



Service User and Carer Involvement Information

NHS

Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

No. 12 Carers Week

05/06/2020

Next week (8th - 14th June) is Carers week, an annual event to raise awareness of caring, highlight the challenges unpaid carers face and to recognise the contribution they make to families and communities.

“This carers week, we’re focussing on ‘Making Caring Visible’ to ensure that carers get the information and support they need from services and the wider public.”
- Carers UK

In this update we have included information on what carers centres throughout the region are doing to celebrate and support carers week, as well as how to access the help, support and advice they continue to provide. We’ve also included what we’re doing to support carers week and [make caring visible](#).

Make Caring Visible



You can help to make caring visible by visiting the carers week website where people are being encouraged to ‘add your voice’. People across the UK are adding their voice to show their support for carers and to make caring visible.



The carers week website also encourages people and organisations to pledge their support for carers. You can submit your own pledge which will then be added to the website to create a wall of pledges from organisations, politicians, carers and more.

You can add your voice and pledge your support by visiting the carers week website by clicking [here](#) or visiting:

www.carersweek.org



Caring | Discovering | Growing | **Together**

A Poem for Carers

This is for you, I hope that you're listening.

For all those who give, without a thought,
Disregarding themselves, for another ones cause.
No plaudits. No medals. No praise. No applause.
You have no idea, our survival is yours.
We pass in the street, you look just like us,
Not all heroes wear capes.....well maybe they should.
A thousand different names, a thousand different faces,
An endless list of saints and saviours.

This is for you, I hope that you're listening.

From the shadows you do....well....just what you do,
Keeping us safe and alive, on the level off skew.
If you ever feel nameless, overlooked or ignored,
Please know that from us, you will reap your reward.
You do this for us, without material gain,
You help us through, without refrain.
With care, compassion and selflessness abound,
You hold us and comfort, without a sound.

This is for you, I hope that you're listening.

Whether you're Billy or Tracey or Nina or George,
Come out from the shadows, this spotlight is yours.
So stand up on high, with your arms open wide,
And take our applause, as we shout and we holler.
YOU'RE A STAR..!
YOU'RE A HERO..!
OUR SAVIOUR..!
OUR CARER..!

This was for you, I hope you were listening.

Dan Briggs (Peer Supporter)



Caring | Discovering | Growing | **Together**

Carers Northumberland

Carers Northumberland are running a variety of activities and competitions in the lead up to, and during, carers week itself.

#Icare

Take a photo of yourself holding a sign with 'Icare' written on it or record a short video of you saying "I Care".

Send them to info@carersnorthumberland.org.uk or share on social media and tag Carers Northumberland in it. All of the images and videos received will be put together to create a picture of carers in Northumberland. Please note that by sharing your images you consent to Carers Northumberland using them on their social media pages and in future publications.



Less Stress - Carer Workshops

Carers Northumberland are running two interactive workshops talking about different ways stress might be managed. The workshops will touch on different strategies for coping. You will need a pen or pencil and paper to hand - and no, this is not a quiz!

Monday June 8th 2 - 3 PM

Wednesday June 10th 10 - 11 AM

Places are limited to 8 per session. Please contact Carers Northumberland asap if you would like a place on **01670 320 025**. Workshops will take place using Zoom video calling, you will need internet access and a tablet or computer with a webcam.



The Great Carer's Quiz

Join Carers Northumberland on **Friday 12th June at 2pm** for the great carers quiz. Quizmaster Tony will be hosting a fun afternoon of questions live on Zoom, with prizes for the winner! To book a place, call the Carers Northumberland information team on **01670 320 025**. Everyone is welcome.

Photo Competitions



Pet Photography

Choose your favourite picture of your furry, feathered and scaly friends.



Gorgeous Gardens

Submit a photo of your garden, yard, window box or even a favourite plant you have grown.

Entries should be sent to info@carersnorthumberland.org.uk with "competition" in the title line. Please include a short description of your photo, your name, address and telephone number. Deadline for submission 8th June. Winners will be announced during Carers Week. By entering you consent for your photo being used by Carers Northumberland on social media and future publications.



Caring | Discovering | Growing | **Together**

West Cumbria Carers

Cupcakes4Carers

During carers weeks last year we held Pyjama Day but this year, for many people, everyday has become Pyjama Day! 😊

To try and keep some traditions alive we are going to hold a "virtual" Cupcakes4Carers event on Wednesday 10th June between 10am and 2pm.

