



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 to October 2019
(4 months)



Corby Clinical Commissioning Group



Nene Clinical Commissioning Group



Northamptonshire
County Council

JULY 2019

WHEN	WHAT	WHERE	TIMES
Thursday 11 th July	Talk & Tour of County Cricket Club + refreshments	Northampton	10.30 a.m. - 12 noon
Monday 15 th July	Summer Hanging Basket £6 donation	Welling- borough	2 p.m.
Wednesday 17 th July	Day Trip to Hunstanton	Hunstanton £5 donation	SEE OVER FOR TIMINGS
Monday 22 nd July	Putting at Swanspool Gardens Bring a picnic	Welling- borough	11 a.m.
Tuesday 30 th July	Kaspa's Desserts for Knickerbocker Glory	Northampton	2 p.m.

AUGUST 2019

WHEN	WHAT	WHERE	TIMES
Thursday 1 st August	Flowers & Butterfly walk with light lunch	Sywell Country Park	10 a.m.
Wednesday 7 th August	Pedalo on Rushden Lakes + coffee!	Canoe2 Rushden Lakes	11 a.m. Weather permitting
Monday 12 th August	Tour of Morrisons Produce factory + Barbecue!!	Rushden SEE OVER FOR MORE INFO	11.30 a.m. - 1.30 p.m.
Tuesday 13 th August	Charles Rennie Mackintosh, 78 Derngate tour coffee/tea & cake	Northampton £3 donation	10.30 a.m.
Wednesday 21 st August	Visit to Althorp Estate £6 donation	Althorp Northampton	12.30 p.m. - 4 p.m.

**YOU MAY SELECT 3 SESSIONS BETWEEN
July 2019 and October 2019**

SEPTEMBER 2019

WHEN	WHAT	WHERE	TIMES
Thursday 5 th September £3 donation	Full English Breakfast with tea/coffee	Earls Barton	10.30 a.m.
Tuesday 10 th September	Vintage Fleur Tea Room for afternoon tea	Kettering £3 donation	1.30 p.m.
Wednesday 18 th September	Indoor Adventure Golf £2 donation	Rushden Lakes	2 p.m.
Friday 20 th , 27 th + 4 th , 11 th October	Yoga £12 donation for 4 weeks	Northampton SEE OVER FOR MORE INFO	10 a.m. – 11.30 a.m.
Tuesday 24 th September	Indoor Climbing £5 donation	Northampton	11 a.m.
Thursday 26 th September	Sewn Felt Phone Case	Kettering £5 donation	10.30 a.m.

OCTOBER 2019

WHEN	WHAT	WHERE	TIMES
Monday 7 th October	Wills & Power of Attorney talk	Welling- borough	11 a.m.
Tuesday 15 th October	Nature Walk with light lunch	Brixworth Country Park	10 a.m.
Friday 18 th October	Northamptonshire Archives Records Office tour covering 800 years	Wootton Hall Northampton SEE OVER FOR MORE INFO	11 a.m.
Thursday 24 th October	Hand Sewing workshop - brooches	Welling – borough £5 donation	11 a.m. - 1 p.m.
Tuesday 29 th October	Halloween Garden Planter	Welling – borough £5 donation	10.30 a.m.

CARER AND CARED FOR PERSON

Thursday 31st October Carvery meal at the Trading Post
Carer pays only for drinks. Cared for person pays £6.79 + drinks.

YOU MAY SELECT 3 SESSIONS BETWEEN
July 2019 and October 2019

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 313526</p> <p>Providing "Needs & Aspirations" Activities, Training & Awareness</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 07789 111318</p> <p>Providing Sitting Services in partnership with Northamptonshire Carers and Carers Emergency & Planned Breaks Sitting Service.</p>

FIND OUT ALL ABOUT IT

<p align="center">Day trip to Hunstanton</p>	<p>Pick up from Northampton, Wellingborough & Rushden. Ask for details. Explore Hunstanton and leave the seaside at around 3.30 p.m.</p>
<p align="center">Tour of Morrisons + Barbecue</p>	<p>Site tour of Morrisons produce warehouse followed by a barbecue (weather permitting) or a buffet lunch kindly provided by Morrisons.</p>
<p align="center">Yoga</p>	<p>Hatha Yoga is for everyone. It is NOT about twisting into shapes. Sessions include slow stretching movements. Benefits include improved flexibility, posture, balance etc.</p>
<p align="center">Northamptonshire Archives Records Office</p>	<p>A fascinating tour of the archives including behind the scenes. An opportunity to view archival documents.</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 Moulton Park Business Centre Redhouse Road, Moulton Park Industrial Estate, NORTHAMPTON, NN3 6AQ or phone 07856 875132 email: 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



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 are held in Daventry, Northampton, Moulton, Corby, Raunds and Wellingborough and 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

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.



