

# Northamptonshire Carers Services Explained

## Carers Support Line Tel: 01933 677907 (Mon –Fri 9am -5pm)

A confidential service to support the needs of Adult and Young Carers, including Parent Carers. Can be accessed by Carers, professionals or anyone with a Carer related enquiry or issue.

- A listening ear and emotional support
- Information and advice
- Signposting and referral to other organisations
- One-to-one telephone support
- Access to Carers Assessments
- Access to all Northamptonshire Carers services
- Ongoing support



## More services provided by Northamptonshire Carers:

### 1. Adult Carers Service (19yrs+)

Provide all Carers assessments on behalf of Adult Social Care and also administer the Direct Payment fund available to Carers for assessed unmet needs. Carer Assessment & Support Workers are based in the Community, in Northampton & Kettering General Hospital, in Community Mental Health Teams and are also Dementia Care Advisors.

### 2. Young Carers Service (5-18yrs)

- work with 5-18 year olds and 18+ as they move into adult carers services
- provide 1-1 and emotional support, information/advice, groups and activities across the County including in the school holidays, school support, family help

### 3. 1-1 Telephone Support

- listening and emotional support/information and advice in times of difficulty
- usually for around 6 weeks to help Carer cope with a difficult period
- can be daily, weekly, monthly or as agreed with Carer
- can be extended in response to Carers needs

### 4. Peer Support Workers

- trained members of staff who are or have been a Carer
- listening/emotional support, information/advice, accompanying to appointments
- usually support a Carer for around 3mths through a difficult period

### 5. Free Carers Sitting Service

- volunteers to sit with Cared For on a regular basis
- usually weekly for around 2hrs per session
- unable to provide personal care or lifting
- on occasion recruitment may be necessary before a sitter is available

### 6. Free Gym Sessions

- Carers can book 1 session per wk up to 3 mths at a time
- all gym facilities including classes are available

### 7. Free Reiki & Relaxation – 6 free sessions of Reiki and self relaxation techniques

### 8. Carers Choir – meet every week on Mon morning in Wellingborough

NC = Northamptonshire Carers

DCA = Dementia Carer Advisors

NGH = Northampton General Hospital

CASW = Carer Assessment Support Worker

CMHT = Community Mental Health Teams

KGH = Kettering General Hospital

## 9. Free Holiday Lodge Accommodation

- 2 lodges in Saxmondham, Suffolk. 1 lodge fully adapted for wheelchair users.
- on a holiday complex with fishing lodge and shop etc (facilities are seasonal but lodges can be visited all year)
- £50 donation requested to cover cost of cleaning/laundry
- transport required as there are no bus routes near by

## 10. Carers Café 'Drop in' Sessions

- in Northampton, Kettering, Wellingborough, Corby, Oundle, Daventry
- once a month, Carers can bring Cared For to meet others, ask questions, relax
- supported by the group leader, tea/coffee/cake provided

## 11. Carers Support Groups

- monthly in Brackley, Denton, Kettering, Northampton, Rushden & Towcester
- Parent Carers Groups also in Northampton & Kettering
- Male Carers Group in Northampton
- Ladies Carers Group at Prevasi Mandal in Northampton

## 12. Lunch Clubs

- Informal lunch once a month in Northampton and Greens Norton (nr Towcester)
- Cared For also welcome, booking required, charge applicable

## 13. Trips out & Activities - advertised in Monthly Bulletin or at groups

## 14. Support for Working Carers – building links with local employers to improve support

## 15. Monthly News Bulletin

- sent by email to Carers and other organisations
- available at Carers Cafés, Support Groups and other events

## 16. Raising Carer Awareness within GP Surgeries and Pharmacists – includes annual Carers Audit, Investors in Carers GP Accreditation, awareness raising presentations and ongoing links with GP and Pharmacy Staff.

## Other Essential Services

- **Needs & Aspirations** - free courses and activities for Carers across the County
  - provides social opportunity and regular respite for Carers
  - funded by the County Council
  - administered by Nene Valley Community Action Tel: 01933 396382 or 315526

- **Emergency Care & Planned Events Service - KEY SERVICE -**

- **free** care by paid care workers for up to 72hrs, 3 x per year maximum
- hours can be spread over longer periods if 24hr care is *not* required
- from Carers Trust East Midlands, a not for profit care agency
- funded by the County Council
- Tel: 07810 104125 (8:30am-4:30pm)

### For more information:

Support Line: 01933 677907, General Enquiries: 01933 677837

Email: [carers@northamptonshire-carers.org](mailto:carers@northamptonshire-carers.org),

Web: [www.northamptonshire-carers.org](http://www.northamptonshire-carers.org)