Normally we invite you all to our office for a cuppa and some cake, instead we would like to invite you to join us in spirit by sharing your #Cupcakes4Carers pics with us on Social Media.

West Cumbria Carers are inviting people to take part in [Cupcakes4Carers](#) to support carers week.

Share your pictures on:



Facebook [@westcumbriacarers](#)



Twitter [@WCumbriaCarers](#)



North Tyneside Carers

North Tyneside Carers are running many groups online over carers week, including craft sessions, Q&A's, well-being events, sessions and activities for young carers, quizzes, virtual treasure hunts and much, much more. You can see the full weeks timetable [here](#) or for more information visit:

www.northtynesidecarers.org.uk



North Tyneside Carers are encouraging people to show their support and help make carers more visible on social media by adding a frame to their Facebook profile.

To add the frame to your profile picture:

1. Go to www.facebook.com/profilepicframes
2. Click your profile picture in the bottom left and select your page
3. Search for a frame by entering the frame's name: North Tyneside Carers Week 2020 Support Frame (frame will be published and useable from 8th - 14th June).
4. Choose the frame you want to use from the results.



Caring | Discovering | Growing | **Together**

Newcastle Carers



Although having to temporarily close its doors due to the ongoing situation with COVID-19 (Coronavirus), Newcastle Carers continue to offer help and support to those who need it.

Their carer information line is open Monday - Friday, 9:00am - 5:00pm. Call **0191 275 5060**.

For more information visit:

www.newcastlecarers.org.uk

Gateshead Carers

Gateshead Carers are celebrating carers week by hosting a virtual party in the park, with a number of different 'tents' and 'stalls'. You can join in with the virtual party in the park [here](#) or by visiting:

www.gatesheadcarers.com



Wellbeing Tent

Come in and share your top tip for keeping well! You might have a tasty recipe or a fantastic photo that you could share with us.



Blooming Marvellous Flower Show

Got something growing in season? Send a photo to enter the blooming marvellous flower show.



Get Crafty Stall

Come along and get crafty! Make your own interpretation of the Angel of the North!



Scruffs Pet Show!

Got a pet nearby and a camera? Send in a pic of your pet for a chance to win some prizes!



Caring | Discovering | Growing | **Together**

South Tyneside Adult Carers

South Tyneside Adult Carers are sadly unable to pursue the activities they had planned for carers week due to the ongoing situation with COVID-19 and the restrictions that come with it, but do hope to celebrate the event with some activities at a later date.



In spite of this however, South Tyneside Adult Carers have been able to continue providing telephone support, share information by email and post on their Facebook page. They are also continuing accept new referrals and can help with things such as blue badge renewals and applications, as well as submitting requests to local food bank providers. For more information call on **0191 406 1531** or visit:

www.changegrowlive.org

South Tyneside Young Carers

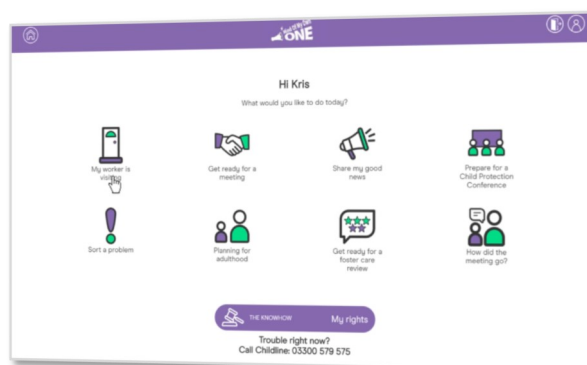
During carers week, South of Tyne Young Carers will be sending out a Young Carer and Family Newsletter with useful links, videos and information regarding the services available for carers. The newsletter will also include activities that young carers can do to celebrate carers throughout the week. For more information visit:

www.southtynesideyoungcarers.org



In addition, South Tyneside Young Carers have also received funding that will allow them to roll out the 'Mind of My Own' app within their services. The app was created to make communication for young people easier between themselves and professionals.

Young carers can record how they feel, speak to their key worker via the app, report safeguarding concerns as well as a number of other functions. South of Tyne Young Carers are hoping to launch the app as part of carers week.



