

# York Carers Centre News

April to June 2020

Issue 90



## Supporting York's young carers

It was Young Carer Awareness Day in January, a national campaign to raise awareness of young carers. The theme Count Me In asked schools to identify young carers and help them get support. Our team worked with York schools providing campaign packs and ideas to mark the event and to support young carers all year round. Staff and carers at Millthorpe School, above, organised a fantastic fundraiser and assemblies to raise awareness. Please get in touch to know more about our work with young carers.

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# Spring activities

## Ceramics painting

Join us in April for a creative, relaxed session at Rainbows Ceramics Studio to paint a coaster. No prior artistic experience necessary. Please contact us to book your free place.

**Details:** Thursday 2 April from 11am to 12pm at Rainbows Ceramics Studio, Bootham.

## Plod it

Would you like to get outdoors walking more, but not sure how to start? Join us for Plod it; a gentle hour long walk, followed by refreshments in Rowntree Park Reading Café. We'll be guided by a walking buddy from Move the Masses, and anyone who'd like to try outdoor gym equipment will have the chance to do so. Please get in touch to book.

**Details:** Tuesday 12 May from 1 to 3pm at Millennium Bridge.



## Dobbies Garden Centre

Come along to Dobbies cafe for a chat with our team and free refreshments. You're welcome to bring the person you care for. No need to book. York Neighbours will also be there to chat to carers about their service.

**Details:** Monday 20 April from 12 to 1.30pm at Dobbies Garden Centre, Upper Poppleton.

# What's on in Carers Week

Carers Week is a national campaign to celebrate and recognise the essential contribution made by the UK's 6.5 million carers. This year Carers Week runs from **8 to 14 June** and we have a host of events planned, where you can take a break or access help and advice to support you in your caring role.



## **Whitby powerboat experience**

We're delighted to offer an exciting trip to Whitby, along with the opportunity to ride on a powerboat. This is open to all carers no matter what age or ability as the boat is fully accessible. We're grateful to Alan Bott Charity for providing this fabulous opportunity, including accessible return transport from York Carers Centre on Priory Street. Whitby wouldn't be Whitby without fish and chips so that will be included too. You're welcome to bring the person you care for, and places are limited so please contact us to book.

**Details:** Sunday 14 June from 8.30am to 3.30pm.

## **Quality Street at York Theatre Royal**

We have free tickets to offer for the upcoming performance of Quality Street; JM Barrie's play that it gave its name to the famous chocolates. Get in touch with us to book up to two free tickets per carer, spaces are limited.

**Details:** Thursday 11 June at 1.30pm at York Theatre Royal

# What's on in Carers Week

## York Minster tour and tea

Join us for a guided tour of York Minster, followed by tea and cake at the Dean Court Hotel, overlooking the



Minster. You can bring the person you care for, and both venues are fully accessible. Places are limited so please contact us to book.

**Details:** Wednesday 10 June from 1 to 3pm.

## See us in the community

Drop in to one of our community stalls to get support and advice from our team in Carers Week:

- **Shambles Market:** Tuesday 9 June from 9am to 4pm
- **York Hospital:** Thursday 11 June from 10am to 3pm

## Legal clinic

Crombie Wilkinson Solicitors are offering free 30 minute appointments for carers to get advice on wills, probate and power of attorney. Phone us on **01904 715 490** to book your appointment.

## **Independent financial advice clinic**

We're pleased to let you know that Kevin Hilton from G+E Wealth Management is offering carers free independent financial advice clinics this year. You can book an hour long session with Kevin to obtain independent financial advice, with the first clinic taking place during Carers Week in June.

Kevin is a SOLLA accredited adviser. SOLLA stands for Society of Later Life Advisers and this accreditation ensures that a client receives advice from someone with the expertise to understand their needs and provide appropriate advice for the client and their family. Independent financial adviser status means that the adviser is able to consider the whole market place when considering solutions for clients.

The first clinic will take place on **Wednesday 10 June from 10am to 4.30pm**. It will be held at G+E Wealth Management Ltd, Tribune Court, Monks Cross Drive, York, YO32 9GZ. There will be a further financial advice clinic later in the year.

**Carers can book a free appointment by calling York Carers Centre on 01904 715 490.** You may be offered a further free appointment to build a better picture of your circumstances.

