



# 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.”

**March 2019 – June 2019**  
(4 months)



## MARCH 2019

WHEN	WHAT	WHERE	TIMES
Wednesday 6 <sup>th</sup> March	Behind the Curtain Backstage Tour	Derngate Theatre	12.30 p.m. <b>£3 donation</b>
Friday 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> March	Yoga <b>£8 donation for 4 sessions</b>	Northampton	10 a.m. - 12 noon
Wednesday 13 <sup>th</sup> March	Massage Taster session <b>SEE OVER</b>	Higham Ferrers	1 p.m., - 3 p.m.
Tuesday 26 <sup>th</sup> March <b>SEE OVER</b>	Chocolate Decorating workshop	Welling- borough <b>£3 donation</b>	2 p.m. - 3.30 p.m.

## APRIL 2019

WHEN	WHAT	WHERE	TIMES
Tuesday 2 <sup>nd</sup> April	Painting at Potz Plate, mug or bowl	Billing <b>£3 donation</b>	11 a.m.
Thursday 4 <sup>th</sup> April	Hand Sewing Lavender filled sleepy Owl	Welling- borough <b>£5 donation</b>	11 a.m. - 1 p.m.
Wednesday 17 <sup>th</sup> April	Logo Quiz + Hot Cross Buns!	Welling- borough	2 p.m.
Wednesday 24 <sup>th</sup> April	Afternoon Tea <b>£3 donation</b>	Burton Latimer	2 p.m. - 4 p.m.
Monday 29 <sup>th</sup> April	The Brewery Visit! Tour, talk & a bit of tasting!!	Oundle	2 p.m.
Tuesday 30 <sup>th</sup> April	Learn to Nordic Walk	Irchester Country Park	9.30 a.m. - 10.15 a.m.
Tuesday 30 <sup>th</sup> April	Learn to Nordic Walk	Wicksteed Park	1.30 p.m. - 2.15 p.m.

**YOU MAY SELECT 3 SESSIONS BETWEEN  
March 2019 and June 2019**

## MAY 2019

WHEN	WHAT	WHERE	TIMES
Friday 3 <sup>rd</sup> May	Table Tennis Over 4 weeks 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup>	Corby	11 a.m. - 12 noon
Thursday 9 <sup>th</sup> May	Plantation Breakfast	Towcester <b>SEE OVER</b>	11 a.m.
Thursday 16 <sup>th</sup> May x 6 weeks	Trace your Family History	Rushden	10 a.m. – 12.15 p.m.
Monday 20 <sup>th</sup> May	Tour of Sessions House (County Hall)	Northampton <b>SEE OVER</b>	11 a.m. - 12.30 p.m.
Wednesday 22 <sup>nd</sup> May	Restoration Tour at Delapre Abbey	Delapre Abbey	2 p.m.
Thursday 30 <sup>th</sup> May	Summer Planter <b>£5 donation</b>	Welling- borough	2 p.m.

## JUNE 2019

WHEN	WHAT	WHERE	TIMES
Wednesday 5 <sup>th</sup> June	Boat Trip <b>Bring your own picnic</b>	Gayton Wharf	9.45 a.m. - 3 p.m.
Thursday 6 <sup>th</sup> June	Traditional Cream Tea	The Good Old Days Irthlingborough	2.30 p.m.
Tuesday 18 <sup>th</sup> June	Tapas Tasting <b>£3 donation</b>	Magazine Heaven Rushden Lakes	6 p.m. - 7.30 p.m.
Monday 24 <sup>th</sup> June	Canons Ashby House visit & Garden Tour	Daventry	2 p.m. - 4 p.m.
Thursday 27 <sup>th</sup> June	Nature Walk with light lunch	Sywell Country Park	10.30 a.m.

**YOU MAY SELECT 3 SESSIONS BETWEEN  
March 2019 and June 2019**

### CARER AND CARED FOR PERSON

Wednesday 26<sup>th</sup> June

Hobsons Choice Kettering 12 noon

Carer pays only for drinks. Cared for person pays £5.50 + drinks.

