




COUNTYWIDE SUPPORT FOR CARERS

Including “Needs & Aspirations”,
Support Line, Activities, Advice &
Information, Short Breaks, Support
Groups, Carers Cafes etc.

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.”



APRIL 2017 – SEPTEMBER 2017

ORGANISATION	ORGANISATION CONTACT
	NORTHAMPTONSHIRE CARERS 01933 677837 Providing Carers Hub, Support Line, Assessments, Carers Cafe’s, Carers Support Groups, Lunch Breaks for Carers, Carers Choir & Ukulele Group, Health & Fitness, Carers in Employment, Peer Supporters, Peer Support Groups,
	NENE VALLEY COMMUNITY ACTION 01933 396382 Providing “Needs & Aspirations” Activities and Training & Awareness sessions.
	ALZHEIMER’S SOCIETY 01832 736670 Providing Carer Support group, Singing for the Brain, Side by Side service.
	AGE UK NORTHAMPTONSHIRE 0845 677 2220 Providing Carers Sitting Service
	CARERS TRUST EAST MIDLANDS 07810 104125 Providing Sitting Services in partnership with Northamptonshire Carers and Carers Emergency & Planned Breaks Sitting Service.



YOUR NEEDS & ASPIRATIONS CHOICES FOR APRIL, MAY & JUNE 2017

APRIL 2017

Wednesday 26 th April	VISIT TO BLUEBELLS AT COTON MANOR		Coton Manor	12 noon
Thursday 27 th April	GENTLE STROLL AND CREAM TEA		Woodford Mill Ringstead	1 p.m. - 3 p.m.

MAY 2017

Wednesday 3 rd May	VISIT TO 78 DERNGATE WITH TEA & CAKE		78 Derngate	1 p.m.
Monday 8 th May	HAIR & BEAUTY TREATMENT BY STUDENTS		CE Academy Wellingborough	1 p.m. - 3 p.m.
Tuesday 9 th May	VISIT TO JEYES MUSEUM WITH MORNING COFFEE		Earls Barton	10.30 a.m.
Wednesday 10 th May	SPRING BIRDS WALK WITH LIGHT LUNCH		Brixworth Country Park	10.30 a.m. - 1 p.m.
Tuesday 16 th May	HANGING BASKET WORKSHOP		Wellingborough £7.50 charge to Carers	1 p.m. – 2.30 p.m.
Wednesday 17 th May	HANGING BASKET WORKSHOP		Wellingborough £7.50 charge to Carers	10.30 a.m. - 12 noon
Thursday 18 th May	PAINTING AT POTZ £3 charge to Carers		Potz Ceramics Billing	10 a.m.
Monday 22 nd May	NORDIC WALKING TASTER SESSION		Irchester Country Park	11 a.m. - 12 noon

JUNE 2017

12 th – 17 th June	CARERS WEEK		EVENTS ALL WEEK	01933 677837 For details
Monday 5 th June (4 weeks)	NORDIC WALKING SESSIONS £10 Charge for 4 weeks		Irchester Country Park	11 a.m. - 12 noon
Tuesday 6 th June	BEETLE DRIVE & BINGO		Northampton	1.15 p.m. -3.15 p.m.
Thursday 8 th June	TRACE YOUR FAMILY HISTORY (6 weeks)		Rushden	10 a.m. -12.15 p.m.
Friday 9 th June (4 weeks)	BEGINNERS JU - JITSU incl. SELF DEFENCE £8 charge for 4 weeks		Northampton	11 a. m. – 12.30 p.m.
Wednesday 14 th June	VISIT TO CANONS ASHBY HOUSE		Canons Ashby	11.30 a.m. - 3.30 p.m.
Thursday 15 th June	THERAPY TASTER SESSION		Higham Ferrers	12.30 p.m.- 3.30 p.m.
Wednesday 21 st June	BOAT TRIP		Gayton Wharf	10 a.m. -3 p.m.
Tuesday 27 th June	VISIT TO TOWCESTER BREWERY £3 charge to Carers		Towcester	6 p.m.

