

Local Support for Carers

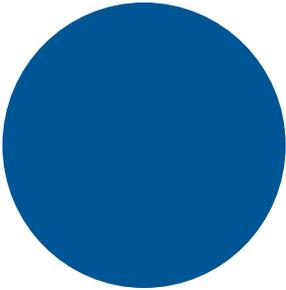
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المساندة المحلية للمعتيين

对护理人地方帮助



Middlesbrough Council

Department of Social Care

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NB: The information contained in this leaflet was correct at time of print

Introduction

This booklet holds information on carer support groups and local services that can support you in your role as a carer.

General

Sanctuary Supported Living Carers Outreach Service

The Carers Outreach service provides free confidential and independent advice to adults who care for an adult who lives in Middlesbrough.

The service is provided by Sanctuary Supported Living and can help with a variety of support including:

- Support with your Welfare Rights, to make sure you are receiving all the financial help you are allowed
- Support to access a Carers Support Plan
- Access to employment, training and volunteering
- Help to deal with letters and forms
- Referrals to other agencies to meet your needs
- Establish social contacts and activities
- Practical support such as shopping or attending appointments (only in a crisis 'one off')
- Emotional support
- Housing related issues/adaptions
- Support with budgeting and debt issues
- Information regarding respite
- Access to training courses for carers
- Support to access Carers Emergency Cards
- Advocacy

- Help with planning for the future
- Home and Health checks

Address: Beresford Buildings, The Greenway, Thorntree, Middlesbrough, TS3 9NB

Contact Tel: 01642 223999

Email: rebekah.mcclelland@sanctuary-housing.co.uk

Sanctuary Supported Living Carers Outreach Service Carers Support Group

A chance to relax with a cuppa and chat to other people with caring responsibilities. The group meets every Wednesday 10am to noon at St Aidens community centre, Middlesbrough.

Contact Tel: 01642 223999

Email: rebekah.mclelland@sanctuary-housing.co.uk

Advocacy

Middlesbrough Citizens Advice Bureau: General Advocacy

Free independent, confidential advice for people who are receiving or wish to receive services in the Middlesbrough area.

You can phone for advice or drop in

Drop-ins:

Monday: 10am – 1pm

Tuesday: 10am-1pm

Wednesday: 10am - 1pm

Thursday: 10am -1pm

Friday: 10am -1pm

Address: 3 Bolckow Street, Middlesbrough, TS1 1TH

Telephone Advice: 0844 499 4110 Mon - Fri 10am - 4pm

Email: middlesbroughcab@cabnet.org.uk

Web: www.citizensadvice.org.uk

Teesside Independent Mental Health Advocacy Service (Middlesbrough and Stockton Mind)

Independent Mental Health Advocate (IMHA) has been given specific responsibilities under the Mental Health Act to help patients who qualify for this service to understand and use their rights. An IMHA will also represent the patients' views and speak on their behalf. For free and independent advice call the IMHA service using the details below or you can talk to ward staff, your clinical or care staff.

A patient can qualify for the support of an IMHA if they are anyone who is:

- detained under the Mental Health Act (except emergency sections)
- conditionally discharged or receiving supervised community treatment
- subject to guardianship
- considering serious treatment such as neurosurgery or ECT for under 18s.

Tel: 01642 257020 (out of hours answer phone service)

Email: advocacy@middlesbroughandstocktonmind.org.uk

Web: www.middlesbroughandstocktonmind.org.uk

STAMP Revisited

STAMP Revisited provides an advocacy service for people affected by mental health issues living within Middlesbrough, Redcar & East Cleveland and Stockton-On-Tees. They provide people with mental health problems the opportunity to have a direct say in the issues that affect them and supports them to have their views heard and acted upon. Their service is free, confidential and independent of all statutory services.

Tel: 01642 837555

Email: enquiries@stamprevisited.com

Web: www.stamprevisited.org.uk

Aapna Independent Advocacy Service for BME Communities
Provide advocacy service for people from BME communities in Middlesbrough

Tel: 01642 241971

Email: enquiries@aapnaservices.org.uk

Web: www.aapnaservices.org.uk

Counselling

TalkingTherapies@tevv

Tees, Esk and Wear Valleys NHS Foundation Trust (TEVV) offers a talking therapies service helping people including carers to deal with common mental health problems such as stress, anxiety or depression, as well as panic, Obsessive Compulsive Disorder and phobias.

