

Jul to Sep 2022 | Issue 99

# Carers Newsletter



Information and events for anyone in York who looks after a relative or friend living with an illness, disability, mental health condition or addiction



What's On

Carers  
Discount Card

Support News

01904 715 490

enquiries@yorkcarerscentre.co.uk



## What's On

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## Regular Carers Hubs

Drop in and get a warm welcome at one of our friendly Carers Hubs in the coming months. Share a few words over a cup of tea with others who understand, and get support and advice from our Carer Support Workers.



You can come to either of the hubs, no matter where you live in the city, and you're welcome to bring the person you care for too. **There's no need to book, just drop in.**

### Hub dates and venues:

**Carers Hub Clifton** is at the York Youth Hostel (Harris room), Clifton.

Upcoming dates are Tuesdays 19 July, 16 August, 20 September, all from 6.30 to 7.30pm.

**Carers Hub New Earswick** is at the Folk Hall café, New Earswick.

Upcoming dates are Thursdays 28 July, 25 August and 29 September, all from 10.30 to 11.30am.

## Mindfulness for Mental Health Carers

If you support a family member or friend with a mental health condition, join us for a restful few hours of afternoon tea and mindfulness. This promises to be a lovely opportunity to take some time for yourself, learn some new skills and practice mindfulness together.



**When:** Monday 18 July, from 1.30 to 4.30pm

**Where:** Middletons Hotel, Skeldergate, York

Please contact us to book your place, on:

01904 715 490 or [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)

We're very grateful to Rethink Mental Illness York for fundraising to provide this session.

## Catch-up at Deans Garden Centre

Drop into the café at Deans and join us for tea, coffee, cake and a friendly chat with other carers and our Carer Support Workers. You're welcome to bring the person you care for, and stay as long as you like.

**Where:** Deans Garden Centre café (look for the York Carers Centre table), Stockton on the Forest

**When:** Thursday 21 July from 10.30am to 12pm

**No need to book, just drop in.**



## Lotherton Hall Trip



Join us at beautiful Lotherton Hall to explore the gardens, grounds, hall and Wildlife World. We'll have afternoon tea, including sandwiches, cakes and drinks. You're welcome to bring the person you care for, and we can provide minibus transport from York centre if needed.

**Where:** Lotherton Hall, Aberford, Leeds

**When:** Tuesday 13 September, meet at 11am if making your own way there, or 10.15am to 3pm if joining us on the minibus.

Places are limited so please get in touch to book. Contact us on: [01904 715 490](tel:01904715490) or [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)

## The Journey After Loss



Loss can be hard to talk about, and it can be difficult to find the right words, for ourselves and for other people. This supportive workshop run by Next Door but One will use storytelling and other creative means to help you find the words for what you want to say and how you want to say it. For anyone experiencing loss or bereavement of any sort.

**Where:** Wednesday 14 September from 10.30am to 12.30pm

**When:** The Gillygate, 48 Gillygate, York, YO31 7EQ

If you would like to talk to us and see if it's right for you, please get in touch. Contact us to book your place:

[01904 715490](tel:01904715490) or [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)



## Carers Action Group

What issues matter to you as a carer? Come and share your views at the Carers Action Group. There will be time to discuss issues, input into developments and meet others.

The next group is Wednesday 24 August from 10am to 12pm at Friends Meeting House, Friargate. The group is followed by a light lunch together.

Please get in touch to book a place on [01904 715490](tel:01904715490) or [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)

The Carers Action Group meets every two months, and have been keeping in touch with lots of ongoing and new topics including:

- The new Integrated Care System: this is the local partnership of organisations that have come together to plan and deliver joined-up health and care services
- The Ageing Well Partnership
- Carer breaks
- Blue Badge parking and the Reverse the Ban Campaign (see more on page 13)
- Issues faced by those caring for someone in a care home
- The Mental Health Crisis Line
- Cashless venues and shops
- Hospital visiting

All carers are welcome to the Carers Action Group, and there is no need to commit to coming regularly. If you struggle to make it in person you can join virtually or have your say in other ways, just contact us to discuss.



## Would you like to talk to others in similar caring situations?

We have a number of welcoming support groups that are specific to the condition of the person you're caring for. We often have guests from other organisations who come along to talk to us about useful topics.

