



# 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.”

**November 2018 – February 2019**  
(4 months)



## NOVEMBER 2018

WHEN	WHAT	WHERE	TIMES
Friday 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> November	Walking Football	Welling- borough	12.15 p.m. - 1.15 p.m.
Monday 12 <sup>th</sup> November	“Then & Now” 1918 – 2018 Exhibition + light refreshments	Rushden	10.00 a.m. - 11.30 a.m.
Tuesday 13 <sup>th</sup> November	Winter Flowering Tub <b>£5 donation</b>	Welling- borough	2 p.m. - 3.30 p.m.
Thursday 15 <sup>th</sup> November	Kirby Hall Tour	Corby	10.30 a.m.
Wednesday 21 <sup>st</sup> November	Central Library Tour Includes refreshments	Northampton	11 a.m.
Thursday 22 <sup>nd</sup> November	Mini Manicure by students	Rushden Academy	11.30 a.m.
Tuesday 27 <sup>th</sup> Nov, 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> December	Yoga (4 weeks) <b>£8 donation</b>	Northampton	10 a.m. - 12 noon

## DECEMBER 2018

WHEN	WHAT	WHERE	TIMES
Monday 3 <sup>rd</sup> December	Christmas Oasis Table Decoration <b>£5 donation</b>	Welling- borough	10.30 a.m. - 12 noon
Thursday 6 <sup>th</sup> December	Christmas Plate decoration <b>£3 donation</b>	Welling- borough	10 a.m. - 12 noon
Monday 10 <sup>th</sup> December	Tour of Sessions House inc. court	Northampton County Hall	10.30 a.m.
Wednesday 12 <sup>th</sup> December	Mince Pie Tasting	Northampton	2 p.m.

**YOU MAY SELECT 3 SESSIONS BETWEEN  
November 2018 and February 2019**

## JANUARY 2019

WHEN	WHAT	WHERE	TIMES
Wednesday 9 <sup>th</sup> January	Towcester Museum tour/talk	Towcester	11 a.m.
Monday 14 <sup>th</sup> January	Northampton Saints Tour	Northampton	2 p.m.
Thursday 17 <sup>th</sup> January	Winter Birds Walk with light lunch	Stanwick Lakes	10 a.m.
Monday 21 <sup>st</sup> or Monday 28 <sup>th</sup> January	L'Occitane Pamper evening	Rushden Lakes	6 p.m. - 8 p.m.
Thursday 24 <sup>th</sup> January	Needle Felting £3 donation	Kettering	10.00 a.m. - 12 noon

## FEBRUARY 2019

WHEN	WHAT	WHERE	TIMES
Wednesday 6 <sup>th</sup> February	Tea & Cake	The Buttery Castle Ashby	2.30 p.m.
Friday 8 <sup>th</sup> February	Talk/Tour of Lampport Railway	Chapel Brampton	10.30 a.m.
Tuesday 12 <sup>th</sup> February	Tenpin Bowling	Sixfields Northampton	12 noon
Thursday 14 <sup>th</sup> February	Creative Writing Session Refreshments & Cake	Corby Cube	2 p.m. - 4 p.m.
Wednesday 20 <sup>th</sup> February	Card Making £3 donation	Coleman's Warehouse Rushden	10.30 a.m. - 12.30 p.m.

**YOU MAY SELECT 3 SESSIONS BETWEEN  
November 2018 and February 2019**

### CARER AND CARED FOR PERSON

Monday 25<sup>th</sup> February

Unlimited Buffet Lunch at Pizza Hut Northampton  
Carer pays only for drinks. Cared for person £7.50 + drinks