ORGANISATION	ORGANISATION CONTACT
	<p align="center"><b>NORTHAMPTONSHIRE CARERS</b>  <b>01933 677837</b></p> <p>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></p> <p>Providing "Needs &amp; Aspirations" Activities, Training &amp; Awareness</p>
	<p align="center"><b>ALZHEIMER'S SOCIETY</b>  <b>01832 736670</b></p> <p>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></p> <p>Providing Carers Sitting Service</p>
	<p align="center"><b>CARERS TRUST EAST MIDLANDS</b>  <b>07789 111318</b></p> <p>Providing Sitting Services in partnership with Northamptonshire Carers and Carers Emergency &amp; Planned Breaks Sitting Service.</p>

## FIND OUT ALL ABOUT IT

<p align="center"><b>Massage Taster Session</b></p>	<p align="center">Choose from body massage, Indian head massage, oncology massage, reflexology or reiki</p>
<p align="center"><b>Chocolate Decorating workshop</b></p>	<p align="center">Learn how to decorate chocolate and take your finished product home with you!!</p>
<p align="center"><b>Plantation Breakfast</b></p>	<p align="center">At Bell Plantation we have a passion for fresh, healthy and tasty food. All our food is freshly prepared to order on the premises. Breakfast - Sausage, Bacon, Free Range Egg - Fried or Poached, Heinz Beans, Hash Brown &amp; Buttered Toast.</p>
<p align="center"><b>Tour of Sessions House</b></p>	<p align="center">A fascinating talk &amp; tour of the old courtrooms, jail block &amp; judges lodgings. See where prisoners were taken before hanging.</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](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, Moulton 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, exer cise & 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:

- 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



# 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

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



**CONTACT THE OFFICE FOR  
DETAILS AND VENUE ON  
01933 677837**



# 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.

- 1<sup>st</sup> March – Community Law
- 15<sup>th</sup> March – Craft morning
- 5<sup>th</sup> April – Community Law
- 19<sup>th</sup> April – no meeting Good Friday
- 3<sup>rd</sup> May – Community Law
- 17<sup>th</sup> May – Cooking demonstration
- 7<sup>th</sup> June – Community Law
- 21<sup>st</sup> June – Speaker tbc

**Towcester Carers Support Group**  
The Bull, Brackley Road, Towcester NN12 6BX  
WEDNESDAY 1 p.m. – 3 p.m.

- 20<sup>th</sup> March – Happy@home
- 17<sup>th</sup> April - Social
- 15<sup>th</sup> May – British Red Cross
- 19<sup>th</sup> June – British Red Cross

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

- 6<sup>th</sup> March – Podington Garden Centre
- 3<sup>rd</sup> April – Total Voice
- 1<sup>st</sup> May – Craft & chat
- 5<sup>th</sup> June – Natwest Bank on scams

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

- 6<sup>th</sup> March – Happy@home
- 3<sup>rd</sup> April – British Red Cross
- 1<sup>st</sup> May – British Red Cross
- 5<sup>th</sup> June - Social

**Kettering Evening Support Group**  
Windsor Gardens Kettering  
NN16 8DV  
THURSDAY 7 p.m. – 9 p.m.

- 14<sup>th</sup> March
- 11<sup>th</sup> April
- 9<sup>th</sup> May
- 13<sup>th</sup> June



# CARERS SUPPORT GROUPS

## More groups for you

### MEMORY CAFÉ

#### Wellingborough Library

5 Pebble Lane NN8 1AS

THIS GROUP CAN INCLUDE THE CAREE  
FOR PERSON

A group for people living with dementia and/or their Carers. Drop in or stay. Information for Carers. Books, puzzles, games, reminiscence

TUESDAY 10 a.m. – 12 noon

Tuesday 26<sup>th</sup> March

Tuesday 23<sup>rd</sup> April

Tuesday 28<sup>th</sup> May

Tuesday 25<sup>th</sup> June

Call N. Carers on 01933 677837 for further information.

#### Pravasi Mandal LADIES GROUP

123 Midland Rd,

Wellingborough NN8 1LU

THURSDAY 1 p.m. – 3 p.m.

7<sup>th</sup> March - Relaxation

4<sup>th</sup> April – Laughter therapy

2<sup>nd</sup> May - Bowling

6<sup>th</sup> June – Film afternoon & popcorn

#### North Northants

#### MALE CARERS

MONDAY 1 p.m. – 3 p.m.

Och n Dough

14-16 Farm Road

Wellingborough

NN8 4UF

11<sup>th</sup> March

1<sup>st</sup> April

13<sup>th</sup> May

10<sup>th</sup> June



#### Northampton & South Northants

#### MALE CARERS

Arranged venues each month

WEDNESDAY 2 p.m. – 4 p.m.

