



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 2021 – A NEW YEAR CARERS INFORMATION BOOKLET



INTRODUCTION



Northamptonshire's Caring for Carers Directory aims to bring several organisations together to highlight the support groups or activities they provide.

These all give Carers the opportunity to take a break from their caring role and list contact details for the various organisations providing them.

We continue to be committed to provide the services and activities that Carers want to see and take part in, we know this by the surveys that we commission and the monitoring that we do at the groups and activities.

We would like to remind you that these activities are there for ALL Carers over the age of 18, there is a different Young Carers Service for those under 18 and we are always looking for suggestions on what activities or training Carers would like to see happen in the future so please feedback your ideas to us at Northamptonshire Carers on 01933 677907, option 1 or carers@northamptonshire-carers.org

Nene Valley Community Action who also provide groups and activities through the Needs & Aspirations project can be contacted on Tel 01933 313526 or info@nvca.org.uk



CONTACT DETAILS FOR CARER SERVICES

Northamptonshire Carers

01933 677907

carers@northamptonshire-carers.org

www.northamptonshire-carers.org

Nene Valley Community Action

01933 313526 info@nvca.org.uk

Alzheimer's Society

01832 736670

northamptonshire@alzheimers.org.uk

Carers Voice

07856 875132

carersvoice@connectedtogether.co.uk

Parent Carers

07745 249094

enquiries@npfg.co.uk

Age UK

0845 677 2220

access@ageuknorthants.org.uk

TU VIDA (formally Carers Trust East Midlands)

0115 962 8920



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 FISHING GROUP

2nd Wednesday of the month (subject to any restrictions)

9.30 a.m. – 2.30 p.m

RINGSTEAD FISHERY
MILL COTTON LAKE
RINGSTEAD



We even have the equipment to borrow if you want to try it for the first time.

CARERS ASSESSMENTS

You may have heard the term 'Carers Assessment' in the media or been advised to have one by a doctor, or social worker etc but you may be unsure what one actually entails? Firstly it is not a way of judging you as a spouse, parent or child: it 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 should you wish to do so. It is not about imposing things on you but it will hopefully present you with options that can help you in your caring role.

There are many ways to have a Carers Assessment. We aim to offer you an individualised assessment so offer a wide-range of methods to suit your individual needs:

- We offer an online-self assessment which may be a good option if you are busy during office hours or are looking primarily for advice and information.
<https://www.northamptonshire-carers.org/complete-self-assessment>
- Our Carers Support Line can provide a telephone assessment which again is ideal for those who want quick access to advice and information.
- We are rolling out group assessments and support planning. This is great if you are happy discussing your caring role with other Carers with the aim of getting ideas and mutual support from those in similar situations. Of course this isn't for everyone and all other assessments are entirely private.
- We have a team of Carer Support Workers who are based throughout the county and can complete a Carers Assessment with you. You can self-refer or refer someone else (with their consent).
- If required we also offer an easy read Carers Assessment. Please contact our Support Line if you need assistance with this or any aspect of your Carers Assessment.
- Under the 2014 Care Act you may be able to receive an advocate to support you through your Carers Assessment. These are provided by Total Voice Northamptonshire.

Make sure you have your assessment. Call 01933 677907



The louder our voice the
further it carries

Carers' Voice Northamptonshire

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 CIC, Moulton Park Business Centre, Redhouse Road, Northampton NN3 6AQ or telephone 07856 875132 or email

carersvoice@connectedtogether.co.uk/carersvoice and ask for a call back.

It is important that we know your views as a Carer on local services: what works for you and what could be improved and, if so, how? If you are

unable to attend our meetings, please register your e-mail and/or phone contact details with us so that we can gather your ideas on subjects

relevant to you. 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”

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 677907 to obtain a copy and simply register with us.





MyMusic Northamptonshire



Music groups for female Carers across the County, currently on Zoom

- Take a break, join a community and try something new!
- All sessions are relaxed, informal and fun
- Open to all regardless of previous musical experience
- Groups include Songwriting, Ukuleles, Sign and Sing, Songs from the Shows and Creative Storytelling
- Run in partnership with Northamptonshire Carers and Northampton Music and Performing Arts Trust

Please call Northamptonshire Carers on 01933 677907, option 1 or email jessicah@northamptonshire-carers.org for more information.

Find us on Facebook at

facebook.com/MyMusicNorthamptonshire or on our website at www.northamptonshire-carers.org/mymusic-northamptonshire





Northamptonshire Carers Choir

Would like to invite you to join us

Mondays 10:30-11:30 - Carers Choir

**Mondays 13:30-14:30 - Carers Choir
(Dementia Friendly)**

Via Zoom

Term time only, everybody welcome, we have lots of fun, the group is very informal, it would be lovely to see you there.

