

# Gateshead Carers Strategy

2011 - 2014



**Turn** here to find out about support for carers







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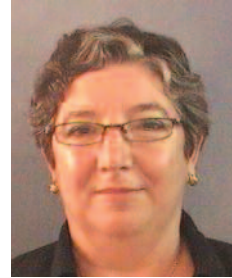
# Foreword

Caring for our relatives and friends when they are in need is a challenge that many of us face in our lives. At any one time, one in 10 people in Britain is a carer; the majority of them are women. From the work we do with carers, we know that carers need services and support which are individual to their circumstances, that are flexible and that respond to changing needs.

Carers are a high priority in Gateshead. As Co-Chairs of the Gateshead Carers Partnership, we see in practice how committed the agencies working in Gateshead are to carers.

We hope this strategy is helpful in outlining our central plans for carers. How we plan to address the key areas that matter to carers and, by monitoring our progress via the carers' action plan that we deliver services and support that carers deserve.

We would like to take our work forward in a meaningful way that recognises the wide and diverse voices of carers in Gateshead.



Janet Holliday, Carer  
Co-Chair of The Gateshead  
Carers Partnership



Margaret Barrett  
Co-Chair, Head of Adult Care  
Services, Gateshead Council

**Turn** here for our  
executive summary

# Executive Summary

**Definition of a Carer** – a carer spends a significant proportion of their life providing unpaid support to family or potentially friends. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. (National Carers Strategy)

There are 5.2 million carers in England & Wales, which equates to 10% of the total population (Source: Carers UK)

Care organisations in Gateshead are committed to working together to promote the needs and rights of local people who have caring responsibilities.

Our vision is for carers in Gateshead to be recognised and valued for the positive contribution they make to our community and the lives of the people they support. We will work to ensure that carers are empowered and enabled to take control of their own lives by recognising and identifying their own needs, by having more choice and control and through access to high quality, flexible support services.

## Aims of the Strategy

The aims of this strategy are to:

- promote the carers agenda across the borough.
- identify the issues and challenges carers face in Gateshead.
- ensure carers are encouraged and supported to identify themselves.
- improve the assessment process for carers, putting them at the centre of assessing their own needs and identifying how those can be met.
- work in partnership with statutory, voluntary and community organisations to develop a wide range of quality, innovative and preventative services that ensure greater social inclusion and quality of life for carers.
- ensure carers are signposted to the most effective, appropriate and flexible support, advocacy and information services.
- promote carer consultation and involvement in the design, delivery and review of services.

This strategy has been developed and structured around nine key priorities, and will focus on identifying achievable outcomes for each of these key priorities.

### Our nine key priorities for action:

1. Making sure that carers have information and access to support
2. Health and Well-being of carers
3. A Life of your own
4. Young carers
5. Carers assessments
6. Consultation and Involvement of carers
7. Carers and Personalisation
8. Identifying carers and helping carers acknowledge themselves as carers
9. Identifying and supporting carers from minority groups.

### Organisations contributing to the strategy

Carers & carers support groups  
Gateshead Carers Association  
Crossroads Care Gateshead  
Gateshead Council – various sections including housing services  
Gateshead Primary Care Trust  
Gateshead Health NHS Foundation Trust  
SADA Carers Group (BME)  
Jobcentre Plus  
Gateshead Alzheimers Society  
Gateshead Advocacy & Information Network  
North East Counselling Services  
Aiming High for Disabled Children Project

(Note: this list is not exhaustive)



# Introduction

## Why do we need a Carers Strategy?

We want to implement the National Carers Strategy at the local Gateshead level, in partnership with the Council, the PCT, Health Trusts and the voluntary sector partners and most importantly, to hear the voices of carers themselves regarding what they see as priorities in Gateshead to meet carers' needs. We want to be clear with carers regarding how we are aiming to meet their needs for improved outcomes for carers in Gateshead.

## How has the Strategy been developed?

The Strategy has been developed by the Gateshead Carers Partnership. This partnership is made up of carers, key staff in health, social care and the voluntary sector. It strives to give carers the strong strategic voice that will make a difference and makes sure that issues affecting carers are heard, acknowledged and, most important of all, acted upon.

