

Stockton-on-Tees Adult Carers' Support Service Newsletter

Autumn 2025 | Issue 20

Welcome to the Autumn edition of the Stockton-on-Tees Adult Carers Support Service Newsletter

As the leaves turn and the nights draw in, we'd like to take a moment to thank you for everything you do in your caring role. Autumn is often a busy time, but it also brings opportunities to pause, reflect, and connect.

In this edition, you'll find updates on new groups and events, practical tips to support you through the colder months, and information about where

to find advice, support and wellbeing activities. We've also included some dates for your diary, so you don't miss out on what's happening locally. We hope this newsletter gives you helpful ideas, reminders, and a sense of connection with other carers across Stockton-on-Tees. Remember, you are not alone, and support is always here when you need it.

New Carers Group - Time Out Together

We're excited to launch a brand-new group for Time Out carers only, giving you the chance to take a well-earned break while your loved one enjoys a safe, friendly space.

Time Out Together will run on the last Wednesday of every month (excluding December 2025) at the LiveWell Hub, starting on Wednesday 26 November 2025.

This is a relaxed session in a welcoming space. We'll have music, activities, and plenty to keep everyone engaged to give you a break. You are more than welcome to stay at the LiveWell Hub and have a refreshment!

Spaces must be booked from 9am on the first working day of each month for the following month, so please make a note in your diary.

This is your time to recharge, connect with others, and take a well-deserved breather.

For more details or to book, please contact the Adult Carers Support Service on **01642 524494**.



You said, we did - strengthening our community presence

In our spring carers consultation survey, many of you told us that you'd like the Adult Carers Support Service to be more visible in your local community, at places and events you already attend.

We listened to your views and, going forward, we'll be strengthening our presence at local community venues and events across Stockton-on-Tees. This means you'll be able to find us more easily, ask questions face-to-face and connect with support without needing to travel far. Whether it's a local community event, a drop-in session, we want to make sure carers have more opportunities to meet us in person, get information and feel supported right where you are.

Upcoming events and activities

- Adult Carers Support Service drop-in at the Wellbeing Hub in Wellington Square, Stockton, 9:30am to 4pm every Thursday. Pop in for support and information, or simply a chat about your caring role.

- Winter Health and Wellbeing Festival at Thornaby Pavillion, 10am to 2pm on Thursday 23 October. The Adult Carers Support Service, Dementia Service and Shared Lives Service will be hosting a stall. Pop along and see us!
- The LiveWell Hub is open 9am to 4:30pm Monday to Friday. If you need a welcoming space for any support or advice, our team are always on hand.

Thank you to everyone who shared their views. Your feedback is helping us shape the Stockton-on-Tees Adult Carers Support Service.



Carers Rights Day 2025

This year, Carers Rights Day takes place on Thursday 20 November 2025 - a national awareness day that shines a light on the vital role of unpaid carers. It's an important reminder that every carer is entitled to know their rights and access the support available to them.

Here in Stockton-on-Tees, we'll be marking the day with information, advice, and resources to help carers feel informed and supported in their caring role. Keep an eye on our social media pages and the Carers Bulletin for details on our market stalls in Stockton Hight Street and

Thornaby Town Centre, drop-in at the Wellbeing Hub, and activities you can get involved in.

Carers Rights Day is about making sure no one misses out on help they're entitled to - whether that's financial support, practical advice, or simply knowing where to turn when you need a listening ear.

For more information on Carers Rights Day, visit

www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/



Be wise, immunise with a free flu vaccine!

The NHS recommends the flu vaccine to those at highest risk from severe illness and to help reduce the spread of flu. Make sure you and your loved ones stay safe this winter.

The flu virus changes every year, so a new flu vaccine is needed each year.

From 1 October, the free vaccine will be offered to everyone aged 65 and over, and those who turn 65 years by 31 March 2026, people aged 18 to 65 with certain health conditions, carers, and close contacts of people with weak immune systems.

You can book a flu vaccine by using the NHS App, visiting www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well, or calling **119** for free. If you're eligible, you'll also get an invitation.

The NHS is also visiting housebound patients and people in care homes to give the vaccine.

COVID-19 vaccines will be available from 1 October for:

- adults aged 75 years and over (including those who will be 75 by 31 January 2026)
- residents in a care home for older adults
- people aged 6 months and over who are immunosuppressed

You may also be eligible for other vaccinations, including the:

- pneumococcal vaccine (if you're aged 65 or over)
- RSV vaccine (if you're pregnant, aged 75 to 79, or turned 80 after 1 September 2024)

These vaccinations help protect against serious illnesses that are more common in the winter, including pneumonia.

Don't get caught out this winter - Be wise, immunise.



Service in the Spotlight - Stockton Mobile Library Services

The Stockton Mobile Library Team offer a wide range of services designed to bring books, information, and wellbeing support into the heart of our communities. From mobile libraries visiting schools and local organisations, to the popular home delivery service for people who can't easily get to a branch, the service helps make reading and resources accessible to everyone.

The team also support national health campaigns and provide specialist services such as reminiscence collections, dementia cafés, and health information resources - all aimed at helping people connect, learn, and thrive.

To find out more about what Stockton Mobile Library Services can offer you:

 **01642 528045**

 **mobilelibrary.services@stockton.gov.uk**

 **www.stockton.gov.uk/mobile-library**



Here to help



We know it can be even more difficult over the winter months, so want you to know about the support available across the Borough. Our 'Here to Help' guide gives an overview of the support available, including:

- Fuel, energy and housing
- Money and debt
- Food insecurity and poverty
- Winter wellbeing
- Community activities and support such as our Warm Welcome socials

The Here to Help guide is free to pick up from your local library and many community centres and organisations across the Borough.

You can also email FSOT@stockton.gov.uk to request a copy or visit www.stockton.gov.uk/here-to-help-hub

Stay in the loop - sign up to the Carers Bulletin!

Are you a carer in Stockton-on-Tees? Don't miss out on news, support and local events designed just for you!

Our Carers Bulletin is packed with useful updates, upcoming events, wellbeing tips and stories from carers like you.

Email us at carerssupport@stockton.gov.uk and ask to be added.

We're on social media too! Follow us:

 www.facebook.com/stocktononteesadultcarers

 www.instagram.com/sotadultcarers

 www.x.com/sotadultcarers



Priority Service Register

This free support service makes sure extra energy help is there for people in vulnerable situations and offers priority support in emergencies, power cuts and more.

Contact your energy supplier and ask to be added to their register or visit:

www.thepsr.co.uk

Carers' Emergency Card

It's important to keep details like emergency contacts updated so we can support you when you need it most. If your details have changed get in touch.



01642 524494