

## Carers Centre

'improving lives for carers in Hambleton & Richmondshire'

tel: 01609 780872

[www.hrcarers.f2s.com](http://www.hrcarers.f2s.com)

# eNewsletter

Issue No. 4

August 2011

At the [Carers Centre](#) we provide a free and confidential support service to both Adult and Young carers. This involves providing information on local and national services, advice and emotional support. We also provide a range of social activities and courses for carers.



**Hambleton & Richmondshire Carers Centre are running two 'Caring with Confidence' courses over September and October 2011. These are free and open to all carers living in Hambleton or Richmondshire.**

**Caring with Confidence** sessions will be:

Northallerton (Mount Vale), 1.30pm—4.00pm on the 14th, 21st, 28th September; 5th, 12th, 19th October.

Richmond (Methodist Church), 6.30pm—9.00pm on 15th, 22nd, 29th September; 6th, 13th, 20th October

If you would like to book a place, get more information or would like to talk over any concerns you may have please telephone:

Betty or Chris at Hambleton & Richmondshire Carers Centre on 01609 780872

or email us at [penny@hrcarers.f2s.com](mailto:penny@hrcarers.f2s.com)

You may not think of yourself as a 'carer'. You may think of yourself simply as the mother, husband, son, daughter, or other relation or friend of the person you care for.

Research shows that 65% of people with caring responsibility don't identify themselves as a 'carer' in the first year of caring—and a third of carers don't identify themselves as carers for over five years (Carers UK).

Whether or not you consider yourself as a carer, **Caring with Confidence** aims to help you. It will provide useful information and give you the chance to meet other carers and share experiences.

For more information on Hambleton & Richmondshire Carers Centre visit us on [www.hrcarers.f2s.com](http://www.hrcarers.f2s.com)



Carers Assessments

If you care for someone for 'a substantial amount of time on a regular basis' (even if that person does not live in the same house as you or if you also hold down a paid job as well as caring for someone) then you have a right to have your needs as a carer assessed.

Contact us for further information.

AGM 2011



We held our Annual General Meeting on the 3rd of August at Northallerton Methodist Church.

There was a disappointing number of attendees compared to previous years. Lynn Webb-Thorius the Chief Officer outlined the organisation's activities of the previous year and commented that

*"Although the financial state of the organisation had been precarious at times we have continued to support carers of all ages giving information, training and advice. We continue to improve practice working and working in partnership with the Princess Royal Trust for Carers, North Yorkshire County Council, Children & Young Persons Service and Health colleagues to provide efficient and cost effective services."*

Carers Week 2011



Hambleton & Richmondshire Carers Centre celebrated Carers Week at Danby Wiske village hall which was enjoyed by over 30 carers. We had a buffet meal

with entertainments involving a tap dancing demonstration provided by Alan Beattie, hand massage, bead bracelet making and an opportunity to try out a Nintendo Wii (kindly lent to us by Age UK Northallerton).



In Thirsk, there was a Church service and a photographic exhibition at 'Rural Arts'. Carers week was also celebrated by the North Yorkshire Carers Forum which was held in Easingwold. Carers week also marked the 5th anniversary of the Computer Workshops for Carers. This is funded jointly by WEA and BT. The carers were treated to a tea party in honour of the carers and the Mayor of Northallerton was present to recognise the hard work and commitment that carers provide.





## Young Carers

Young Carers project are in the middle of their summer activities. We are having a great time, we are particularly excited about an upcoming outing when we are having a joint activities day with other young carers groups across North Yorkshire. This gives our young carers the opportunity to meet others and have a day of fun! Vickie & Graham

### Computers & Carers

We offer free classes for carers (during term time) at the BT depot in Northallerton. These classes are on Tuesday mornings and afternoons and are for total beginners to people with some experience already. Our next set of classes start on the 13th September. To book a place or get further information please contact us at the Carers Centre.



For those who do not want to learn more than a few simple things, like sending emails or going on the internet, we also offer BBC

First Click 'drop-in' sessions at our offices in Northallerton. These are on a Thursday from 10:00am till 12:00noon. You can come and go at any time during the session, just give us a call at the Carers Centre so we are expecting you. You can bring your own laptop or use one of ours.



The **waving *not* drowning** project

The waving *not* drowning project has released '**from child to adult**—a guide to disability and family finance'

*"With separate sections for parents and disabled young people it takes you through the benefits and tax credits you may be entitled to and how your rights at work change when you are no longer defined as a parent of a disabled child but the carer of an adult. Using the information, you can calculate whether your family will be better off as a whole when a disabled young person claims their own benefits and when it would be more advantageous for them to remain a dependant. You can do the calculation again each time your young person reaches a milestone birthday of 16, 17, 18 or older. Of course, benefits received by an adult are theirs to spend as they wish, but the guide will enable families to make informed decisions."*

Janet Mearns

Download a copy at: [www.workingfamilies.org.uk](http://www.workingfamilies.org.uk)

The working *not* drowning project is run by Janet Mearns for parents of disabled children and carers of adults who want to combine paid work with their caring responsibilities. Email [janet.mearns@workingfamilies.org.uk](mailto:janet.mearns@workingfamilies.org.uk) to sign up for the free waving *not* drowning newsletter which comes out two or three times a year and for the monthly e-bulletin.

The project's dedicated helpline for questions about work and caring is 020 7017 0072

# Carers Centre



The Princess Royal Trust  
for Carers

## Carers' drop-In Groups

**Richmond** at The Methodist Church. Every first Thursday in the month from 1:00pm till 3:00pm.

**Northallerton** at Barkers upstairs restaurant. Every second Monday of the month from 10:00am till 12:00noon.

**Thirsk** every second Tuesday in the month 10:00am till 11:30 at Thirsk Garden Centre.

**Stokesley** last Wednesday in the month at Strikes 12:00 noon till 1:30pm

## Carers' Emergency Card

A Carers' Emergency Card, managed by North Yorkshire County Council, can add some security and reassurance for both the carer and the cared for. For further information and an application pack please contact us.

## Contact us ....

Telephone: 01609 780872

E-mail: penny@hrcarers.f2s.com (admin)  
betty@hrcarers.f2s.com (Hambleton carer support)  
chris@hrcarers.f2s.com (Richmondshire carer support)

Skype: penny-hrcarers (admin)  
Betty-hrcarers. (Hambleton carer support)  
Chris-hrcarers (Richmondshire carer support)

Call in at the office:

Our office is open: **Monday to Thursday 8:30am—4:00pm & Friday 9:00am—1:00pm**

Our phone lines are open: **Monday 8:30am—6:00pm & Tuesday to Friday 8:30am—5:00pm**

Don't forget, if you would like to receive information updates on events relevant to carers and newsletters we can now provide them via e-mail and SMS text messaging (this will also save us the considerable costs incurred through posting information). If this is something you would be interested in we can only do it with your e-mail address or mobile number, so please let us know.

Community  
Legal Service



North Yorkshire and York **NHS**  
Primary Care Trust