The service is free and confidential and is open to anyone over the age of 16 who lives in the Teesside area. Support is provided by trained professionals and is available in groups, on-line, over the phone and face-to-face.

You can access this service through your GP or by ringing the numbers given below.

TalkingTherapies@tevv – 01642 424030 or 08008048155

Email: talkingtherapies.tevv@nhs.net

Website: www.tevv.nhs.uk/talkingtherapies

Alliance Primary Care Service (Alliance Psychological Services Ltd)

This service offers a range of psychological therapies to individuals who are 16 years and over including carers. The service can help carers to overcome emotional needs that many carers experience such as: Depression, Anxiety, Stress, Relationship Difficulties, Low Self Esteem etc. and support with bereavement. Therapists are trained in a variety of therapies including Counselling, Cognitive Behavioural Therapy (CBT), Interpersonal Therapy (IPT), Solution Focused and Person Centred Therapy. This is a free service and if you contact them you will be offered an appointment that is convenient to you for a telephone or face-face initial discussion about your needs. Appointments can be arranged in a variety of settings including GP surgeries, community centres and other central locations within your area.

When telephoning please contact 01642 352747 and select option 1

Email: info@alliancepsychology.com

Web: www.alliancepsychology.com

Talking Matters- Mental Health Matters

Talking Matters offer free support for any one over the age of 16 experiencing low mood, worries, low self-esteem, stress trauma and other emotional difficulties. The service can be accessed either through your GP or by calling the free phone self-referral line or local landline number. You will be provided with an initial assessment appointment and then supported through any appropriate treatment options which may include Cognitive Behavioural Therapy or Counselling. Treatment can be provided

in many different ways including telephone support, computerised therapy programs, group courses and face to face sessions. They aim to provide a service that fits into any prior responsibilities carers may have. Appointment times can be arranged outside office hours and they work closely with community groups meaning that we can arrange appointments at locations convenient for you.

Tel: 0300 330 5470 or 01642 221910

Web: www.talkingmatters.com

Insight Healthcare Talking Therapies

Insight Healthcare is a not for profit organisation that provides a free service for people wanting help with anxiety, depression, trauma, bereavement, relationship problems and other similar difficulties throughout Teesside. This service can also offer support to carers experiencing these difficulties.

You can ask for support by phoning the number given below or your GP can make a referral for you. An initial appointment will be made at a time to suit you. This allows Insight Healthcare to get an understanding of your difficulties and to discuss the most appropriate way to provide support for you.

You will then be offered a series of 'Talking Therapy' sessions. Depending on your preference these can be either face to face at the address given below or if travel is an issue for you at your GP surgery. Alternatively you can have your sessions by telephone. (Insight Healthcare adheres to NHS confidentiality guidelines.)

Tel: 0300 555 0555

Address: Victoria House, 159 Albert Road, Middlesbrough.
TS1 2PX.

Email: tees@insighthealthcare.org

Web: www.insighthealthcare.org

Middlesbrough & Stockton MIND Psychological Therapies

Mind Psychological Therapies understand that caring for someone can bring unique challenges, and sometimes you might find it helpful to talk with someone about how these challenges make you feel and how they impact on your life. When carers spend a lot of your time focusing on the wellbeing of the person you care for accessing Psychological Therapies can be an opportunity to focus on your wellbeing.

There are different ways of supporting carers including counselling, Guided Self Help and Cognitive Behavioural Therapy (CBT). The service can help you decide which route would be most helpful for you. They provide one-to-one and group therapies from a number of venues and one to one therapies either face to face and also over the phone. Sometimes treatment can be a mixture of the two. They can support you to use self-help materials and guide you in practical exercises to improve your emotional wellbeing, having a positive impact on your day to day life.

Telephone 01642 257020

Email: info@middlesbroughandstocktonmind.org.uk

Web: www.middlesbroughandstocktonmind.org.uk/

Cruse Bereavement Care

Cruse is a national charity that provides advice, information and support to anyone who has been bereaved (children aged five and over, young people and adults), whenever or however the death occurred. The service is provided by trained, experienced volunteers and is confidential and free to clients.

Cruse provides leaflets and booklets, face to face and telephone support post-bereavement. Middlesbrough Branch offers services to clients in Stockton and Hartlepool as well, but the Drop-In is held in Middlesbrough on the 1st and 3rd Thursday of each month from 11.00 a.m. to 1.00 p.m. A series of one-to-one sessions is available, but there is a waiting list for this.