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:

- Initial registration for Carers Assessments
- Signposting & referral to other organisations
- One-to-one telephone support
- Information, advice, guidance & ongoing support
- Referral into the Dementia Care Advice service
- Information on Sitting Services & Peer Support
- 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

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

CARERS FISHING GROUP

**2nd Wednesday of the month between March & October
9.30 a.m. – 2.30 p.m.**



**RINGSTEAD FISHERY
MILL COTTON LAKE
RINGSTEAD
NN14 4DU**



CONNECTING CARERS

Funded by the National Lottery through The Big Lottery Fund



We are creating a network of volunteer Carers Champions in communities across Northamptonshire

Carers Champions are volunteers who will:

- **Be a friendly face for Carers in local communities**
- **Identify, support and refer Carers for further support**
- **Build relationships and raise awareness**
- **Help to run Carers Support Groups and Carers Cafes**

Get in touch for details of local events and Carers Champions.

Do you have time to volunteer to become a Carer Champion and help us identify and support Carers in your local community? If so, contact us for further information.

More volunteering roles are available including befriending and providing telephone support to Carers. Join our team and support us in supporting more Carers in the county.

We rely on donations to deliver our services. Why not become a friend of Northamptonshire Carers and make a regular donation?



NATIONAL
LOTTERY FUNDED



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.

- 5th July – Community Law & Social
- 19th July – Daily Bread
- 2nd August – Community Law & Social
- 16th August – Craft morning
- 6th September – Community Law & Social
- 20th September – Fit and Fun
- 4th October – Community Law & Social
- 18th October – Breakfast

Towcester Carers Support Group
Brook Health Centre Swinneyford Road
Towcester NN12 6HD
WEDNESDAY 1 p.m. – 3 p.m.

- 17th July
- 21st August
- 18th September
- 16th October

Rushden Support Group
Waitrose
Rushden Community Room NN10 6AR
WEDNESDAY 10 a.m. – 12 noon

- 3rd July – Power of Attorney, Wills & Care Home fees
- 7th August – Heavenly Desserts
- 4th September – Equipment demonstration
- 2nd October – Energy cost savings for Carers

Denton Support Group
The White Hart Hackleton NN7 2AD
WEDNESDAY 2 p.m. – 4 p.m.

- 3rd July
- 7th August
- 4th September
- 2nd October

Kettering Evening Support Group
Windsor Gardens Kettering
NN16 8DV

- THURSDAY 7 p.m. – 9 p.m.
- 11th July – Evening walk & drink
- August – no meeting
- 12th September – Bring a bag & Buy a bag Auction
- 10th October – Quiz/games night



CARERS SUPPORT GROUPS

More groups for you

CYNTHIA SPENCER WELLBEING CENTRE

Manfield Health Campus,
Kettering Road, Northampton
NN3 6NP

THIS GROUP CAN INCLUDE THE CARED FOR
PERSON

A group for Carers (and the Cared for person) caring for someone with a life limiting diagnosis.

2nd Wednesday of each month
10 a.m. – 11.30 a.m.

Pravasi Mandal LADIES GROUP

123 Midland Rd,
Wellingborough NN8 1LU
THURSDAY 1 p.m. – 3 p.m.

4th July - Crafts
August – No group
5th September - Relaxation
3rd October – Rushden Lakes

RAUNDS SUPPORT GROUP

Saxon Hall Thorpe Street NN9 6LT
THURSDAY 10.30 a.m. – 12.30 p.m.

4th July – Community Law
1st August – Craft
5th September – Heavenly Desserts
3rd October – TBC

North Northants MALE CARERS

MONDAY 1 p.m. – 3 p.m.
Och n Dough
14-16 Farm Road
Wellingborough
NN8 4UF

8th July
5th August
9th September
7th October



Northampton & South Northants MALE CARERS

Arranged venues each month
WEDNESDAY 2 p.m. – 4 p.m.

July 31st – Abington Pub
28th August – BBQ
25th September – Daily Bread
30th October – Snooker at Barratts
Rooms

NEW MEMBERS ALWAYS WELCOME





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. CHARGES APPLY.

