15 p.m.
Both held at 123 Midland Road
Wellingborough NN8 1LU



FISHING GROUP AT STANWICK LAKES

Monthly fishing group on Wednesday
11th July, 8th August, 12th September,
10th October. Equipment to borrow if
it is your first try.
Call 01933 677837



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

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 call 01933 677837 to obtain a copy and simply register with us.



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 can help. 01933 677837

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

FRIDAY 10 a.m. – 12 p.m.

6th July – Community Law/Social

20th July – Abingdon Park – Cafe & Rounders

August – no meetings

7th September – Community Law/Social

21st September – Vintage Retreat

5th October – Community Law & Social

19th October – Best Breakfast

Towcester Carers Support Group

The Bull, Brackley Road, Towcester NN12 6BX

WEDNESDAY 12 noon – 2 p.m. **NEW TIME**

18th July – Lunch at Bell Plantation

August – no group

19th September – Re-launch TBC

17th October - TBC

Kettering Evening Support Group

Windsor Gardens Kettering, NN16 8DV

THURSDAY 7 p.m. – 9 p.m.

12th July – Wicksteed Walk & Vines

August – no group

13th September – Quiz & refreshments

11th October – Odeon Cinema night

Rushden Support Group
Independent Wesleyan Church,
High Street, Rushden, NN10 0PJ

WEDNESDAY 10 a.m. – 12 noon

4th July - Planning

August – no group

5th September – Re-launch TBC

3rd October - TBC

Denton Support Group

Arranged venues each month

WEDNESDAY 2 p.m. – 4 p.m.

4th July – Garden Party

August – no group

5th September – Re-launch

3rd October - TBC

Pravasi Mandal Ladies Group

123 Midland Rd,

Wellingborough NN8 1LU

THURSDAY 1 p.m. – 3 p.m.

5th July - Crafts

August – no group

6th September – Laughter Therapy

4th October - Bowling

Northampton Male Carers

Arranged venues each month

WEDNESDAY 2 p.m. – 4 p.m.

25th July – Abingdon Park Café & Rounders

29th August – Barbeque TBC

26th September – Wyevale Garden Centre

31st October – Cinema





01933 677837

Carers Cafe's

"DROP IN SESSIONS"

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.

<p>Northampton Cafe 11 a.m. – 1 p.m. Elim Church Gladstone Road Northampton NN5 7EG Tuesdays 3rd July, 7th August, 4th September, 2nd October</p>	<p>Kettering Cafe 11.15 a.m. – 1.15 p.m. Windsor Gardens Lower Street Kettering NN16 8DV Tuesdays 10th July, 14th August, 11th September, 9th October</p>
<p>Wellingborough Cafe 1 p.m. – 3 p.m. 123 Midland Rd Wellingborough NN8 1LU Tuesdays 17th July, 21st August, 18th September, 16th October</p>	<p>Corby Cafe 1 p.m. – 3 p.m. West Glebe Pavilion 100 Cottingham Rd Corby NN17 1SZ Tuesdays 24th July, 28th August, 25th September, 23rd October</p>
<p>Daventry Cafe 10.30 a.m. – 12.30 p.m. The Abbey Market Square Daventry NN11 4BH Thursdays 5th July, 2nd August, 6th September, 4th October</p>	<p>Oundle Cafe 1 p.m. – 3 p.m. Oundle MIND Dovedale 1 Herne Park East Road Oundle PE8 4BZ Thursdays 26th July, 23rd August, 27th September, 25th October</p>

Supporting Carers of Working Age

Following on from the successful *Supporting Working Carers* project Northamptonshire Carers continues to offer support and information to Carers who are also in paid employment. Thanks to the *People's Postcode Trust* we continue to work with county employers and businesses to raise their awareness and support for the Carers they employ – likely to be 1 in 9 of their staff. Launched at the Employers' Conference in Carers Week and followed up by 'Lunch and Learns' around the County. EMPLOYERS: WATCH THIS SPACE

Looking to Get Back Into Work

Our *Building Better Opportunities (BBO)* service helps get currently unemployed Carers or former Carers back into training or moving closer to work.

You can access a variety of opportunities to help.

For further information about these projects call Jacqui or Nicola on 01933 677837 or email swc@northamptonshire-carers.org

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. Contact the Alzheimer's Society on 01832 736670.

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

CARERS WELLBEING WORKSHOPS

Wellbeing Workshops are designed to enable and empower Carers to make choices for a healthy life balance. They are delivered by experienced staff who have undertaken specialist training.

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



Sessions are held at venues across the county and can be adapted to a specific area of the county or specific caring situations such as Mental Health, Parent Carers or even if you have a Carer related group you would like us to deliver the course to, further details are available by contacting the office on 01933 677837.

GET INVOLVED AND MAKE A DIFFERENCE

Are you a parent/carer caring for a child or young person (aged 0-25) with Special Educational Needs and/or Disability who would like to make a difference? Please read on!

The Northants Parent Forum Group (NPFG) 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 in Northamptonshire. Full training is available as well as expense payments.

We are one of 151 Parent Carer Forums in the country and our mission is to engage with the local authority, health and education partners on a strategic level to shape and improve services for disabled children, young people and their families. The Parent Carer Forums are now a crucial partner to ensure the success of the recent SEND reforms.