If you would like to join us please contact admin tel:
01933 677907 option 1
email: admin@northamptonshire-carers.org



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?



IMPORTANCE OF CARERS GROUPS

Carers Groups and activities give you something that no other group can, Peer Support. This support is the experience of others in a similar situation as we recognise that no two caring situations are the same and no two personalities are the same. Carers Groups & Cafes are a place for meeting new friends, to get practical help & information, a place to give you some much needed ‘Time Out’, a safe place to offload and receive listening support or to even have some fun.

Carers Groups for Parent Carers, Dementia, Carers Café’s, Breathing Space, Mental Health, General Support Groups, Former Carers Group and more are going ahead on a regular basis either via Zoom, WhatsApp, Befriending Calls and more. For details of the groups and how you can participate, call the office on 01933 677907, option 1 or go to our website where groups and activities are listed

<https://www.northamptonshire-carers.org/Pages/Events/Category/carers-groups?Take=11>

If you are not registered with us already this can be a straight forward and easy process so please make that call, you are not on your own.

Under normal circumstances there are many Carers Support Groups across the county. For example:

Northampton
Rushden
Ladies Groups

Kettering
Raunds
Mens Groups

Brackley
Towcester
Former Carers



WORKING CARERS



The pandemic has resulted in millions of new carers:

- 4.5 million people since its start
- 2.8 million of whom are juggling work and care

Northamptonshire Carers via the Carers Assessment process continues to offer support and information to Carers who are also in paid employment. To request an Assessment contact our Support Line.

CARER FRIENDLY EMPLOYERS

The *People's Postcode Trust* funding enabled the "Carer Friendly Employers" work to raise awareness with companies on how to support Carers they employ and this continues.

- 1 in 7 of your employees is a Carer

For information on how to support them contact Nicola & Jacqui on 01933 677907 or email cfe@northamptonshire-carers.org



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.

FORMER CARERS GROUP NEW HORIZONS



This monthly meeting, currently on Zoom, is designed for Carers who have recently lost a loved one.

As well as coping with the loss of the person you looked after, you may also be trying to cope with the loss of your caring role or you may still be in a caring role for someone else and you are struggling to find the time to grieve.

Whatever your circumstances we will offer you a warm welcome so please join us and chat with others in a similar situation.

New members always welcome and we will meet up again in person just as soon as we are able and it is safe to.

Time: 10.30-12 noon. For further details call Northamptonshire Carers on 01933 677907, option 1 to get the Zoom log-in details or email: kirstym@northamptonshire-carers.org



PARENT CARERS

Northants Parent Forum Group (NPF) is an independent parent-led group formed and run by volunteers to represent the views of all families of children and young people up to aged 25 with special education needs and / or disabilities (SEND) in Northamptonshire.

We work in partnership with service commissioners and providers, sharing knowledge and experience of families to help plan and develop the quality, range and accessibility of provision, creating better outcomes for families through participation and co-production.

Any questions - please email: enquiries@npg.co.uk or call 07745 249094.

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

This service is not currently running due to Government guidelines.

Contact details Telephone: 01933 677907 (option system) 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.

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 £6.50 per hour or a three-hour session three times a month at £6.50 per hour. Additional hours can be purchased @ £19 per hour.

For further details contact the Access Team on 0845 677 2220 or email:
access@ageuknorthants.org.uk

Tu Vida formally 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.

For more information or to make a referral, please
contact us:

- Email: referrals@tuvida.org
- Telephone: 0115 962 8920 or 07789 111 318
(between 9am and 5pm)

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
HERE TO SUPPORT YOU**

NORTHAMPTON & KETTERING GENERAL HOSPITALS

Northamptonshire Carers have Support Workers at both Northampton and Kettering Hospitals.



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.

**All Carers are welcome to access this service:
The Hospital Carer Support Services call, 01933 677907
option 6
Further details of the service are also on our website**

Dementia Care Advice Service and Activities.

There are exciting new prospects and changes ahead for the Dementia Care Advice Service which involves lots of activities and enhanced working with many of our partners. Northamptonshire Carers are there to carry out statutory carers assessments and this is a time to see what help and support is available to you if you are caring for someone with dementia. We have dedicated dementia support workers who understand that this can be a difficult time and that the journey may change from one week to the next. We have also been busy updating our website with lots more information, factsheets and newsletters dementia related. As well as this, we have created a space for carers and people with dementia to come together to engage in lots of activities and workshops and the pandemic has not stopped us supporting those who need it. Plans are afoot to improve the pathway that people travel through, including the diagnosis experience. But what is positive is the inclusion of many virtual groups which in time, will become face to face (while still keeping the online offerings). We have been blown away by the success of our Dementia friendly choir and Sit & Keep fit classes. And we also offer Poetry & Rhyme sessions. We have plans in place for reminiscence workshops, bird watching sessions and a male carers support group – alongside our current support group. Add to this some great floral arranging sessions – we are having great fun ensuring people with dementia feel included and their carers also have fun. The future 'hub' is going to be there to improve the quality of life for people so please check back to see what progress is being made and feel free to call us on 01933 677 907 if you wish to join in any of our activities, details of all activities can also be found on our website www.northamptonshire-carers.org



