



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.”

SEPTEMBER – DECEMBER 2021 CARERS INFORMATION BOOKLET



"Needs and Aspirations Project"

TELEPHONE:
01933 315555

EMAIL:
cheryl@serve.org.uk

Dear Carers

SERVE hope you and your families are keeping well and safe. Nene Valley Community Action (NVCA) merged with SERVE in April 2020 so the any new communication will come from SERVE in the future, the services remain the same.

As we see restrictions starting to lift and the government's route back to a more normal life, we are pleased to be offering you activities and opportunities starting in September to December 2021. You may selection 3 options from the list below.

Your safety and wellbeing are our top priority and we will do everything we can to keep you safe.

THESE ACTIVITIES ARE FROM SEPTEMBER TO DECEMBER 2021

Online Zoom Exercise classes Via Zoom	Every Wednesday at 10.30-11.30 am First session starting on 8th September until 15th December
Guided tour of Delapre Abbey with tea and biscuits	Tuesday 5th October 2021 10.30 am – 12.30 pm
Breakfast at Jeyes Earls Barton	Tuesday 12th October 2021 10 am
Environment/conservation activity Barnwell Country Park	Tuesday 19th October 2021 10.30 am (Parking charges apply)
Poppy Making Workshop Kino Lounge, Kettering	Thursday 21st October 2021 11 am
New age Kurling Pemberton Centre, Rushden	Wednesday 27th October 2021 10 – 11 am
Walk with a Ranger Irchester Country Park	Tuesday 2nd November 2021 10.30 am
Autumn trees and history walk with lunch Hunsbury Hill Country Park	Thursday 11th November 2021 10.30 am

Chocolate Tasting and Quiz Kettering Business Exchange	Wednesday 24 th November 2021 1 pm
Christmas Craft activities Castello Lounge, Wellingborough	Thursday 25 th November 2021 11 am
Christmas Wreath Making Higgins Garden Centre	Monday 29 th November 2021 10 am
Christmas Wreath Making Higgins Garden Centre	Monday 29 th November 2021 1 pm
Trip on a boat Gayton Wharf, Blisworth (Bring your own Picnic)	Tuesday 30 th November 2021
Christmas Market on the mini bus Melton Mowbray	Friday 3 rd December 2021 8.30 am – 4 pm Pickups TBC
A spot of Christmas Shopping on the mini bus Shires Shopping Village	Thursday 9 th December 2021 9 am – 4 pm Pickups TBC
Winter walk with hot chocolate and marshmallows around the fire. Fermyn Woods Country Park	Friday 10 th December 2021 10.30 am (parking Charges apply)
Carers and Cared for Pub Lunch Telford lodge, Kettering	Wednesday 15 th December 2021 12.30 pm

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

Serve who also provide groups and activities through the Needs & Aspirations project can be contacted on Tel 01933 315555 or cheryl@serve.org.uk



CONTACT DETAILS FOR CARER SERVICES

Northamptonshire Carers

01933 677907

carers@northamptonshire-carers.org

www.northamptonshire-carers.org

SERVE

01933 315555

info@serve.org.uk

Alzheimer's Society

01832 736670

northamptonshire@alzheimers.org.uk

Parent Carers

07745 249094

enquiries@npfg.co.uk

Age UK

0845 677 2220

access@ageuknorthants.org.uk

TU VIDA (formally Carers Trust East Midlands)

0115 962 8920



CAFÉ DROP IN DATES

01933 677907

07572 122759

Carers are welcome to bring the person they care for, a friend or family member. For further Information phone Cathie at Northamptonshire Carers Please note we are independent of all the venues we meet at. Due to covid restrictions new carers must call prior to attending.

NORTHAMPTON

10.30-12.30pm

VENUE – Broadmead Church
Broadmead Avenue
Northampton NN3 2QY
1st Tuesday of month

5 OCT - 2 NOV - 7 DEC

WELLINGBOROUGH

1-3pm

VENUE – Northamptonshire Carers
Anne Goodman Centre for Carers
123 Midland Road
Wellingborough NN8 1LU
3rd Tuesday of month

19 OCT - 16 NOV - 21 DEC

OUNDLÉ

1-3pm

VENUE - OUNDLE MIND
Dovedale, 1 Herne Park
East Road
Oundle PE8 4BZ
4th Thursday of month

28 OCT - 25 NOV - NO DEC

KETTERING

11.15 - 1.15pm

VENUE - Windsor Gardens
Sheltered housing scheme
Lower Street
Kettering NN16 8DU
2nd Tuesday of month

12 OCT - 9 NOV - 14 DEC

CORBY

1 - 3pm

VENUE - Stuart Road NHFT
Stuart Road Corby
NN17 1RJ
4th Tuesday of month

26 OCT - 23 NOV - NO DEC

DAVENTRY

10.30 - 12.30pm

VENUE - The Abbey
Market Square
Daventry NN11 4BH
1st Thursday of month

7 OCT - 4 NOV - 2 DEC

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

NORTHAMPTONSHIRE CARERS

NORTHAMPTONSHIRE CARERS aim to offer a comprehensive support service to the unpaid Carers including Parent Carers of Northamptonshire.

We recognise the contribution of Carers to society 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.

Carers Support Line **Telephone: 01933 677907**



The Support Line provides:

- Initial registration for Carers Assessments
- Signposting & referral to other organisations
- One-to-one telephone support
- Information, advice, guidance & ongoing support
- Referral into the Dementia Care Advice service
- Information on Sitting Services & Peer Support
- Any other Carer related enquiry



CARERS FISHING GROUP

2nd Wednesday of the month
(subject to any restrictions)

9.30am – 2.30pm

RINGSTEAD FISHERY
MILL COTTON LAKE
RINGSTEAD
NN14 4DU



**We even have
the equipment
to borrow if
you want to try
it for the first
time.**

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 but 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 are rolling out group assessments and support planning. This is great if you are happy discussing your caring role with other Carers with the aim of getting ideas and mutual support from those in similar situations. Of course this isn't for everyone and all other assessments are entirely private.
- We have a team of Carer Support Workers who are based throughout the county and can complete a Carers Assessment with you. 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.
- Under the 2014 Care Act you may be able to receive an advocate to support you through your Carers Assessment. These are provided by Total Voice Northamptonshire.

Make sure you have your assessment. Call 01933 677907



Northamptonshire Carers

PARENT CARER SUPPORT GROUP NORTH

Kettering Corby and Surrounding Areas

SEPTEMBER – DECEMBER 2021

10.30am – 12.30pm

Meeting monthly on 3rd Thursday

VENUES (Rotating Venues)

KETTERING

Kino Lounge

Market Place

CORBY

Saxon Crown

Weatherspoons

Elizabeth Street

DATES

THURS 16 September - Corby THURS 21 October - Kettering

THURS 18 November - Corby THURS 16 December - Kettering

Join us for a break, enjoy refreshments, activities, a chance to share the load, make friends with other Carers. Get information, advice and support, have fun.

For Further Information Phone Cathie at Northamptonshire Carers 01933-677837 - 07572 122759
due to covid restrictions any new carers must phone prior to attending.

Check out our website on www.northamptonshire-carers.org
Occasionally activities are arranged information via website.

Northamptonshire Carers in collaboration with the Recovery College, Northamptonshire Healthcare Foundation Trust (NHFT) have launched a series of e-learning opportunities for Carers, these are live and available now with more to come on live in the future.

To access any of these Carers courses send an email stating which course you are interested in to Recovery College NHFT and you will receive sign up details and information.

Courses include:

Caring and Me, Introduction to Caring
Caring and Me, Carers Wellbeing
Caring and Me, Carers Rights

Further details from:

Email: recovery.college@nhft.nhs.uk
Tel: 01604 658815 Mon – Fri 9.30am – 4pm

Do you have a Carers card?

For your safety and the person you care for, it may be beneficial for you to carry an especially designed “Carers Card”. It could be useful when obtaining discounts on admission to the cinema, a theme park etc. Are you registered? If not call 01933 677907 to obtain a copy and simply register with us.



CARERS CARD

This card proves that the holder is registered with Northamptonshire Carers as an unpaid Carer

Carer's name: _____

Carer's address: _____

Name of person(s) I care for: _____

Carers Support Line: 01933 677907
www.northamptonshire-carers.org

Registered charity no. 1061417





Our social prescribing team is now up and running and accepting referrals. We are part of a team of 4 partner organisations delivering SPRING right across the county.

- Northamptonshire Carers - Wellingborough and District
- Age UK Northamptonshire - Daventry and South Northamptonshire; Kettering and Corby
- General Practice Alliance - Northampton
- Mayday Trust - East Northamptonshire

Spring can support you for 6-12 months.

By establishing what matters to you, we can work together to connect you with local services to meet your individual needs and help you find new opportunities. This could be support with:

- Your lifestyle
- Looking after yourselves (everyday living tasks)
- Managing your symptoms
- Work, volunteering & other activities
- Money
- Housing
- Family & friends
- Mental well-being

We strongly believe that if you feel connected and supported, your wellbeing will improve and you can achieve great things.

To be eligible for this service you must:-

- Be 18 or over
- Living in Northamptonshire
- **Have a long-term health condition**
- Have a sense that there's more to living your life than you are currently experiencing.

“After 6 to 12 months working with Spring, you won’t end up simply back where you started. You’ll be in a better place to discover and participate in opportunities you had forgotten were even possible.”

For more information or to make a referral please visit our website: www.springnorthamptonshire.org.uk or call us on: 01604 974995



Northamptonshire Carers Choir

Would like to invite you to join us

Mondays 10:30-11:30 - Carers Choir

**Mondays 13:30-14:30 - Carers Choir
(Dementia Friendly)**

Via Zoom

Term time only, everybody welcome, we have lots of fun, the group is very informal, it would be lovely to see you there.

If you would like to join us please contact admin tel:
01933 677907 option 1
email: admin@northamptonshire-carers.org



CONNECTING CARERS

Funded by the National Lottery through The Big Lottery Fund



CARER CHAMPION VOLUNTEERS

We are looking to recruit more Carer Champion Volunteers within our Connecting Communities & Caring Together Projects to help us promote Carer Support services within:

- Towns & Villages throughout Northamptonshire
- Local Community Groups
- Voluntary & Statutory organisations
- Businesses
- Church Groups

We know there are many “hidden Carers” and very often people often do not recognise themselves as being a Carer. Working within your local area you could help by doing any of the following:

- Displaying information and leaflets within local venues such as Shops, Pubs, Community Centres, Libraries etc
- Being a friendly face to Carers within various Communities
- Identifying and referring Carers to Northamptonshire Carers
- Helping to raise awareness of our services by attending community events
- Help us facilitate new and existing drop-ins and Outreach sessions, Support Groups & Carer's Cafes
- Share information with your own networks

You will receive lots of support and training and have the opportunity to enhance your own knowledge and confidence.

If you are interested in being part of our team please contact Linda Tiffney or Sarah Drage on 01933 677907 or lindat@northamptonshire-carers.org for an informal chat and more information.

IMPORTANCE OF CARERS GROUPS

Carers Groups and activities give you something that no other group can, Peer Support. This support is the experience of others in a similar situation as we recognise that no two caring situations are the same and no two personalities are the same. Carers Groups & Cafes are a place for meeting new friends, to get practical help & information, a place to give you some much needed 'Time Out', a safe place to offload and receive listening support or to even have some fun.

Carers Groups for Parent Carers, Dementia, Carers Café's, Breathing Space, Mental Health, General Support Groups, Former Carers Group and more are going ahead on a regular basis either via Zoom, WhatsApp, Befriending Calls and more.

For details of the groups and how you can participate, call the office on 01933 677907, option 1 or go to our website where groups and activities are listed <https://www.northamptonshire-carers.org/Pages/Events/Category/carers-groups?Take=11>

If you are not registered with us already this can be a straightforward and easy process so please make that call, you are not on your own.

Under normal circumstances there are many Carers Support Groups across the county. For example:

Northampton	Kettering	Brackley
Rushden	Raunds	Towcester
Ladies Groups	Mens Groups	Former Carers



WORKING CARERS



The pandemic has resulted in millions of new carers:

- 4.5 million people since its start
- 2.8 million of whom are juggling work and care

Northamptonshire Carers via the Carers Assessment process continues to offer support and information to Carers who are also in paid employment. To request an Assessment contact our Support Line.

CARER FRIENDLY EMPLOYERS

The *People's Postcode Trust* funding enabled the “Carer Friendly Employers” work to raise awareness with companies on how to support Carers they employ and this continues.

- 1 in 7 of your employees is a Carer

For information on how to support them contact Nicola & Jacqui on 01933 677907 or email cfe@northamptonshire-carers.org

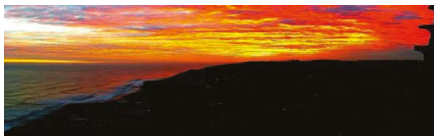


OUR WORK WITH GP PRACTICES

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.

FORMER CARERS GROUP NEW HORIZONS



This monthly meeting, currently on Zoom, is designed for Carers who have recently lost a loved one.

As well as coping with the loss of the person you looked after, you may also be trying to cope with the loss of your caring role or you may still 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 and we will meet up again in person just as soon as we are able and it is safe to.

Time: 10.30-12 noon. For further details call Northamptonshire Carers on 01933 677907, option 1 to get the Zoom log-in details or email: kirstym@northamptonshire-carers.org



NPFG

Northants Parent Forum Group

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: enquiries@npfg.co.uk

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

Northamptonshire Carers – Sitting Service

The volunteers provide company to the cared for person but are unable to provide personal care or any hands on care. This service is available between the hours of 9am and 5pm Monday – Friday. Contact details Telephone: 01933 677907 or carers@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? £14 per hour

For further details contact the Access Team on 0300 303 3929 or email: access@ageuknorthants.org.uk

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

For more information, please contact us:

- Email: referrals@tuvida.org
- Telephone: 0115 962 8920 or 07789 111 318 (between 9am and 5pm)

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

**Northamptonshire Carers
have Support Workers at both
Northampton and
Kettering Hospitals.**



Their aim is to help make a positive difference to the lives of informal Carers who experience a journey through the hospital system.

In most cases the Carer will be a relative of a patient but Carers themselves can become ill and be admitted.

The workers' key priorities are to improve the support for informal Carers not just during hospital admission but also in the weeks after discharge and beyond. This support includes offering emotional help and reassurance, giving practical advice and information, liaising with other services and referring on for Carers Assessments where appropriate.

Being based in a hospital does allow the workers to develop close links with the wards, therapists, palliative care nurses and care management teams. Close partnership working is especially important within hospitals, as they can be confusing places. Carer Support Workers can explain processes, in particular discharge, to Carers. This may help reduce a Carer's anxiety.

**All Carers are welcome to access this service:
The Hospital Carer Support Services call, 01933 677907
option 6**

Further details of the service are also on our website

Dementia Care Advice Service and Activities.

There are exciting new prospects and changes ahead for the Dementia Care Advice Service which involves lots of activities and enhanced working with many of our partners. Northamptonshire Carers are there to carry out statutory carers assessments and this is a time to see what help and support is available to you if you are caring for someone with dementia. We have dedicated dementia support workers who understand that this can be a difficult time and that the journey may change from one week to the next. We have also been busy updating our website with lots more information, factsheets and newsletters dementia related. As well as this, we have created a space for carers and people with dementia to come together to engage in lots of activities and workshops and the pandemic has not stopped us supporting those who need it. Plans are afoot to improve the pathway that people travel through, including the diagnosis experience. But what is positive is the inclusion of many virtual groups which in time, will become face to face (while still keeping the online offerings). We have been blown away by the success of our Dementia friendly choir and Sit & Keep fit classes. And we also offer Poetry & Rhyme sessions. We have plans in place for reminiscence workshops, bird watching sessions and a male carers support group – alongside our current support group. Add to this some great floral arranging sessions – we are having great fun ensuring people with dementia feel included and their carers also have fun. The future 'hub' is going to be there to improve the quality of life for people so please check back to see what progress is being made and feel free to call us on 01933 677 907 if you wish to join in any of our activities, details of all activities can also be found on our website www.northamptonshire-carers.org





Northamptonshire Carers Dementia Support Services

**Do you have memory problems or
Dementia? Or, do you support someone
who does?**

If so, we would like to tell you about some of the things that we are offering. All of our current groups are via Zoom and are free to join. If you would like to come along, please call 01933 677837 and ask for Anne or Derry who will help you with joining details.

Dementia Friendly Choir

A time to come along, switch off and meet other people. You don't need to be able to sing - it's just for fun!

Every Monday
13.30 - 14.30



Sit & Keep Fit

Enjoy keeping fit to music! We have an instructor to keep you safe and promise lots of smiles!

Every Tuesday 11.15
-12.00 & Thursday
13.30-14.30



Support Group

Do you need support understanding Dementia? Our dementia support staff are there to guide you & you can meet other carers.

Fortnightly on Tuesdays
14.00-15.00



Poems & Rhyme

Share poems and enjoy the art of rhyme. See how this can be fun as well as engaging for the brain!

Fortnightly on Wednesdays
14.00 - 15.00
starts Wednesday 2nd
October 2020

**We are planning more activities such as reminiscence workshops and much more so please check our website
www.northamptonshire-carers.org or give us a call.**



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



AGE WELL WELLINGBOROUGH

The Age Well project supports people over the age of 65 living in Wellingborough and aims to ensure people can stay safe and independent in their own homes. Working closely with Northamptonshire Police and Trading Standards the Age Well team have been making the people we work with aware of scams and how they can better protect themselves. Scams are a way of criminals making people part with their money or personal details. The criminals target people through phone calls, emails, text messages, letters and even visiting people's homes and will pretend to be from a well-known company such as an internet provider, Amazon or Royal Mail. Here are some top tips to protect yourselves from scams:

- Never assume a call/text/email/social media message is genuine and don't click on links or open documents especially if it is unexpected
- Stay in control – verify any correspondence or person through official channels, never open a link or telephone number they give you.
- Don't be rushed into decisions – get advice and/or other quotes
- Don't pay unexpected invoices/bills/fines/charges until you've verified it with an authorised contact
- Never reveal personal, password or bank details to anyone – genuine services or organisations will never ask for these
- Don't open the door to unexpected callers
- REMEMBER Official organisations/businesses will never ask for passwords or PIN numbers or ask to download software onto your devices which gives them remote access

For further information about scams and fraud please see the following websites;

www.northants.police.uk

www.actionfraud.police.uk

www.thinkjessica.com

www.friendsagainstsams.org.uk

Please report any suspicious emails to report@phishing.gov.uk



ABOUT NORTHAMPTONSHIRE CARERS (PARENT CARER) SUPPORT SERVICE

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

At Northamptonshire Carers we have a specialised and experienced Parent Carer Team who will provide support to you on an individual basis taking into account the impact of the young person's special educational need, disability or health condition.

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.

Please call us on 01933 677907, Option 2 to discuss.



NORTHAMPTONSHIRE CARERS

**Are you a Parent Carer, caring for any children
under the age of 18?**

If so, we'd like to invite you to our virtual Coffee and Chat on Zoom.

They're a chance to 'meet' and talk with other Parent Carers
and a member of Northamptonshire Carers' Parent Carer support team.

Thursdays 1-2pm

Further details on how to be involved from:

01933 677907 option 1

or email:

Parentcarersupport@northamptonshire-carers.org



**CONTACT NORTHAMPTONSHIRE
CARERS**



carers@northamptonshire-carers.org



01933 677 907

Northamptonshire Carers registered charity supporting Carers countywide Charity No. 1061417

**IF YOU ARE INTERESTED IN JOINING THE CARERS SUPPORT GROUP
PLEASE CONTACT 07889 305086 FOR MORE DETAILS.**

NORTHAMPTON 2

Temporarily on Zoom

Run temporarily with the other Northampton group.

KETTERING

Temporarily on Zoom

Fourth Tuesday of the month

11.15 am - 12.45pm



TOWCESTER

Temporarily on Zoom

Third Tuesday of the month

11.15 am - 12.45pm

DAVENTRY

Temporarily on Zoom

Second Tuesday of the month

11.15am - 12.45pm

NORTHAMPTON

Temporarily on Zoom

First Thursday of the month

1.00pm - 2.30pm

WELLINGBOROUGH

Temporarily on Zoom

Second Thursday of the month

10.30am - 12.00pm

SINGING FOR THE BRAIN

**** All Groups are currently being run
virtually during the Covid Pandemic****
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.

**Northampton - Friday via Zoom at
11.30am**

**Greens Norton/ Corby - Monday via
Zoom at 13.30pm**

**Kettering - Wednesday via Zoom at
11.30am**

**if you are interested in joining in one
of the above Singing for the Brain
sessions then please contact 07595
968240 for more information.**

Northamptonshire Carers

Open
Monday –
Friday

01933 677907

Option system

123 Midland Road
Wellingborough NN8 1LU

Email: carers@northamptonshire-carers.org

Website: www.northamptonshire-carers.org

FOR NEEDS & ASPIRATIONS

SERVE

01933 315555 MONDAY – THURSDAY

10 A.M. – 3 P.M.

Or email cheryl@serve.org.uk

