



# 2024

January to April

**CARERS INFORMATION BOOKLET**

**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.”**



# CONTENTS

Page 2	Introduction
Page 3	Contact details for carers services
Page 4-6	Needs and Aspirations
Page 7	Northamptonshire Carers
Page 8	Carers Fishing Group
Page 9	Carers Assessments
Page 10	Recovery College (NHFT)
Page 11	Spring (Social Prescribing)
Page 12	Moonbeams Holistic Coaching
Page 13	Walking Football Lunch Breaks for Carers
Page 14	SERVE Day Centre
Page 15-16	Connecting Carers
Page 17	C.A.L.M
Page 18	DISC
Page 19	Importance of Carers Groups
Page 20	Working Carers Our Work with GP Practices
Page 21	Breathing Space
Page 22	Breathing Space (long Covid Support)
Page 23	Age Well Northamptonshire
Page 24	Carer support groups
Page 25	Health & Wellbeing Groups
Page 26	Carer drop ins
Page 27	Carer drop in dates
Page 28	Walk and Talk Group
Page 29	Painting or Painting by numbers Group
Page 30	End Of Life - Northamptonshire Carers
Page 31	New Horizon's
Page 32	Parent Carers (NPFPG)
Page 33	Sends 4 Dads
Page 34	Parent Carer Support - Northamptonshire Carers
Page 35	Making carers aware of their rights
Page 36	Northampton & Kettering General Hospitals
Page 37	Dementia Care Advice
Page 38	Age UK Northamptonshire Tu Vida
Page 39	ICAN Groups
Page 40	Community Companions
Page 41	Community Law
Page 42	Alzheimers Society
Page 43-46	NNC and WNC Access if you need to pay for care

# INTRODUCTION

Northamptonshire's Caring for Carers Directory aims to bring several organisations together to highlight the support groups or activities they provide.

These all give Carers the opportunity to take a break from their caring role and list contact details for the various organisations providing them.

We continue to be committed to provide the services and activities that Carers want to see and take part in. We know this by the surveys that we commission and the monitoring that we do at the groups and activities.

We would like to remind you that these activities are there for ALL Carers over the age of 18. There is a different Young Carers Service for those under 18 and we are always looking for suggestions on what activities or training Carers would like to see happen in the future so please feedback your ideas to us at Northamptonshire Carers on 01933 677907, option 1 or [carers@northamptonshire-carers.org](mailto:carers@northamptonshire-carers.org)

Serve also provide groups and activities through the Needs & Aspirations project and can be contacted on Tel 01933 315555, Option 5 or [ruth.moore@serve.org.uk](mailto:ruth.moore@serve.org.uk)



# CONTACT DETAILS FOR CARERS SERVICES

**Northamptonshire Carers**

**01933 677907**

**carers@northamptonshire-carers.org**

**www.northamptonshire-carers.org**

**SERVE**

**01933 315555**

**ruth.moore@serve.org.uk**

**www.serve.org.uk**



**Alzheimer's Society**

**01832 736670**

**northamptonshire@alzheimers.org.uk**

**Age UK Northamptonshire**

**01604 611200**

**access@ageuknorthants.org.uk**

**TU VIDA (formally Carers Trust East Midlands)**

**01908 260444**

# “Needs and Aspirations Project”

**TELEPHONE:**  
01933 315555 or  
07917863469

**EMAIL:**  
Ruth.moore@serve.org.uk

**Dear Carers**

**We are pleased to offer you the following activities and opportunities: -**

**Available - January 2024 to April 2024.**

**(You may select 4 options from the list below.)**

## ACTIVITIES JANUARY 2024 TO APRIL 2024

**Bookings for these events will open on Monday 18<sup>th</sup> December 2024**

<p><b>Online Zoom Exercise Class</b> A mix of seated yoga and seated exercise to music</p>	<p>Every Wednesday 10.30am – 11.30am Starting Wednesday 10<sup>th</sup> January 2024</p>
<p><b>New Year Catch up with Tea and Cake</b> A chance to bring new ideas to the project and give us your feedback</p>	<p>Tuesday 9<sup>th</sup> January 2024 11am Rushden</p>
<p><b>Breakfast at Jeyes</b> A choice of a meat or vegetarian fry up</p>	<p>Friday 12<sup>th</sup> January 2024 10am Earls Barton</p>
<p><b>Tea, cake and catch up.</b> A chance to bring new ideas to the project and give us your feedback</p>	<p>Monday 15<sup>th</sup> January 2024 10am Corby</p>
<p><b>Lunch at the Pig and Waffle</b> Enjoy a lunch off the menu while you chat with like minded carers</p>	<p>Wednesday 17<sup>th</sup> January 2024 12pm Kettering</p>
<p><b>Springfields Shopping on the minibus</b> <b>£5 donation</b> Minibus pickups from locations across Northamptonshire</p>	<p>Thursday 25th January 2024 Pick up time TBC</p>
<p><b>Pottery Painting</b> Choose your design to paint. (Serve will pay for pottery up to £15)</p>	<p>Friday 26<sup>th</sup> January 2024 7pm until 9pm Towcester</p>
<p><b>Tea and cake at Belle’s Brooke Café</b> A chance to bring new ideas to the project and give us your feedback</p>	<p>Monday 29th January 2024 11am Raunds</p>
<p><b>Hearts and Mind</b> Let nature provide some restoration, as we take a soothing walk during this month of love. Enjoy making your own hanging heart too, using foraged natural materials, as a gift of compassion</p>	<p>Friday 2<sup>nd</sup> February 2024 10.30am until 12.30pm Sywell Country Park</p>

<p>Ely Market on the Minibus £5 donation</p>	<p>Thursday 8<sup>th</sup> February 2024 Pick up times TBC</p>
<p>Pan Cake decorating and quiz. Decorate a pancake for the chance to win a prize. Eat different pancakes take part in a quiz</p>	<p>Friday 9<sup>th</sup> February 2024 10am until 12pm Towcester</p>
<p>Valentines Craft Workshop Create a valentine's decoration with Lucy.</p>	<p>Tuesday 13<sup>th</sup> February 2024 11am until 12.30pm Wellingborough</p>
<p>Paint a Simple Birthday Card</p>	<p>Tuesday 20<sup>th</sup> February 2024 2pm until 4pm Higham Ferrers</p>
<p>Lunch at the Raven Enjoy a lunch off the menu while you chat with like minded carers</p>	<p>Wednesday 23<sup>rd</sup> February 2024 12pm Corby</p>
<p>Dinner at the Ember £5 donation</p>	<p>Tuesday 27<sup>th</sup> February 2024 6.30pm Wellingborough</p>
<p>Pickleball A cross between badminton, indoor tennis, and table tennis.</p>	<p>Wednesday 28<sup>th</sup> February 2024 11am until 12pm Rushden</p>
<p>Hot Cross Bun Tasting Guess the flavour of the hot cross bun for a chance to win a prize</p>	<p>Tuesday 5<sup>th</sup> March 2024 10.30am until 12pm Wellingborough</p>
<p>Cheese board at the New Inn Enjoy a cheese board and a chat</p>	<p>Friday 8<sup>th</sup> March 2024 1pm Wymington</p>
<p>Heavenly Deserts A delicious desert of your choice</p>	<p>Thursday 14<sup>th</sup> March 2024 2pm Northampton</p>
<p>Cream Tea Enjoy a cream tea</p>	<p>Tuesday 19<sup>th</sup> March 2024 11am Cogenhoe</p>
<p>Earth Pathways Discover some inspiring ways to connect with the natural world as we stroll around the beautiful pathways in our parks. We will be exploring the wonderful world of 'Land art' too and having a go at making our own charcoal pencils.</p>	<p>Wednesday 20<sup>th</sup> March 2024 10.30am until 12.30pm Irchester Country Park</p>
<p>Paint an Easter Card Paint an easter card with Chris</p>	<p>Friday 22<sup>nd</sup> March 2024 10am until 12pm Higham Ferrers</p>
<p>Easter Craft Workshop Create an easter decoration with Lucy</p>	<p>Monday 25<sup>th</sup> March 2024 11am until 12.30pm Kettering</p>