PROMOTING WELLBEING FOR ALL CARERS

From Northamptonshire Carers

Relax 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 CAFÉ'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 Tuesdays 2nd July, 6th August, 3rd September, 1st October	Kettering Cafe 11.30 a.m. – 1.30 p.m. Windsor Gardens Lower Street Kettering NN16 8DV Tuesdays 9th July, 13th August, 10th September, 8th October
Wellingborough Cafe 1 p.m. – 3 p.m. 123 Midland Rd Wellingborough NN8 1LU Tuesdays 16th July, 20th August, 17th September, 15th October	Corby Cafe 1 p.m. – 3 p.m. Coronation Park Pavilion Elizabeth Street Corby NN17 1PN PARKING VIA RICHMOND ROAD Tuesdays 23rd July, 27th August, 24th September, 22nd October
Daventry Cafe 10.30 a.m. – 12.30 p.m. The Abbey Market Square Daventry NN11 4BH Thursdays 4th July, 1st August, 5th September, 3rd October	Oundle Cafe 1 p.m. – 3 p.m. Oundle MIND Dovedale 1 Herne Park East Road Oundle PE8 4BZ Thursdays 25th July, 22nd August, 26th September, 24th October

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 can be organized around specific needs and held across the county, confirmed course dates are as follows:

- October 2019 - Waitrose Rushden 9th, 16th, 23rd and 30th - 10 a.m. – 1 p.m.
- November 2019 – Berrywood Hospital Northampton 6th, 13th, 20th, 27th - 10 a.m. – 1 p.m.

To book or obtain further details please contact us on 01933 677837.

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.

<p>NORTHAMPTON Blackthorn Christian Centre Shadowfax Drive Blackthorn Northampton NN3 8DB 10 a.m. – 12 noon Second Wednesday of the month</p>	<p>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</p>
<p>TOWCESTER Sawpits Centre, Richmond Road Towcester NN12 6EX 1.30 p.m. – 3.30 p.m. Third Tuesday of the month</p>	<p>DAVENTRY Daventry Methodist Church, Golding Close, Daventry, NN11 4FB 1 p.m. – 3 p.m. Second Tuesday of the month</p>
<p>NORTHAMPTON Simon de Senlis Court Robert Street Northampton NN1 3AE 1.30 p.m. – 3.30 p.m. First Thursday of the month</p>	<p>WELLINGBOROUGH Salvation Army Salem Lane Queen Street Wellingborough NN8 4JT 10 a.m. – 12 noon Second Thursday of the month</p>

SUPPORTING CARERS OF WORKING AGE

Following the successful *Supporting Working Carers* project, Northamptonshire Carers continues to offer support and information to Carers who are also in paid employment. The *People's Postcode Trust* funding has enabled the Carers Friendly Employers work to raise awareness with companies on how to support Carers they employ, this is 1 in 9 of their staff and growing.

For more information contact us on 01933 677837 or email swc@northamptonshire-carers.org

Looking to Get Back Into Work

Building Better Opportunities (BBO) supports unemployed Carers or former Carers to get training, move closer to or into work.

To find out more about the project call us on 01933 677837 or email swc@northamptonshire-carers.org

FROM ONE PARENT TO ANOTHER

I probably don't know you, but we have something in common, we are both parents or carers of a child or young person with special needs. We are all reliant on the services, treatments, equipment, clubs, activities, schools, SENCo, healthcare & social professionals that are available in the county. These services are monitored & reviewed constantly so the Commissioning Groups & Service Providers should listen to parent's views about them. My daughter is 17, she was diagnosed at 6 months, yet I know my opinion has never been considered because I have never been asked. Last year when a particular service was under threat, I approached the NCC to give my opinion. Lesley Hagger, former Director of Children's Services, wrote to say that the ONLY parental input considered on any matter, is via the parent forum group.

Now I can't say that I hadn't heard of the NPFG from somewhere amongst all the information that I was bombarded with over the years, but I didn't appreciate their role and I didn't think they were relevant to me. Besides, in my world, my child is unique, what on earth would I need to join a forum for? I struggled to come to terms with my child's needs then, I couldn't possibly think of the future! I didn't realise that quite simply they are **our** voice – for good things as well as bad, in fact, the reason we have some of the services & facilities we have. In Northamptonshire there are 3858 children aged 18 & under and 252 young people aged 19 to 25 who have an EHCP, and many more without a plan. Collectively that is potentially an amazingly loud voice.

You may already be a member of NPFG and that's brilliant; but you may be a former member who didn't confirm your wish to continue after GDPR, or not yet a member. Although there is always room for volunteers to take active roles in the group, that's not what I'm asking you to do. **My plea is for every parent to join to ensure that your opinion is heard either through the closed Facebook group & on occasion, through surveys.** In return, you can be sure that your opinion will count, and you will receive regular updates on how the NPFG are representing you.

