

Oct to Dec 2022 | Issue 100

# Carers Newsletter



Our 100th issue, full of information and events for people in York looking after a relative or friend who lives with an illness, disability, mental health condition or addiction



Planning for  
your future

Free workshops  
and events

Cost of living  
advice



01904 715 490



enquiries@yorkcarerscentre.co.uk



## What's On

Carer support at Foss Park Hospital

Regular groups

Young carer support and updates

News from the community

How to get help

Page 3 to 6

Page 7

Page 8 to 9

Page 10 to 11

Page 12 to 17

Page 19

---

## Join us at our Annual General Meeting

We warmly invite you to join us on **Thursday 29 September** from 5.15 to 7pm at the Priory Street Centre's Main Hall.

You'll hear from staff, carers of all ages and volunteers, celebrating our work, achievements and initiatives throughout the last year. Food and drinks are included, and you are welcome to bring the person you care for.

Please get in touch to let us know you are coming by contacting: [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk) or **01904 715490**.



## Planning for Your Future

Each year Carers Rights Day puts the issue of rights in the spotlight. Whether you're a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access support when you need it. Our advice workers are here to help you with questions about your rights, and those of the person you care for; please get in touch for help on 01904 715490.



To mark Carers Rights Day this year we invite you to join us at our **Planning for Your Future** event. There will be presentations from professionals, who will also be available afterwards to answer your questions individually, about:

- Lasting Power of Attorney, Wills and Trusts
- Independent Financial Advice
- Paying for Care
- Benefits
- Social Care

Lunch and drinks are included, and you are welcome to bring the person you care for. Please get in touch to let us know you're coming.

**When:** **Friday 25 November from 10am to 2pm**

**Where:** Main Hall, Priory Street Centre, YO1 6ET

**Booking:** [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk) or **01904 715490**.

**Accessibility:** Our venue is accessible, with Blue Badge parking available. BSL interpretation is available, please let us know before Monday 7 November if you require this.



## Keeping you connected at our Hubs

Drop in and get a warm welcome at one of our friendly Carers Hubs in the coming months.

### Hub dates and venues:

#### Carers Hub New Earswick

is at the Folk Hall café, New Earswick.

#### Upcoming dates are

Thursdays 29 Sept, 27 Oct, 24 Nov and 15 Dec from 10.30 to 11.30am.

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

#### Upcoming dates are

Tuesdays 18 Oct and 15 Nov from 6.30 to 7.30pm. Please note, this hub will not run in December.

## Meet a Carer Support Worker

“Hi, I’m Fiona, a Carer Support Worker at York Carers Centre. One of my roles is to support the Carers Hub in Clifton. You can find me at the YHA Clifton on a Tuesday evening once a month (dates above).”

Our friendly hub is a chance to have a chat with others over a cup of something nice and get support and advice from us, whilst meeting other carers.

There’s no need to book to come along, just drop in, and you’re welcome to bring the person you care for.

It would be really lovely to see you.”



## Photography workshops

Are you interested in taking your own photos and capturing memories on your camera or phone? Come and join us and Create, for a free, short course of online workshops.

Led by Create’s photographer Alejandra Carles-Tolra, these six sessions will let you explore your creativity, meet other carers and learn how to take great photos from the comfort of your own home. No previous experience or skills needed, just a camera phone or other device to take photos, and a willingness to join in and have some fun!

**When:** Tuesdays 11, 18 October and 1, 8, 15, 22 November from 10.30 and to 12.45 pm

**Where:** Zoom

**Bookings:** 01904 715490 or [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)

## Wreath making

Our ever-popular festive, free wreath-making is back in December. Join us to make a beautiful wreath for your door, and enjoy a chat and hot drinks with our staff and other carers.

**When:** Saturday 3 December 10am to 12.30pm

**Where:** YHA York Youth Hostel, Clifton.

**Bookings:** Places are limited so early booking is recommended, by contacting [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk) or 01904 715 490.





## When the person you care for now lives in a care home

When the person you care for moves into a care home, the changes to your caring role can often bring up a range of feelings. There are many issues to face and practical caring tasks that still exist. Some carers may feel guilty, worry about the care their loved one is receiving and struggle to find a balance between their caring role and that of the care home.

We'd like to invite anyone in this situation to a one-off group for an opportunity to have an informal chat, and a bit of space to enjoy coffee and cake with others in similar circumstances.

**When:** Wednesday 19 October from 10 to 11.30am

**Where:** Friends Meeting House, Friargate

Please get in touch to let us know you're coming on [01904 715 490](tel:01904715490) or [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)

---

## What Matters to You?

What issues matter to you as a carer? Come and share what you think at the Carers Action Group.