Consultation with carers took place from December 2009 to February 2010 involving a combination of questionnaires, focus groups and consultation meetings with carers, using all partners who work with or on behalf of carers. Results and issues were analysed and incorporated into this Strategy.

The strategy reflects the views of both carers and partners. The three year Delivery Plan within the overall framework of the Strategy, will be developed fully with as wide a range of partners as possible. The strategy covers the period 2010 to 2013 and will be reviewed in 2013, with the Delivery Plan being reviewed annually and the Action Plan for partners monitored on a monthly basis via Carers Partnership meetings.

Also, regular reports will be submitted to the Gateshead Strategic Partnership (GSP).

Carers quote:

*“Carers should have more recognition”*

**Turn** here for national, strategic and local context



# National, strategic and local context

## National context

A National Carers Strategy was published in June 2008 entitled 'Carers at the Heart of the 21st Century – Families and Communities'. A Standing Commission on Carers will oversee the new strategy and its implementation, to ensure that carer's voices are heard at both a local and national level.

This is a shared vision and responsibility between central and local government, the NHS, the voluntary sector, families and communities. It has been shaped by thousands of carers, their advocates and front-line support staff who have told the government that what matters most is that carers have the life and recognition they deserve.

## Strategic context

Gateshead Carers Strategy contributes to Vision 2030, the Sustainable Community Strategy for Gateshead, which was produced by the Gateshead Strategic Partnership (GSP) in 2007.

It aims to inspire, involve and share with people in Gateshead its vision of:  
'Local people realising their full potential enjoying the best quality of life in a healthy, equal, safe, prosperous and sustainable Gateshead'

The aims of "Our Health, Our Care, Our Say" have been incorporated into the Gateshead Vision for Adult Service 'Your life, Your Way'. The vision will ensure that services to carers and service users are flexible and provide choice and control for those who need help and support.

## National Performance Indicator for Carers

**NI 135** Carers receiving needs assessment or review and a specific carers service, or advice and information

Lead Responsibility – Carers' Partnership

## Local context

In 2011, it is estimated that 46,300 (24.2% of the population) residents in Gateshead will be aged 60 or over. This is set to increase to 57,600 by 2030 (28.8%) (Source: ONS – 2006 Based Population Projections)

In Gateshead there are estimated to be 25,000 carers (Census Survey 2001). However, as we are now nearly 10 years on, this figure is thought to be much higher.

The Carers Strategy will support key partners to address many key issues that carers have identified by developing appropriate solutions at a local level whilst ensuring a strategic fit into national policies.

Carers quote:

*“ Carers are the backbone of society. Consultation results must be put into practice ”*

# Key Priorities

Carers quote:

*“Carers Allowance should be paid to people over 60 without their pension being affected”*

At an individual level consultation with carers in Gateshead has identified a number of challenges and priorities for carers. These are identified under the nine key priorities named below, along with outcomes and information about what carers have told us:

## **PRIORITY 1 - Providing information & access to support**

We intend to make sure that carers feel supported to continue their caring role whilst ensuring that their own needs are not forgotten and those carers in Gateshead feel valued and appreciated. Also, that they have accessible information and advice.

### **Key outcomes**

- For carers to have access to the information and support they need when they need it.
- For carers to have access to new information relating to carers and related information that would help them improve their quality of life.

### **What carers have told us**

- Carers have told us that having access to advice and information is essential for them. This is both in relation to carrying out their caring role but also around how they can maintain their own health and well-being, both emotionally and financially.
- Carers want to feel that they are supported in their caring role and do not feel isolated and feeling abandoned in trying to cope alone.
- Carers do not want to be struggling financially and have the burden of money worries on top of their caring responsibilities.

Carers quote:

*“Carers should not lose Carers Allowance when they retire. Caring continues, it becomes more difficult”*

### **Case Study (Source: GCA)**

An elderly lady came into Gateshead Carers Association. She was looking after her husband who was 70 and terminally ill with cancer.