**For more information about SOLLA** and their full database of Independent Financial Advisors see:

**[www.societyoflaterlifeadvisers.co.uk](http://www.societyoflaterlifeadvisers.co.uk)**

# Carers Socials for 26 to 40ish year olds

We've received funding to offer Carers Socials for 26 to 40ish year olds. So far we've enjoyed ten pin bowling and curry night, and coming up we have:

- **Can you Escape?** Thursday 26 March from 6:30pm on Micklegate. Unfortunately this is a non-accessible venue.
- **Bingo** on Wednesday 22 April from 7pm at Mecca York.
- **Pizza Making Party** on Monday 18 May from 7pm at Bella Italia.
- **Cruise on the Ouse** on Tuesday 23 June from 7.30pm at York City Cruises, King's Staith Landing.

Contact us to book your place on any or all of the socials on **01904 715 490** or **enquiries@yorkcarerscentre.co.uk** .

If we get lots of people coming along we'll look to continue the socials in the future. To keep up to date with new activities we have on it's worth signing up for our monthly e-news and following us on social media: @yorkcarers

Grateful thanks to Rank Carers via Carers Trust for funding the carers socials.



# Carers hubs in the community

Our hubs are friendly gatherings where you can drop in for free refreshments and talk to our staff and other carers, wherever you live in the city. You are welcome to bring the person you care for and there is no need to book.

## **Carers Café in the city centre**

Monthly on Wednesdays from 10 to 11.30am at St Sampson's Centre, Church Street. All ages are welcome. Upcoming dates are 1 April, 6 May, 3 June.

## **Haxby carers hub**

Monthly on the third Thursday of the month from 10 to 11.30am at Costa Coffee in Haxby . Upcoming dates are 16 April, 21 May, 18 June.

## **Acomb carers hub**

From April the hub is at Acomb Explore Library café, monthly on Tuesdays from 1.30 to 3pm. Upcoming dates are 28 April, 26 May, 23 June.

## **Tea and technology**

In April there will be IT support staff at Haxby hub and the Carers Café. Bring your questions and devices and get personalised help on topics like: using email and downloading apps. No need to book.



# Regular groups and services

## Evening Advice Line

Every Wednesday evening from 5 to 8pm our advice workers are available on **01904 715 490** to answer questions about benefits for carers or disabled people, rights and community care.

## Substance Misuse Carers Group

Our monthly group for carers affected by someone else's substance misuse meets on the **third Wednesday of the month 1.30 to 3.30pm** in the Community Room at Tesco, Askham Bar. If it's your first time attending please contact us so we can welcome you with an initial 30 minute appointment.

## Carers Action Group

This group is for carers who want to see change and meet with local decision makers to influence and improve services. New carers are welcome to the group, who meet in a city centre venue and share a light lunch afterwards. Please get in touch with Sharron Smith for more information on **01904 715 490** or **sharron.smith@yorkcarerscentre.co.uk** .

## Mental Health Carer Groups

We now offer two groups for family members and carers of someone with a mental health condition

### York Mental Health Carers

A monthly group where some sessions are focused on sharing support, and others are discussions led by visiting speakers. We meet on the **second Wednesday of each month from 7 to 9pm** at 30 Clarence Street, York and there is no need to book. We offer this group in partnership with Rethink Mental Illness York Group.

### Mental Health Drop In

An informal monthly session on the **last Wednesday of the month, drop in anytime from 6 to 8pm** at the Slug and Lettuce, Back Swinegate (we sit near the back entrance). The sessions provide a supportive space for people who are in the early stages of caring for someone with a mental health condition, including caring for a young person, or for people who are caring for someone in crisis.



Visit our website for our  
latest news and events

[www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)

# Caring and coping with bereavement, grief and loss

In spring we are offering four sessions with Jacqui Gunn from Talking about Loss, providing a supportive space to talk about feelings of grief and loss of any sort.

Sessions will be accompanied by bereavement counsellor Cathy Collinson, our staff and guests from local, partner organisations such as Cruse, York Mind, St Leonards Hospice and Kyra.

Jacqui says “I set up Talking about Loss after the death of my father, not really knowing where to turn. I didn’t want a counsellor, I wanted to talk to people who know what I was and still am going through.

We provide a relaxed, supportive, friendly space to talk freely. We realise that loss comes in many forms and talking to people who understand what you are going through can be a great comfort.”

**Details: Mondays 27 April, 4 May, 11 May, 18 May** from 1.30 until 4pm at the Quaker Meeting House, Friargate. Refreshments are included.