AGE WELL WELLINGBOROUGH

The Age Well project supports people over the age of 65 living in Wellingborough and aims to ensure people can stay safe and independent in their own homes. Working closely with Northamptonshire Police and Trading Standards the Age Well team have been making the people we work with aware of scams and how they can better protect themselves. Scams are a way of criminals making people part with their money or personal details. The criminals target people through phone calls, emails, text messages, letters and even visiting people's homes and will pretend to be from a well-known company such as an internet provider, Amazon or Royal Mail. Here are some top tips to protect yourselves from scams:

- Never assume a call/text/email/social media message is genuine and don't click on links or open documents especially if it is unexpected
- Stay in control – verify any correspondence or person through official channels, never open a link or telephone number they give you.
- Don't be rushed into decisions – get advice and/or other quotes
- Don't pay unexpected invoices/bills/fines/charges until you've verified it with an authorised contact
- Never reveal personal, password or bank details to anyone – genuine services or organisations will never ask for these
- Don't open the door to unexpected callers
- REMEMBER Official organisations/businesses will never ask for passwords or PIN numbers or ask to download software onto your devices which gives them remote access

For further information about scams and fraud please see the following websites:

www.northants.police.uk

www.actionfraud.police.uk

www.thinkjessica.com

www.friendsagainstscams.org.uk

Please report any suspicious emails to: report@phishing.gov.uk



ABOUT NORTHAMPTONSHIRE CARERS (PARENT CARER) SUPPORT SERVICE

A Parent Carer is someone aged over 18 who has the parental responsibility to provide care to a child with a special educational need or disability (SEND) or a long term physical or mental health condition.

At Northamptonshire Carers we have a specialised and experienced Parent Carer Team who will provide support to you on an individual basis taking into account the impact of the young person's special educational need, disability or health condition.

You may have heard the term 'Carers Assessment' in the media or been advised to have one by a doctor, or social worker etc but you may be unsure what one actually entails? Firstly it is not a way of judging you as a parent: it is an opportunity for you to have a conversation with someone 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 yourself. It is not about imposing things on you but it will hopefully present you with options that can help you in your caring role.

Please call us on 01933 677907, Option 2 to discuss.



MEMORY MATTERS

SUPPORT FOR
CARER'S & PEOPLE
AFFECTED BY
DEMENTIA

IF YOU ARE INTERESTED IN JOINING THE CARERS SUPPORT GROUP PLEASE CONTACT 07889 305086 FOR MORE DETAILS.

NORTHAMPTON 2

Temporarily on Zoom

Run temporarily with the other Northampton group.

KETTERING

Temporarily on Zoom

Fourth Tuesday of the month

11.15 am - 12.45pm



TOWCESTER

Temporarily on Zoom

Third Tuesday of the month

11.15 am - 12.45pm

DAVENTRY

Temporarily on Zoom

Second Tuesday of the month

11.15am - 12.45pm

NORTHAMPTON

Temporarily on Zoom

First Thursday of the month

1.00pm - 2.30pm

WELLINGBOROUGH

Temporarily on Zoom

Second Thursday of the month

10.30am - 12.00pm

SINGING FOR THE BRAIN

**** All Groups are currently being run virtually during the Covid Pandemic****

Bringing people together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a wide variety of songs.

Northampton - Friday via Zoom at 11.30am

Greens Norton/ Corby - Monday via Zoom at 13.30pm

Kettering - Wednesday via Zoom at 11.30am

if you are interested in joining in one of the above Singing for the Brain sessions then please contact 07595 968240 for more information.

Northamptonshire Carers

01933 677907

Option system

123 Midland Road
Wellingborough NN8 1LU

Open
Monday –
Friday

Email: carers@northamptonshire-carers.org

Website: www.northamptonshire-carers.org

FOR NEEDS & ASPIRATIONS

NENE VALLEY COMMUNITY ACTION

01933 313526 MONDAY – THURSDAY

10 A.M. – 3 P.M.

Or email info@nvca.org.uk

NVCA LOOK FORWARD TO BEING ABLE TO OFFER ACTIVITIES
AND OPPORTUNITIES TO CARERS AS SOON AS WE ARE ABLE TO
DO SO.