She had no idea what she was entitled to. After discussing this with our Information and Support worker, we were able to access the following for her:

- High Rate Attendance Allowance for her husband
- A care package in place to help with washing/bathing etc
- An OT is currently assessing for a shower.
- We accessed the Carers Support Fund successfully for a mattress.
- We accessed the Princess Royal Trust funding and successfully got funding for a washing machine.
- We helped to access a Blue Badge for his daughter's car to take him to and from hospital.
- We showed them how to access Tesco's Shopping Service to make life easier for shopping.

All of this together will help the gentleman and his family face the end of his life in much more comfort and with dignity.

### **What we will do**

- We will ensure that all carers are made aware of the carers' helpline.
- We will ensure that we are able to provide the information and advice carers are requesting.
- We will ensure that carers have access to training opportunities.
- We will review the information that the Council and partners provide to carers.
- We will provide easy access to financial information and benefit advice.

## PRIORITY 2 - Health and Well-being

Despite the fact that caring can be rewarding it can also be very tiring, and places demands on your physical and emotional energy.

One in five carers report that their health suffers as a direct result of caring. In many cases carers are prone to back problems if they have not received proper training to learn how to move and lift the person they care for in a safe manner.

Many of the most serious health problems carers suffer from, such as heart disease or mental breakdown, are a direct result of stress. Caring without a break, without proper sleep and without support is extremely stressful. We aim to ensure that carer's health and well-being remain positively sustained and that they do not feel isolated and alone with any problems in their caring role that is affecting their health and well-being.

### Key outcomes

- Carers can be supported and encouraged to look after themselves and prioritise their health and well-being as crucial factors in being able to maintain and enhance their caring role.
- In times of poor health and stress, carers can have access to help and support in order to enable them to cope with their caring role.
- Carers can have access to regular breaks from their caring role in order to maintain their health and well-being as well as pursuing 'a life of their own' (see Section 3).

### What carers have told us

- Carers' have told us that quite often their own health suffers when they are constantly caring for someone as they tend to put the needs of their loved one before themselves. If this continues on a long-term basis, this can lead to health problems, both physically (in terms of back problems, muscle/ligament damage for example) and emotional problems (in terms of social isolation, lack of self confidence and self esteem etc).
- Carers have told us that, when they need to visit their GP, either for their own needs or problems with the health of the person they care for, it is very difficult to get an appointment at a time convenient to themselves or even to ring the surgery at a time that they can manage easily.
- Carers have told us that worrying about what would happen to the person they care for, should they have a health or similar crisis that they are unable to look after them, is a stress all of its own.

### What we will do

- We will increase the range and choice of short breaks for carers.
- We will ensure that all carers are offered an emergency support plan.
- We will ensure that carers are offered a health check.

Carers quote:

*“ More attention should be paid to carers who are in poor health themselves ”*

## Case Study: (Source: Crossroads Care Gateshead)

Harry is an 85 year old man living at home with his wife Sarah. Sarah is of similar age and because of Harry's medical condition, Sarah is now his main carer.

They have two daughters but both live in the south of England and are only able to visit infrequently and unable to offer much support to their parents.

Five years ago, Harry suffered a stroke which left him with significant weakness in his left side. Such is his weakness and disability now that he is unable to mobilise independently and requires support and assistance with most movement and care of a personal nature in daily living.

As time passed and because of his circumstances, he became increasingly withdrawn and isolated and dependant and Sarah was consumed in caring responsibility. They rarely left their home unless family were available.

Almost two years ago, Harry and Sarah were referred to Crossroads Care Gateshead. They helped the family in the following ways:

- Carer support breaks x two sessions a week during which time a trained Carer Support worker from Crossroads Care undertook Harry's support and care needs in the family home so that Sarah could do a little shopping, see friends etc.
- Harry also attends Crossroads Care Daybreak respite services once a week, where he meets other people and enjoys a social and stimulating day out in a safe and comfortable environment.
- Harry's health deteriorated recently and he now needs to be transported by wheelchair. Crossroads Care Outreach Service is currently supporting Sarah to access funding for a small ramp to ease access to and from the home particularly to attend the Care Centre.

