

Information for Carers

LOCAL SUPPORT FOR CARERS

Below is a list of organisations which provide support for carers.

First Contact – Stockton Borough Council

First Contact is the access point for Stockton Borough Council's Children, Education and Social Care services. Helps people access the service they need. Can also advise on more suitable agencies and provide contact numbers if possible.

First Contact Team

Bath Lane
Stockton-on-Tees
TS18 2DS

Telephone: (01642) 527764

Minicom: (01642) 527769

Telephone lines open 8.30am to 5.00pm Monday – Thursday
8.30am to 4.30pm Friday

George Hardwick Foundation Stockton Carers' Centres

Provides advice and information on:

- Benefits and finance
- Getting the most from health & social care services
- Respite care
- Illnesses and disabilities
- Regular news about everything to do with caring

Personal Support

- One to one support
- Group support
- Coping with bereavement and loss
- Counselling

Personal development and relaxation therapies

- Carers' rights
- Courses to gain more skills and develop interests
- Complimentary therapies

Carers Card

Identification card for emergency response

Cardholders receive discounts on goods and services from a range of retail outlets.

Stockton Carers' Centre (George Hardwick Foundation)

23-27b Bishopton Lane
Stockton-on-Tees
TS18 1PS

Telephone: 0845 3025523

Opening times: 9.00am to 4.30pm Monday to Friday

North Tees Centre for Carers & Patients (George Hardwick Foundation)

University Hospital of North Tees
Hardwick Road
Stockton-on-Tees
TS19 8PE

Telephone: 0845 3025524

Opening times: 8.45am to 7.00pm Monday to Friday

Advocacy Services

Provide help and support to express your views or can speak on your behalf.

Advocacy Information Foundation

Southlands Centre
Ormesby Road
Middlesbrough
TS3 0HB

Telephone: (01642) 327583 ext. 324

Citizens Advice Bureau

Bath Lane
Stockton-on-Tees
TS18 2DS

Telephone: (01642) 607445

National Youth Advocacy Service (NYAS)

An independent and confidential freephone for young people needing advice and representation

Telephone: 0800 616101
Send a text message to: 0777 333 4555
E mail: help@nyas.net
www.nyas.net

Age Concern

Provides advice, information, benefits information and social activities.

Age Concern
98 High Street
Stockton-on-Tees
TS18 1BD

Telephone: (01642) 633100

Alzheimer's Disease Society

Provides practical help, a listening ear and emotional support for carers caring for people with dementia. Also provide information, counselling and training opportunities. Younger persons Day Club

Alzheimer's Disease Society
Teesside Branch
1st Floor
55-57 Albert Road
Middlesbrough
TS1 1NG

Telephone: (01642) 655688

Avalon (Sitting Service)

The Sitting Service is a free service, operating in the Teesside area, enabling carers to have short breaks, supporting the people they care for either in the home or within a community setting. It is designed to enable carers to do things the rest of us take for granted e.g. shopping, dental appointments, or the opportunity to just put their feet up and relax. The service is to be used ad-hoc, as and when needed.

For more information please ring (01642) 633556 and ask for the Sitting Service.

Blind Voice

Provides emotional support for carers and counselling and support for carers and the cared for person as they come to terms with sight loss.

Blind Voice UK
27 Yarm Road
Stockton-on-Tees
TS18 3NJ

Telephone: (01642) 803590

Bridges (open 6 days a week)

Provides support for Carers/Grandparent Carers/Young Carers/Sibling Carers and any other Carer who is caring for someone affected by drugs or alcohol. Social support, advocacy, 24 hour help line, information, respite breaks, alternative therapies and emotional support. Support Grandparent Carers and also offers a children's counselling service. All carers have an assessment of their needs and a support plan.

The service provides

- advice & information
- one to one support
- group support
- home visits
- crisis intervention
- counselling – adults and children

- education & training opportunities
- alternative therapies, holistic & beauty therapies
- advocacy
- respite breaks
- free gardening service

Bridges
5 Ramsgate
Stockton-on-Tees
TS18 1BS

Telephone: (01642) 605222 Freephone: 0800 052 2050 (24 hours)
E mail: bridgesfamily@btconnect.com

Broadacres Home Improvement Agency (Handyman Service)

Provides a small household repair and home safety service for older and disabled people with no call out charges and free advice.

Home Improvement Agency

Telephone: 0845 200 8646
Fax: 01609 777017

Cleavearc (Dementia Support and Training)

- Training for carers who care for Alzheimer's sufferers.
- Dementia Café: **Fusion Café** is a monthly event, the last Friday of every month. Offers people with memory problems and their carers an enjoyable time with others in the same situation as themselves. Promotes an atmosphere that offers acceptance, recognition and support where needed (and cream cakes!)