YOU MAY SELECT 4 SESSIONS BETWEEN APRIL & SEPTEMBER 2017

**TOO MANY CHOICES!! DON'T WORRY YOU CAN PUT YOUR
NAME DOWN ON THE RESERVE LIST.**

JULY 2017

Tuesday 4 th July	DOVECOTE FARM PICK YOUR OWN + CREAM TEA	Dovecote Farm Geddington	1.45 p.m.
Wednesday 5 th July	TOUR OF EVENLEY WOOD GARDENS (bring own picnic)	Evenley Wood Brackley	11.30 a.m.
Tuesday 11 th July	BUTTERFLY & FLOWER WALK WITH LIGHT LUNCH	Fermyn Woods	10.30 a.m. -1 p.m.
Tuesday 18 th July	INTRODUCTION TO POTTERY £3 charge to Carers	Wellingborough	9.45 a.m. -11.45 a.m.
Thursday 20 th July	AFTERNOON TEA WITH NVCA	Wellingborough	1.30 p.m. - 3.30 p.m.
Wednesday 26 th July	LIGHT LUNCH AT HARPERS BROOK	Corby	12 noon

AUGUST 2017

Wednesday 2 nd August	LUNCH AT TOWCESTER TEA ROOMS	Towcester	12 noon
Wednesday 9 th August	CHEESE TASTING PARTY £3 charge to Carers	Northampton	1.15 p.m. - 3.15 p.m.
Tuesday 15 th August	VISIT TO ALTHORP HOUSE	Althorp	11.45 a.m.

SEPTEMBER 2017

Wednesday 6 th September	CREAM TEA AT DOVECOTE FARM	Dovecote Farm Geddington	2.15 p.m.
Friday 8 th September	YOGA 4 weeks £8 charge for 4 weeks	Northampton	10 a.m. – 12 noon
Tuesday 12 th September	THERAPY TASTER SESSION	Higham Ferrers	12.30 p.m. - 3.30 p.m.
Wednesday 13 th September	BUTTON ART WORKSHOP £3 charge to Carers	Wellingborough	9.45 a.m. -12.15 p.m.
Monday 18 th September	ESSENTIAL FIRST AID	Northampton	10 a.m. - 12.30 p.m.
Thursday 21 st September	VISIT TO COTTESBROOKE HALL	Cottesbrooke Hall	2 p.m.
Monday 25 th September	CHOCOLATE TASTING PARTY £3 charge to Carers	Towcester	1.15 p.m. - 3.30 p.m.
Wednesday 27 th September	CARERS PARTY	Crispin Social Club	12.30 p.m.
Thursday 28 th September	PAINTING AT POTZ £3 charge to Carers	Potz Ceramics Billing	10 a.m.

OVER 600
PLACES
AVAILABLE

YOU MAY SELECT 4 SESSIONS BETWEEN
APRIL – SEPTEMBER 2017



NENE VALLEY COMMUNITY ACTION “NEEDS & ASPIRATIONS”

FIND OUT ALL ABOUT IT

Hair & Beauty Treatment by students	A choice of hot paraffin wax treatment, mini manicure, mini facial, nail art, shampoo & blow dry.
Visit to Jeyes Museum	An Aladdin’s cave full of gifts, an award winning coffee shop and various fascinating and award winning exhibitions.
Beginners Ju- Jitsu	A chance to learn the basics of this Japanese art of defence including self defence.
Visit to Towcester Brewery	Tour of the brewery and the opportunity to sample some of their products.
Introduction to Pottery	Pottery is very therapeutic. Have a go at the clay throw down!!!

From Northamptonshire Carers



FOR PEOPLE WITH COPD AND THEIR UNPAID CARERS

“BREATHING SPACE” is aimed at:

- People diagnosed with Chronic Obstructive Pulmonary Disease (COPD) and their unpaid Carers
- Reducing isolation and improving wellbeing

Fortnightly Breathing Space meetings held in Daventry & Northampton will provide opportunities to share experiences & engage in social, fun activities.

Access to clinical advice from a GP or specialist nurse. Sessions on relaxation, self management, healthy eating, exercise & practical advice.

For more information contact
01933 677837

**Don't forget “JUST ASK”
01933 677837**

Carers Wellbeing workshops

The aim of the workshops is to enable & empower Carers to make choices for a healthy life balance.

- Session 1 – Caring and Me
- Session 2 – Health & Wellbeing
- Session 3 – Be Safe Stay Safe
- Session 4 – Information & Resources

Northamptonshire Carers is recognised as a Centre for Excellence in supporting Carers. We employ experienced staff who have undertaken specialist training to deliver the sessions.

FUTURE DATES TO BE CONFIRMED. SESSIONS HELD AT NORTHAMPTONSHIRE CARERS WELLINGBOROUGH.

For more information contact
01933 677837



Do you or the person you look after have a long term condition? Are you, or they at risk of urine or chest infections?

Simple training will teach how to:

- Monitor Breathing, Pulse, Urine & Temperature
- Enter result on to a simple web based system

THIS COULD PREVENT SERIOUS ILLNESS OR HOSPITAL ADMISSION

To book call Northamptonshire Carers on
01933 677837





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:

- A listening ear and emotional support
- Signposting & referral to other organisations
- One-to-one telephone support
- Access to Carers' Assessments
- Information and advice
- Access to Dementia Care Advice service
- Ongoing support
- Access to Carers Sitting services
- Access to Peer Support



Carers Assessments

Carers have a legal right to an assessment through the Care Act 2014. Northamptonshire Carers provide these.

A Carers Assessment 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.

What is a Carers Assessment?

It is your opportunity to discuss your individual caring role and will help you identify your eligible needs as well as how these impact on your wellbeing and what you want to achieve in your day to day life. It will help to identify your strengths and capabilities and the support available to you in the community.

The Carer Assessor will help you to develop a plan to support you to carry on looking after the person you care for and to achieve the outcomes you need to maintain your health and wellbeing. The assessor will offer advice, information, and practical support and tell you about other organisations who may be able to offer support.

Some Carers may need specific help which cannot be met by this support alone. Where the assessment indicates this is the case you may be eligible for further support from your local authority as set out in the Care and Support Regulations 2014.

If you are eligible the assessor will draw up a support plan. The support plan will be subject to an annual review for outcome monitoring.

**Make sure you have your assessment.
Call 01933 677907**

Health & Fitness for Carers From Northamptonshire Carers



Relax **FREE** of charge at a leisure facility where you can use the gym, swimming pool, Jacuzzi or just join a class. Carers can book and attend sessions at many gyms in Northamptonshire.

TO ACCESS FOR THE FIRST TIME, A **CARERS ASSESSMENT** IS NOW NEEDED ALONG WITH A SUPPORT PLAN.

TO REQUEST A CARERS ASSESSMENT TELEPHONE 01933 677907

IF YOU HAVE HAD AN ASSESSMENT, TO BOOK PLEASE CALL 01933 677837



****KETTERING****
****WELLINGBOROUGH****
****NORTHAMPTON****
****RUSHDEN & THRAPSTON**
****TOWCESTER & BRACKLEY****
****DAVENTRY****
****CORBY****



Carers Choir and Ukulele groups

Have fun – no experience necessary
New members always welcome



UKULELE group meets every Monday during term time 9.30 a.m. – 10.30 a.m.

The **CARERS CHOIR** meet every Monday during term time 10.45 a.m. – 12.15 p.m.

Both held at: 123 Midland Road Wellingborough NN8 1LU



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 please call the office to obtain a copy and simply register with us.

CARERS VOICE

CARERS VOICE Needs to Know your experiences & challenges as a Carer.

CARERS VOICE members consult with their peers & advise Health & Social Care professionals at senior levels on what works for us. You will be very welcome to join one of our meetings - for details please contact us. You can write to Carers Voice at N. Carers 123 Midland Rd Wellingborough NN8 1LU or email: carersvoice.northants@gmail.com or phone 01933 677837 and ask for a call back. If you are unable to attend meetings agendas, minutes and questionnaires to gather Carers' experiences are available via email. Sorry we are unable to post due to costs.

YOUR VIEWS ARE IMPORTANT

Lunch breaks for Carers From Northamptonshire 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 other Carers in a relaxed and safe environment to off load and discuss any issues with people in a similar situation.

CARERS AND THE PERSON YOU CARE FOR ARE WELCOME!

NORTHAMPTON – No need to book, just turn up from 12 noon to Queen Eleanor Wootton Northampton NN4 7JJ. EVERY 2ND THURSDAY IN THE MONTH.

GREENS NORTON COMMUNITY CENTRE – **BOOKING ESSENTIAL** on 01933 677837
Greens Norton Community Centre Towcester Road Greens Norton NN12 8BL.
EVERY 3RD THURSDAY IN THE MONTH.



Don't forget "JUST ASK" 01933 677837

PARENT CARERS

KETTERING PARENT CARERS SUPPORT GROUP

THURSDAY 10.30 a.m. – 12 p.m.

20th April – Kino Lounge Kettering

18th May – Seasons Garden Centre Burton Latimer

15th June – Paletto Lounge Corby

20th July – Kino Lounge Kettering

NPFG

The NPFG is an independent parent-led group formed and run by parent volunteers to represent the views of families of children and young people up to the age of 25 with special educational needs and/or disabilities in Northamptonshire.

We are one of 151 Parent Carer Forums in the country and our mission is to engage with the local authority, health & education partners on a strategic level to shape and improve services for disabled children, young people & their families. The Parent Carers Forums are now a crucial partner to ensure the success of the recent SEND reforms.

In March 2017 we are participating in the 20:20 Vision events to shape the services for the year 2020 and beyond & we hope to see you & your family on the 11th June 2017 at SummerSENDSation Northampton College for our popular information and fun day.

To find out more or to get involved please visit www.npfg.co.uk sign up to our ebulletin for news, events & future workshop dates, like us on Facebook (NPFG) or call 07745 249094.

We would love to hear from you!

TIME OUT!

A relaxed friendly environment with an open approach to Supporting Parent Carers, looking after somebody under 18yrs old with a disability or any additional needs.

Time to be yourself and not just a Parent Carer

Please come along and meet other Parent Carers with shared experiences.

27 th April 7.30pm – 9.30pm	27 th July 10am – 12pm
25 th May 10am-12pm	24 th Aug 7.30pm-9.30pm
22 nd June 7.30pm – 9.30pm	28 th Sept 10am – 12pm

Venue's and activities are arranged each month for carers with access to the South of the county, please contact Jemma Cafe or Sarah Drage to be notified of monthly meetings on 01933 677837 or jemmac@northamptonshire-carers.org

Northamptonshire Carers is incorporated as a Non-Profit Company Limited by

SNIX – SPECIAL NEEDS INDEX

What is it? – SNIX is an electronic database of information about young people from birth to 25 years who have a learning and/or physical disability or sensory impairment who live in Northants. See www.northamptonshire.gov.uk Enter snix in keyword search.



Carers Support Groups From Northamptonshire Carers

Carers Support groups are open to CARERS ONLY.

Carers that already attend Support Groups and activities have said that they come to a group because “we are listened to”, “we get mutual support”, “make lovely new friends”, “get practical help and information services”, “Time Out”, “Have Fun” and “is a place to offload”. If you have a problem with getting there for the first time, please contact us to discuss how we get over that.

Don't forget “JUST ASK” 01933 677837

<p>Northampton Coffee Mornings (incorporating Community Law Service) St Michael's Church Rooms, Perry Street, Northampton NN1 4HL FRIDAY 10 a.m. – 12 p.m.</p> <p>7th April – Community Law & Social 21st April – Vintage Retreat 5th May – Community Law & Social 19th May – Emmaus 2nd June – Community Law & Social 16th June – Carers Week Open Morning 7th July – Community Law & Social 21st July – Abington Park & Rounders</p>
<p>Northampton Male Carers Arranged venues each month WEDNESDAY 2 p.m. – 4 p.m.</p> <p>26th April – Pub & Quiz 31st May – Snooker 28th June – Bowling 26th July – Abington Park Call 01933 677837 for venue</p>
<p>Towcester Carers Support Group The Bull, Brackley Road, Towcester NN12 6BX WEDNESDAY 2 p.m. – 4 p.m.</p> <p>19th April – Wyevale Garden Centre 17th May – Cinema Trip 21st June – Social & Speaker 19th July – Brackley Antique Centre</p>