ORGANISATION	ORGANISATION CONTACT
	<p align="center"><b>NORTHAMPTONSHIRE CARERS</b>  <b>01933 677837</b>  Providing Carers Hub, Support Line, Assessments, Carers Cafe's, Carers Support Groups, Lunch Breaks for Carers, Carers Choir &amp; Ukulele Group, Health &amp; Fitness, Carers in Employment, Peer Supporters, Peer Support Groups,</p>
	<p align="center"><b>NENE VALLEY COMMUNITY ACTION</b>  <b>01933 313526</b>  Providing "Needs &amp; Aspirations" Activities and Training &amp; Awareness sessions.</p>
	<p align="center"><b>ALZHEIMER'S SOCIETY</b>  <b>01832 736670</b>  Providing Carer Support group, Singing for the Brain, Side by Side service.</p>
	<p align="center"><b>AGE UK NORTHAMPTONSHIRE</b>  <b>0845 677 2220</b>  Providing Carers Sitting Service</p>
	<p align="center"><b>CARERS TRUST EAST MIDLANDS</b>  <b>07789 111318</b>  Providing Sitting Services in partnership with Northamptonshire Carers and Carers Emergency &amp; Planned Breaks Sitting Service.</p>



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

CARERS' VOICE members consult with their peers and 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: CARERS' VOICE c/o Connected Together, Portfolio Innovation Centre, Avenue Campus, St George's Avenue, Northampton, NN2 6JD or phone 07856 875132 email: [carersvoice@connectedtogether.co.uk](mailto:carersvoice@connectedtogether.co.uk)/carersvoice and ask for a call back. If you are unable to attend our meetings, Agenda, Minutes and Questions are available via email. Sorry we are unable to post due to costs.

**“YOUR VIEWS ARE IMPORTANT”**



## From Northamptonshire Carers

### 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](mailto:adamw@northamptonshire-carers.org)



### 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

# 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



### 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.



# 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**

## IMPORTANT INFORMATION

In October carers may be sent a survey from Northamptonshire County Council asking about their experiences with Carers services locally. The survey is written by national Government. In the past there has been some confusion about what is delivered by NCC and what is delivered by Northamptonshire Carers & others.

Northamptonshire Carers offer Carers Support Line, Assessments, Support groups, Carers Cafes, Sitting Service, gym memberships and our Choir. Northamptonshire Carers do NOT provide respite services or assessments for the person you care for.

Our subcontractors include Nene Valley Community Action, Alzheimer's Society & Carers Trust. They provide Needs & Aspirations through the Caring for Carers directory, emergency Respite services and assessments for Carers caring for someone with dementia and Memory Matters.

The survey is treated confidentially so your view is important.

Any queries on how to complete this survey contact 01933 677907.



# 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 2<sup>ND</sup> THURSDAY IN THE MONTH.

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

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# 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.

2<sup>nd</sup> November – Community Law/Social

16<sup>th</sup> November – speaker TBC

7<sup>th</sup> December – speaker TBC

21<sup>st</sup> December – Christmas party

4<sup>th</sup> January – Community Law/Planning

18<sup>th</sup> January – Social

8<sup>th</sup> February – Community Law/Social

22<sup>nd</sup> February – Social

**Towcester Carers Support Group**  
The Bull, Brackley Road, Towcester NN12 6BX

WEDNESDAY 12 noon – 2 p.m. NEW TIME

21<sup>st</sup> November – Christmas crafts

19<sup>th</sup> December – Bring & share lunch

16<sup>th</sup> January – Social

20<sup>th</sup> February – Social

**Kettering Evening Support Group**  
Windsor Gardens, Kettering NN16 8DV

THURSDAY 7 p.m. – 9 p.m.

8<sup>th</sup> November – Coffee, chat & quiz

13<sup>th</sup> December – Christmas activity

10<sup>th</sup> January – Planning meeting

14<sup>th</sup> February – meal out

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

WEDNESDAY 10 a.m. – 12 noon

7<sup>th</sup> November

5<sup>th</sup> December – Christmas lunch TBC

2<sup>nd</sup> January

6<sup>th</sup> February

**Denton Support Group**  
The White Hart, Hackleton NN7 2AD

WEDNESDAY 2 p.m. – 4 p.m.

7<sup>th</sup> November

5<sup>th</sup> December

2<sup>nd</sup> January – Planning meeting

6<sup>th</sup> February – Social

**Pravasi Mandal Ladies Group**  
123 Midland Rd,

Wellingborough NN8 1LU

THURSDAY 1 p.m. – 3 p.m.

1<sup>st</sup> November – Laughter Therapy

6<sup>th</sup> December – Bring & share lunch

3<sup>rd</sup> January – Social

7<sup>th</sup> February – Social

**Northampton Male Carers**  
Arranged venues each month

WEDNESDAY 2 p.m. – 4 p.m.