Cleavearc
Kirkdale,
Radcliffe Crescent,
Teesdale,
Stockton-on-Tees
TS17 6BS

Telephone: 01642 352744 or 01642 611110

Drop In Stroke Centre

- advice or information related to strokes
- exercise classes
- speech group
- help with everyday activities at home, equipment and home adaptations
- general advice and help applying for financial support
- explore a leisure, social or work activity

Every Wednesday from 1.00pm to 3.00pm

The Independent Living Centre
Tithebarn House
High Newham Court
Hardwick
Stockton-on-Tees
TS19 8RH

Telephone: 01642 524750

Eastern Ravens Trust – Support for Young Carers

Aims to support children and youths who are carers from the Stockton area, who are experiencing social isolation.

Eastern Ravens Trust
Newton Community Resource Centre
Durham Road
Stockton-on-Tees
TS19 0DE

Telephone: (01642) 678454

Email: judySykes@easternravenstrust.org

Elderly Frail & Older Carers Group

Supports older carers and former carers over the age of 55. Enables carers to have a better quality of life by enabling them to have some free time to relax, take part in trips, gentle walks, visits to the theatre and other activities of choice.

Elderly Frail & Older Carers Group
c/o George Hardwick Foundation Stockton Borough Carers Resource Centre
23-27b Bishopton Lane
Stockton-on-Tees
TS18 1PS

Telephone: (01642) 739955

Hindu Cultural Society

Provides day care for Hindu elders, offering activities such as keep fit, relaxation, healthy living groups, the opportunity for prayer, and outings as well as a three-course vegetarian Asian meal. Members who are not able to attend will have their meals delivered. Support for carers' and offers a day trips service.

Hindu Cultural Society
54 Westbourne Grove,
North Ormesby
Middlesbrough
TS3 6EF

Telephone: (01642) 218428 or (01642) 819222

Independent Living Centre (Equipment to help with disability)

An equipment demonstration service where you can try disability equipment so that you can decide which things are right for you before buying.

There are people available to help you find just what you need. The Centre is not just for people with disabilities but it also supports carers.

You can try different pieces of equipment and choose what is right for you. You can be given information on what is available, including information on disability benefits. Support and Information provided at may help clients to develop your

independence, or maintain the skills they already have.

Open to the public by appointment on Wednesdays, Thursdays and Fridays.

Independent Living Centre
Tithebarn House,
High Newham Court,
Hardwick,
Stockton on Tees
TS19 8RH

Telephone: 01642 528467

Email: silc@stockton.gov

Integrated Mental Health Services

Provide information, advice and support to Carer (a Carer can be a Parent, Guardian, Relative, Partner, Friend, Neighbour, Young Person or Child) who provides care, on a regular basis, for someone experiencing Mental Health Problems.

The Carers' Services Co-ordinator also works with individual Carers and Carers' Groups in a way that promotes their active involvement, and participation, in developing and improving local Mental Health Services.

Integrated Mental Health Services

Carers Services Co-ordinator
Clifton House
Teesdale South
Thornaby Place
Stockton on Tees
Tees Valley
TS17 6SD

Telephone 01642 352860

The LINK

A Carers Support Service for anyone who supports someone with mental health needs.

Provides:

- assessment of the services the LINK can provide for the individual carer
- practical, emotional and social support
- home visits
- support in a crisis (rapid response & after hours service)
- education in mental health issues
- employment training
- social activities
- information about other carer groups
- campaigns to raise awareness of mental health issues
- trains doctors, nurses, social workers and educators for carers groups
- carer support workers have dongle connection to internet for immediate access to information for carers in any situation

For more information contact Dee Clarke on 0795 2792 231

New Directions (Lighthouse Centre) Drop in Centre

Drop in Centre provides emotional support and information for people over 16 years who suffer from mental health problems and their carers.

Lighthouse Centre
34 Yarm Road
Stockton-on-Tees
TS18 3NG

Telephone: (01642) 647086

Opening times: Monday, Tuesday, Thursday 2pm to 9pm
Saturday, Sunday 1.00pm to 5.00pm
Wednesday, Friday - office only - 10.00am to 4.00pm

Shopmobility

Although does not provide specifically for carers provides support service for vulnerable people to go shopping or to other activities in Stockton town centre through the provision of wheelchairs, scooters and also provides an escort service. Clients also provided with information and leaflets and signposted to other support organisations.

Shopmobility
3-5 Bridge Road
Stockton-on-Tees
TS18 1BH

Telephone: (01642) 605676
E Mail: stocktonshop@aol.com

St Johns Church Centre

Carers forum for carers of older people with mental health issues.
Held the second Saturday of every month 10am to 12 noon.

For further information telephone (01642) 352744

St Johns Church Centre
Durham road
Stockton-on-Tees
TS19 0DZ

Tees Valley Counselling Trust (TVCT)

The Tees Valley Counselling Trust offers free, confidential and specialised counselling to people who live within Tees Valley.

You must:

- have a physical disability or chronic illness that has lasted, or is expected to last, 12 months
- be a carer of such a person

- live in the area covered by the service (either you or the person you care for)

Tees Valley Counselling Trust (TVCT)
Norton Community Resource Centre
58-60 Somerset Road
Norton
Stockton-on-Tees
TS20 2ND

Telephone: (01642) 654555
Email: tvct03@hotmail.com