<p><b>Lunch at the Courtyard Café</b> Enjoy a lunch off the menu while you chat with like-minded carers</p>	<p>Tuesday 26<sup>th</sup> March 2024 12pm Duston</p>
<p><b>Easter Party</b> Let's have a party to celebrate easter. Mini easter egg hunt, quizzes, eating easter eggs with a buffet lunch. <b>(This is an extra event and does not need to be included in your 4 choices)</b></p>	<p>Friday 29<sup>th</sup> March 2024 12pm until 2.30pm Wellingborough</p>
<p><b>Bingo Evening with Raffle</b> A couple of games of bingo with prizes to be won and a raffle</p>	<p>Tuesday 9<sup>th</sup> April 2024 6pm until 8pm Higham Ferrers</p>
<p><b>Chocolate tasting session</b> Do you know your branded from your unbranded chocolate? Come and join this event to quizzes. Chocolate and fun</p>	<p>Friday 12<sup>th</sup> April 2024 10am Daventry</p>
<p><b>Spring Walk with Chris with Tea and cake</b> A lovely walk around the Delapre Abbey Gardens enjoying the spring flowers with Chris</p>	<p>Monday 15<sup>th</sup> April 2024 10.30am Delapre Abbey Gardens</p>
<p><b>Market Harborough on the minibus</b> <b>£5 donation</b> Minibus pickups from locations across Northamptonshire</p>	<p>Thursday 18<sup>th</sup> April 2024 Pick up times TBC</p>
<p><b>Mindful Moments</b> Come and enjoy a quiet, reflective walk followed by a creative pebble inspired workshop session</p>	<p>Monday 22<sup>nd</sup> April 2024 10.30am until 12.30pm Fermyn Woods County Park</p>
<p><b>Short Tennis</b> Enjoy a game of short tennis.</p>	<p>Wednesday 24<sup>th</sup> April 2024 10.30am Rushden</p>
<p><b>Galone's Ice Cream Parlour</b> Have a go at making ice cream as a team followed by choosing your favourite</p>	<p>Monday 29<sup>th</sup> April 2024 Time TBC Northampton</p>
<p><b>Carers and Cared for Midweek Carvery</b></p>	<p>Wednesday 10<sup>th</sup> April 2024 12pm Northampton</p>



## **Northamptonshire Carers Carers Support Line**

Northamptonshire Carers aims to offer a comprehensive support service to the unpaid Carers, including Parent Carers, of Northamptonshire. We recognise the contribution that all Carers give to society and the community 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.

The Carers Support Line can be accessed by calling  
01933 677907 option 2 or  
emailing [carers@northamptonshire-carers.org](mailto:carers@northamptonshire-carers.org)

The Support Line can provide access to:

- Initial registrations and Carers Conversations to enable access to carers support and universal services
- Carers Assessments, a Carer led assessment in line with the Care Act 2014
- Signposting & referrals to relevant services and support as needed
- Emotional and listening support for Carers
- One-to-one telephone support
- Information, advice and guidance & ongoing support as needed
- Specialist Support Groups
- Any other Carer related enquiries





# Northamptonshire Carers Fishing Group

We meet the 2nd Wednesday of each month, 9am - 2pm  
Wellingborough & Nene Angling Club Ringstead



Equipment can be supplied if you need it

For further details, and to book your place, contact

Northamptonshire Carers on:

01933 677907 or

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

# CARERS ASSESSMENTS



You may have heard the term 'Carers Assessment' in the media or been advised to have one by a doctor, or social worker etc. however, you may be unsure what one actually entails?

Firstly, it is not a way of judging you as a spouse, parent or child: it 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 should you wish to do so. It is not about imposing things on you but it will hopefully present you with options that can help you in your caring role.

There are many ways to have a Carers Assessment. We aim to offer you an individualised assessment so offer a wide-range of methods to suit your individual needs:

- We offer an online-self assessment which may be a good option if you are busy during office hours or are looking primarily for advice and information. <https://www.northamptonshire-carers.org/complete-self-assessment>
- Our Carers Support Line can provide a telephone assessment which again is ideal for those who want quick access to advice and information.
- We have a team of Carer Support Workers who are based throughout the county and can complete a Carers Assessment with you via a home visit, video call, telephone or in a way that meets your needs. You can self-refer or refer someone else with their consent.
- If required we also offer an easy read Carers Assessment. Please contact our Support Line if you need assistance with this or any aspect of your Carers Assessment

**Make sure you have your assessment Call 01933 677907, option 2**



# Free E-Learning courses

Northamptonshire Carers in collaboration  
with the Recovery College NHFT

Course 1 - Caring and me: Introduction to Caring

Course 2 - Caring and me: Health and Wellbeing

Course 3 - Caring and me: Info and Resources

To register:

email: [recovery.college@nhft.nhs.uk](mailto:recovery.college@nhft.nhs.uk)

or call: 03000 270470

(Monday-Friday 9am to 4pm)

Visit the link below or scan the QR code:

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

learning



*"Very well put together -  
full of useful information."*

*"Helpful and  
encouraging"*



Everyone's wellbeing, and emotional needs are unique. It's our job at Spring to support you by understanding your needs, and to offer guidance and support.

Helping you achieve an improvement in quality of life. At Spring we encourage and support members to attend social groups that interest them, and to spend time doing things they enjoy.



If you live in Northamptonshire, are over 18 living with a long-term physical health condition, and you are ready to get more from life... Please get in touch to see if our teams can help you. Spring is a countywide service and we welcome your referral

Spring Northamptonshire

Hello@springnorthamptonshire.org [www.springnorthamptonshire.org](http://www.springnorthamptonshire.org)  
01604 974995



Northamptonshire  
Carers

## Moonbeams Holistic Coaching


Enjoy 6 weeks of one-to-one holistic coaching

The sessions include relaxation, meditation and other useful techniques that can be used to help Carers day to day

Every session is unique to suit each persons particular needs

For more information contact Admin on  
01933 677907  
or email  
[admin@northamptonshire-carers.org](mailto:admin@northamptonshire-carers.org)






**NORTHAMPTONSHIRE CARERS**  
in partnership with  
**NORTHAMPTON TOWN COMMUNITY TRUST**

**WALKING FOOTBALL**

Fun, gentle exercise for all!

All Carers and family welcome!


Quinton House School Sports Centre  
NN5 4UX

**TIMES AND DATES ARE CHANGING FOR 2024. CONTACT ADMIN FOR DETAILS!**

Please bring appropriate footwear!

Refreshments provided!

To book your place(s) and discuss any transport needs please contact :



Northamptonshire Carers Admin Team  
Tel: 01933 677907 Option 1  
Email: [admin@northamptonshire-carers.org](mailto:admin@northamptonshire-carers.org)

NORTHAMPTONSHIRE CARERS ASSOCIATION REG. CHARITY NO. 1031417 REG. OFFICE 121 HOLLING ROAD, NN5 1LW



## Lunch Brecks for 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 others in a relaxed and safe environment to offload and discuss any issues with people in a similar situation.