28<sup>th</sup> November – Snooker

19<sup>th</sup> December – Pub meal

30<sup>th</sup> January – Planning meeting

27<sup>th</sup> February – Social





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><b>Northampton Cafe</b> 11 a.m. – 1 p.m. Elim Church Gladstone Road Northampton NN5 7EG Tuesdays 6<sup>th</sup> November, 4<sup>th</sup> December, January no meeting, 5<sup>th</sup> February</p>	<p><b>Kettering Cafe</b> 11.15 a.m. – 1.15 p.m. Windsor Gardens Lower Street Kettering NN16 8DV Tuesdays 13<sup>th</sup> November, 11<sup>th</sup> December, 8<sup>th</sup> January, 12<sup>th</sup> February</p>
<p><b>Wellingborough Cafe</b> 1 p.m. – 3 p.m. 123 Midland Rd Wellingborough NN8 1LU Tuesdays 20<sup>th</sup> November, 18<sup>th</sup> December, 15<sup>th</sup> January, 19<sup>th</sup> February</p>	<p><b>Corby Cafe</b> 1 p.m. – 3 p.m. Coronation Park Pavilion Elizabeth Street Corby NN17 1PN Tuesdays 27<sup>th</sup> November, December no meeting, 22<sup>nd</sup> January, 26<sup>th</sup> February</p>
<p><b>Daventry Cafe</b> 10.30 a.m. – 12.30 p.m. The Abbey Market Square Daventry NN11 4BH 1<sup>st</sup> November, 6<sup>th</sup> December, 3<sup>rd</sup> January, 7<sup>th</sup> February</p>	<p><b>Oundle Cafe</b> 1 p.m. – 3 p.m. Oundle MIND Dovedale 1 Herne Park East Road Oundle PE8 4BZ Thursdays 22<sup>nd</sup> November, December no meeting, 24<sup>th</sup> January, 28<sup>th</sup> Feb</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](mailto: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.

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

**Dates for your diary: 23<sup>rd</sup>/24<sup>th</sup> November 2018**

Now that the SEND Reform has been fully implemented, we would like to find out how the journey has been for you?

NPFPG is organising a feedback event. You can contribute via the online Survey Monkey tool or join us:

ON: Friday, 23<sup>rd</sup> November 2018 – 10:00-14:00h

or

Saturday, 24<sup>th</sup> November 2018 – 10:00-14:00h

AT: King's Park Conference Centre  
Kings Park Road, Northampton, NN3 6KK

The day will kick off with local presentations of the changes in Northamptonshire with plenty of interactive feedback opportunities.

More details will be coming soon via our e-bulletin communication.

NPFPG is fully compliant with the latest General Data Protection Regulations (GDPR) but we find lots of people are not taking the last step by clicking the verification link in the email confirmation. Unless you **verify**, you will not be receiving our communication with events and workshop invitations! **Check** your subscription status now, by signing up to the e-bulletin on [www.npfg.co.uk](http://www.npfg.co.uk).

The Northants Parent Forum Group (NPFPG) 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.

For more information please visit our website [www.npfg.co.uk](http://www.npfg.co.uk). Any questions - please Email: [enquiries@npfg.co.uk](mailto: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

3<sup>rd</sup> Thursday in the month

15<sup>th</sup> November – Paletto Lounge

No group in December

17<sup>th</sup> January – Kino Lounge

21<sup>st</sup> February – Paletto Lounge

Venues – Kettering Kino Lounge  
and Paletto Lounge Corby

### 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](http://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](mailto: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](mailto: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 patients discharge, the CSW's can offer opportunities for an assessment of the Carers 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](http://www.northamptonshire-carers.org/contact) to complete an on line referral form.

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## 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.



# CARERS RETREAT SUPPORT GROUP



1<sup>st</sup> Thursday of each month 7 p.m. – 9 p.m.

November 1<sup>st</sup>, December 6<sup>th</sup>, January 2019 – no group, February 7<sup>th</sup>

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:

Christie Brown on 01604 658827 or 0771 722 8252

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## 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 for NCC.

# 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](mailto:carers@northamptonshire-carers.org)

Website: [www.northamptonshire-carers.org](http://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](mailto: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**