<p>Rushden Support Group The Bridge, Whitefriars Junior School, NN10 9HX. WEDNESDAY 10 a.m. – 12 noon</p> <p>5th April – Easter Crafts 3rd May – Relaxation 7th June – Quiz & games 5th July – Trip out</p>
<p>Denton & Surrounding areas Arranged venues each month WEDNESDAY 2 p.m. – 4 p.m.</p> <p>5th April – Billing Garden Centre 3rd May – Emmaus 7th June – Wyevale Garden Centre 5th July – Errol Flynn Cinema Call 01933 677837 for venue</p>
<p>Kettering Evening Support Group Windsor Gardens Kettering, NN16 8DV THURSDAY 7 p.m. – 9 p.m.</p> <p>13th April – Easter Crafts 11th May – Bowling 8th June – Auction 13th July – Walk & Pub</p>
<p>Pravasi Mandal Ladies Group Northamptonshire Carers, 123 Midland Rd, Wellingborough NN8 1LU THURSDAY 1 p.m. – 3 p.m.</p> <p>6th April – Food at Pravasi Mandal 4th May – Embankment for Tea 1st June – Relaxation 6th July – Emmaus trip</p>



SUPPORT GROUPS CONTINUE TO MEET ALL YEAR AND A NEW PROGRAMME FROM AUGUST 2017 ONWARDS WILL BE AVAILABLE FROM NORTHAMPTONSHIRE CARERS ON 01933 677837.



Carers Cafe's

From Northamptonshire Carers



“DROP IN SESSIONS”

01933 677837

Carers Cafe sessions are open to CARERS & THE PERSON YOU CARE FOR if they wish to come along with you. The Carers Cafe's extend a warm welcome with a drink in a welcome and friendly atmosphere.

<p>Northampton Cafe 11 a.m. – 1 p.m. Elim Church Gladstone Road Northampton NN5 7EG Tuesdays 4th April, 2nd May, 6th June, 4th July, 1st August, 5th September.</p>	<p>Kettering Cafe 11.15 a.m. – 1.15 p.m. Windsor Gardens Lower Street Kettering NN16 8DV Tuesdays 11th April, 9th May, 13th June, 11th July, 8th August, 12th September.</p>
<p>Wellingborough Cafe 1 p.m. – 3 p.m. Northamptonshire Carers 123 Midland Rd Wellingborough NN8 1LU Tuesdays 18th April, 16th May, 20th June, 18th July, 15th August, 19th September.</p>	<p>Corby Cafe 1 p.m. – 3 p.m. West Glebe Pavilion 100 Cottingham Rd Corby NN17 1SZ Tuesdays 25th April, 23rd May, 27th June, 25th July, 22nd August, 26th September.</p>
<p>Daventry Cafe 10.30 a.m. – 12.30 p.m. The Abbey Market Square Daventry NN11 4BH Thursdays 6th April, 4th May, 1st June, 6th July, 3rd August, 7th September.</p>	<p>Oundle Cafe 1 p.m. – 3 p.m. Oundle MIND Dovedale 1 Herne Park East Road Oundle PE8 4BZ Thursdays 27th April, 25th May, 22nd June, 27th July, 24th August, 28th September.</p>



SINGING FOR THE BRAIN From Alzheimer's Society

01832 736670

Singing for the Brain brings together people with dementia & Carers in a friendly, fun environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a wide variety of songs.

<p>Corby Singing for the Brain West Glebe Pavilion West Glebe Park Cottingham Road Corby NN17 1SZ 2 p.m. – 3.30 p.m. Every Monday excluding Bank Holidays</p>	<p>Kettering Singing for the Brain Cornmarket Hall London Road Kettering NN15 7QX 10 a.m. – 11.30 a.m. Every Thursday</p>
<p>Greens Norton Singing for the Brain Greens Norton Community Centre Towcester Road NN12 8BL 10 a.m. – 11.30 p.m. Every Monday excluding Bank Holidays</p>	<p>Northampton Singing for the Brain Christian Fellowship Centre, Shadowfax Drive, Overstone Lodge, Northampton NN3 8DB 10 a.m. – 11.30 a.m. Every Friday</p>

**Contact the Alzheimer's Society on
01832 736670 for details of their Carers Cafe's**

Supporting Carers in paid employment From Northamptonshire Carers



The project focuses on Supporting Carers who are in paid employment. The project will look at ways Carers in paid employment can be further supported.



We have members of staff leading on this work who will be working alongside businesses in the county to raise awareness of Carers they employ and how they can be supportive in the future. Call 01933 677837 for more details.

