

Northamptonshire Carers Service Explained

If you are a Carer, with your permission we can refer you to Northamptonshire Carers.
Please fill out the Carers form enclosed within this pack.

- 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+)**
2. **Young Carers Service (5-18yrs)**
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 and can be extended in response to Carers needs.
4. **Peer Support Workers** - Trained members of staff who are or have been a Carer.
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 week up to 3 months at a time. All Gym facilities including classes are available.
7. **Free Holiday Lodge Accommodation** - 2 lodges are available in Saxmondham, Suffolk. 1 lodge is fully adapted for wheelchair users. The lodges are on a holiday complex with fishing lodge and shop etc. (facilities are seasonal but lodges can be visited all year. There is a £50 donation requested to cover the cost of cleaning/laundry. Transport is required as there are no bus routes nearby.
8. **Free Reiki & Relaxation** - 6 free sessions of Reiki and self-relaxation techniques.
9. **Carers Choir** - Meet every week on Monday morning in Wellingborough.

10. **Carers Café Drop in Sessions** - Take place in Northampton, Kettering, Wellingborough, Corby, Oundle and Daventry once a month. Carers can bring Cared for to meet others, ask questions and relax supported by the group leader. Tea, coffee and cakes are provided.
11. **Carers Support Groups** - Are held in Brackley, Denton, Kettering, Northampton, Rusden and Towcester. Parent Carer groups are also available in Northampton and Kettering. There is a Male Carer group in Northampton and a Ladies Carer Group at Prevasi Mandal in Northampton.
12. **Lunch Clubs** - Informal lunch once a month in Northampton and Greens Norton (nr Towcester) Cared for are also welcome, booking required, charge applicable.
13. **Trips out & Activities** - Advertised in Monthly Bulletin or at the 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, also available at Carers Cafes, 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 country. Provides social opportunity and regular respite for Carers which is funded by the county Council and administered by Nene Valley Community Action Tel: 01933 396382 or 315526
- **Planned Events & Emergency Care Service** – FREE care by care workers for up to 72hrs, 3 x per year maximum. Hours can be spread over longer periods if 24hr care is not required. This service is provided by Carers Trust East Midlands, a non-profit care agency which is funded by the County Council. Tel: 07810 104125 (8:30am – 4:30pm), 07789 111318 (out of hours)

For more information:

Support Line: 01933 677907 (Mon-Fri 9:30am – 4:00pm), General Enquiries: 01933 677837, 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.

Email: carers@northamptonshire-carers.org

Web: www.northamptonshire-carers.org