**Carers are welcome to bring the person they care for**

**Please note charges apply for both of these meetings**

**Northampton:** - no need to book as we meet in the Queen Eleanor PH, Wootton Northampton NN4 7JJ on the **2<sup>nd</sup> Thursday** of the month from 12noon

**Greens Norton:** - all welcome, however booking is essential for dietary needs and allergies, we meet on the **3<sup>rd</sup> Thursday** of the month from 12 noon at Greens Norton Community Centre NN12 8BL

**Further details:** call the office on 01933 677907, option 1 or [admin@northamptonshire-carers.org](mailto:admin@northamptonshire-carers.org)



# The Ron Manning Day & Activity Centre

For Carers and Cared For

76 Upper Kings Avenue | Higham Ferrers | NN10 8JZ

***Get out of the house and meet with likeminded people!***



Days are filled with lots of activities and a 2 course hot meal, refreshments are provided all day. Games, memory box making, bingo, arts, singing, seated yoga, movies, nutritional advice are just some of the activities you could join us for!



**Contact: 01933 315555**

[www.serve.org.uk](http://www.serve.org.uk)

**8 West Street, Rushden, NN10 0RT**

Charity Number 1043321 Company Number 2951827



# 'CARING TOGETHER' Project

Funded by the National Lottery Community Fund



This Project is creating a network of support services across Northamptonshire, helping to build resilience and improve unpaid Carers lives and those they care for. Our aim is bringing people together particularly in rural and hard to reach Communities as well as finding more 'hidden' Carers. A huge part of this project is working in collaboration with other Voluntary, Statutory, Health & Businesses to provide effective support for Carers across the County as well as helping to identify gaps in services.

## OUR SERVICES

We offer a wide range of social networks across Northamptonshire including:

**Carers Support Groups, Carer Cafes, Awareness Events & Drop-ins** – these are safe spaces to gain advice, information and support as well as having some fun and meeting other Carers who may be in a similar situation.

**Holistic & Zoom Groups** including Carers Choir & Ukulele, Country Walk and Talk, Cinema Groups, Exercise Classes on Zoom, Walking Football, Living Well with Menopause.

**Wellbeing and E-Learning Courses:** A compilation of 3 courses giving an introduction to caring including how to look after your own wellbeing and about your rights as a Carer.

These E-Learning sessions aim to give carers multiple skills to help support themselves as Carers, which in turn enables them to support the ones they care for. A safe space to share through lived experiences, personal stories and peer to peer support. Now including new face to face sessions around Northamptonshire.

**Telephone Befriending** by volunteers for Carers who may be feeling lonely and isolated.

As an organisation, we run over 70 groups and activities on a regular basis, the details, where, dates and times you can find here in the Caring for Carers booklet or on the Northamptonshire Carers Website: [www.northamptonshire-carers.org](http://www.northamptonshire-carers.org).





## CARER CHAMPIONS

We wouldn't be able to offer such a diverse and varied range of support across the county without the help and support of our team of Volunteer Carer Champions.

Carer Champions are volunteers who can:

- Be a friendly face for Carers in local Communities.
- Help us to build relationships and raise awareness of support services.
- Displaying information and leaflets within your local venues.
- Helping with Groups & Drop-Ins

If you have some spare time – it doesn't matter how little or how much we can fit this role around you.

We have lots of other exciting volunteering roles available – join our team and help us to support more Carers in Northamptonshire.

Project Managers - Linda Tiffney and Sarah Drage

For more information, please contact 01933 677907 (Option 1) or email: [admin@northamptonshire-carers.org](mailto:admin@northamptonshire-carers.org)

Northamptonshire  
Carers



# C.A.L.M

Caring and Looking After Me

**A group for Carers who are supporting  
an adult with severe and enduring  
mental health difficulties.**

## **Northampton**

First Friday of every month, 11am to 1pm, at:  
Lotus House, Campbell Square, NN1 3EB

## **Kettering**

Second Wednesday of every month,  
2pm to 4pm, at:  
St Andrew's Church, Crown Street, NN16 8QA

**For more information please contact  
Northamptonshire Carers on 01933 677907,  
option 1, or email  
[admin@northamptonshire-carers.org](mailto:admin@northamptonshire-carers.org)**



# DISC Multi Sports Club



For people with a disability or special need and their family

**Sessions held every 1st, 3rd,  
and if there is one 5th, Sunday in the month  
3pm to 4pm**

Inclusive for all - any age, disability,  
or special need and their family

Wheelchair users welcome

Quiet activity available at every session  
*(members must be accompanied at all times)*

**FREE** to register and attend  
although donations welcomed  
Scan the QR code or visit our website  
**northamptonshire-carers.org/disc**



Swimming is available in the pool from 4pm to 5pm every Sunday.  
Separate booking conditions and payment terms apply with  
Towcester Centre for Leisure



Contact us: [DISC@northamptonshire-carers.org](mailto:DISC@northamptonshire-carers.org)

Tel: 01933 677907

Follow us on Face Book - Disability Inclusive Sports Club



All DISC sessions take place at:

Towcester Centre for Leisure, Milton Way, Towcester, NN12 6UW Tel: 01327 322480

Registered charity address: Northamptonshire Carers, 123 Midland Road, Wellingborough, NN8 1LU  
Charity no: 1061417

## Importance of Carers Groups

Carers Groups and Activities give you something that no other group can, peer support from those in the know.

The support given is the experience of others in a similar situation, it is recognised that there are no two caring situations the same and no two personalities the same, we all deal with things in very different ways.

Types of Groups:

- Carers Support Groups, just for Carers
- Carers Cafes, for the Carer and the cared-for person if you wish
- Lunch Clubs, a meal with friends in a safe environment open to the Carers and cared-for person to
- Specialist groups: Dementia, Heart Failure, Diabetes, Sickle Cell, COPD (Chronic Obstructive Pulmonary Disease), Parent Carers, Male Carers Group, Asian Ladies, Disability Sports Club, End of Life or Mental Health
- Choir and Ukulele Group, including Singing for Lung Health
- One-off events, from days out and family fun to training and awareness for Carers
- Countywide Drop-In groups situated in many locations around the county including GP surgeries and libraries
- On-line groups and activities for those who find it difficult to get out
- Former Carers groups and groups that support those looking after someone with a life limiting condition

Northamptonshire Carers try hard to meet the needs of as many Carers as possible and provide a different range of groups and activities in Northamptonshire.

**However, if you spot a gap in our service, please let us know and we will try hard to accommodate it.**

Further details of the groups and activities they run can be found at:

- 'Whats On' page of their website at [www.northamptonshire-carers.org](http://www.northamptonshire-carers.org)
- By calling the office on 01933 677907, option 1
- By emailing us at [admin@northamptonshire-carers.org](mailto:admin@northamptonshire-carers.org)



## Working Carers



There are an estimated 5.7 million Carers in the UK.

2.5 are juggling caring with paid work. The 'State of Caring' Carers UK research in 2022 found that 75% of these worry about continuing to do this.

Northamptonshire Carers can support working Carers via the Carer Assessment process. To request an Assessment please contact our Support Line.

## Carer Friendly Employers

We work with employers to help them to maintain Carers in employment and support Carers among their workforces. Our Carer Friendly Employer project engages with employers looking at supporting the 1-in-9 of the workforce who are juggling work with caring. We are always on the lookout for new employers to work with.

### Carer Friendly Employer Accreditation Scheme

Our accreditation scheme aims to raise awareness about the growing number of working Carers and give recognition to those employers who support Carers in their workforce.



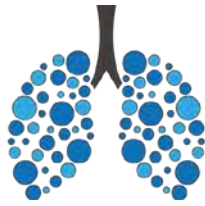
## OUR WORK WITH GP PRACTICES

We continue to work with GP practices across the county to raise awareness of carers issues. The main aim of the project is to identify hidden carers so they can be offered any support they may need by the practice. This could be around more flexibility with appointments or arranging with the surgery to speak on behalf of the person they look after.

If the carer gives their permission they can then be referred onto Northamptonshire Carers and have access to our range of services.

The majority of GPs across the county now refer into us on a regular basis.

Where we have good relationships with the surgeries we are able to feedback on what carers find difficult or useful. For example, we were happy to let the practices know that many carers reported that the online booking system made it easier for them to make appointments.



BREATHING SPACE  
NORTHAMPTONSHIRE

CLINICAL AND SOCIAL SUPPORT GROUPS FOR THOSE  
DIAGNOSED WITH COPD AND OTHER CHRONIC RESPIRATORY  
DISEASES. CARERS ARE ALSO WELCOME

Registration must be completed prior to attending groups. This is to ensure the right support group is offered and medical details are logged in order to access consultations with the doctor.

### WHAT OUR GROUPS OFFER

- APPOINTMENTS & CLINICS WITH DR GALE
- RESPIRATORY NURSING TEAMS
- GUEST SPEAKERS
- REGULAR EXPERT MEDICAL ADVICE
- REDUCE ANXIETY AND ISOLATION
- MEET WITH OTHERS WHO UNDERSTAND
- LEARN TO MANAGE YOUR CONDITION
- FRIENDSHIP AND WELLBEING ACTIVITIES

### BREATHING SPACE GROUP LOCATIONS

**BREATHING SPACE GROUPS:** WELLINGBOROUGH, RAUNDS,  
CORBY, NORTHAMPTON, MOULTON, DAVENTRY AND  
KETTERING

**SINGING FOR LUNG HEALTH GROUPS:** WELLINGBOROUGH  
AND MOULTON

**LONG COVID SUPPORT GROUPS:** MOULTON AND ON ZOOM  
Registration must be completed prior to attending groups.

Contact details: Northamptonshire Carers: 01933 677907 option 5.  
Breathing Space admin: 07459 093585

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

Northamptonshire Carers Association is a Registered Charity No 1061417 Registered Office: 123 Midland Road, Wellingborough NN8 1LU Incorporated as a non-profit making company by guarantee No 3328459



BREATHING SPACE  
NORTHAMPTONSHIRE

# LES

'LONG COVID SUPPORT' - A SUPPORT GROUP FOR  
PEOPLE DIAGNOSED WITH LONG COVID AND ITS  
ASSOCIATED SYMPTOMS

- SUPPORT GROUPS IN PERSON AND VIA ZOOM
- GUEST SPEAKERS
- REDUCE ANXIETY AND ISOLATION
- MEET WITH OTHERS WHO UNDERSTAND
- LEARN TO MANAGE YOUR CONDITION
- FRIENDSHIP, EXERCISE AND WELLBEING PRACTICES



**Registration must be completed prior to attending groups.**

Contact details: Northamptonshire Carers: 01933 677907 option 5.  
Breathing Space admin: 07459 093585

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

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

Northamptonshire Carers Association is a Registered Charity No 1061417  
Registered Office: 123 Midland Road, Wellingborough NN81LU Incorporated as  
a non-profit making company by guarantee No 3328459



# Age Well

## Northamptonshire

The aim of Age Well work is to help older and frail people to choose well, stay well and live well in the community. By improving how and when patients can access the care that they need. Age Well teams where possible, see people in the convenience and comfort of their own homes or via online video calls facilitated by Age Well workers in your home. Age well teams are linked with a GP surgery and made up of health, social care, and voluntary sector workers from a variety of local organisations. All members of the teams are trained to support patients to gain specialist advice from the right person.

### What can Age Well support with?

- Develop and agree a support plan to meet a patient's needs.
- Ensure Patients have any mobility and monitoring equipment they need at home and if not, they are able to prescribe low level equipment, reducing a long waiting list via community occupational therapy services and reducing risk of falls.
- Arrange a review with a GP (and possibly a pharmacist or nurse) to discuss the issues that matter to the patient around their health.
- Support in accessing local social and or exercise groups to get specialist advice and guidance around specific health conditions.
- Link patients with someone who can review the benefits they are receiving to make sure they are getting the ones that are available to them.
- Ensure that those caring for someone are supported and able to access support services.
- Link patients and Carers with a befriending service if they choose.
- All Age Well staff are trained and equipped with Observation monitoring equipment (BP machine, Sats reader and thermometer). And use of the Clinical Frailty Scale App.

### ELIGIBILITY

- 65+ with one or more health conditions.
- Those at risk of social Isolation.
- Living at home (not in care home or hospice).

### Referral Routes

- Via our professional and self-referral form [Health Service Referrals | Northamptonshire Carers Association \(northamptonshire-carers.org\)](#)
- Please remember to include the patient's Surgery/GP details.

Call Support Line on: 01933 677907, option 2

**Integrated Care**  
**Northamptonshire**

---





# Northamptonshire Carers

## CARER SUPPORT GROUPS

**RUSHDEN & Surrounding Villages**  
1st Tuesday of each month 10am – 12  
noon  
Stanwick Lakes NN9 6GY

**YARDLEY HASTINGS & WOLLASTON**  
2<sup>nd</sup> Tuesday of each month 1 – 3pm  
Salvation Army Hall, Hinwick Road,  
Wollaston NN29 7QX

**CYNTHIA SPENCER**  
2<sup>ND</sup> and 4<sup>th</sup> Tuesday of each month  
10.30 – 12noon  
Manfield Campus, Northampton NN3 6NP

**BRACKLEY**  
Last Wednesday of the month  
10am – 12noon  
Brackley Care Home, Wellington Street,  
Brackley NN13 6QZ

**HIGHAM FERRERS**  
2<sup>nd</sup> Thursday of the month 10.30am-  
12.30pm  
Ron Manning Centre, 76 Upper Kings  
Avenue, Higham Ferrers. NN10 8 JZ

**KETTERING EVENING GROUP**  
2<sup>nd</sup> Thursday of each month 7 – 9pm  
St Andrews Church Rooms, Crown  
Street, Kettering NN16 8QA

**NORTHAMPTON COFFEE MORNING**  
1<sup>st</sup> and 3<sup>rd</sup> Friday of each month 10am –  
12noon  
Broadmead Community Church,  
Broadmead Ave, Northampton NN3 2QY

**ASIAN EVERGREEN**  
**NORTHAMPTON**  
3<sup>rd</sup> Wednesday of each month 1-3pm  
Community Room (Library),  
Weston Favell Centre, NN3 8JZ

**WELLINGBOROUGH**  
Last Wednesday of each month 1–  
3pm  
The Anne Goodman Centre for Carers,  
123 Midland Road, Wellingborough NN8  
1LU

### MALE CARER SUPPORT GROUPS

**HIMALAYAN ASIAN**  
2<sup>nd</sup> Wednesday of the month  
6 – 8pm  
The Anne Goodman Centre for Carers,  
123 Midland Road, Wellingborough NN8  
1LU

**NORTH NORTHANTS**  
Mondays from 1pm. See dates & venues:  
15 Jan - Bosworth Garden Centre, Burton  
Latimer NN15 5QA  
12 Feb – Wellingborough Museum  
NN8 1XB  
11 March – Season Garden Centre Burton  
Latimer NN15 5LZ  
15 April – ‘Ock ‘n’ Dough, Wellingbrough  
NN8 4US

**NORTHAMPTON AND SURROUNDING  
AREA**  
1<sup>st</sup> Friday of the month from 1pm  
(Contact admin to confirm venue)

For information on any of the Carers Support Groups contact –  
Northamptonshire Carers Admin Team  
Tel: 01933 677907 Option 1 or email: [admin@northamptonshire-carers.org](mailto:admin@northamptonshire-carers.org)

## **CARERS UKULELE** (*Beginners*)

**Weekly on Monday** (*School term time only*) **9.30 – 10.30am**

## **CARERS CHOIR**

**Weekly on Monday** (*School term time only*) **10.45am-12.15pm**

*Both held at: The Anne Goodman Centre for Carers,  
123 Midland Road Wellingborough NN8 1LU*

## **UKULELE GROUP on ZOOM** (*zoom details from Admin*)

**Weekly on Wednesday** (*School Term time only*) – **9.15 – 10.15am**

## **COFFEE AND CHAT on ZOOM** (*zoom details from Admin*)

**Weekly on Tuesday** **10 – 11am**

## **SIT OR STAND, STRETCH & FLEX**

**Weekly on Thursday** **11.00am on ZOOM** (*zoom details from Admin*)

**WALK & TALK** Irchester Country Park NN29 7DL  
every **2<sup>nd</sup>** and **4<sup>th</sup>** Friday of each month **10.30-12.30**

**WALK & TALK** Stanwick Lakes NN9 6GY  
**1<sup>st</sup>** & **3<sup>rd</sup>** Tuesday of each month **1- 3pm** (*Parking is free*)

**WALK & TALK** Whittlebury - starting from The Fox & Hounds, NN12 8XJ  
**2<sup>nd</sup>** Wednesday of each month **11am**

**WALK & TALK CORBY** East Carlton Country Park, LE16 8YF  
*For those with long term health conditions and their carers!*  
**3<sup>rd</sup>** Tuesday of each month **1 – 3pm**

## **CINEMA GROUPS** (*Ticket + 1 hot or soft drink included*)

**1<sup>st</sup> Tuesday** afternoon each month, held at alternating **Cinema Venues in the County**  
(Time and Film confirmed nearer the date contact the Admin Team!)

**2 January – SAVOY** Cinema Corby, **6 February – VUE** Cinema Northampton

**5 March – CINEWORLD** Rushden Lakes and **ARC** Cinema Daventry

**2 April – ODEON** Cinema Kettering

## **WALKING FOOTBALL**

**Quinton House School Sports Centre NN5 4UX**

(In partnership with Northampton Town Community Trust)

**Fun and gentle exercise for all. Carers and families' welcome!** (*Includes refreshments*)

**DATE & TIME CHANGES FOR 2024, PLEASE CONTACT ADMIN TEAM FOR LATEST DETAILS!**

## **PAINTING OR PAINTING BY NUMBER SESSIONS**

**The Anne Goodman Centre for Carers, 123 Midland Road Wellingborough NN8 1LU**

**1<sup>st</sup> Monday** of each month **1 – 3pm**

For more information on any of the above contact Northamptonshire Carers Admin  
Team: 01933 677907 Option 1 or email [admin@northamptonshire-carers.org](mailto:admin@northamptonshire-carers.org)

# Northamptonshire Carers

## CAFÉ DROP-IN

Dates for January - April 2024

### NORTHAMPTON

Broad Mead Church,  
Broadmead Ave.  
Northampton NN3 2QY

1<sup>st</sup> Tuesday of the month

10.30am – 12.30pm

2 Jan, 6 Feb, 5 March & 2 April

### KETTERING

St Andrews Church Rooms  
Crown Street  
Kettering NN16 8DU

2<sup>nd</sup> Tuesday of the month

10.30am – 12.30pm

9 Jan, 13 Feb, 12 March & 9 April

### WELLINGBOROUGH

The Anne Goodman Centre for Carers  
123 Midland Road  
Wellingborough NN8 1LU

3<sup>rd</sup> Tuesday of the month

1 – 3pm

16 Jan, 20 Feb, 19 March & 16 April

### CORBY

Stuart Road NHFT  
Stuart Road  
Corby NN17 1RJ

4<sup>th</sup> Tuesday of the month

1 – 3pm

23 Jan, 27 Feb, 26 March & 23 April

### DAVENTRY

Holy Cross Church Hall,  
Church Square, Daventry NN11 4BL

1<sup>st</sup> Thursday of the month

10.30am – 12.30pm

4 Jan, 1 Feb, 7 March & 4 April

### OUNDLÉ

Baptist Church, No 1 St Osyths Lane  
Oundle PE8 4BG

4<sup>th</sup> Thursday of the month

1 – 3pm

25 Jan, 22 Feb, 28 March & 25 April

Join us for a break, enjoy refreshments, chat with a Carer Advisor, Peer Supporters and other Carers. Get information, advice and support.

Carers are welcome to bring along the person they care for, a friend or a family member.

For more information about the drop-in cafes contact Cathie Ielapi.

Tel: 01933 677907 Option 1 or email [cathiei@northamptonshire-carers.org](mailto:cathiei@northamptonshire-carers.org)

# Northamptonshire Carers

## CARER SUPPORT DROP-INS

### DESBOROUGH & ROTHWELL

Desborough Library Meeting Room  
High Street, Desborough NN14 2QS  
3<sup>rd</sup> Weds of the month  
1.30 - 3.30pm

### SAXON SPIRES & LONG BUCKBY

Community Hall, Brixworth Library  
Spratton Road, Brixworth NN6 9DS  
1<sup>st</sup> Tuesday of the month  
1.30 – 3pm

### Drop-ins Supported by Northamptonshire Carers -

#### ROADE

St Marys Church Hall  
Church End, Roade NN7 2NP  
1<sup>st</sup> Monday of the month  
10am – 12noon

#### BLISWORTH

Baptist Church Rooms, Coffee House  
Chapel Lane, Blisworth NN7 3BU  
3<sup>rd</sup> Tuesday of the month  
10am – 12noon

#### MAWSLEY

The Centre at Mawsley  
9 The Green  
Mawsley NN14 1GY  
4<sup>th</sup> Wednesday of the month  
2 – 3.30pm

#### ROYAL PARKS

Kingsthorpe Community Centre  
Thornton Hall Close, Off Mill Lane  
Kingsthorpe NN2 6PT  
2nd Tuesday of the month  
2.15 – 3.45pm

#### TOWCESTER

169 Watling Street  
Towcester NN12 6BS  
3<sup>rd</sup> Tuesday of the month  
12 – 1pm

Join us at one of our Carer's Drop-ins for a break, enjoy light refreshments and a chance to chat with Carer Advisors and other Carers. Information, advice and support available as required. Carers are welcome to bring along the person they care for, a friend or family member. Pop in between the times advertised for a short while or for the whole session, which ever you prefer. Venues are fully accessible. After the initial session we hope to have guest speakers, fun quizzes, activities and visiting GP staff.

For more information on the drop-in sessions,  
please contact Northamptonshire Carers Admin Team  
01933 677907 Option 1 or email [admin@northamptonshire-carers.org](mailto:admin@northamptonshire-carers.org)

# NORTHAMPTONSHIRE CARERS

## WALK & TALK GROUP WHITTLEBURY

Come and engage in a natural environment, walking at your own pace, make new friends, chat with people who understand your Caring role.

**2ND WEDNESDAY OF EVERY MONTH**

**11am**

**Meeting at: The Fox & Hounds,  
44 High Street, Whittlebury NN12 8XJ**

**Carers with their cared-for are welcome  
Call number below to book or just turn up**

**A drink will be provided**

**For more information contact  
Northamptonshire Carers admin team  
01933 677907 Option 1  
or email: [admin@northamptonshire-carers.org](mailto:admin@northamptonshire-carers.org)**



# NORTHAMPTONSHIRE CARERS



**PAINTING OR  
PAINTING BY  
NUMBERS SESSIONS**

**1st Monday of each month**

**1 - 3pm**



at

**The Anne Goodman Centre for Carers  
123 Midland Road  
Wellingborough  
NNS 1LU**

FOR MORE INFORMATION AND TO BOOK A PLACE CONTACT THE ADMIN TEAM:

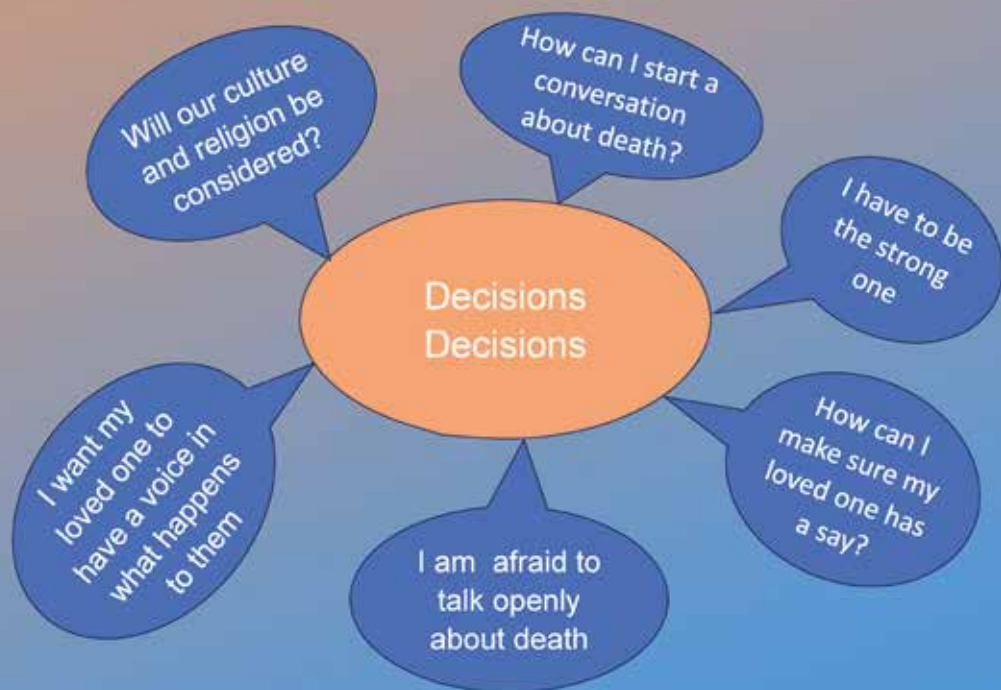
PHONE 01933 677907 OPTION 1

EMAIL [ADMIN@NORTHAMPTONSHIRECARERS.ORG](mailto:ADMIN@NORTHAMPTONSHIRECARERS.ORG)



## Are you looking after someone who is approaching the end of their life?

Northamptonshire Carers  
offers emotional support and help  
with practical issues and planning



Please call our Support Line **01933 677907** Option 2  
email: [carers@northamptonshire-carers.org](mailto:carers@northamptonshire-carers.org)  
or complete an online referral form at:  
<https://www.northamptonshire-carers.org/carer-referral>



## **FORMER CARERS GROUPS 'NEW HORIZONS'.**

**There are currently three monthly meetings designed for Carers who have recently lost a loved one in Northampton, Rothwell and Wellingborough. You are welcome to attend one or all of the meetings.**

**As well as coping with the loss of the person you looked after, you may also be in a caring role for someone else and you are struggling to find the time to grieve. Whatever your circumstances we will offer you a warm welcome so please join us and chat with others in a similar situation.**

**New members always welcome**

**Times 10.30am – 12.30pm**

**For further details look at our website or call Northamptonshire Carers:**

**Tel: 01933 677907, option 1**

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

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





## PARENT CARERS

The Northants Parent Forum Group (NPFG) is an independent, parent-led group formed and run by volunteers.

It represents the views of families of children and young people (up to aged 25) with special education needs and/or disabilities (SEND) in West and North Northamptonshire.

The NPFG works in partnership with service commissioners and providers. They share the knowledge and experiences of families to help plan and develop the quality, range, and accessibility of local SEND provision.

This kind of participation and co-production creates better outcomes for families.

Membership is free, and open to all parents and carers of children with SEND in Northamptonshire.

Email address West Northants - [west@npfg.co.uk](mailto:west@npfg.co.uk)

Email address North Northants - [north@npfg.co.uk](mailto:north@npfg.co.uk)

Website: <https://www.npfg.co.uk/>



The screenshot shows the NPFG website homepage. At the top, there is a navigation bar with links for Home, About Us, Engagements, Membership, and Contact Us. Below the navigation bar, the main content area features the NPFG logo and a heading "Parent Participation in Northamptonshire". The text describes the group as an independent parent-led group formed and run by volunteers to represent the views of all families of children and young people up to aged 25 with special education needs and/or disabilities (SEND) in West and North Northamptonshire. It also mentions that they work in partnership with service commissioners and providers, sharing knowledge and experience of families to help plan and develop the quality, range and accessibility of provision, creating better outcomes for families through participation and co-production. A pink circular button with the text "need advice or support?" and a right-pointing arrow is located in the bottom right corner of the main content area.



**SENDS 4 Dad** is a support group for dads/male carers who have a child with special educational needs and/or a disability.

There is a no requirement for a diagnosis and the child can be of any age including adulthood.

The main aim of the group is to:

- Provide social opportunities for dads/male carers to get together with people in similar circumstances
  - Ensure members have access to social media avenues to discuss issues/celebrate successes
  - Look at events for the family or for dads/male carers to bond with their children in an environment where there are other dads which makes them more comfortable in their own environment.

To do this we run regular events in Northampton which include:

- Weekly activities club at the Frank Bruno Foundation
  - A monthly social night
- Monthly breakfast morning at Café Track on Northampton market square
  - Other events

For more information go to any of the following of our pages on Facebook We would like to set up a group wherever it is needed in the community, enabling us to provide further services.

SENDS 4 Dad Main Page

Northampton SENDS 4 Dad

Kettering SENDS 4 Dad

Corby SENDS 4 Dad

We have a website: [www.sends4dad.org.uk](http://www.sends4dad.org.uk)

You can also e-mail us on the following: [sends4dad@gmail.com](mailto:sends4dad@gmail.com)

Please see the SENDS 4 Dad Facebook page for further details or email [sends4dad@gmail.com](mailto:sends4dad@gmail.com)





## **Northamptonshire Carers, Parent Carer support**

A Parent Carer is someone aged over 18 who has the parental responsibility to provide care or support to a child with a special educational need or disability (SEND) or a long term physical or mental health condition.

Northamptonshire Carers has experience of supporting Parent Carers and will provide you with this support, taking into account the impact of the young person's special educational need, disability or health condition on you as a Parent Carer.

You may have heard the term 'Carers Assessment' in the media or been advised to have one by a doctor, or social worker etc. but you may be unsure what one actually entails?

Firstly it is not a way of judging you as a parent: it is an opportunity for you to have a conversation with someone 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 yourself. It is not about imposing things on you but it will hopefully present you with options that can help you in your caring role.

Parent Carers are welcome to attend most of our regular Carers Groups & activities, however, we have two dedicated Carers Support Groups for Parent Carers, 3<sup>rd</sup> Thursday in person and online via zoom 1<sup>st</sup> Thursday.

For further details or log in details please contact the office on 01933 677907, option 1 or [admin@northamptonshire-carers.org](mailto:admin@northamptonshire-carers.org)

**Meet third Thursday of the month between 10.30am and 12 .30pm at:**

### **Parent Carers Group, Kettering**

Kino Lounge, Market Place,  
Kettering  
NN16 0AJ

**15<sup>th</sup> February & 18<sup>th</sup> April**

### **Parent Carers Group, Corby**

Saxon Crown Weatherspoons  
Elizabeth Street, Corby  
NN17 1FN

**18<sup>th</sup> January & 14<sup>th</sup> March**

## 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.



**NORTHAMPTONSHIRE CARERS  
HERE TO SUPPORT YOU**



# Northampton & Kettering General Hospitals **NHS**

**Carer Support Workers based at both hospitals (NGH & KGH)**



- **Make a positive difference to the lives of informal Carers/patients who experience a journey through the hospital system.**
- **Support with navigation from admission to home.**
- **Support informal Carers who may find themselves in hospital, leaving their loved ones at home.**
- **Offer emotional support, practical advice and information, liaise with other hospital teams/professionals, support with discharge and refer for Carers Assessments/further support post discharge where appropriate.**
- **Support with end of life and the weeks/months following bereavement.**

All carers are welcome to access this service  
To speak to The Hospital Carer Support Service call:  
**Telephone number - 01933 677907 - select option 6**  
Please also see our website for more information  
[www.northamptonshire-carers.org](http://www.northamptonshire-carers.org)

## Dementia Care Advice Service and Activities.

Northamptonshire Carers provide many services for those living with dementia and their Carers. The Dementia Care Advice Service is there to provide support for people living with any type of dementia (and memory problems) and their Carers and family. We continue to carry out Statutory Carers Assessments and these can be done either face to face, at a place of your choice, or on the telephone.

Our website is up to date with lots of Dementia related information, factsheets and newsletters.

We continue to work alongside the Memory Assessment Teams to support those going through a diagnosis as well as offering accessing to ongoing support.

We have Memory HUBS in Corby, Burton Latimer, Wellingborough, St Crispin's in Northampton, Towcester, Oundle and Daventry.

For those living with Dementia under 65 years, we have an Early Onset Memory Hub at St Crispin Community Centre. Each group has one or more sessions running each week. Members really enjoy attending and joining in with the all the activities and they tell us they feel part of a very supportive and friendly group. Referrals for these clubs come from the Memory Assessment Teams.



We have opened Dementia Activity groups in Rushden, Northampton, Moulton, and Wellingborough.

These groups are growing in numbers and a couple have now reached their capacity and have waiting lists. Participants are really enjoying their experiences and feeling a sense of belonging in a group where everyone understands each other.

To find out more or if you wish to join any of these groups please contact us on:

Tel: 01933-677907, option 1

E-mail us at [dementiateam@northamptonshire-carers.org](mailto:dementiateam@northamptonshire-carers.org)

Website [www.northamptonshire-carers.org](http://www.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.**

**Who is it for? People who care for an older person who lives with them in Northamptonshire.**

**• How much does it cost? £20 per hour**

**For further details contact the Access Team on 01604 611200 or email: [access@ageuknorthants.org.uk](mailto:access@ageuknorthants.org.uk)**



## TuVida (formally 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.

In some situations, carers will need to have had a carers assessment for a referral to be made.

The services operate 24 hours a day, 7 days a week.

For more information, please contact us:

Email: [referrals@tuvida.org](mailto:referrals@tuvida.org)

Telephone: 01908 260444 (between 9am and 5pm)

## ICAN Groups

Integrated Care Across Northamptonshire (ICAN) groups aim to help people with long term conditions choose well, live well and stay well. At each meeting there is:

- Clinical advice and guidance from experts
- Education and information from guest speakers
- Wellbeing activities and exercise
- Peer support and friendship

### Kettering Diabetes Group



We meet on the first Tuesday of the month, 10am to 1pm at The Corn Market Hall in Kettering NN15 7QA. Lunch and refreshments provided, carers are very welcome. Come along to learn more about Diabetes, exercise and meet others who understand. To book a place or find out more, please contact Northamptonshire Carers on 01933 677907 or email [ican@northamptonshire-carers.org](mailto:ican@northamptonshire-carers.org)

### Wellingborough Diabetes Group



We meet on the 4<sup>th</sup>/5<sup>th</sup> Tuesday of the month, 10.30am to 1.30pm at Northamptonshire Carers, Midland Road, Wellingborough NN8 1LU. Lunch and refreshments provided, carers are very welcome. Come along to learn more about Diabetes, exercise and meet others who understand. To book a place or find out more, please contact Northamptonshire Carers on 01933 677907 or email [ican@northamptonshire-carers.org](mailto:ican@northamptonshire-carers.org)

### Pumped Up!



Pumped Up! is a support group for people living with Heart Failure or who have had a heart attack. Lunch and refreshments are provided, 1 carer per person please. Access to this group is by medical referral only, please speak to your GP to be referred.

The **Daventry** group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month 12.20-3pm at Reach for Health, Stefan Hill Ground, Western Avenue, Daventry NN14 4UD.

The **Northampton** group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month 10.30am-1.30pm at Sikh Community Centre & Youth Club (SCCYC), 35-37 St James Mill Road, Northampton NN5 5JW

The **Wellingborough** group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month 11.30am-2.30pm at Waendel Leisure Centre, Thomas Street, Wellingborough NN8 1DZ

The **Kettering & Corby** group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month 11am - 2pm at St Botolph's Church Rooms, Kettering NN15 6SR

For more information, you can contact Lisa Judge on 07706 321427 or email [LisaJ@northamptonshire-carers.org](mailto:LisaJ@northamptonshire-carers.org)





## Who are Community Companions?

Our companions are volunteers who provide a befriending role to the family by offering companionship to those with support needs enabling the carer to take some time away from their caring role, whilst having peace of mind knowing someone is at home, *please note as volunteers they are unable to provide personal hands-on care*. Your community companion will usually visit on a bi-weekly basis for up to 3 hours. Visit [www.northamptonshire-carers/community-companions](http://www.northamptonshire-carers/community-companions) for more information

## When is Community Companions available?

The service is volunteer dependent and can be available between the hours of 9am and 9pm Monday to Sunday.

## How do I gain support from Community Companions?

You may be referred to the service by a Carer Support Worker following a full Carers Assessment. For more information call 01933 677907, option 2 or email us on [communitycompanions@northamptonshire-carers.org](mailto:communitycompanions@northamptonshire-carers.org)

## What happens next?

Once you have been referred one of our volunteer co-ordinators will be in touch to register and make sure Community Companions is the right support for you. Once we have a volunteer available in your area a visit will be arranged to get to know a bit more about your family. If this goes well an introductory visit will be arranged with the volunteer. If following this, you and the volunteer are happy to continue we will arrange a time for a first visit.

## Meet some of our volunteer companions...



This service is funded by



Northamptonshire Carers is a Registered Charity No. 1061417.



Community Law Service is a registered charity and an independent specialist social welfare advice provider. The aim of the organisation is to improve the health and wellbeing of local residents through tackling social and financial exclusion, alleviating poverty and advancing education. This is achieved through the provision of specialist advice, casework and representation currently in the fields of Welfare Benefits, Debt, Financial Capability, Energy Advice Housing and Immigration.

The type of advice available varies dependent on location and funding but includes the following:

- **Benefit Advice** such as assistance with complex claim forms, advice on changes in circumstances and challenging benefit decisions, including tribunal representation.
- **Debt Advice** including drawing up financial statements, negotiating with creditors and the administration of Debt Relief Orders or Bankruptcy.
- **Fuel Poverty Advice** which includes Money advice (benefits/debt), Tariff checks, Home Energy Assessments, Emergency Credit for Prepayment Meters (subject to eligibility), Access to energy company schemes and potential funding for boiler replacements/repairs.
- **Housing Advice** including advice for people who are at risk of possession proceedings, advice on rent/mortgage repossessions, eviction warrants, reviewing of unsuccessful homelessness applications and succession of tenancy (advice on finding accommodation is not available)
- **Immigration Advice** (please note some immigration work is subject to a low cost fee) including Family reunion, EU worker rights, Nationality and Visa Applications.

Appointments are available at various locations in the county.

CLS can be contacted by:

Telephone - 01604 621038. This telephone line is open Monday - Thursday 10am - 2pm and Fridays 10am - 1pm.

Email - [enquiries@communitylawservice.org.uk](mailto:enquiries@communitylawservice.org.uk)

For more information or to make contact visit their website:

<https://www.communitylawservice.org.uk/>

If you are interested in attending a group, please contact the group facilitator:



**Northampton**  
077 1811 5855 Mary

**Towcester**  
077 0851 0145 Sue

**Kettering and countywide**  
075 9688 7946 Tanya



## Northamptonshire Local Services

Activities and support for people affected by dementia

If you need dementia support, we're here for you.

T: 0333 150 3456

W: [alzheimers.org.uk/support](http://alzheimers.org.uk/support)

[alzheimers.org.uk](http://alzheimers.org.uk) | [northamptonshire@alzheimers.org.uk](mailto:northamptonshire@alzheimers.org.uk)

Alzheimer's Society operate in England, Wales and Northern Ireland. Registered charity No 296645.

## Memory Matters

Keeping an active social life is key to helping someone with dementia feel happy and motivated. Our activities include something for everyone and are respectful, creative, innovative, multi-sensory and fun. They are supported by skilled staff encouraging someone with dementia to do something creative and realise their potential, improving self-esteem and reducing isolation.

Caring for someone with dementia can be extremely difficult, so having emotional support and practical advice from someone who understands what you're going through might be life changing.

Memory Matters offers a reassuring, confidential and safe place to talk to others about how dementia affects your life. Come along and make new friends, share experiences and be honest, without fear or embarrassment. Get tips from group members on how to support someone with dementia, as well as how to keep looking after yourself and have your questions answered by our skilled, compassionate and experienced staff who run the sessions.

### Northampton

**Every 2nd Wednesday of the month 10.00am – 12.00pm**

This group is for the carer and person living with dementia

### Kettering

**Every 4th Tuesday of the month 10.00am – 12.00pm**

This group is for the carer and person living with dementia

### Towcester

**Every 3rd Tuesday of the month 1.30pm – 3.30pm**

This group is for the carer and person living with dementia

### Countywide virtual Zoom group

**Every 3rd Tuesday of the month 11.30am – 1.00pm**

This group is a virtual group for the carer peer-to-peer support

## Singing for the Brain

Bringing people together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a wide variety of songs.

Groups are running in **Kettering, Corby, Northampton, Greens Norton and Countywide virtually on Zoom.**

For more information please contact Gordon Baxter  
**07595 968240**

[northamptonshire@alzheimers.org.uk](mailto:northamptonshire@alzheimers.org.uk)



## Assess if you need to pay for care

You may need to contribute to your care and support unless it's shown you cannot afford to do so.

If you have:

- **more than £23,250 capital** (savings and investments), you will need to pay for all of your care services as a self-funder - assessments for your care needs are available through us if you need further support
- **less than £23,250 capital**, we will assess your needs and what you can afford to pay, considering living expenses - you will need to provide details of all your finances when you request an assessment

## Free care and support

You are entitled to **free care and support** without an assessment if you:

- have substantial and on-going health needs - you may be eligible for NHS Continuing Healthcare funding towards the cost of your health needs
- are currently registered under section 117 of the mental health act

## Value of your home

We will consider the value of your home as a capital asset.

The value of your property is excluded, even if your stay in a residential or nursing home is permanent if your spouse or partner continues to live in the property.

It is also excluded if a close relative or family member you are responsible for is living in the property, and you can demonstrate that they have lived there continuously before you entered residential care, and they are someone:

- aged 60 years or over
- aged 16 years or under and is a child you are liable to maintain

- remaining in your property with a disability and has proof of benefit entitlement or medical evidence due to their incapacity

## Benefits

As part of the assessment, we offer a benefits review. If you are entitled to additional benefits, you will be expected to claim these and we can help you to claim them.

We provide some benefits, including Council Tax Support and Housing Benefit in some circumstances. The government provides other benefits to help you pay for any care and support:

- Attendance Allowance (if you are over 65 years old)  
call 0800 731 0122
- Personal Independence Payment (if you are under 65 years old) call 0800 917 2222

## Deprivation of assets

You are free to spend your income and assets as you wish, including making gifts to friends and family. However, you must pay your fair contribution towards care and support costs.

If you give away your home, savings or other assets before going into a care home (or when you are already living in one), we will investigate the circumstances very closely.

If you sell an asset at less than its true market value, we must investigate that too.

Depending on the circumstances, we will either:

- assess you as still owning the assets
- make the person you gave or sold the asset to contribute towards your fees

We may investigate to determine whether deprivation of assets has occurred. This can include Land Registry checks, credit searches and requesting copies of bank statements.

## Paying for care in residential and nursing homes

A residential care home offers personal care to people who are unable to manage at home despite having support and need much higher levels of security and care. Personal care includes bathing, feeding, dressing, and help with moving about.

A nursing care home has qualified nurses on site 24 hours a day, 7 days a week to deliver care as needed.

If the Council are helping to fund it, you can choose which care home you prefer within reason. However, we must first agree the home is suitable and it would not cost more than would normally be paid for a home that meets your needs.

## Financial assessment

You are free to make your own arrangements if you can afford the long-term cost.

However, it is worth asking us to review your care needs and complete a financial assessment, because it might fund some or all of your care costs.

In the financial assessment, we will consider the income and assets you own to work out if you need to contribute. We will make sure you are left with a 'Personal Expense Allowance' of £28.25 a week, set by the Government for 2023/24.

## Deferring payment

If you own a property, you can ask us to lend you the money to pay for your fees by using a deferred payment scheme.

## Paying for care in your own home

Care in your own home is also known as community-based care.

The 3 types are:

- **Home care services:** helping people with daily living tasks such as getting in and out of bed, washing, dressing or going to the toilet - often referred to as either 'domiciliary' or 'home care'
- **Direct payments or personal budget:** an allowance from the council to buy services to meet eligible care and support needs that are not being met - it can be managed yourself, by the council, or your chosen service or care provider
- **Day centres:** for adults who can no longer live independently, or are isolated and lonely - they allow people to socialise with others while receiving care services and offer caregivers a break from caregiving duties

## Financial assessment

Customers requiring care are financially assessed and expected to contribute towards their care costs, where they can.

We will consider your income and savings, as well as expenses associated with disabilities and your housing situation.

## Protected income

We will make sure that you have enough money, or protected income, to live on after paying your contribution. This is based on the amount that the government says you need to live on.

## Disability related expenditure

Disability related expenditure covers costs related to disability, illness or physical or mental frailness. They aren't covered under your protected income and we will make allowances in the financial assessment for these.

## Successful applications

Once we have completed your assessment, we will confirm the weekly contribution you are expected to pay towards your care costs.

You will have a choice to make:

**Option 1:** We will arrange services for you and pay the service providers (e.g. your day centre). You will pay your contribution to us, usually by Direct Debit.

**Option 2:** You arrange and pay the service providers directly (e.g. a personal care provider). We will deposit your direct payment onto a pre-paid card account and is worked out as follows:

- Personal budget **minus** your contribution **equals** your direct payment from us

For North Northamptonshire Council use the link:

[Request an assessment | North Northamptonshire Council \(northnorthants.gov.uk\)](#)

And for West Northamptonshire Council use the link:

[Will I have to pay for my care? - Adult social services - West Northamptonshire](#) and for the online financial assessment form and welfare benefits calculator use [BetterCare West Northamptonshire](#)

# Northamptonshire Carers

01933 677907

Option system

123 Midland Road  
Wellingborough NN8 1LU

Open  
Monday –  
Friday

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

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

## FOR NEEDS & ASPIRATIONS

**SERVE**

01933 315555 **MONDAY – THURSDAY**

**10 A.M. – 3 P.M.**

Or email [ruth.moore@serve.org.uk](mailto:ruth.moore@serve.org.uk)

