

eNewsletter

Welcome to the 9th edition of our quarterly Carers Centre Newsletter.

There has been a lot of activity within the Carers Centre over the past few months, as well as our continued push to support carers across Hambleton & Richmondshire we have found time to have our offices freshened up with a lick of paint! Please feel free to pop in for a chat and admire the more cheerful look. Our next move to improve our service will come in May 2013 when we will be moving to a [new email and Website provider](#). This will mean that we will have new email and website addresses. We will be saying farewell to 'hrcarers.f2s.com' and become hrcarers.org.uk we will be sending out details of the change as it moves along so keep an eye open. Details of our new email addresses are listed on page 5.

We have also had published our new centre brochure, if you are reading this digitally you can download a copy from this link: <http://content.yudu.com> or call us for a copy.

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Hambleton & Richmondshire Carers Centre provides information, advice and support for all unpaid carers across our area. We are a registered charity. Registered Charity No. 1092023

Telephone us: 01609 780872

'Improving lives for carers in Hambleton & Richmondshire'

Hambleton & Richmondshire
Carers Centre



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Prepared to Care?



carers week 10-16 June 2013

The 2013 Carers Week campaign – will focus on how the UK's current carer population is coping, how effectively Government is supporting the growing numbers of carers, and whether the wider population is prepared for future

**Here at H&R Carers Centre we are gearing up for
Carers Week 2013 10th-16th June.**

Our mission for 2013 is to involve carers more in the way we deliver our services; we want to find out from you what you think about services for carers, how you feel we need to support you locally, what improvements and changes we can make and how, as your local organisation, we need to think about future services for carers.

This year we will be **opening our doors** here at 32 High Street on 12th June and hoping for sunny weather so that we can have a 'Yard Coffee Morning' and 'info' day. For those of you who live closer to Richmond, the team will be at the Richmond Methodist Church Hall on the 13th June, for coffee, information and more about how you can get involved.

As a local charity we are **YOUR ORGANISATION** and we want to hear what you think. If you have skills and ideas you want to offer, please get in touch any time, or make a note of the above dates in your diary and we hope to see you during Carers Week.

The Carers Week 2013 survey has been launched, carers are invited to complete a survey of how emotionally and practically they were prepared for their caring role.

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The number of people providing unpaid care for disabled, sick or elderly relatives and loved ones has risen substantially in the last decade.

Census data reveals that the number of carers increased from 5.2 million to 5.8 million in England and Wales between 2001 and 2011. The greatest rise has been among those providing over 20 hours care - the point at which caring starts to significantly impact on the health and well-being of the carer, and their ability to hold down paid employment alongside their caring responsibilities.

It is an accepted fact that carers probably underestimate how much caring they provide to their loved ones and also often fail to identify themselves as carers, so we can only surmise that these numbers do not reflect all the hours spent by people in our local area are providing unpaid care in their families.

If you already know about our services but think that someone you know provides care to a family member or neighbour, but may not see themselves as a carer, why not give them this newsletter and invite them to contact us?

In Hambleton and Richmondshire

The census in 2011 showed that a staggering 14,766 people self-identified as providing unpaid care whilst of these a considerable 2,789 people are providing over 50 hours of caring each week. This figure shows a 26% increase in the number of people in our local districts providing more than 50 hours per week of unpaid care since 2001.

These latest figures tell us that 10.3% of our local population across the two districts, are providing unpaid care to some degree or another and that almost 19% of these carers are providing over 50 hours per week of care; a rise of 26% since 2001.

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Young Carers

Despite the cold weather we managed to have a great time with the Young Carers over the Christmas period, we thoroughly enjoyed the pantomime and our day at Stockeld Park.

Since then we have been very busy with our trips. Recently we have had a couple of cinema trips; the older group enjoyed going to see Les Miserables at the cinema... we all had to resist singing along!! Whilst the younger group went to watch the new Disney film Wreck it Ralph which was very funny.

Over the half term break we enjoyed a fun day at Lightwater Valley, we had a great time going on the rides, watching a magic show and getting to see reptiles and a bird of prey display, a great day was had by all!



As it is lambing season we took a



group of the young carers to see some baby lambs, we got to feed and hold the new born lambs which was a lovely treat.

We are looking forward to our activities planned for the Easter holidays, including a trip to see the new 'Oz, the Great and Powerful', a trip to Preston Park and a day out in York involving an Easter chocolate tasting treat!

The co-operative Charity Of The Year

The co-op has taken the Carers Trust as their 2013 Charity of the Year. You can find out how you can support the Carers Trust at: www.co-operative.coop



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Hambleton & Richmondshire Carers Centre is going to have new email addresses soon so don't forget to change us in your address book!

As part of our continued move to improve our services we will be moving to a new email and website provider. As a consequence of this we are having to change our email addresses and, some time a little later in the year, our website address.

Our new email addresses should come into action on the 7th May this year. Don't worry, we will remind you closer to the date. Our new email addresses are listed below:

General enquiries and information:

info@hrcarers.org.uk

Andrea Hobbs / Chief Executive Officer:

andrea.hobbs@hrcarers.org.uk

Penny Ham / Administration Officer:

penny.ham@hrcarers.org.uk

Betty Mattison / Adult Carers Support Worker in Hambleton

betty.mattison@hrcarers.org.uk

Chris Clarke / Adult Carers Support Worker in Richmondshire

chris.clarke@hrcarers.org.uk

Victoria Stapylton / Young Carers Support Worker

victoria.stapylton@hrcarers.org.uk

Graham Pentelow / Young Carers Support Worker

graham.pentelow@hrcarers.org.uk

Lucy Borthwick / Young Carers Group & Activities Co-Ordinator

lucy.borthwick@hrcarers.org.uk

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Of Interest.....

Carers Week 2013 Survey Launched: As one of the partners of **Carers Week 2013**, the **Carers Trust** are inviting carers to complete a new survey to explore how emotionally and practically prepared they were for their caring role. The "**Prepared to Care?**" survey aims to not only reveal the impact that caring has on the daily lives of the existing carer population, but also whether the wider population is prepared for future caring responsibilities. The survey should take less than 30 minutes to complete—but could make a big future difference to carers across the UK. More information can be found at: www.carers.org/

The Mayor's Charity: Popular Irish Singer **Ann Breen** will be coming to Northallerton Forum to give a concert for the Mayor's Charity, which is our **Young Carers** service, on Saturday 20th April at 7.30 p.m. Tickets are £12 and can be purchased from Greensleeves, Central Arcade, Northallerton or by phoning 01609 777272.

The Times Carer Supplement: The first edition of the Times carer supplement was included in all copies of the Times sold in the North of England and Scotland on the 18th of December, a distribution of around 275,000 copies. The Times will also be emailing a copy to a database they have of 42,000 GP's, senior nurses and social workers. This was a pilot edition and The Times intend to run this quarterly, and future editions will be UK wide. You can find it at: www.timescarer.co.uk

We are at: 32 High Street, Northallerton DL7 8EE (opposite Sainsbury's)

Office open: Mon, Tue, Wed & Thurs 8.30am - 4pm; Fri 9am - 1pm

Telephone: 01609 780872

email: admin@hrcarers.f2s.com

Website: www.hrcarers.f2s.com

You can also find us at:

