

York Carers Centre News

October to December 2020

Issue 92

Winter wellbeing

As we head into colder months it's important to make sure we look after ourselves, this year more than most. In this edition we'll look at staying well, with a focus on: the free flu vaccination for carers, our upcoming nutrition sessions, as well as some supportive schemes that can help you enjoy the great York outdoors this winter.



In November, the national Carers Rights Day is taking place, which we plan to mark with an online event dedicated to carers rights in work, a frequently asked topic. We take a look at carers rights in work on page 4.

As always if you need help, advice or someone to talk to then please get in touch, our team are still here on the phone offering advice and support, as well as a range of online groups including a new weekly Carers Hub.

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Aim to be flu-proof this winter

When you're caring for someone who couldn't get by without your help, keeping well is really important. That's why the NHS are continuing to offer a free flu vaccination this autumn if you're the unpaid carer of an older or disabled person whose welfare would be at risk if you were ill. The flu vaccination helps protect you from catching flu and it also reduces the risk of passing the virus to the person you care for, which is especially important this year with Covid-19 in circulation.

How to arrange a free NHS flu vaccination:

- Let your GP surgery know that you'd like a flu jab because you're someone's carer and that the welfare of the person you care for would be at risk if you were ill.
- Ask your GP surgery to make a note on your medical records that you look after someone so they can invite you to have a flu vaccination every year.
- Or ask your local pharmacy for a free NHS flu jab as many now offer this service, they will tell your GP that you've been vaccinated. You may need to give the pharmacy proof of being an unpaid carer such as a letter from the GP.

If you encounter problems getting a free flu vaccination, Vale of York Clinical Commissioning Group can help, contact: voycg.patientrelations@nhs.net or call **01904 555 999**.

Carers Hubs are back

Sometimes just sharing a few words with a fellow carer or someone who understands, can make a big difference. So whether you're looking for advice, wanting to share an experience or just to take some time out for a chat we're here to welcome you to our new online Carers Hubs.

Our Carer Support Workers will be hosting a hub most weeks. Each session will have a loose theme, however there will be plenty of time to chat about other things too, so bring a brew and join us.

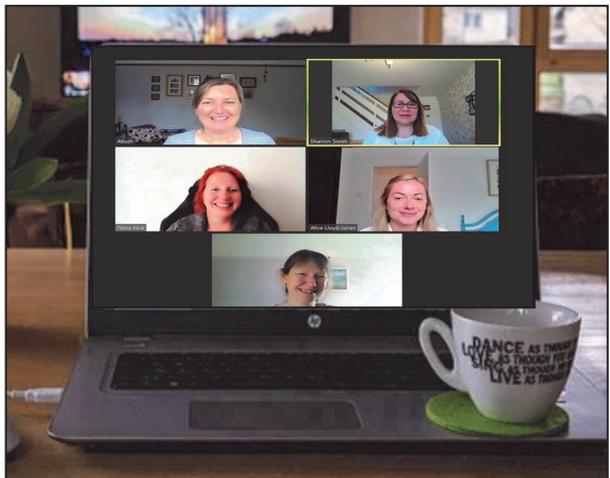
How to come to a Carers Hub:

Contact us to say you'd like to come and we will send you the link to log in on Zoom. If you're new to online groups and would like support to set Zoom up, just ask us for help.

When are the hubs:

Hubs will be spread across the month at different times. For the upcoming dates and times please visit our website and look at the events calendar, or

contact us on **01904 715 490** for a list of upcoming hubs.



Carers rights at work

For many carers, holding down a paid job alongside their caring responsibilities can be complicated and stressful and they may consider that giving up work is the only option. Knowing your rights and having the right support in place can make it easier to manage. You don't have to tell your employer that you are a carer, but as many issues can be resolved through informal discussions it might be worth doing so. To begin with, you could talk with your line manager or HR department to find out if they can offer you support.

Carers Rights in work come from two sources:

- The law gives you **statutory rights** which everyone has.
- Your employment contract gives you **contractual rights** which can be more generous than statutory rights. It's important to check your contract, or check with your HR department, to determine if you have additional rights.

As a working carer you have the statutory right to:

- Request flexible working** – if you have worked for the same employer for 26 weeks and not made a previous request in the previous 12 months.
- Time off in emergencies and Parental Leave** –time off is unpaid unless you have a contractual right to be paid.
- Protection from discrimination** - the Equality Act 2010 protects you against direct discrimination or harassment because of your caring responsibilities.

Find out more about your rights as a working carer at our online Carers Rights at Work event: Thursday 26 November from 10am to 12pm.



The Carers Rights at Work event will include:

- A talk from David Scott with Hethertons Solicitors, about employment law including; disability discrimination and the Equality Act 2010, statutory rights in employment, and variations of employment contracts - followed by a question and answer session.
- A short talk about the benefits, to employers and the economy, of supporting working carers to stay in work.
- Information about working carers, welfare benefits and where to find more support.
- Virtual tea, real cake - delivered to your door!

There will be plenty of opportunities to ask questions of the guests and of our advice and support staff.

To book a place contact: 01904 715 490 or email enquiries@yorkcarerscentre.co.uk

If you can't attend and would like information about your rights in employment, or, getting back into employment please contact our Advice Worker on 01904 715 490 or email shirley.monteith@yorkcarerscentre.co.uk

Let's talk about food

What we eat and how well we digest our food has a significant impact on our energy levels, mood, mental focus, behaviour and overall quality of life. The more we know and the better we can interpret our body's many signals, the sooner we can take appropriate steps to support our bodies in staying well.

With that in mind we're delighted to be offering Let's Talk About Food; four free sessions on nutrition for carers with nutritionist Sabine Horner from Asana Nutrition.

What will the sessions be like?

Each session is stand alone so you can join for just one, or for all four. Sessions will be informative, interactive, and will include opportunities to ask questions and experience some quick recipes through cooking demonstrations. It takes place online through Zoom.

When are they and how do I book?

When: Mondays 2, 9, 16, 23 November from 10am to 12pm.

Booking: Contact us on

enquiries@yorkcarerscentre.co.uk

or 01904 715490. Once booked we'll provide a secure zoom link to log in on the day.



What will we explore each week?:

Session 1 : We are what we can digest and absorb

It doesn't matter what we eat; if we can't digest it, we won't be able to get all the vital nutrients from our food. Find out more about the main causes of poor digestion and leave with some simple tips and an action plan which you can implement straight away to improve your digestion.

Session 2: Meal Planning – getting more variety in our diet

Meal planning helps us to avoid simply grabbing the first available food which may not be what our body truly needs. This session is all about sharing strategies to overcome our challenges around meal planning, and share ideas on how we make our favourite recipes more nourishing and varied.

Session 3: Meal Planning - meal preparation and snacks

In this second meal planning session, we'll explore smart meal preparation ideas that make it easy for us to rustle up a tasty and nourishing meal in no time as well as healthy ways to treat ourselves with energy and mood boosting snacks.

Session 4: Hunger, appetite and food cravings

We'll explore the confusion around hunger and cravings for certain foods - and how to combat these cravings. Find out what is behind our food cravings and why small changes are important to improve our relationship with food.

Legal and Financial Advice Clinics

To mark Carers Rights Day in November we've worked with local professionals to once again offer the Legal and Independent Financial Advice Clinics to carers.



Legal Clinic:

Belinda-Jane Poulter, Director at Crombie Wilkinson Solicitor is offering free 30 minute telephone appointments for carers on **Tuesday 24 November**, to get advice on wills, probate and power of attorney. Contact us 01904 715 490 to book your appointment.

Independent Financial Advice Clinic:

Kevin Hilton from G+E Wealth Management is offering carers free independent financial advice on **Wednesday 25 November**. Contact us on 01904 715490 to book your one hour telephone appointment.

Kevin is a SOLLA (Society of Later Life Advisers) accredited adviser, which 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.

Discovering the past

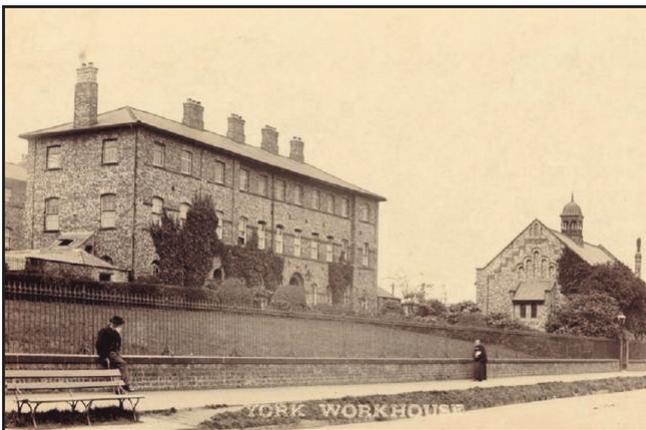
Have you ever wondered about the lives of relatives who came before you? Take some time out of your normal routine for an interactive one-off Family History session with our staff, to inspire and maybe introduce you to a new pastime. You'll learn the basics of how and where to get started.

When: Saturday 28 November 10am to 11am

Where: on Zoom

We'll cover: How to get started, avoiding common pitfalls, research sources, putting it into context and writing up your research - such as through family trees.

How to book: Contact 01904 715 490 or email enquiries@yorkcarerscentre.co.uk



York Union
Workhouse,
Huntington
Road, Early
1900s

Regular groups

You can now access several of our carer support groups online from home, as we continue to work safely within government guidelines and explore ways we can offer in-person groups in the future. To attend a group, or if you'd like to know whether it's right for you, please contact us.

Mental Health Drop In

This informal, supportive session is for people who help care for someone with a mental health condition. It's primarily aimed at people new to caring, caring for someone in crisis or caring for young people. However we have now opened up this group to anyone who may find it beneficial so please get in touch if that's you. **It runs on the last Wednesday of each month from 6 to 7pm** (please note the earlier December date: Wednesday 9 December).

Substance Misuse Carers Group

This supportive session is for people affected by someone else's substance misuse and is a chance to talk to other carers and our staff. New members are very welcome, and if you haven't attended before our facilitator will offer you a telephone appointment beforehand. **It runs on the third Wednesday of each month from 1.30 to 3pm.**

Gambling and Substance Misuse group

We started a new monthly support group over summer, for people who are supporting someone through issues with gambling and/or substance misuse. We know that some carers may find it difficult to attend groups during the day, so this group is held in the evenings.

You'll be offered a telephone appointment beforehand to answer any questions you may have. **It runs on the first Tuesday of each month from 6 to 8pm.** Contact us to book a place or for more information.

York Carers Centre AGM

This year's York Carers Centre AGM will be held on Wednesday 28 October at 5.30pm.

It will be a formal meeting on Zoom to verify the accounts and update on Trustees.

All members will receive further information nearer the time, as well as a proxy form for your vote if you cannot attend. To know more, please get in touch.

Rosemarie Temple
Chairperson



News from the Adult Team

From Sharron Smith, Adult Team Lead

It's certainly been an interesting summer and was a relief to have good weather, which I hope has helped you get through these ongoing difficult times. Our team has been able to continue to support carers, by being creative and finding different ways of working:

- Offering Carers Assessments of Need, one to one carers support and advice over the phone
- Groups and events online via zoom - such as the two mental health groups, and substance misuse groups
- The Carers Action Group met online and has been keeping involved with the changes and consultations about accessing York city centre
- We've held several online Carers Socials
- We were granted funding to give to carers of all ages to buy essential items such as washing machines, beds, and technology to stay connected

Looking ahead we'll be running weekly Carers Hubs which any adult carers can attend, and if you are worried about using zoom, or coming to something for the first time, please let us know and we'll do all we can to help. We also hope to be holding some events specifically for parent carers after (dare I say it) Christmas.

Young Adult Carer News

The team has seen some staff changes over the summer and we're delighted to welcome Leah Nicholson, who will join Rebecca Robinson offering support to young adult carers aged 18 to 25. Our best wishes go to Rebecca (who also supports adult carers), as she starts a doctorate in Counselling Psychology this autumn.

Over the summer we've been offering telephone one to ones, and had some online groups and socials for young adult carers. We're putting some thought into new virtual activities, so if you have any requests please let us know!

There is a small amount of funding available for Young Adult Carers to apply for up to £75 towards essentials or things that will support your education. If you'd like to apply please contact Sharron.smith@yorkcarerscentre.co.uk for the full details.

Lastly, there is an opportunity for young adults to get involved in some research:

Kate Stewart a University of East London postgraduate student is conducting research on supporting wellbeing in young adult carers using an online intervention. Contact Kate direct on u1719634@uel.ac.uk to be involved.