Caring | Discovering | Growing | **Together**

Sunderland Carers Centre



Sunderland Carers Centre continues to offer information, advice and guidance via email, telephone and social media.

“We appreciate that anxieties are high for a lot of people and during this period we are offering information, advice and support via telephone and email. Please do not hesitate to contact us for ongoing support.”

www.sunderlandcarers.co.uk

PROPS North East



PROPS North East are planning a number of events during carers week to support those caring for someone with drug and alcohol problems. These include afternoon tea delivery, stone art and a family baking session. PROPS NE continue to offer emotional support and advice via their office line and social media pages. You can call on **0191 226 3440**, Monday to Sunday, 9am - 9pm, or for more information visit:

www.newcastleprops.org.uk

Wear Recovery and Humankind

Wear Recovery and Humankind have planned a virtual coffee morning on Wednesday 10th for young carers and families.

Throughout carers week, Humankind's Young Carers and Young Adult Carers services are joining to deliver some online sessions, including a sibling carers session as well as a young carers awareness session. For more information visit:

www.humankindcharity.org.uk



Caring | Discovering | Growing | **Together**

Something that makes you smile

The Patient and Carer Involvement Team are asking for carers to help us support carers week and [#makecaringvisible](#) by sending us a photo of 'something that makes you smile'. This could be a pet, a place or an item, as well as one or two sentences about why it makes you smile. We hope to share these via the Involvement Team Twitter account throughout carer's week itself. If you would be happy for us to share your photographs, please forward them, to chris.reader@cntw.nhs.uk or involvement@cntw.nhs.uk.



Caring | Discovering | Growing | **Together**

Carer's Centres

In-line with government advice, carers centres have closed their premises however staff remain available to support carers and can be contacted via telephone and/or email.

Carlisle Carers

01228 542 156
admin@carlislecarers.co.uk
www.carlislecarers.com

West Cumbria Carers

01900 821 976
general@westcumbriacarers.co.uk
www.westcumbriacarers.co.uk

Carers Northumberland

01670 320 025
info@carersnorthumberland.org.uk
www.carersnorthumberland.org.uk

Newcastle Carers

0191 275 5060
info@newcastlecarers.org.uk
www.newcastlecarers.org.uk

Gateshead Carers

0191 490 0121
enquiries@gatesheadcarers.com
www.gatesheadcarers.com

North Tyneside Carers

0191 643 2298
enquiries@ntcarers.co.uk
www.northtynesidecarers.org.uk

South Tyneside Carers

0191 406 1531
www.changegrowlive.org/adult-carers-service-south-tyneside/info

South Tyneside Young Carers

0191 427 2795
levi@styoungcarers.org.uk
www.southtynesideyoungcarers.org

Sunderland

0191 549 3768
contactus@sunderlandcarers.co.uk
www.sunderlandcarers.co.uk

Substance Misuse

PROPS North East (Newcastle, N. Tyneside)

0191 226 3440
Text / WhatsApp: 0779 124 6049
Facebook : @PROPSNthEst

Escape Family Support (Northumberland)

01670 544 055
escapefamilysupport.org

Caring Changes (Sunderland)

Call: 0800 6342 557
Text: 07422 128 734
www.caringchangessunderland.co.uk



Online Support

CNTW, in partnership with Newcastle University, have developed the Northern Mental Health Support website which provides support, advice, resources and online information for everyone facing the challenge of social isolation as a result of COVID -19 (Coronavirus). The website contains advice on how to maintain your mental health, exercise, socialising (at a distance), dealing with financial problems as well as a section specifically on resources in the CNTW Trust footprint in the North East and Cumbria. For more information visit:

www.northernmentalhealth.org

Chaplaincy

Despite the current crisis, Chaplains continue to be available for patients and carers. Chaplains are available for a telephone or Skype chat as a listening ear or a place to ask difficult questions. If people request it, they will also offer prayer.

You can contact Chaplaincy by emailing chaplaincy@ntw.nhs.uk or by leaving a voicemail on the main chaplaincy phone - 0191 246 7282.