Please contact us to book a space or to know more on **01904 715 490** or **enquiries@yorkcarerscentre.co.uk**





# Adult Carer Support News

**From Sharron Smith, Adult Team Lead**

Here are some of the things we've been up to in the adult carer support team so far this year:

- We've been part of an event run by the Mental Health Partnership focussed on the 'Northern Quarter' of York, aimed at identifying and improving links between services that support people's mental health and wellbeing.
- Delivering carer awareness training to mental health staff.
- Meeting carers at St Leonard's Hospice.
- We've had a four week mindfulness course for carers.
- Attending Dementia Forward's dementia café. We will be there once a quarter to speak to carers.
- Held two Carers Action Group meetings and engaged in various consultations to offer a carer's perspective.
- Held two of our new socials for 26 to 40ish year old carers
- Last but not least, we've been busy planning Carers Week and all of our events, groups, hubs and support for 2020!

Do have a look over the April to June 'What's On' guide that comes with your newsletter, there is hopefully something for everyone. If you feel worried or anxious about attending something for the first time, please just let us know and we'll find a way to make it as easy as possible.



## Young Adult Carer News

From Jess Tomori, Lead Young Adult Carer Worker

We were successful in a funding bid to run an exciting new project around identifying and achieving aspirations. If you're an 18 to 25 year old carer and have got something you would like to work on, or just feel 'stuck' and want to make some changes in your life, this could be the ideal opportunity.

The aim is for participants to achieve something personal to them, so it could be fundraising for a charity, starting a course or taking up a new hobby; anything that will make a difference to you. The project will run from April to November and there are 10 spaces available. It will involve regular 1:1s, group trips and a three day residential in July. To register your interest, please get in touch with the young adult carer team.

Activities will continue to run as normal while this project is on. So far this year we've seen Jumanji at the cinema and been to the very energetic InflataNation, which everyone enjoyed. If you've got any ideas for future trips, do let us know!

In other news, both Jess and also Amy from the young carer team will soon be going on maternity leave, during which time both services will be managed by interim lead workers. We wish Jess and Amy all the very best.



## Young Carer Team News

From Amy Copeland, Lead Officer for Young Carers

We had a great start to the year with Young Carer Awareness Day in January. Working closely with schools we saw great awareness raising activities taking place, such as York High School's young carers taking over the school's social media. We welcome any school in York to get in touch to talk about ways we can work together to support young carers all year round.

There's a busy Easter holiday period coming up, with activities for young carers to look forward to, such as music workshops with Rocksteady Foundation. Young carers will have two days making music and having fun. The workshops offer valuable respite and a positive impact on self-esteem and wellbeing.

### **We are fundraising!**

We believe young carers should have chance to enjoy their childhood and take part in hobbies, after-school clubs and activities that they might be excluded from due to caring or poverty. **We aim to raise £3000 to support young carers** to do this. If you'd like to help us reach our target please visit our fundraising webpage and make a donation: **[www.crowdfunder.co.uk/young-carers-get-active](http://www.crowdfunder.co.uk/young-carers-get-active)**

Donations can be made up until 12pm on 22 April

# Carer awareness training

**Are you a professional who would like to know more about how you or your team can better support carers?**

If so, book onto one of our free carer awareness training sessions coming up in April and June. To book contact Sam Varo on [sam.varo@nhs.net](mailto:sam.varo@nhs.net) or 01904 551 773.

**Details:** Tuesday 28 April and Tuesday 23 June from 1.30pm to 4pm at City of York Council's West Offices.

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## Moving Minds

People living with dementia and their friends, family members and carers are invited into the beautiful dance studio at York St John University for free weekly dance and creative movement classes. The sessions are a fantastic opportunity to move at your own pace as part of a friendly and welcoming group. No prior dance experience is necessary; sessions are open to all level of abilities including those who need to remain seated. Sessions are delivered by professional dance practitioners.

**Details:** Wednesdays 1.30 to 2.30pm with time for tea & coffee afterwards

**For more information or to book a place** please contact Elaine on 07881 922 343 or email [e.harvey@yorks.ac.uk](mailto:e.harvey@yorks.ac.uk)

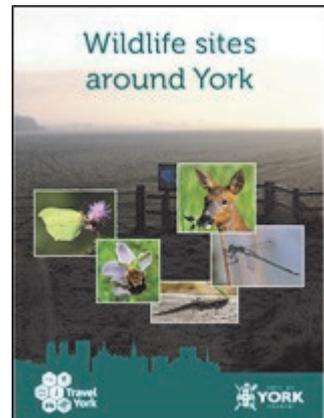
# Wild places to visit in York

We all benefit from having time and space to unwind and relax. The good news is that York is full of green spaces where people can spend time in a peaceful setting, whilst experiencing beautiful scenery and amazing wildlife.