Address: 9-11 Harris Street, Middlesbrough, TS1 5EF

Tel: 01642 210284

Web: www.crusenortheast.org.uk

Families Talking - Changing Lives

Offers information sessions for adults/couples at any stage of separation or divorce. Services include information, mediation, children's counselling and parenting advice.

Address: Unit 6, Broadcasting House, Newport Road, Middlesbrough, TS1 5JA

Tel: 01642 222967

Email: families.talking@changing-lives.org.uk

Web: www.familiestalking.co.uk

Relate North East

Relate offers relationship counselling, sex therapy, counselling for young people, family counselling, education and training, domestic violence support and for carers.

Tel: 01325 461500

Web: www.relate.org.uk

Samaritans

Offers a listening ear and emotional support. Open 24 hours a day 365 days of the year.

Tel: 01642 217777 or 08457 909090

Email: jo@samaritans.org

Web: www.samaritans.org

Aapna Counselling Service

The service offers free culturally and linguistically appropriate types of talking therapies including individual sessions of Cognitive Behaviour Therapy, counselling and other specialist therapies.

Tel: 01642 241971

Email: enquiries@aapnaservices.org.uk

Web: www.aapnaservices.org.uk

Black and Minority Ethnic Services

Tees Valley Asian Welfare Forum (TVAWF)

For people caring for someone in their family. TVAWF is a registered charity that provides support, information and an opportunity to share experiences for older people in the BME community and for family & friends caring for them. All staff are multi-lingual

Their support includes:

- Advice and information on benefits and health and social care issues;
- Personal development and relaxation therapies (well-being, physical exercise programme, aromatherapy massage)
- Organising discussion groups, holding literacy sessions & arts and crafts
- Information on specific illnesses;
- Counselling;
- Day care facilities for Asian older people and people with Mental Health problems

They also have representatives on various Middlesbrough Council steering groups that assist in the development of culturally sensitive services.

Time: 10am to 2pm every Tuesday & Thursday at ACTES Resource Centre, Meath Street, Middlesbrough, TS1 4RZ.

Tel: 01642 765574

Email: tvawf@yahoo.co.uk

Aapna Carers Support Group

For BME carers of older people, people with learning or physical disabilities and mental health problems. They provide support and information and share experiences. They have representatives on various steering groups that assist in the development of culturally sensitive services. They also provide carers training and advice on Personal Budgets.

They meet monthly on Tuesdays at 2pm at International Community Centre, 7 Abingdon Road, Middlesbrough, TS1 2DP

For more information contact Anita Puri on 01642 241971 or 07812084511

Email: Anita@aapnaservices.org.uk

Website: www.aapnaservices.org.uk

Asian Ladies Group for people who are Deaf and their Carers

The Asian Ladies group is a befriending group for people who are Carers or have family members who are Deaf. The group is facilitated by Action on Hearing Loss and is supported by an Action on Hearing Loss volunteer.

The group provides support for people from BME communities who are either deaf themselves or are caring for a family member who is Deaf. They provide support to carers, teach sign language and provide information on deaf issues.

Meetings are every Monday (term time only) from 12.30pm - 2.30pm

Address: Middlesbrough Deaf Centre, North Ormesby Resource Centre, Derwent Street, North Ormesby, Middlesbrough, TS3 6JB

Email: Lisa.Rankin@hearingloss.org.uk

Sanctuary Supported Living Dementia Adviser Service

Provides free confidential and independent advice to people with dementia who live in Middlesbrough and their carers who are aged 18 years or more. The service can help with a variety of support as provided by the Sanctuary Supported Living Carers Outreach Service.

We also complete life stories/maps of life as part of the dementia service.

We provide advice and information on diagnosis and coping strategies.

We have a domiciliary/respite service as part of the dementia service which can be accessed through a personal budget and direct payments or self-funding, hourly rate applied

Address: Beresford Buildings, The Greenway, Thorntree,
Middlesbrough, TS3 9NB

Tel: 01642 223544

Email: rebekah.mcclelland@sanctuary-housing.co.uk

**Sanctuary Supported Living Dementia Adviser Service:
Dementia Advisor Service - Lunch Club**

Every 2nd Wednesday of the month, 12-3pm, at the Rudds Arms
Pub, Marton. Carers are welcome as well as people with memory
problems.

Contact: 01642 223544

Email: rebekah.mcclelland@sanctuary-housing.co.uk

**Sanctuary Supported Living Dementia Adviser Service:
Dementia Advisor Service Support Group**

Advice and information guest speakers from different agencies.
Tea, coffee and biscuits available every 4th Wednesday of the
month at St Aidens between 13:30 and 16:00pm.

Contact: 01642 223544 or

Email: rebekah.mcclelland@sanctuary-housing.co.uk

Alzheimers Society Carers Support Group

The group provides support for those who care for people with all types of dementia.

The group meets the 1st Tuesday of each month from 12.30pm to 2.30pm

For further details please ring Claire Blackwell-Jones on 01642 442030 or

Email: c.blackwell-jones@alzheimers.org.uk

Forget Me Not Carers Group

Offers mutual support and friendship to anyone who cares for someone with dementia.

Meets every 2nd Friday in every Month at Grovehill Methodist Church, Belle Vue Middlesbrough 2pm – 4pm.

For further details please ring Mirelle Hoskin on 01642 368930 or Email: mirelle.hoskin@nhs.net

Drug and Alcohol Problems

Branches

Branches is a Peer Led Support Group made up of adults who are affected directly or indirectly by a loved one's drug or alcohol problems.

Branches can offer:-

- One to One Support and Group Support
- Drop in sessions every (Monday 10am to noon, Tuesday evenings 5pm - 7pm and Thursday 10am – 1pm)
- Access to Holistic Relaxation Therapies
- Arts and Crafts Group
- Telephone Support

Address: Branches is currently based at St Mary's Centre,
Corporation Road, Middlesbrough

Tel: Branches 01642 247230 or

Carers Support Lines 07742090608 / 07934104283

Email: branchescarers@outlook.com

Website: www.mrtsupport.co.uk or contact Middlesbrough

Recovery Service for more information about Branches on 01642
232688

Hope North East

For people with drug or alcohol issues and their carers and family members.

Hope North East currently offers the following groups –

- Recovery Awareness Principles (RAP) Programme – a six week course running two mornings a week
- Acupuncture – running three times a week
- Health and Wellbeing
- Movie Night
- Baking on a Budget

- Meditation
- Open Access – Tuesday and Thursday afternoons
- Service User Development Group
- Abstinence Group
- Art Class
- Recovery Awareness Principles (RAP) Programme, part 2 – building on skills learnt in RAP Programme
- Cooking on a Budget
- Discussion Group
- Work Club
- Women's Group
- Support Group
- Counselling – available by appointment
- CAB advice – available by appointment, running twice a week

Hope North East is open Monday to Friday 8.30am to 4.30pm. Over Bank Holidays, normal groups are not available; however trips/holiday themed activities are ongoing.

To use this service please contact Hope North East, or you can be referred from Fulcrum Medical Centre, Lifeline, GPs, probation etc. We have drop-ins four times a week for new clients to attend to go through the support we can offer. Activities are not carer specific, but carers are welcome to attend if they have issues with substance misuse.

Address: Hope North East, 112-114 Marton Road,
Middlesbrough, TS1 2DY

Tel: 01642 351976

Email: Jessica.fitzgerald@hopenortheast.org.uk

Ex Carers

Ex Carers Group

This group is for people who are no longer caring at home. The group organises trips, outings and offer ex-carers the chance to make new friends and re-build their life with like-minded people who understand what they are trying to come to terms with.

The group meets on Mondays every 2 weeks at 10.30am - 12.30pm at

St Marys Centre, 82-90 Corporation Road, Middlesbrough, TS1 2RW

Tel: 01642 249456 or 01642 724057

Learning Disabilities

Middlesbrough 1st

Promoting self-advocacy and advice for carers and adults with Learning Disabilities.

Address: Breckon Hill Community Centre, Breckon Hill Road, Middlesbrough, TS4 2DS

Tel: 01642 247821

Email: middlesbrough1st@hotmail.com or

Email: lynne-middlesbrough1st@hotmail.co.uk

MAIN – Taking Autism Personally

Support and services including training for families and carers across Tees Valley of Autistic children and adults.

Contact Kelly Bainbridge on 01642 608012 or

Email: main_familysupport@iammain.org.uk

Website: www.iammain.org.uk

Erimus Carers Consultation Forum

The forum is a support group is for carers who care for an adult with a Learning Disability. The group members share experiences and the group provides information about issues affecting carers. The group arranges for regular visits from speakers who give advice and up to date information about carers' issues and about the Middlesbrough Inclusion Service. Carers are involved in discussing ideas for changing services for people with learning disabilities, provide information for local media and act as voice for carers.

The group meets every 2nd Tuesday of each month 10.30am - 12pm at Cumberland Resource Centre, 5 Chelmsford Road, Linthorpe, Middlesbrough TS5 6PH.

Contact June Stubbs on 01642 851717 or

Email: june_stubbs@middlesbrough.gov.uk

Middlesbrough Learning Disabilities Dementia Group

Support for carers of people who have learning disabilities and dementia. They meet on the 1st Tuesday of every month.

For more information contact John Reed on 01642 303903 or

Email: john.reed4@nhs.net

Mental Health

Middlesbrough and Stockton Mind Carers Support Service

This service provides free, confidential support for anyone in Middlesbrough who is caring for a relative or friend who experiences mental health difficulties. They offer:

- One to One Emotional Support
- Person Centred Support Plans
- Information and Advice
- Support Groups
- Advocacy
- Signposting to Other Organisations

The Mind Centre, 90-92 Lothian Road, Middlesbrough, TS4 2QX
Tel: 01642 257020

Email: info@middlesbroughandstocktonmind.org.uk or
carers@middlesbroughandstocktonmind.org.uk

Web: www.middlesbroughandstocktonmind.org.uk

Asperger's Family Support Group

This is a Teeswide peer support group for family and friends of adults with Asperger's Syndrome or traits of Asperger's Syndrome. The group provides an opportunity for individuals in similar circumstances to support one another and share ideas. Speakers are invited to some meetings to talk about topics of interest.

Meetings are held 6pm – 8pm, 1st Thursday in the month at Middlesbrough Intermediate Care Centre, Homerton Road, Middlesbrough TS3 8PN.

For more information contact:

- Middlesbrough and Stockton Mind Carers' Support Service on 01642 257020 or Carers Together on 01642 488977

Physical Disabilities

Parkinson's Group

For people diagnosed with Parkinson's disease and their carers. The group has guest speakers and offers information and support.

They meet on 1st Monday of each month at Linthorpe Community Centre, 468 Linthorpe Road, Linthorpe, Middlesbrough TS5 6JG

Contact 01642 815796 for more information

Headway Teesside

Providing support to local people with brain injuries, their families and carers. They meet every Friday 12noon – 2pm at Gateway, Middlehaven, Middlesbrough

For more information contact Alastair White on 07766666015 or Email: ne.regional.co-ordinator@headway.org.uk

Web: www.headwayteesside.org.uk

Multiple Sclerosis Therapy Centre

The Middlesbrough MS Therapy Centre is an independent local charity that provides a unique service of low cost therapies for MS sufferers, their carers and their families. Although MS is yet incurable, much can be done to improve the quality of life of MS sufferers.

They meet on, Tuesdays 9am – 2pm, Wednesdays 9am – 1pm, Thursdays 9am – 2pm and Fridays 9am – 2pm at Unit 31, Stadium Court, Wallis Road, Skippers Lane Industrial Estate, Middlesbrough TS6 6JB.

For more information contact 01642 461673 or
Email: middlesbroughmstc@gmail.com
Web: www.middlesbroughmsttherapy.org

Positive Strokes

Positive Strokes is a self-help support group for people who have had a stroke, their families and carers. It meets on the 1st Monday of every month 1.30pm – 4pm.

Address: Ormesby Social Club (near the Fountains Pub),
Ormesby High Street, Middlesbrough, TS7 9PB

Tel: For more information contact

01642 503865 (committee member)
01642 504726 (chair person of committee)
01642 884753 (fund-raiser) or
01642 245209 (secretary of committee)

Stroke Association Middlesbrough Information, Advice & Support Service

The Stroke Association provides free confidential and independent advice to stroke patients and their families/carers.

This service can provide a variety of support including

- Information and advice
- Support groups
- Communication support
- Emotional support
- Practical support
- Support with your Welfare benefits
- Referrals to other agencies to meet your needs
- Establish social contacts and activities
- Provide information regarding respite care
- Help with goal setting for the future

Address: Linthorpe Unit, Carter Bequest Hospital, Cambridge Road, Middlesbrough TS5 5NH

Tel: 01642 815095

Email: marie.obrien@stroke.org.uk

Web: www.stroke.org.uk

Stroke Association Communication Support Service

Provides confidential support for people who are experiencing with mild to severe communication difficulties following a stroke and their families and carers.

The service offers information and advice about Stroke including information and explanation of Aphasia and other communication difficulties. In addition it provides access to communication groups with opportunities to practice communication and gain confidence in a supportive and safe environment.

Address: Stroke Association and Communication Support Service, Linthorpe Unit, Carter Bequest Hospital, Cambridge Road, Middlesbrough TS5 5NH

Tel: 01642 817395

Email: karen.jones@stroke.org.uk

Web: www.stroke.org.uk

Teesside Spina Bifida and Hydrocephalus Trust

For people who have Spina Bifida Hydrocephalus and their carers. Trust fund offering financial help to people who have Spina Bifida or Hydrocephalus normally, only one application each year for an individual.

Contact by letter.

Address: Teesside Spina Bifida and Hydrocephalus Trust, 148 Lingfield Ash, Coulby Newham, Middlesbrough, TS8 0SU

Older People

Age UK Teesside

Provides services to people aged 50+ across Teesside offering information and advice, health & wellbeing activities services.

Address: Dorothy Rose House, 190 Borough Road,
Middlesbrough, TS1 2EH

Tel: 01642 805500

Email: front.office@ageukteesside.org.uk

Web: www.ageukteesside.org.uk

Phoenix Project

Provides a range of social activities for over 50s in Middlesbrough including Friendship Friday, Lunch and Social, Carpet Bowls, Craft n Textile. Podiatry and Theatre Trips.

Address: Age UK Teesside, Dorothy Rose House, 190 Borough Road, Middlesbrough, TS1 2EH

Tel: 01642 805500

Email: tina.bonner@ageukteesside.org.uk

Web: www.ageukteesside.org.uk

Community Service Volunteer's Retired and Senior Volunteer Programme (CSV – RSVP)

CSV 's RSVP run a weekly programme of activities , for people over 50, including the following groups: Gentle Exercise 4 locations, Walkers and Strollers, Tea Dance, Line Dancing, Friendship Groups, Lunch Club, Teleconferencing Book Club,

Reminiscence Group, Befriending, Arts and Crafts and Sporting Chance a project with physical activities, reminiscence and events for Men Only. We are also involved with One Planet Middlesbrough and have activities related to Living More Sustainably. All the groups are run by volunteers and new members are always welcome, for further information contact:

Contact: CSV RSVP on 01642 231560

Beresford Buildings, The Greenway, Thorntree, Middlesbrough
TS3 9NB

Email: rsvpmiddlesbro@btconnect.com

www.csv-rsvpte山谷.org.uk

Sporting Chance

This project is delivered by Community Service Volunteer's Retired and Senior Volunteer Programme (CSV – RSVP) and Middlesbrough Sports Development. It is project for men aged 50+ living in Middlesbrough aimed to help them improve their health and wellbeing. Activities include: badminton, table tennis, arm chair exercise, as well as reminiscence groups, outings and events in a friendly social setting for all abilities. Initial sessions are free.

Regular weekly groups:

Tuesday 10-11 am: North Ormesby Hub

Wednesday 10-11 am: Trinity Methodist Church Hall, Acklam

Thursday 10-11am: Manor Hub, Coulby Newham

If you would like to visit to find or more or ring to ask questions please call Craig Woodhouse on 01642 515616 or Gill Watson

on 01642 231560 or email: sporting.chance@hotmail.co.uk

You can also ask your GP to refer you.

Royal Voluntary Service

A range of support services are provided to individuals who are over 50 and isolated or housebound. Social lunch clubs, befriending, assisted transport and shopping services, mini bus trips and activities are available to clients. Royal Voluntary Service also provide a meals delivery service and information and advice services.

Address: 15a Queensway Court, Queensway, Middlesbrough
TS3 8TG

Tel: 01642 937110 / 01642 228340

Email: teesvalleyhub@royalvoluntaryservice.org.uk

Web: www.royalvoluntaryservice.org.uk

Training For Carers

Aspire Training

Aspire Training is part of Middlesbrough Council. They can deliver information sessions / training for family carers such as coping with stress or other topics which you may find helpful. They can arrange dates and times of sessions to suit the needs of carers.

Aspire Training also offer a wide range of accredited and none accredited training for the people you care. They have specialist tutors aware of the needs of people with a Learning Disability, Physical Disabilities and a Mental Health Problem. The courses are held in a variety of different locations in and around the Middlesbrough area. The courses include: Numeracy, Literacy, Computers, Media Skills, Money Handling, Independent Living, Health and Well-Being, Kitchen Skills, Communication, Hospitality, Administration and Customer Care, Digital Photography, Social Independence, Train to be a Mentor, Woodwork, Wood Recycling, Confidence Building, Gardening and Horticulture, Food Preparation, Computers, Painting and Decorating and Voluntary Work.

Telephone: 01642 515753 or 727556

Email: aspire@middlesbrough.gov.uk

Young Carers

Barnardo's Young Carers' Service

The Young carers' service provides practical, social and emotional support to children and young carers aged 5-18 and their families in Middlesbrough Area.

Address: Barnardos Young Carers, The Bridgeway, Allendale Road, Ormesby, Middlesbrough, TS7 9LF

Tel: 01642 300774

Email: jenna.senior@barnardos.org.uk

Web: www.barnardos.org.uk

Tell us what you think about this booklet

We would like to hear from people who read our information. Please take a few minutes to fill in this tear form to tell us what you think.

How useful did you find this booklet?

Name of booklet?

 **Good**

 **Okay**

 **No use**

How easy is the leaflet to understand?

 **Good**

 **Okay**

 **No use**

Do you have any comments or suggestions about the information we make available?

.....

.....

.....

.....

Please post this tear off form back to us at the freepost address below. There is no need for a stamp.

**Social Services, Freepost MI 408, Civic Centre,
Middlesbrough TS1 2BR**

Thank you for giving us your views. You have helped us to understand what we are doing well with our information and what we need to improve on.

Please note that you can also share more of your views with us on our website at

<http://consult.middlesbrough.gov.uk/portal/hsc>

How to contact the Department of Social Care

In office hours:

Our office hours are
Monday to Thursday 8.30am - 5.00pm
Fridays from 8.30am - 4.30pm.

You can contact us by phone

Telephone: (01642) 726004, or
by using **Minicom: (01642) 726980**
(please use announcer).



In person you can visit us at our
Contact Centre, Middlesbrough House,
50 Corporation Road, Middlesbrough TS1 2YQ.

The Contact Centre is open from
Monday, Tuesday & Thursday - 8.30 am to 4.30pm
Wednesday - 12.30pm to 4.30pm
and on Fridays from 8.30am to 4pm



Emergencies, out of office hours and weekends:

For emergencies, out of office and weekends you can

Telephone: 08702 402994 or you can call using
Minicom: (01642) 602346 (please use announcer.)

You can write to us at:

Middlesbrough Council Department of Social Care
PO Box 505, Civic Centre, Middlesbrough TS1 9FZ



You can email us at:

socialservices@middlesbrough.gov.uk

Or visit our website at:

www.middlesbrough.gov.uk/comments



LSC August 15

We can provide this leaflet in other languages, large print, Braille on CD or tape telephone 01642 728305.

ہم آپ کو یہ لیفلٹ دوسری زبانوں میں بھی فراہم کر سکتے ہیں فرمائش خواہ بڑے پرنٹ کی ہو،
سی ڈی پر بریل یا ٹیپ پر اور اسکے لئے نمبر 01642 728305 پر فون کیجیے

हम यह लीफ़्लैट दूसरी भाषाओं में, बड़े प्रिन्ट में, ब्रेल में सी डी पर या टेप पर अनुवाद करवा सकते हैं
कृपया टैलीफोन करें 01642 728305

ਅਸੀਂ ਇਹ ਲੀਫ਼ਲੈਟ ਦੂਜੀ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ, ਵੱਡੇ ਪ੍ਰਿੰਟ ਵਿੱਚ, ਬ੍ਰੇਲ ਵਿੱਚ ਸੀ ਡੀ ਤੇ ਜਾਂ ਟੇਪ ਤੇ ਅਨੁਵਾਦ ਕਰਵਾ
ਸਕਦੇ ਹਾਂ ਫ਼ੋਨ ਕਰਕੇ ਟੈਲੀਫੋਨ ਕਰੋ 01642 728305

باستطاعتنا تقديم هذا المنشور بلغات اخرى أو بكتابة كبيرة أو الابريل على قرص سي دي أو
شريط, الرجاء الاتصال بالهاتف 01642 728305

我们可以提供其他语言大字体,盲文的光碟或磁带版本.需者请致电
01642 728305

www.middlesbrough.gov.uk


Middlesbrough
moving forward