### Outcomes:

- Sarah can confidently manage her caring responsibility in the knowledge she is informed, included in decisions and able to choose the patterns and times of support that have been allocated.
- She has a better quality of life and self esteem through participating in life outside of caring. Her health and well being have improved.
- She has registered with the Carers Emergency Service and has a personal Emergency Support Plan drawn up, describing in detail what would need to be done if an emergency prevented her from caring for Harry.
- Harry is immensely more independent and motivated and able to access social occasions, community opportunities and achieves a sense of citizenship through Daybreak activities and events.

## PRIORITY 3 - A life of your own

'A Life of your own' is about making time for yourself, having time out to be with friends, other family, pursue hobbies, interests, career, etc., whether that is for leisure or voluntary work purposes or work/employment activities.

### Key outcomes

- Carers managing their own budget and having a more flexible & individual plan to suit both service users & carers needs

### What carers have told us

- Carers have told us that they need to have a life outside their caring role in order not to lose their identity, sense of self, self-confidence, self-esteem.
- They need to have a way of 'recharging their batteries' so that they do not reach a crisis point when they feel that they can no longer cope with the strains of caring for their loved one.

Carers quote:

*“Breaks for carers are important”*

- Carers do not want to get to this point and have a fear of ever getting to that stage as they are aware of the sense of guilt and anguish that they would feel if they couldn't cope and the person they cared for had to go into residential care, for example.

### What we will do

- We will develop work-focused support for carers.
- We will ensure that carers have access to a range of concessionary opportunities to participate in sport and leisure activities.

Carers quote:

*“More needs to be done for young teenage carers... more support to socialise”*

## PRIORITY 4 - Young Carers

Young carers are children and young people who take on caring responsibilities due to their circumstances where quite often, in their household, there is no-one else who can take on those tasks. Parental ill-health, parent's incapacity due to drug or alcohol misuse or a sibling's disability, are common examples.

### Key outcomes

- Children and young people will be protected from inappropriate caring and have the support they need to learn, develop and thrive to enjoy positive childhoods and achieve their full potential in life.
- Children should not have to take on inappropriate types and levels of caring. It can affect school attendance, emotional and physical well-being as well as longer-term life opportunities.

### What carers have told us

- Young carers have told us that they feel like they are missing out on their childhood. They have little spare time to spend with their friends and do the things that children and young people enjoy in their leisure time.
- Quite often, this stops them from making good strong friendships and they begin to feel socially isolated which can lead to bullying and intimidation from their peer group.

### What we will do

- We will reduce the number of young carers undertaking inappropriate and harmful caring roles.
- We will ensure that adult services are aware of the needs of young carers.
- We will provide young carers with services to help them stay healthy and safe.

## Case Study: Karen (aged 12 years)

Karen was referred to the project in May 2007. The family had moved from Scotland to London then Gateshead. She has attended 7 different schools. Karen supports her mum who has MS and assists in the home with housework, shopping, cooking but also with personal care tasks including dressing and bathing. She has been bullied in the past and finds it difficult to make friends. Karen is unhappy at school.

Young carers team involvement:

- Key worker took out on one to one's initially
- Invited on group activities – to make new friends
- Engaged in arts/ media box work
- Work shop on bullying and friendship skills
- Invited to attend school drop-in sessions to meet children in similar circumstances who attend her school

Karen has developed into a capable, amiable and sociable young person who has formed lasting friendships both at home and at school.

## PRIORITY 5 - Carers' assessments

Where carers have the main caring role and/or they are struggling to cope with these and other problems, carers can request and, indeed, should be offered, a Carers' Assessment.

### Key outcome

- Ensure that we have easily assessable Carers' Assessments that are promoted by staff who are trained to deliver the service to carers.

### What carers have told us

- Carers have told us that, quite often their needs are ignored when the person they care is being assessed.
- It is not unusual that carers and the person they care for can have conflicting needs and/or opinions.