Some of our carer groups are held in-person, and some are online. If you're not sure if a group is right for you, we would be happy to answer any questions and give you an idea of what's involved.

### Mental Health Support Groups

We have two monthly groups for families and friends who support someone with a mental health condition. **Both groups meet at Friends Meeting House, Friargate, York. No need to book, just come along.**

- **Mental Health Drop-in:**

If you're new to caring, you're caring for a young person, for someone in crisis or someone who has recently been in Foss Park hospital, this group is for you. It runs on the last Wednesday each month from 6.15 to 8pm.

**Dates:** Weds 27 July, 31 August, 28 September.

- **York Mental Health Carers Group:**

Some sessions are about sharing support, and others have a visiting speaker. We run this welcoming group in partnership with Rethink Mental Illness. It runs on the second Wednesday of each month from 7 to 9pm.

**Dates:** Weds 13 July, 10 August, 14 September.



### Substance Misuse Support Group

We run a supportive monthly group for families and friends affected by someone else's drinking, drug use or gambling. If it's your first time attending, you'll be offered an appointment to talk to Sam our group facilitator beforehand.

**Upcoming dates:** Wednesdays 20 July, 17 August from 1.30pm to 3.30pm **held online.**

Please contact us to book a place on

**01904 715 490** or [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)

#### From a carer..

"When I first looked for support for myself as a family member of an addict, I was pointed to York Carers Centre, but I nevertheless hesitated as I didn't see myself as a carer in the traditional sense.

I thought that, as a carer, you needed to care for your family member on a day to day basis, probably including their physical and practical care, and I wasn't in that situation.

I first spoke to staff member Sam Ferguson who was very reassuring, and explained that, for the purposes of the group, I would definitely qualify as a carer. I've since joined the group and have been attending for some years, finding it a lifeline.

I think others in my situation may hesitate for the same reasons, but I would urge them to persevere as I found the process of joining the group clear, easy and welcoming."

## Carers Discount Card

Being registered with York Carers Centre means you're entitled to a Carers Discount Card - a wallet-sized card which saves you money in local businesses. Lots of York's shops, cafes and services are part of the scheme, all offering discounts to carers when you present your card.



There have been a couple of recent changes to the list of businesses that are included in the discount scheme, with some new shops being added, and some having left the scheme.

For the most up to date list of places where you can use your card, please visit our website [www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk) or get in touch on [01904 715490](tel:01904715490) so that we can send you the list.

If you have lost your Discount Card or need a new one, please get in touch and we will send you one. Please note that cards showing our previous logo are still completely valid to use.



Bruks Café offers a 10% discount to carers



We were all saddened by the news that Harry Gratton passed away suddenly at the end of June. It was such a privilege to have Harry as our charity Patron, he was a great supporter of our work and that of many other charities.



Harry will be much missed by many, and our thoughts are with his family and friends.

Harry helping out at our stall during Carers Week.

## Join us at our AGM

Would you like to hear about our work with unpaid carers, and chat to our staff, trustees and other carers? Our trustees invite you to join us for our Annual General Meeting (AGM).

**Date:** Thursday 29 September

**Time:** Arrive for 5.15pm, AGM runs from 5.30 to 6.30pm

**Where:** Main Hall at Priory Street Centre

**Includes:** Buffet food and drinks

Please get in touch to book a place on: [01904 715 490](tel:01904715490).



## Healthwatch York

Healthwatch York was set up to hear people's experiences of health and care, and make sure these are heard by those providing and buying services. We know that the past two years have been tough for everyone, and in particular for those living in care homes, and the people caring for them.

We have recently heard from a number of families in this situation. They have shared many concerns, from not being allowed to visit their relatives, to no one informing them of care charges. We have also heard welcome stories of excellent care, and homes putting in place new ways of keeping people connected.

We are keen to hear more about your experiences, both good and bad, of care homes throughout the pandemic to now.