27<sup>th</sup> March - Cinema

24<sup>th</sup> April – Darts at Barrats

29<sup>th</sup> May – Wyevale Garden Centre

26<sup>th</sup> June – Delapre Abbey Tea Rooms





# 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. CHARGES APPLY.

# 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 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.

<p><b>Northampton Cafe</b> 11 a.m. – 1 p.m.  <b>Elim Church Gladstone Road</b>  <b>Northampton NN5 7EG</b>  <b>Tuesdays 5<sup>th</sup> March, 2<sup>nd</sup> April, 7<sup>th</sup> May, 4<sup>th</sup> June.</b></p>	<p><b>Kettering Cafe</b> 11.30 a.m. – 1.30 p.m.  <b>Windsor Gardens Lower Street</b>  <b>Kettering NN16 8DV</b>  <b>Tuesdays 12<sup>th</sup> March, 9<sup>th</sup> April, 14<sup>th</sup> May, 11<sup>th</sup> June.</b></p>
<p><b>Wellingborough Cafe</b> 1 p.m. – 3 p.m.  <b>123 Midland Rd</b>  <b>Wellingborough NN8 1LU</b>  <b>Tuesdays 19<sup>th</sup> March, 16<sup>th</sup> April, 21<sup>st</sup> May, 18<sup>th</sup> June.</b></p>	<p><b>Corby Cafe</b> 1 p.m. – 3 p.m.  <b>Coronation Park Pavilion</b>  <b>Elizabeth Street Corby NN17 1PN</b>  <b>Tuesdays 26<sup>th</sup> March, 23<sup>rd</sup> April, 28<sup>th</sup> May, 25<sup>th</sup> June.</b></p>
<p><b>Daventry Cafe</b> 10.30 a.m. – 12.30 p.m.  <b>The Abbey Market Square</b>  <b>Daventry NN11 4BH</b>  <b>Thursdays 7<sup>th</sup> March, 4<sup>th</sup> April, 2<sup>nd</sup> May, 6<sup>th</sup> June</b></p>	<p><b>Oundle Cafe</b> 1 p.m. – 3 p.m.  <b>Oundle MIND Dovedale 1 Herne Park</b>  <b>East Road Oundle PE8 4BZ</b>  <b>Thursdays 28<sup>th</sup> March, 25<sup>th</sup> April, 23<sup>rd</sup> May, 27<sup>th</sup> June.</b></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 which is 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.

### 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)

# 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><b>CORBY</b> West Glebe Pavilion West Glebe Park Cottingham Road Corby NN17 1SZ 10 a.m. – 12 noon Second Wednesday of the month</p>	<p><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</p>
<p><b>TOWCESTER</b> Sawpits Centre, Richmond Road Towcester NN12 6EX 1.30 p.m. – 3.30 p.m. Third Tuesday of the month</p>	<p><b>DAVENTRY</b> Daventry Methodist Church, Golding Close, Daventry, NN11 4FB 1 p.m. – 3 p.m. Second Tuesday of the month</p>
<p><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</p>	<p><b>WELLINGBOROUGH</b> Salvation Army Salem Lane Queen Street Wellingborough NN8 4JT 10 a.m. – 12 noon Second Thursday of the month</p>

## 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

Thank you to all who attended our SEND Reform feedback event in November and contributed to the Survey Monkey. The feedback has been analysed and will be addressed in the various working groups. NPFPG has learned that we need to communicate better and increase our interaction with you therefore we are planning to share what we are working on via our e-bulletins. If you would like to receive this communication please sign up via the e-bulletin tab on the website.

To fully represent your views it is vital to engage with us so please take a moment and visit [www.npfg.co.uk](http://www.npfg.co.uk) and tell us what you think of the information, and even better, what could be improved. Thank you in advance.

We will continue with our engagement visits to SEND groups, so if you know of a gathering of parent/carers of children and young people with Special Educational Needs and/or Disabilities please get in touch to check we are aware of this group and in contact. 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.

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

21<sup>st</sup> March – Kino Kettering

18<sup>th</sup> April – Paletto Corby

16<sup>th</sup> May – Kino Kettering

20<sup>th</sup> June – Paletto Corby

Venues – Kettering Kino Lounge  
and Paletto Lounge Corby

### 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](http://www.northamptonshire.gov.uk)  
and enter Children & Families  
into the 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

# CARERS RETREAT SUPPORT GROUP

1<sup>st</sup> Thursday of each month 7 p.m. – 9 p.m.  
7<sup>th</sup> March, 4<sup>th</sup> April, 2<sup>nd</sup> May, 6<sup>th</sup> June  
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

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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.

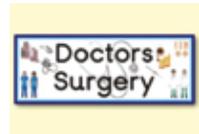


## OUR WORK WITH GP PRACTICES

After 9 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.



## 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** – 1<sup>st</sup> Monday of the month between 10 a.m. and 12 noon. St Mary's Church Rooms in Roade NN7 2NT
- **BLISWORTH COFFEE MORNING** – 3<sup>rd</sup> 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**

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.

## **NATIONAL CARERS WEEK**

**10<sup>TH</sup> – 16<sup>TH</sup> JUNE 2019**

**Many exciting things will be organised for Carers to take part in such as the Carers Choir, Last Night of the Proms at the Castle Theatre and much more.**

**Northamptonshire Carers have a dedicated page on their website giving continually updated information.**

# 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**