

# York Carers Centre News

**April to June 2021** **Issue 94**

## Making carers visible and valued



This June we'll mark national annual Carers Week, which recognises and raises awareness of the UK's 6.5m unpaid carers. Carers in our city have faced new challenges this past year, and so the focus of Carers Week is ensuring carers are visible, as well as valued for their contribution to their families and communities. Take a look at some of the events we'll be running. Here's some of our team above, marking Carers Week in pre-socially distanced times!

**Carers Week  
Events  
Page 4**

**Support for  
parent carers  
Page 6**

**Carers Hub  
activities  
Page 8**

# Evening Advice Line

Do you need help or advice to support you in your caring role, such as:

- Benefits for you or your family?
- Your rights as a carer, such as rights in employment, or disability rights for the person you care for?
- How to get support, services or equipment for the person you care for?
- How to plan and pay for care?

We can offer you help on a range of topics, and as well as being here for you during weekdays, we also offer a free, weekly evening advice line.

There's no need to book an appointment for the evening advice line, just pick up the phone and our benefits and advice workers Andrew Davies and Shirley Monteith will be there to offer you help.

**Every Wednesday 5 to 8pm**

**01904 715 490**

# Welcome

Here we are welcoming spring again with the familiar sight of York's daffodil covered city walls. After a full year of lockdowns and change some of you may be feeling hopeful and can't wait to get out and about again, whereas others may be feeling daunted and fearful, and some of you may be utterly fed up, and all the feelings in between.

However you are feeling we hope that you have something, however small, that helps you get through this, and



hope that you are finding ways to connect with others. We do hope you'll find something for you in the groups and activities we have coming up.

Though our groups and activities are not being held in person just yet, there is now the option to ring into some of our online groups via telephone, allowing anyone without internet access to take part. We're also keeping a close eye on restrictions being lifted, and plan to have Carers Hub walks in June, assuming the government roadmap goes as planned.

As always we're here for you on the phone, so please get in touch if you need help, advice or someone to talk to.

# What's on in Carers Week

This year's Carers Week runs from 7 to 13 June, and we're marking it with a range of events. To book onto something please contact us on **01904 715 490** or [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)

## Voicefulness

**Mondays 7, 14 and 21 June 10.45am to 12pm**

Join us for three relaxed, fun sessions as we explore finding our most up to date voice and version of ourselves. Em Whitfield Brooks will guide us through singing, working with our speaking voice and elements of meditation. It will be online and from the comfort of our own homes. The sessions aim to support us in feeling more at ease, confident and connected during these distanced times.



## Menfulness

**Wednesday 9 June 3 to 4pm**

York Menfulness is a men's wellbeing group who support and promote men's wellbeing. Menfulness encourages men of any age to come along to events and enjoy themselves, with the focus being on talking in a supportive and friendly atmosphere, with no pressure to share. Join us for an informal talk from York Menfulness to find out more. The session may be online, or a Walk and Talk depending on restrictions having been lifted.





## Speed Quizzing

**Thursday 10 June 7.45 to 9pm**

Come along to our Carers Week Speed Quiz. Suitable for all ages, this fast paced, smartphone pub quiz will be hosted by Shed Seven's Alan Leach. Use your smartphone or tablet as a buzzer to take part online, and bring along any others in your household who'd like to join in.

## Communicating with professionals

**Friday 11 June 10.45am to 1pm**

This online session will be delivered by Not a Care in the World, to help us explore those challenging conversations we may have had with professionals. We will use examples that people attending the group bring, and discuss and practice ways to better communicate our needs in a supportive environment.

## Legal Clinic

**Thursday 10 June**

Belinda-Jane Poulter, Director at Crombie Wilkinson Solicitors is offering free 30 minute telephone appointments for carers throughout the day, for advice on wills, probate and power of attorney.

## Independent Financial Advice Clinic

**Tuesday 8 June**

Kevin Hilton from G+E Wealth Management is offering carers free 75 minute independent financial advice telephone appointments. Independent financial adviser status means that the adviser is able to consider the whole market place when considering solutions for clients.

# Support for parent carers

We have sessions coming up this month specifically for parent carers of disabled children, thanks to funding from York Inspirational Kids. It will be a chance to get advice, support and take time out for yourself, along with other parents.