There will be time to discuss issues, input into developments and meet others in a supportive environment.

**When:** Wednesday 23 November from 10am to 12pm

**Where:** Friends Meeting House, Friargate.

The group is followed by a light lunch together.

Please get in touch to let us know you're coming on [01904 715 490](tel:01904715490) or [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)

## Is your relative or friend in Foss Park?

Our Carer Support Workers are regularly in Foss Park mental health hospital and available to chat to carers. We offer support and advice for family and friends of people who are in, or have recently been discharged from Ebor and Minster wards. If you would like to know more about what we do or when we will be in the hospital, please contact Una Heron on [Una.Heron@yorkcarerscentre.co.uk](mailto:Una.Heron@yorkcarerscentre.co.uk) or [07394 236937](tel:07394236937). She would be very pleased to hear from you.

## Tell us about your experience

If your relative or friend was discharged from Foss Park hospital within the last six months we would like to hear your experiences, both good and bad.

For example, did you feel involved, heard and supported? Were you offered support as a family carer after discharge?

Join us to discuss your experiences on **Wednesday 7 December from 2.30 to 3.30pm** at 30 Clarence Street, York. Please get in touch to tell us you'll be coming, on: [01904 715 490](tel:01904715490) or [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)



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

We have regular, 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. If you'd like to know more about a group before attending, please get in touch; we would be happy to answer any questions.

### Mental Health Carer Support Groups

We have two monthly groups for families and friends who support someone with a mental health condition. **No need to book, just drop in and receive a warm welcome.**

- **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:** Wed 28 Sept, 26 October and 30 November

**Where:** September's group is at Friends Meeting House Friargate. [October and November's groups move to the new venue 30 Clarence Street, York.](#)

- **York Mental Health Carers Group:**

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

**Dates:** Wed 12 October and 9 November

**Where:** Friends Meeting House, Friargate



## Other events for mental health carers

### Festive celebration:

All families and friends who support someone with a mental health condition are welcome to our annual festivities! Catch up with other carers and have a chat with our staff; buffet food and drinks are included. Please get in touch to book, on [01904 715 490](tel:01904715490) or [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)

**Date:** Wed 14 December from 7 to 9pm

**Where:** Middletons Hotel, Skeldergate

### Communicating with professionals:

This session with Not a Care in the World will help us explore those challenging conversations we may have had with professionals involved in care. We will discuss and practice ways to communicate our needs, in a supportive environment. Please contact us to book.

**Date:** Wed 16 November from 2 to 4pm

**Where:** 30 Clarence Street, York **or** join via Zoom.

---

### Substance Misuse Carer Support Groups

We run supportive monthly groups 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.

#### Dates:

- Tues 4 October from 6.30 to 8pm **held online.**
- Wed 19 October 1.30 to 3.30pm at Jacob's Well, Trinity Lane. **Mindfulness and meditation session.**
- Tues 1 November from 6.30 to 8pm **held online.**
- Wed 16 November 1.30 to 3.30pm **held online**
- Tue 6 December from 6.30 to 8pm **held online.**
- Wed 14 December, 1 to 4pm, Jacob's Well, Trinity Lane

Please contact us to book a place at any of the above on: [01904 715 490](tel:01904715490) or [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)



## Helping young carers to stay well

June marked the completion of the first year of our National Lottery funded project to support the mental health of young carers. We offer Cognitive Behavioural Therapy (CBT) and Family Support to 11 to 24 year olds who are struggling with their mental health, and who often face months of waiting for diagnosis and support.

In our first year we've helped 16 young people to manage issues including low confidence, anxiety, low mood, depression and trauma. We have taken therapy 'into the community', teaching young people coping skills and techniques in accessible venues. We have met in community centres, schools, parks, libraries, the University of York... the list goes on.

Alongside this, their families were supported in many different ways, with emotional support, sourcing funding, advocacy in difficult meetings, liaising with schools, and recruiting mentors. We aim to ensure we are focused on the needs of each individual family. When asked, 100% of the families agreed that their 'family felt stronger now'. After this great start, we are excited to be taking forward what we have learned into years two and three of the project.

To know more about our CBT and Family Support work for young carers please get in touch.



## A summer of activities

Thanks to funding received both from BBC Children in Need and the Holiday Activities and Food Programme, we have just completed a packed summer of activities for young carers, providing enriching experiences almost every day. Our programme focussed on healthy eating, physical activities, expressing feelings through arts and crafts and making new friendships.