The Steering Group has had a set back with several members stepping back due to family challenges. We currently have 8 key members which is not sustainable as the demand for parent involvement is higher than what we can accommodate at present.

We meet once a month at the Bee Hive in Kingsthorpe, usually on a Wednesday from 9:30 – 12:30 to plan projects, share updates and discuss any matters arising. Sometimes we have guest speakers from Health, Education and Social Care to update us on the latest initiatives. A lot of work can be done in your own time and meetings will always take place during school hours allowing school drop offs and collections.

To find out more please visit www.npfg.co.uk (copies of our minutes are uploaded there), email: enquiries@npfg.co.uk or call 07745 - 249094. We would love to hear from you!

Parent Carers

KETTERING & CORBY PARENT CARERS SUPPORT GROUP

10.30 a.m. – 12 noon

3rd Thursday in the month

19th July – Kino Lounge Kettering

2nd August – Family Funday

**Wicksteed Park. Meet at Pavilion
10 a.m.**

**20th September – Paletto Lounge
Corby**

**18th October – Kino Lounge
Kettering**

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.

Parent Carers are welcome to attend any other opportunities or activities advertised in this directory.

Call 01933 677837 for details of Parent Carer activities.

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.

Northamptonshire Carers – 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. Contact details Telephone: 01933 677837 or carers@northamptonshire-carers.org

Age UK Northamptonshire

What does the service offer? A Carer to sit with your loved one, enabling you to take a break. The chance to talk to someone who understands and who will listen to you, offering support in your caring role. Information on matters which may concern - benefits and allowances, aids and adaptations. We can provide information and advice on what other services and support you could access locally and nationally, including the chance to benefit from the experiences of others and we can signpost you to Carers groups across the county.

Who is it for? People who care for an older person who lives with them in Northamptonshire.

- How much does it cost? We carry out a home assessment and offer clients a package of a two-hour session every week at £6 per hour or a three-hour session three times a month at £6 per hour. Additional hours can be purchased @ £18 per hour.

For further details contact the Access Team on 0845 677 2220 or email: access@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 keep doing the 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: 07789 111318

NORTHAMPTON & KETTERING GENERAL HOSPITALS

There is a Carer support service based in both Northampton and Kettering General Hospitals. The Carer support workers (CSW's) have developed close links with the hospital staff and are therefore ideally placed to support informal Carers, whilst the cared for person is in hospital and throughout the discharge process.

The type of support offered can range from a listening ear, informal advocacy, providing information, reassurance and advice. Following the patient's discharge, the CSW's can offer opportunities for an assessment of the Carer's needs and access to on-going Carer support within the community.

To access the hospital Carer Support Services :

Northampton General Hospital Carer Support Service
Tel: 01604 544274, Monday – Friday 8.30am – 4.30pm

Kettering General Hospital Carer Support Service
Tel: 01536 493622 Monday to Friday 9am- 4.30pm.

Northamptonshire Carers Support Line Tel: 01933 677907 9am - 5pm
www.northamptonshire-carers.org/contact to complete an on line referral form.



CARERS RETREAT SUPPORT GROUP

1st Thursday of each month 7 p.m. – 9 p.m.
July 5th, August 2nd, September 6th, October 4th
Venue: Campbell House

Do you look after a friend, relative or loved one who suffers with a diagnosis of a Mental Health disorder?

Do you feel isolated?

Then this is the Support Group for you.

Come and meet other Carers for peer support, information, tips and have a cup of tea or coffee.

Talk about your journey/experience with the group who offers support, advice, understanding and hope.

For more information please contact:

Chrissie Brown on 01604 658827 or 0771 722 8252

MAKING CARERS AWARE OF THEIR RIGHTS

Please contact the Carers Support Line on 01933 677907 for more information or to discuss your individual situation.

- Benefits and tax credits
- 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.

Employment:

- Carers are entitled to request flexible working
- Northamptonshire Carers are working with employers to support them support carers



Assessment:

- Carers have a legal right to a Carers Assessment and for eligible support needs to be met.
- 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.

GP PRACTICES

After 8 years of awareness raising of Carers issues, 70 per cent of all our referrals now come from GP practices across the county. The big plus, of course, is that we have spoken to many Carers who may not have heard of us otherwise.

Last year we, in partnership with the Clinical Commissioning Groups, who are now the organising body for GPs, designed the quality standards for GPs which includes what they consider to be the needs of Carers. Practices are asked to have a Carers Register, take the needs of Carers into account where possible in making appointments, to include Carers for flu jabs and to refer on to us with Carers permission. When you visit your GP you could check – Do they have a Carers Noticeboard? Do they have Carers leaflets? Did they invite you for a flu jab? If not let us know and we will get in touch.

Northamptonshire Carers

01933 677837

**123 Midland Road
Wellingborough NN8 1LU**

Support Line

01933 677907

Open

**Monday – Friday
9 a.m. – 5 p.m.**

Email: carers@northamptonshire-carers.org

Website: www.northamptonshire-carers.org

Northamptonshire Carers – here to support you

FOR NEEDS & ASPIRATIONS

NENE VALLEY COMMUNITY ACTION

01933 313526

MONDAY – THURSDAY 10 A.M. – 3 P.M.

**Or email your choices to us at 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. You have the right to change the data we hold
or request that it is destroyed at any time.**

NVCA – Supporting Carers in Northamptonshire