Young Carer Team News

From Chris James, Lead Officer for Young Carers/Young Adult Carers

The Young Carer Team has been doing some swapping, borrowing and adding over the summer and things might look a bit different for a while. Don't worry though, you'll still see some of your favourite faces, and some new ones too. Our Young Carer and Young Adult Team Leads Amy and Jess are on maternity leave, and guess what...? Young Carer Support Worker Ashton, is also expecting a baby soon! We wish them all good health and happiness for the time to come.

So who is new? We have a new Team Leader called Chris and two new Carer Support Workers called Will and Leah, who join Hannah to make the team. They are really looking forward to meeting everyone.

Over the Summer there have been virtual activities and one to one support sessions taking place, supporting young carers with the changes this year has brought. Some highlights have been Paint-Your-Own-Piggy-Banks, providing a chance to unwind, and snacks arriving on young carers doorsteps all over York.



Carers Emergency Card

Did you know that you are entitled to a Carers Emergency Card? The emergency card scheme is for carers of any age who may worry about what will happen to the person they care for if they, the carer, is taken ill, has an accident or has another emergency to deal with.

Both you and the person you care for will know that an emergency plan can be put into action at any time.

The free scheme is a partnership between York Carers Centre and Be Independent (formerly Warden Call Service).

Who can register?

To join the York scheme, the person you care for must live within the City of York Council's boundary

How to register or find out more

There is information and a downloadable registration form on our website, or you can contact us to ask for a form to be sent to you. If you need any help completing the form we will be able to help you.



Enjoying the outdoors this winter

Walking with a buddy

The positive effects of nature and the outdoors on our health and wellbeing are well known, however we might sometimes feel we would benefit from support to go out for a regular walk, maybe lacking the confidence to go out or walk alone.

Move Mates, a project from Move the Masses, could help.

Move Mates restarted in York in July and they already have over 50 people paired with a friendly local volunteer for a regular walk in the area. The concept is simple, someone who wants to walk but lacks the confidence to leave their house or walk alone is paired with a buddy for a weekly walk.



Move Mates are currently walking with people aged 21 to 100, and people find that walking with a buddy helps to build their confidence, lower anxiety and increase their fitness. See www.movethemasses.org.uk/buddies for more information, or call **01904 373 017**.

On the farm

Beetle Bank Open Farm in Murton is a popular day-out for families, where carers go free when accompanying the person they care for. It also hosts a range of supported schemes and initiatives which enjoy use of the beautiful farmland. Some of the schemes are detailed below:

Beetle Bank Social Farm

A service for people living with dementia around York. Days are spent helping out on the farm whilst enjoying the great outdoors. Social farming is known as 'the therapeutic use of



traditional farming practices'. Contact:

beetlebanksocialfarm@gmail.com or **07932 420726**.

Community Supported Agriculture

An initiative by local residents to produce vegetables for their own consumption. A sociable alternative to allotments. Contact: luke.thomson@gmail.com

Blueberry Academy

Personalised learning opportunities are delivered, for people with learning differences, autism or other health and support needs, who want to prepare for independent living and employment. Contact:

info@blueberryacademy.co.uk or **01904 638885**.

Donations and thanks

Our grateful thanks go to organisations, carers, volunteers and people in the community who contributed funding or time towards our work. Recent support has included:

- The Ed De Nunzio Charitable Trust granted funds so that young carers could be provided with items they would need for returning to school.
- A group in Heworth who have been making masks kindly donated funds to us.
- Carers Trust granted emergency funds for individual carers affected by Covid19.
- York Mind provided funds for our Substance Misuse and Gambling carers group
- Morrisons donated funds from their in-store collection.



In memory

In memory of Philip Crowe who passed away in September 2020. Philip was committed to improving mental health services in York, most recently working with Tees, Esk and Wear Valleys NHS Trust to ensure that the garden areas at Foss Park Hospital provide a therapeutic space for patients' wellbeing. Philip will be missed by all of us who knew him.

Our opening hours

Monday 9am to 5pm

Thursday 9am to 5pm

Tuesday 9am to 5pm

Friday 9am to 4.30pm

Wednesday 9am to 8pm

Christmas closing:

We close at 5pm on Tuesday 22 December 2020 and reopen at 9am on Monday 4 January 2021.

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

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if you need a large print version
of this newsletter**

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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.