**Please get in touch with us to share your views.**

**Telephone:** 01904 621133 and choose Healthwatch

**Email:** [healthwatch@yorkcvs.org.uk](mailto:healthwatch@yorkcvs.org.uk)

**Twitter:** @healthwatchyork

**or write to us at:**

Healthwatch York, Freepost RTEG-BLES-RRYJ,  
15 Priory Street, York, YO1 6ET

Or visit our website to share reviews of local services:  
[www.healthwatchyork.co.uk/services](http://www.healthwatchyork.co.uk/services)



## New Eating Disorders Support



City of York's new Mental Health Partnership has joined forces with Beat, a national eating disorder charity, to offer support for people with eating disorders and their families. As well as offering a range of support for adults who have an eating disorder, Beat will also provide both group and one to one support for families and carers of people who are living with an eating disorder.

If you support someone close who has an eating disorder you can enrol on a free online training course. To enrol for support please get in touch with Beat's training team, either via email at [training@beateatingdisorders.org.uk](mailto:training@beateatingdisorders.org.uk) or by calling 01925 912829.

You can also seek support and information about other services Beat provide by calling their national helpline, on 0808 801 0677.

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## Do you support a relative or friend to employ PAs with direct payments?

Are you having difficulty recruiting new Personal Assistants (PAs)? If so, you're not alone!

To join forces with other carers to explore ways of recruiting PAs together please email [pa.recruitment30@gmail.com](mailto:pa.recruitment30@gmail.com) or phone/text Emma on 07930 609355.



## Have you received your £150 Council Tax Rebate?

The council tax rebate provides a one-off payment of £150 to households living in council tax bands A to D. City of York Council are responsible for determining who is eligible in our area, and making payments. These payments were being made from April 2022 and will not need to be paid back.

If you live in an eligible property and you pay your council tax by direct debit, the council will generally have **already made** the payment directly to your bank account, starting from April 2022. **If you have received your payment you do not need to do anything.**

If you live in an eligible property and you do not pay your council tax by direct debit or have not received your payment, you will need to apply to receive the £150 payment. Apply online via the council website, which is: [www.york.gov.uk/CouncilTaxRebateScheme](http://www.york.gov.uk/CouncilTaxRebateScheme) or by telephone 0300 373 0727.

If you need further support, please contact our Advice Worker, Shirley on [01904 715490](tel:01904715490) or [shirley.monteith@yorkcarerscentre.co.uk](mailto:shirley.monteith@yorkcarerscentre.co.uk)



## Rethink is 50

This year Rethink Mental Illness celebrates 50 years of helping people with mental ill-health, and the families and friends who support them. **You are warmly invited to join the local Rethink group for an informal celebration of their 50th anniversary:**



**When:** Monday 25 July from 3pm to 5pm  
**Where:** Homestead Park, Main Lawn area

Everyone is welcome to drop in and stay as long as you like. Please feel free to bring your own chairs, picnic rugs and drinks – or purchase at the cafe on site (open until 4pm). Rethink will provide cake!  
We are proud partners of Rethink York Group, jointly offering the regular mental health carers group.

## Reverse the Ban Campaign

You may have seen in local news that there is now a permanent ban on disabled people using their Blue Badge to enter a designated part of York centre between 10.30am and 7pm each day. Many organisations, including York Carers Centre, have come together under the banner 'Reverse the Ban', aiming to get the policy reversed.

If you are affected by the Blue Badge restrictions in York city centre, or want to lend your support as an individual or on behalf of a group/organisation please get in touch with Reverse the Ban to find out more:

[reversethebanyork@gmail.com](mailto:reversethebanyork@gmail.com)



The Young Carer Team have been busy as ever over the last few months, seeking feedback from young carers about activities, doing lots of planning and trying out new things!

New staff member, Diane, is a very welcome addition to our existing team (Amy/Chris/Leah), and together with our fantastic volunteers, we are all set for another action-packed summer. We're planning lots of exciting activities for young carers, including crafts, cooking, and sports. The team will be in touch with parents soon, with full details for the summer activities programme.



Young Carers Action Day took place in March and we used the theme of 'Taking Action on Isolation' by working with artist Mim Robson to create awesome artwork. The artwork featured top tips by young carers for tackling isolation, and offered closure to an era of lockdown restrictions.

We injected some creativity into our work within schools, with a new class presentation and short film to raise awareness of young carers in schools. The film was made by young carers themselves, along with artist Dan Stapylton and can be seen on the York Carers Centre You Tube channel.

The young carers service has also been involved in a city-wide programme called 'Realising Rights' which aims to put Children's Human Rights at the centre of how services are run. Watch this space for updates!