## Benefits for parent carers

**Wednesday 14 April 9.45am to 12pm**

The Welfare Benefits Unit will provide information on benefits and your entitlements. This will be followed by a question and answer session, and opportunity for to get individual advice from Andrew Davies, our Benefits Advisor.

## Skin Care for parent carers

**Wednesday 21 April 10.15 to 11.45am**

Join Louise Swann from Boots No7 as she guides you through a quick skincare routine using three No7 products. Everything you need for the session will be delivered to your door, allowing you to take some time out and pamper yourself! The session is suitable for any gender.



**Booking:** Both sessions are online, and the benefits session is also available via telephone dial in. Please contact us to book [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk) or call: **01904 715 490**.

# Caring and Coping

Take time to focus on your wellbeing, with counsellor Christine Bailey in May and June. Come along to all six sessions, or just pick one or two.



## What will we cover in the sessions?

1. **Boring self-care:** going back to basics and refreshing our awareness about what we need to survive with our wellbeing intact, when life is really tough.
2. **All in the mind:** exploring the link between emotional distress and our physical health, and what to do about it.
3. **Holding on and letting go:** exploring our responsibilities as carers and whether we can let go of anything.
4. **Prevailing over pesky thoughts:** using CBT principles we'll look at negative beliefs and thoughts, and whether we have the power to reduce these.
5. **Adventures in assertiveness:** two sessions where we'll identify a situation or relationship where we'd like to be more assertive, exploring the barriers and the next steps.

**When:** Tuesdays 11,18,25 May and 1,8,15 June

**10.15am to 12pm**

**Booking:** Sessions are online, please book on [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk) or call: **01904 715 490**.

# Carers Hubs

Join us at our friendly, free Carers Hubs taking place regularly. At each Hub we catch up and try our hand at something new, which changes monthly. The person you care for is welcome to come along with you. Please contact us to book a place on any of these hubs:

## Seed planting with St Nicks in April

Come along for a chat and some fun decorating a pot and planting seeds to grow and keep at home. All the equipment will be delivered to your door beforehand.

**When:** Please choose one of the following dates for these online sessions, which you can also dial into via telephone:

- Wednesday 14 April 2.45 to 4pm
- Tuesday 20 April 6.45 to 8pm
- Thursday 29 April 10.15 to 11.30am



## Self care tips with June Tramner in May

June has gathered some of her favourite self care tips to share with you, to help stay well, calm and centred in these difficult times. Some are simple recipes for keeping our "defensive energy" awake, others are touch and massage for helping calm the mind. These sessions are being held online.

**When:** please choose one of the following dates

- Wednesday 12 May 2.45 to 4pm
- Tuesday 18 May 6.45 to 8pm
- Thursday 27 May 10.15 to 11.30am

## Going for a Stroll in June

Join us for a gentle, hour-long riverside walk meeting at Rowntree Park, on:

- Wednesday 9 June  
3pm and/or
- Thursday 24 June  
at 10.30am

Please note the walks will be dependent



upon restrictions easing as per the government roadmap.

Alternatively come along to a **virtual Walk Around the Walls**, an online archaeology and history talk with the experts from Past Search, on: Tuesday 15 June at 7pm.

# The art of bereavement

This supportive session is for recently bereaved carers. Working with theatre director Matt Harper-Hardcastle, the session will be facilitated through gentle creative writing exercises to produce your own piece of poetry. We'll ask you to bring a pen and paper, and an object which holds a memory or connects you to someone who has passed away, that you would be happy to share.

If you would like to know more or are wondering if this session is right for you, please contact us. The session will be online.

**When:** Wednesday 28 April 12.45 to 2.15pm



# Family history

Ever wondered about the lives of relatives who came before you? Take some time out to join Cathy Brown for our relaxed family history sessions, to learn the basics of how and where to get started and explore some of the free research websites. We'll ask you to bring details of at least one person you are keen to research. For the June session we'll be joined by archivist Laura Yeoman from York Explore.

Sessions are online and you can be sent an information pack by email if you're unable to attend.

**When:** Saturdays 24 April, 22 May, 19 June  
10.15am to 12pm

## Feedback from carers at our previous session:

**"It has been fascinating, I'm an absolute beginner, thank you for all the tips and information."**

**"It has been really interesting. I've never heard of the sites. I have been interested in family history but didn't know where to start. Now I'm excited to get started!"**

## Regular support groups

Our monthly group sessions provide a supportive space for carers to meet and talk to our staff. New members are always welcome. If you're wondering whether a particular group is right for you, please get in touch and we can answer any questions. Currently all group sessions are online, and now also available to join via telephone; to book a place please get in touch.

### Mental Health Groups

We have two monthly sessions for people who help care for someone with a mental health condition.

- **Mental Health Drop In:** primarily aimed at people new to caring, or caring for a young person or someone in crisis. It runs the last Wednesday each month from 6 to 7pm.
- **York Mental Health Carers Group:** some sessions are focused on sharing support, others have visiting speakers, we run this group in partnership with Rethink Mental Illness York Group. It runs the second Wednesday of each month from 7pm.

### Substance Misuse Group

We have two sessions for people affected by someone else's substance misuse. If it's your first time attending our facilitator will offer you a telephone appointment beforehand.

- **Substance Misuse Carers Group:** third Wednesday of each month from 1.30 to 3pm.
- **Gambling and Substance Misuse Carers Group:** we know that some carers find daytime groups difficult to attend, so this group is in the evenings. It runs on the first Tuesday of each month from 6 to 8pm.

# 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.



# Carer Awareness Training

## for organisations, employers and professionals

Our free, group training sessions are an opportunity to come and learn more about unpaid carers and the support available across the city. This will increase your understanding of carers, their role and how you can help.

We will explore how the community, professionals and employers can identify carers early, recognise and work with carers as partners in care, and help carers to maintain their own health and wellbeing.

### Dates for 2021 are:

- Monday 26 April
- Tuesday 25 May
- Wednesday 30 June
- Monday 26 July
- Tuesday 24 Aug
- Wednesday 29 Sept



Sessions are currently online, running from **10.30am to 12.30pm.**

Please contact Sam Varo at Vale of York Clinical Commissioning Group to book: **sam.varo@nhs.net** or **01904 551 773.**

## Free online training

If you or your organisation would benefit from short online training modules to access in your own time, please visit our free Carer Awareness Training website [yctraining.co.uk](https://yctraining.co.uk) to take the free training.

# News from our teams

## News from our adult carer support team:

As well as our one to one support, Carers Assessments and advice work we've had lots of online workshops and events happening over the past few months like art, yoga, Viking talks and mindfulness. A carer at our art workshop in February sent us this lovely painting afterwards. We've also been doing our best to reach out to all carers in different ways.



“Much to my surprise I received a beautiful Hug in a Mug today! I am absolutely delighted, what a wonderful thing to do, it has quite made my day. Many, many thanks for the thoughtfulness of York Carers Centre. Looking forward to my cuppa, in the special mug ... and to happy thoughts, and a moment of calm while I drink it.”

We've got lots of workshops and events for you to take part in during the coming months, and we always love seeing new faces. It's been great seeing people returning, building friendships, and getting support from other carers at the regular groups such as the mental health and substance misuse groups. We're keeping a close eye on the government roadmap and look forward to offering some in-person events again as restrictions lift; keep an eye on our next newsletter for more details.

# News from our Young Adult Carer

## Support team

We're looking forward to starting the **Inspiring Change** project with young adult carers, made possible thanks to funding from the Quilter Foundation. The focus is on improving wellbeing and recognising resilience, and a steering group of young adult carers has been set up to help shape and progress the project.

The steering group will play a key role in planning arts projects, as well as social events, so if you'd like to be involved in the steering group please let us know.

As part of the project there are opportunities for a number of young adult carers to receive one to one support to move towards a particular goal or aspiration, in addition to a grant. Please let us know if you'd like more details about this.

To stay up to date with YAC news and events you can now check out our new **@yacsyork** Instagram page, for all 18 to 25 year olds registered with us.

Finally, it was amazing to see young adult carers like Katharine Macy, representing and raising awareness of carers on national breakfast news for Young Carers Action Day in March.



## News from our Young Carer Support team

We've had a busy start to the year offering one to one support, and running our youth groups for young carers. Thanks to Better Care Fund funding, we've had some very popular regular activities, like drama club and arts. All providing great opportunities for creative expression, peer support, confidence building and having fun.

In March it was national **Young Carers Action Day**, and the focus this year was about highlighting the amazing skills and qualities young carers develop through their caring roles, like time management, empathy and resilience.

We were delighted to mark the day by relaunching **Young Carers Revolution** which was born in 2009 by a group of young carers. Its purpose is to give young carers a voice on the issues and services that affect their lives, and ensure young carers are round the table when decisions are being made. The first task will be to look at planning an exciting new project; we'll share more about that next time!