Communication

CNTW have added a new section to the Trust website setting out further information and advice relating to Coronavirus (COVID-19). The page will be frequently updated as the situation with COVID-19 continues to develop. For more information visit:

www.cntw.nhs.uk/coronavirus

Our trust communications department want to hear from you and to share your positive stories in this difficult time. If you've got a good story about how CNTW are responding to COVID-19, please share it using [#NHSCovidHeroes](https://twitter.com/NHSCovidHeroes) and tag us - we're Twitter, Instagram, Facebook and LinkedIn too!



@CNTWNHS



@CNTW.NHS



/CNTWNHS



Caring | Discovering | Growing | **Together**

3-minute seated Yoga

www.nhs.uk

NHS
choices

OFFICE-FRIENDLY WORKOUT

@ darebee.com

30 seconds each



body fold



stretch up



alternating side stretch



alternating lotus twist



alternating lift & reach



alternating half lotus



Weekly Word Search

Things found in the home

T	C	T	H	R	O	W	R	U	G	N	E	V	O
A	L	D	S	R	V	E	G	A	R	A	G	P	M
B	O	O	O	O	V	O	R	C	B	L	R	A	I
L	S	Y	D	U	T	S	K	E	O	S	R	R	C
E	E	F	T	H	N	A	Y	L	E	W	E	T	R
S	T	O	S	S	Y	R	G	L	K	R	R	S	O
S	S	I	G	K	T	O	S	A	R	Y	U	A	W
L	N	S	U	N	R	E	Y	R	D	B	T	T	A
K	C	E	A	I	H	O	U	S	E	R	I	R	V
L	A	P	R	A	R	U	G	S	T	S	N	P	E
A	R	E	W	S	T	O	V	E	C	S	R	U	S
M	P	R	M	O	O	R	Y	R	D	N	U	A	L
P	E	M	R	E	H	S	A	W	S	Y	F	S	C
S	T	F	A	M	I	L	Y	R	O	O	M	V	S

SINK
 PANTRY
 STOVE
 OVEN
 THROWRUG
 FAMILYROOM
 GARAGE
 FURNITURE
 MICROWAVE
 WASHER
 HOUSE
 CELLAR
 RUGS
 LAUNDRYROOM
 DRYER
 TABLES
 CLOSETS
 STUDY
 CARPET
 LAMPS

The **WordSearch**
 Find more online at:
thewordsearch.com

Quick Quiz

The answers are all the names of towns or cities in Great Britain and Northern Ireland.

(answers at the end)

1. This was once known as the Second City of the Empire.
2. The main railway stations of this city are Victoria and Piccadilly.
3. University City that won the 2019 Boat Race.
4. Derbyshire town famous for its spa water.
5. The home of golf.
6. Shropshire town which shares its name with a type of biscuit.
7. The Titanic was built in this city.
8. And it set sail from here on April 10th 1912.
9. Sounds like this has been a clean city since Roman times.
10. Yorkshire town famous for the production of liquorice confectionary.



Caring | Discovering | Growing | **Together**



Banana Pancakes



Prep: 5mins

Cook: 10 mins

Ingredients:

- 350g self-raising flour
- 1 tsp baking powder
- 2 very ripe bananas
- 2 medium eggs
- 1 tsp vanilla extract
- 250ml whole milk
- Butter, for frying

To serve

- 2 just ripe bananas, sliced
- Maple syrup (optional)
- Pecan halves, toasted and roughly chopped (optional)

1. Sieve the flour, baking powder and a generous pinch of salt into a large bowl. In a separate mixing bowl, mash the very ripe bananas with a fork until smooth, then whisk in the eggs, vanilla extract and milk. Make a well in the centre of the dry ingredients and swiftly whisk together to create a smooth, silky batter.
2. Heat a little knob of butter in a large non-stick pan over a medium heat. Add 2-3 tbsp. of the batter to the pan and cook for several minutes, or until small bubbles start appearing on the surface. Flip the pancake over and cook for 1-2 minutes on the other side. Repeat with the remaining batter, keeping the pancakes warm in a low oven.
3. Stack the pancakes on plates and top with banana slices, a glug of sticky maple syrup and a handful of pecan nuts, if you like.

Quiz Answers

- | | | |
|---------------|----------------|----------------|
| 1. Glasgow | 5. St. Andrews | 9. Bath |
| 2. Manchester | 6. Shrewsbury | 10. Pontefract |
| 3. Cambridge | 7. Belfast | |
| 4. Buxton | 8. Southampton | |



Caring | Discovering | Growing | **Together**