Please visit <http://npfg.co.uk/ebulletin-registration.php> to sign up today. Please note it is a 2-part process. Once you have completed the online registration you will receive an email with instructions to validate your membership. Thank you for reading this, Trudie
Any questions - please email: enquiries@npfg.co.uk or call 07745 – 249094.

Do you look after a child with additional needs, educational or physical?

On the Northamptonshire County Council website you will find lots of information and links to services for Children & Families, including the SNIX register.

Please go to www.northamptonshire.gov.uk and enter Children & Families into the keyword search

KETTERING & CORBY PARENT CARERS SUPPORT GROUP

10.30 a.m. – 12 noon
3rd Thursday in the month

18th July – Kino Kettering

August – no meeting

19th September – Paletto Corby

17th October – Kino Kettering

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 – Sitting 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

CARERS RETREAT SUPPORT GROUP

1st Thursday of each month 7 p.m. – 9 p.m.
4th July, 1st August, 5th September, 3rd October
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 for NCC.



OUR WORK WITH GP PRACTICES

We continue to work with GP practices across the county to raise awareness of carers issues. The main aim of the project is to identify hidden carers so they can be offered any support they may need by the practice. This could be around more flexibility with appointments or arranging with the surgery to speak on behalf of the person they look after. If the carer gives their permission they can then be referred onto Northamptonshire Carers and have access to our range of services.

The majority of GPs across the county now refer into us on a regular basis. Where we have good relationships with the surgeries we are able to feedback on what carers find difficult or useful. For example, we were happy to let the practices know that many carers reported that the online booking system made it easier for them to make appointments.

DEMENTIA CARE ADVICE SERVICE

The Dementia Care Advice Service is designed to support both those who have dementia & their Carers. It offers emotional & practical support whilst liaising with other organizations who can also provide services such as benefits help or a care package.

Dementia is a term that describes a set of symptoms that include problems with memory, understanding & behavior. There are several types of Dementia, each with its own set of challenges. The dedicated Dementia specialists help a Carer to understand the condition, giving examples of how to cope using strategies that make life easier for both. Northamptonshire Carers work alongside the Alzheimers's Society and jointly they have a lot of experience in this field. They can source the most helpful information to enable a person centered approach to caring.

Within this support, the wellbeing of the Carer is top of the list. They will: signpost to their organisations or social services, complete a Carers Assessment to look at the Carers needs holistically, help with future planning, assist with residential care visits, explore others courses, days out, respite opportunities for the Carer.

If you or someone you know, is caring for someone who has Dementia or memory problems please contact the Carers Support Line for further information on 01933 677907.

PARKS SURGERY – CARERS DROP IN SESSIONS

As part of our ongoing support to GP Surgeries and the support they offer for Carers, we attend the following 2 village Coffee Mornings to provide information, advice and support.



- **ROADE COFFEE MORNING – 1st Monday of the month between 10 a.m. and 12 noon. St Mary’s Church Rooms in Roade NN7 2NT**
- **BLISWORTH COFFEE MORNING – 3rd Tuesday of the month between 10 a.m. and 12 noon. Blisworth Baptist Church Rooms Blisworth NN7 3BU**

Members of the Patient Participation Group for the surgeries also attend to give a link between the Carers and the surgeries.

NORTHAMPTON & KETTERING GENERAL HOSPITALS

Northamptonshire Carers have Support Workers at both Northampton and Kettering Hospitals. Lynette and Julie are based in Northampton, Delia and Gayle at Kettering. Their aim is to help make a positive difference to the lives of informal Carers who experience a journey through the hospital system. In most cases the Carer will be a relative of a patient but Carers themselves can become ill and be admitted.

The workers’ key priorities are to improve the support for informal Carers not just during hospital admission but also in the weeks after discharge and beyond. This support includes offering emotional help and reassurance, giving practical advice and information, liaising with other services and referring on for Carers Assessments where appropriate.

Being based in a hospital does allow the workers to develop close links with the wards, therapists, palliative care nurses and care management teams. Close partnership working is especially important within hospitals, as they can be confusing places. Carer Support Workers can explain processes, in particular discharge, to Carers. This may help reduce a Carer’s anxiety.

To access the hospital Carer Support Services:

Northampton General Hospital Carer Support Service

Tel: 01604 544274 Extension 4274

Kettering General Hospital Carer Support Service

Tel: 01536 493622 Extension 3622

Northamptonshire Carers Support Line Tel: 01933 677907 9am - 5pm

www.northamptonshire-carers.org/contact to complete an on line referral form.



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 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