- Carers should, therefore, have their needs assessed separately from the person they care for and resources set aside in order to meet their assessed needs.

### What we will do

- We will ensure that carers know that they can ask for a Carers Assessment in their own right.
- We will ensure that all carers, if appropriate, are involved in the assessment of the person they care for.
- We will ensure that services are flexible enough to support carers in their caring tasks.

## Case Study: (Source: Crossroads Care Gateshead)

Joe has both Parkinson's Disease and a number of other health problems. He is now unable to be left alone in his home.

His wife, Joan is his sole carer who manages all of his personal care and daily living needs. Joan struggled to balance this responsibility with her work as a housekeeper at a local hotel, which she wishes to continue for both personal and economic reasons.

As Joe's condition deteriorated, risk to his safety and well being became greater and he required constant monitoring and care, Joan struggled to continue her employment and tried to rely on the goodness of friends and relatives to care for Joe in her absence.

This was not sustainable and she sought support from Gateshead Council's services. A Social Worker assessed Joe's needs and also Joan's needs as a carer.

### Services received:

- She was referred to Crossroads Care Gateshead where service options were considered and discussed with a view to supporting Joan to balance her caring responsibility with her work and personal life.
- Joan chose to be supported 2 days per week by a Crossroads Care Carer Support worker, who supports and cares for Joe while she attends her place of work.
- Additionally, she has a respite break once a week when she can recharge herself and enjoy quality time in the knowledge that Joe is being cared for by someone who knows his personal needs and who he knows and trusts.

Two years on, Joan is still working and will continue to do so. She is also able to have a little time for herself with her extended family and friends.

### Outcomes:

- Joan is supported to manage her caring duties and balance caring with personal and working life.
- She has sustained economic wellbeing for her family and is proud of what she does.
- She feels recognised and respected through being seen as an individual who was able to choose her own support arrangements.
- Finally, she no longer has her health and well-being compromised through caring pressures and employment.

## PRIORITY 6 - Involvement of and Consultation with Carers

It is of vital importance that carers are consulted and involved as partners in every stage of the strategic planning process when it comes to decisions about the services that Gateshead provides to carers. We want to get it right.

We realise that carers are a very diverse group of people with their own individual needs, not only culturally and spiritually, but also around age and lifestyles, interests, goals and aspirations.

### Key outcomes

- Have robust involvement and consultation plans to ensure that carers are at the heart of policy making, planning and service delivery.

### What carers have told us

- Carers have told us that they need to be involved and consulted as partners at every step of the planning processes when it comes to services around carers otherwise carers' needs will not be met and resources will not be used effectively.

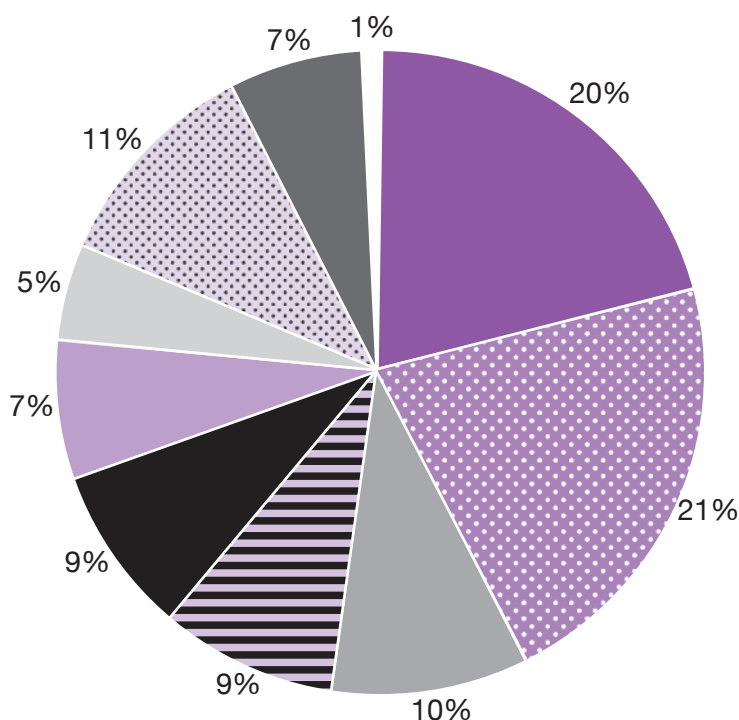
- Carers need to be able to have flexibility in how to use their allocated resource (pot of money) and they need to have a range of choices open to them that will meet their individual needs and lifestyles.
- 'Nothing about us, without us!'