The young adult carer (YAC) team have been working hard since the start of the year to ensure the continuation of funding for our 'Inspiring Change' work (funded by Quilter Foundation and supported by Carers Trust).

So, we were delighted to be one of only three organisations chosen to continue with this funding, which will enable us to run our YAC Stars project. YAC Stars is specifically focussed on helping 18 to 25 year old carers access work and training 'wherever they are on their journey'.

So far, we have run monthly peer support sessions, with the help of theatre company Next Door but One, and role models with lived-experience of being a young carer (such as PCSO Aiden Ballanger, shown above). We have also offered 22 focussed one-to-one support sessions to help young adults on their journey, and have linked them to a number of placement and paid work opportunities. [See all the progress on our social media @yacsyork \(Instagram\) and Yac York on Facebook.](#)





## Welcome to Una Heron

“I’ve recently joined York Carers Centre as a Carer Support Worker, working on the Pathway to Recovery project. This is a multi-agency project set up to improve the experience of being discharged from Foss Park mental health hospital, for both patients and families.

My job is to provide support to families and carers of people who are, or have been, in Foss Park, and to ensure the success of the project.

I am really looking forward to meeting and working with families and carers, the hospital staff, all the amazing people from York Carers Centre and those involved in mental health work across the city.”



**If you would like to know about our support for families and friends of people who are in, or have been in Foss Park Hospital, please get in touch on: enquiries@yorkcarerscentre.co.uk or 01904 715490.**



## Lord Mayor’s Big Thanks



We were delighted to receive a Big Thanks from Rt Hon the Lord Mayor of York this summer, to recognise our ‘kindness, generosity and practical help’ during the Covid-19 pandemic.

## Donations

As always, we’re very grateful to all carers, volunteers, people in the community and businesses who have contributed donations or their own time. Special thanks to Fishergate Primary School and Millthorpe School for their fantastic fundraising at Young Carers Action Day to support our young carer work.



We received lots of generous prize donations to use at our Parliament Street stall in Carers Week, and would like to thank all the donating organisations, which included:

- Hole in Wand**
- Locked in Games York**
- The Coop, Stonebow**
- Neals Yard Remedies**
- Bettys York**
- York Gift Card**
- Shared Earth**
- Dream Silk**



## Volunteering news

Our sincere thanks to all the student volunteers we've been fortunate enough to have working with us so far this year. All have shown incredible dedication and have gone the extra mile to make our events extra special – such as Carers Week and the young carer activities. They have helped across many areas of work, and we wish them all the best for the future. We hope to be able to host more students on placement later this year, as they contribute so much to our work with carers.



## How we help:

- ✓ Information and advice
- ✓ Someone to talk to
- ✓ Groups and workshops
- ✓ Support to have your say
- ✓ Carers Assessments
- ✓ Young carer support
- ✓ Carers Emergency Card
- ✓ Discount Card

**Contact us on: 01904 715 490**

## Opening hours:

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

## No opportunity to get in touch through the day?

Each Wednesday we run the Carer Advice Line from 5 to 8pm, for quality free advice about benefits, rights, community care and more.

## 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](mailto:adult.socialsupport@york.gov.uk)
- **Children and young people** should contact City of York Council Multi Agency Safeguarding Hub on 01904 551 900 or [mash@york.gov.uk](mailto:mash@york.gov.uk)
- **If these teams are unavailable** contact the City of York Council Emergency Duty Team on 01609 780 780.

**Have your details changed?**

Please get in touch to tell us.

# Stay in touch



If you use email, make sure you're signed up to receive our monthly e-mail news bulletin. Every month we'll send you up-to-date, useful information for carers, from around the community. Subscribe by contacting us on:

[enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk) or **01904 715 490**.

Please let us know if you need a large-print version of our postal newsletter.

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## Pass this on to someone else

There are 19,000 people of all ages in York who look after a relative or friend who relies on their support. We are here to support them! If you know someone who supports their relative, friend or neighbour, please pass them this newsletter after you've read it.



## Contact us

We are an independent charity that helps unpaid carers in York (or caring for someone in York) find the support they need. We are a network partner of Carers Trust.

 01904 715 490

 @yorkcarers

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

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