We've also now restarted our in school drop-in support sessions post lockdown, allowing young carers to benefit from some much needed in-person and peer support.

# Carers Action Group news

## Covid-19 vaccines

The Carers Action Group are a group of carers who want to see change, and meet with local decision makers to influence and improve services. Recently the group has been posing questions about the Covid-19 vaccine roll out, the practicalities for carers and those they care for, with the aim of ensuring the information is clear.

### **Vaccine updates:**

The vaccination programme has reached Priority Group 6 which includes unpaid carers, meaning eligible unpaid carers will now be receiving an invite for their vaccination (if they have not already been invited as part of an earlier priority group).

### **For now, eligible unpaid carers will be identified in four ways:**

- If you are registered as an unpaid carer with your GP; known as having a 'Carers Flag' on your primary care records. You can contact your GP to request a Carers Flag be added to your records.
- If you receive, or are entitled to, Carer's Allowance. The Department for Work and Pensions will share this information with the vaccination programme.
- If you are known to the local authority as a carer, and are receiving support following a statutory carers assessment.
- If you are supported by a local carer support organisation.

## Vaccine update continued:

Unpaid carers over the age of 18 who are not already known to health and care services can contact the **National Booking Service** at [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination) or by ringing 119 to answer a few questions to determine if they are eligible to book their vaccination appointment. You must be over 18 to book using the national booking service.

**For more details about carers and the vaccine see Carers Trust's dedicated resource: [carers.org/guidance-on-coronavirus](http://carers.org/guidance-on-coronavirus)**

If you would like to know more about our **Carers Action Group**, or would like to be involved please get in touch. The group meets every other month and new members are always welcome.



# Explore York Libraries can't wait to bring people together again

Explore Libraries and Reading Cafes in York are taking the first cautious steps to normality, and getting ready to open up from Monday 12 April and welcome people back for drop in, browsing, and a friendly chat. Quiet study space will be available again too, but you will need to book ahead.

The Reading Café at Hungate will have lots of new books to browse and will open from 12 April along with the Reading Cafes at Homestead and Rowntree parks for outdoor service and takeaway.

Some people may be anxious about emerging from lockdown and returning to public spaces especially if they have been shielding for much of the past year. The local library is a good place to take the first steps on the journey back to a more normal way of life.



Many of the libraries and Reading Cafes have outdoor spaces or gardens which are ideal for a meet-up with friends.

Explore is making sure libraries and cafes are safe as they re-open, and will be following government and public health advice, so people will still need to wear face coverings and follow guidance about social distancing for the time being.

**Find more information at [www.exploreyork.org.uk](http://www.exploreyork.org.uk)**

# explore

Libraries and Archives

## Census 2021

Have you completed your Census 2021? If not don't worry, there is still time. If you don't have internet access, or are struggling, you can get help on the phone or in person from:

**York Explore:** 01904 552 828

**Tang Hall Explore:** 01904 552 655

**Acomb Explore:** 01904 552 651

**York CVS Priory St:** 01904 621 133

Make sure that if you care for someone, you identify yourself as a carer on the census by ticking yes to question 24 about caring.

# Donations and thanks

As always we're very grateful to organisations, carers, our volunteers and people in the community who have contributed donations or their time towards our work.

Recent grant funding has included:



**Ed De Nunzio**  
Charitable Trust



- The Ed De Nunzio Charitable Trust and York Children's Trust supported our young carer service, with funding for one to one support and IT equipment for young carers.
- York Rotary Club supported our young carer service with funding for one to one support.
- The Quilter Foundation have granted funding for the Inspiring Change project which will benefit young adult carers, through wellbeing opportunities as well as support to develop skills and confidence to pursue aspirations.



# Our opening hours

Monday 9am to 5pm

Thursday 9am to 5pm

Tuesday 9am to 5pm

Friday 9am to 4.30pm

Wednesday 9am to 8pm

## 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**

## Have your details changed?

Or would you prefer to receive this newsletter by email?

Please get in touch to tell us.

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

**Please ring us on 01904 715 490 if  
you need a large print version of this  
newsletter**

## **Contact us**



01904 715 490



[enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)



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



Twitter: [@yorkcarers](https://twitter.com/yorkcarers)

**17 Priory Street, York, YO1 6ET**  
Registered charity number 1127644

**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.**