### What we will do

- We will ensure that carers are represented in all relevant partnership arrangements in Gateshead.
- We will ensure that carers are involved in the development of services, strategies and plans that may affect them.
- We will ensure that we use a variety of methods of consulting carers that fit in with their caring role.
- We will ensure that we are in contact with carers from diverse communities and communities of interest.

Carers quote:

“I did not see myself as a carer before this form came. I bath my dad, take mam shopping, paint, clean and garden. I also have three children. It is hard”



- Information, advocacy and advice for carers
- Health and wellbeing of carers
- A life of your own
- Young carers
- Carers assessments
- Consultation and involvement of carers
- Carers and personalisation
- Identifying carers
- Identifying carers from minority groups
- Other



## PRIORITY 7 - Carers and Personalisation

Ensuring that carer's needs are met via personalisation. Personalisation is a new government approach about tailoring services to fit individual needs. It emphasises the importance of the individual in making all the relevant decisions about who, how, where and when they want their care needs to be met.

### Key outcomes

- Everyone using social care in the future will have a personal budget and may choose to take that as cash instead of social services. For carers, this will ensure that service users have the flexibility to buy or influence the provision of services to meet their own needs and those of the carer.

### What carers have told us

- Carers have told us that they want to have choice and flexibility around their caring role and the way their identified assessed needs are met. They don't want their loved one being offered one option of replacement care in a residential home for example, like the past system.

- They want the flexibility for their loved one and carer to choose who and what form of replacement care they will experience. This will ensure that the carer can have a break with the peace of mind that the person they care for is happy and being cared for in a way they have chosen for themselves that is in the right environment for them.
- In giving individuals their own personal budget, carers are much more positive that the assessed needs of the person they care and themselves will be met.

### What we will do

- We will increase the number of carers with a personal budget.
- We will increase the range of services that carers and the person they care for can access.
- We will expand and develop the range of providers in consultation with carers.
- We will ensure that carers are provided with the right level of support to enable the person they care for to take up a direct payment.

Carers quote:

“Hidden carers are a big issue”

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## PRIORITY 8 - Identifying Carers, including helping carers to identify and acknowledge themselves as carers

Quite often, people who are caring for their parents, partners, sons or daughters do not recognise themselves as carers. They just think that they have a duty to care for them if they find that they've become ill and require their help and assistance.

They do not realise that they do not have to cope alone and that there is practical and emotional help and support at hand (eg counselling) as well as financial help and assistance with replacement care if the carer wants to have a break, train to go back to work, etc.

Carers quote:

“Encourage networking between carers”

### Key outcomes

- We need to promote services and support and reach out to carers to enable them to access support.

### What carers have told us

- Carers have sometimes coped on their own for years and reached crisis point before they have found the help and support they need.
- Carers were unaware that there was help and support from a range of organisations nationally and locally. They didn't recognise themselves as a carer therefore didn't seek the help and support they so desperately needed.

- Often, due to sustained social isolation, they had lost contact with friends and had experienced a loss of confidence and self-esteem, making it even more difficult to pick up the phone and seek help, guidance or support.

### What we will do

- We will make sure that everyone with a caring role is identified as a carer.
- We will ensure that Adult Social Care Direct always ask if the person who contacts them is a carer and provide any relevant signposting information.

## PRIORITY 9 - Identifying and supporting carers from minority groups.

We aim to seek out and identify carers from Black and Minority ethnic backgrounds as well as carers from other hard to reach potentially isolated groups eg. LGBT carers, refugees & asylum-seekers, people in rural areas and ensure that they have the same information and services that all carers have access to in Gateshead.