A free guide to wildlife walks around York is now available which covers 35 places you can visit for free. Copies of the booklet produced by iTravel York are available from York Explore Library in the city centre or from Acomb Explore Library. It can also be downloaded at [www.itravelyork.info](http://www.itravelyork.info).

The guide lists places which are close to a bus stop and accessible to those with a disability. For people wanting to do something more active the booklet also lists groups who welcome volunteers wanting to look after York's lovely wildlife sites.

If a bike ride is more your thing the iTravel website has downloadable leaflets about scenic cycle routes all over York. Visit the website or contact iTravel York to know more on **01904 631 555**.



# Improving access to psychological therapies

People of all backgrounds can struggle at times in their lives facing problems such as bereavement, redundancy, retirement, relationships and abuse. This can lead to low self-esteem and confidence and even depression and anxiety.

The Improving Access to Psychological Therapies (IAPT) service offers a range of free talking therapies such as Cognitive Behavioural Therapy and counselling. They provide one to one, group and online therapy. They treat common mental health problems such as anxiety, depression, stress, sleep disturbance, phobias and post traumatic stress disorder. IAPT is reaching out to carers who may benefit from their service.

If you feel you are struggling from any of the above, or if you are unsure whether you want or need help, please contact IAPT. They can arrange a routine assessment in a short space of time to discuss your needs and see if they can offer you a service, or point you in the direction of a more suitable service.

**Contact: 01904 556 820** or see  
**[www.yorkandselbyiapt.co.uk](http://www.yorkandselbyiapt.co.uk)**



# Discounts for carers in York

We offer a free discount card for carers that can save you money in over 30 local businesses. Your discount card is sent to you when you first register with us, and if you need a replacement please do let us know.



**We're pleased to announce businesses newly added to our scheme this year;** just show your card to get the discounts.

- **Botanic, Walmgate: 15% off full price items.**  
Selling indoor and outdoor plants including tropical foliage, cacti and succulents.
- **Fully Furnished, James Street: 10% off full price items**  
Selling a wide range of antique and modern furniture.
- **The Cat's Whiskers Cat Café, Goodramgate: free entry for carers.** York's first cat café, serving drinks, cakes and snacks.
- **York Cycleworks, Lawrence Street: 10% off bikes, accessories, repairs and servicing.**

## **Other changes to the discount scheme**

We have recently reviewed the discount scheme and some businesses are no longer taking part. Please check directly with the business, or see our updated list of participating businesses. The up to date list can be found on our website or by getting in touch with us on **01904 715 490**.

## Donations and thanks

Our grateful thanks go to organisations, carers and volunteers who have contributed funding or their own time towards our work. Recent donations have included:

- Millthorpe and Huntington secondary schools and Fishergate and Hobmoor primary schools for their Young Carer Awareness Day fundraising
- Quilter Foundation via Carers Trust and the Inspiring Change grant programme who awarded £11,505 for young adult carers
- £300 from the PCC of Holy Trinity Church, Acaster Malbis
- Network Rail donated funds from their bake sale
- Rank Cares via Carers Trust, who funded the Carers Socials
- Tesco donated to the substance misuse carer group



Some of our fantastic volunteers

# Our opening hours

## Regular opening hours:

- 9am to 5pm Monday to Thursday
- 9am to 4.30pm Friday

## Closed on bank holidays

## If you need urgent help when we are closed:

- Adults should contact City of York Council Customer Access and Assessment Team on **01904 555 111** or email **adult.socialsupport@york.gov.uk**
- Children and young people should contact City of York Council Advice, Assessment and Early Intervention Service on **01904 551 900** or **childrensfrontdoor@york.gov.uk**
- **If these teams are unavailable contact** City of York Council Emergency Duty Team on **01609 780 780**



**Please let us know  
if your details change**

Call us on **01904 715 490** or email  
**enquiries@yorkcarerscentre.co.uk**

**Please ring us on 01904 715490  
if you need a large print version  
of this newsletter**

## **Contact us**



**01904 715 490** 9am to 5pm Monday to Thursday  
9am to 4.30pm Friday



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**York Carers Centre is an independent charity that helps unpaid carers in York find the support they need. We are a network partner of Carers Trust.**