Sitting and Support services

Sitting Services enable Carers to take a regular break from their caring role knowing that the person they care for has some company and is safe.

THE SERVICES BELOW ARE NON-CHARGEABLE

Carers Trust East Midlands – Befriender 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 and delivered in partnership with Northamptonshire Carers. Contact details Telephone: 01933 677837 or carers@northamptonshire-carers.org

Age UK Northamptonshire

The Carers Sitting Service supports people who care for other people (full time) over the age of 18 who may be relatives, neighbours or friends. The service benefits Carers by offering support and advice.

Carers who register with Age UK can benefit in a number of ways:

- Receive someone to sit with your loved one, enabling you to take a break
- Two or three hours per week
- Available 7 days a week – 9.30 a.m. to 9.30 p.m. Up to 2 hours weekly or 3 hours x 3 times per month is FREE. Additional hours can be purchased.
- Information on matters which may concern you as a Carer, e.g. benefits and allowances, aids and adaptations

For further details contact the Service Advice Team on 0845 677 2220 or email: duty@ageuknorthants.org.uk N.B. This service is dependent on continuation of funding.

Alzheimer's Society

Side by Side Service: from joining a club, going to football or just going for a stroll in the park – Side by Side is a new service which helps people with dementia to keep doing the things they love and get out and about with the support of a volunteer. Telephone 01832 736670 for further details.

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. Contact details are Telephone: 07810 104125

Respite care

Respite can mean different things to different Carers. Sometimes it may just be for a few hours to enable the Carer to attend social events, functions, being able to meet up with a friend or take part in a sporting/recreational activity. In which case the Carers Sitting services (previous page) that exist may meet those needs.

To others Respite Care may mean a stay for the cared for person in a residential setting away from the home. Carers can discuss their options with the Carers Support Line on Telephone: 01933 677907 or with Northamptonshire County Council staff through Adult Care Services, they can be reached on Telephone: 0300 126 1000. N.B. The County Council respite service IS financially assessed.

Carers Care Service



Carers Care Service is a collaboration between Northamptonshire Carers and Carers Trust East Midlands to provide regulated home and community support to Carers and the people they care for in Northamptonshire.

Carers Care Service is a social enterprise that has been created as part of the nationwide project to support working Carers. All Carers may access this service.

Are you looking for regulated support?

THIS SERVICE IS CHARGEABLE

Carers have been asking for a long time for specialized services delivered by people who understand the caring role and all that it involves. This service can deliver regular, and occasional services to support the Carer.

We are a quality service keen on providing tailored support. Our background in supporting Carers ensures we will work in partnership across services.

Are you interested in employment?

Carers have developed, during their caring role, a unique set of skills and values that with additional training and recognised qualifications can develop into future employment.

If as a Carer or former Carer you are considering returning or starting paid employment we offer a flexible work structure that will support you in certifying those skills you already have and taking them further.

Jovita Vieira: Tel: 03301192680
jovitav@northamptonshire-carers.org

www.northamptonshire-carers.org



THERE ARE ALWAYS NEW INITIATIVES COMING THROUGH SO DON'T FORGET

**“JUST ASK” NORTHAMPTONSHIRE CARERS
01933 677837**

Northamptonshire Carers



Open
Monday –
Friday
9 a.m. – 5 p.m.

01933 677837
123 Midland Road
Wellingborough NN8 1LU

Support Line
01933 677907

Email: carers@northamptonshire-carers.org

Website: www.northamptonshire-carers.org

Don't forget "JUST ASK"
Northamptonshire Carers – here to support you

FOR NEEDS & ASPIRATIONS

NENE VALLEY COMMUNITY ACTION

Nene Valley
Community
Action

01933 396382 or 01933 313526

MONDAY – THURSDAY 10 A.M. – 3 P.M.

Email us info@nvca.org.uk
with your name, address & mobile number

**NVCA WILL CONFIRM YOUR PLACE
HAS BEEN BOOKED AT THE
TIME OF BOOKING**

**GO ALONG TO YOUR CHOSEN
ACTIVITY AND ENJOY!**

We may exchange your details with
Northamptonshire Carers &
Northamptonshire County Council

**NVCA – Supporting
Carers in Northamptonshire**