We must make an asserted, targeted effort to ensure that carers from harder-to-reach minority groups are aware of information and services that could benefit carers.

### Key outcomes

- Carers from all minority groups will receive the information and services they require in order to help & support them in their caring role.

### What carers have told us

- Carers from Black and Minority Ethnic Groups as well as from faith and asylum-seeker groups have told us that they find it difficult to know who to approach due to barriers such as culture, communication, lack of information. Not recognising themselves as carers is another barrier to resources and services for these carers.
- People from the Lesbian, Gay, Bisexual & Transgender groups have told us that it is difficult to approach statutory services for help and support as they have the added barrier of having to 'come out' with regard to their sexuality, especially if they have a same sex partner and/or that they may be HIV positive.
- They are frightened that they are judged and/or not taken seriously as well as not recognising

themselves as carers and being reluctant to approach statutory services to ask for help. They also believe that they will only be offered alternatives to care for their loved one which may not be appropriate to suit their needs and/or lifestyle and may leave their partner feeling even more isolated.

### What we will do

- We will ensure that all partners are in contact with carers from minority groups.
- We will provide carers from minority groups with relevant information and advice.
- We will ensure that organisations that support minority groups are aware of the needs of carers.
- We will ensure that organisations provide relevant information about the needs of carers in order to ensure that services are flexible enough to meet the needs of minority groups.
- We will ensure that when we commission services, that the needs of minority groups are taken into consideration.

**Turn** here for our framework and approach



# Framework and approach

## Framework

- Gateshead Carers Strategy will provide a framework and establish support for carers in Gateshead.
- It aims to increase awareness and understanding and address key issues that carers have identified during consultation.
- The strategy aims to address the needs of carers through 9 key priorities.

## Feedback to carers

Where appropriate, we will update carers regularly via local carers' organisations that are involved with carers.

## Approach - what will the strategy do?

The Strategy and resulting Action Plan will provide a framework for the work of the Carers Partnership over the next three years. We will be concentrating on the issues identified in the National Carers' Strategy by carers across the country as well as issues that are affecting carers that have been identified locally.

All carers' needs and priorities will be placed in a quarterly Action Plan. This will enable us to be accountable to deliver on our plans, and will be used in the Carers Partnership to deal in a systematic way with the wide range of actions we have identified. It will be our key way of measuring achievements and making progress for carers.

## Current Carers Groups in Gateshead

	Lead	Contact details
<b>1. Gateshead Alzheimers Society</b>	Debbie Keenan, Locality Manager, South of Tyne	Tel 427 5443
<ul style="list-style-type: none"> <li>• Whickham Carers' Group</li> <li>• Carers Group East</li> <li>• Group for carers of younger people</li> </ul>	Shayne Wilson Shayne Wilson Shayne Wilson	Tel 477 7490 Tel 477 7490 Tel 477 7490
<b>2. Gateshead Carers Association</b>		Tel 490 0121
<ul style="list-style-type: none"> <li>• Carers of people affected by substance misuse</li> <li>• Carers Action Forum</li> <li>• BILD Group</li> </ul>	Mandy Quinn Carers Forum Worker Brian Pereira	Tel 490 0121 Tel 490 0121 Tel 490 0121
<b>3. Crossroads Care Gateshead</b>	Jeff Gray Joe Lewis – Mental Health Lynn Readman – Young Carers	Tel 01207 549780
<b>4. Blaydon Day Centre</b>	Helen McFall/ Pauline McClean	Tel 433 6292
<b>5. Disabled Childrens Forum</b>	Jessica Moore	Tel 433 5140
<b>6. Carers Sub-Group of the Learning Disability Partnership Board</b>	Bernie Cowan	Tel 433 2395
<b>7. Parents of Children with Disabilities Group (sub-group of the Carers Partnership)</b>	Pat Bolton	Tel 490 1032

**For more information on this strategy contact:**

Lyn Boyle 0191 433 2361

or

Dianne Graham 0191 433 2341