**"It was fun! I haven't been out of the house in a while - it's been good to get out and about. If I wasn't here, I'd just be at home."**



## Young Adult Carers monthly meet-ups

In August we held our final YAC Stars session, our monthly careers drop-in for young adult carers aged 18 to 25. It was a celebration of the amazing progress made by young adult carers and a launch pad to future opportunities. Our monthly sessions were funded by the Quilter Foundation and supported by Carers Trust.

As the monthly meet-ups were so well received we'll continue to meet through autumn and winter, on **the last Wednesday of each month, drop in anytime from 5 to 8pm**. All young adult carers are welcome, and we have free food and drinks! In September the meet-up is at Tang Hall Community Centre, then October and November will be back at Spark:York.



## Cost of living payments

With the cost of living having an impact on everyone's energy bills, it's important to understand what help is available and what payments you're eligible for.

- **Money off energy bills:** all households in Britain will get £400 off their energy bills between October 2022 and March 2023.
- **Low-income Payment:** £650 will be paid in two instalments for households receiving DWP or HMRC means tested benefits. The first instalment of £324 for those receiving a qualifying DWP benefit was paid in July and for those receiving HMRC tax credit it will be paid in the Autumn.
- **Disability Cost of Living Payment:** £150 will be paid in Sept for those receiving a qualifying disability benefit.
- **Pensioner Cost of Living Payment:** this is an additional £300 payment for households receiving the Winter Fuel Payment.

**The above payments will be made automatically.** You can find further information about eligibility at [www.gov.uk/guidance/cost-of-living-payment](http://www.gov.uk/guidance/cost-of-living-payment) or by contacting the council's Benefits Advice Team on 01904 552 044.

City of York Council also have a Discretionary Household Support Fund to help households in most need with food, energy and water bills. You will need to apply for this support by Friday 30 September.

Further details are available by contacting the council on:

[benefits@york.gov.uk](mailto:benefits@york.gov.uk) or 01904 551556.



## Short breaks with free accommodation

We have partnered with Carefree, a charity working with hotels, transforming their vacant rooms into vital breaks for unpaid carers. As partners, we can refer carers registered with us for a break.

### How does it work?

Breaks are usually for two or three nights, and include free accommodation and breakfast for you and a companion in a twin or double room.

### Am I eligible?

To qualify for a break, you must be:

- Aged 18 years or over
- A full-time unpaid carer
- Able to arrange interim care
- Able to pay for extras (admin fee of £25, your transport, food, travel insurance if needed etc.)

Breaks are for you, the carer, and you are welcome to take a companion, who isn't the person that you care for.

If you are interested in knowing more please get in touch with us and we can refer you to Carefree, who will help you book.

Please contact our Advice Worker Shirley Monteith on [shirley.monteith@yorkcarerscentre.co.uk](mailto:shirley.monteith@yorkcarerscentre.co.uk) or 01904 715490.

# Carefree



## Free flu vaccines for carers

When someone relies on you to keep them well and safe it's important to receive a flu vaccine, so that you can protect yourself and the vulnerable person you care for. If you're an adult and you care for someone, you're entitled to a free NHS flu vaccine this winter.

### How to get your free NHS vaccine

Contact your GP and let them know about your caring responsibilities, if your GP doesn't already know. This will ensure it is noted on your own record. You will then routinely be invited for a free flu vaccine by your GP practice.

Carers UK have a useful template letter which can be used for informing your GP about your caring responsibilities, you can access this on: [www.carersuk.org/help-and-advice/health](http://www.carersuk.org/help-and-advice/health) or if you would like help accessing this please let us know on [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk) or 01904 715 490.

## Top Tip

Are you looking for local activities, services or information and advice? Live Well York is a useful, online community website containing a wealth of information for adults in the city. There are hundreds of local activities listed, and information on topics such as money and community food help.

See [www.livewellyork.co.uk](http://www.livewellyork.co.uk) to explore what's available.

For activities and services for children, families and young people visit partner website Yor-OK:

[www.yor-ok.org.uk](http://www.yor-ok.org.uk)



## Enjoy free rickshaw rides this autumn!

The Cycling Without Age 'Nature Rides' with York Bike Belles are a simple but brilliant idea. Friendly volunteers offer free comfortable rides to older, less mobile passengers in a special electric-assist rickshaw with a passenger cab for two up front.

York Bike Belles are keen to welcome older (65+) people with restricted mobility living in York, and a companion.

You can book a series of three rides per passenger, which last around an hour. They start from Fulford and go along quiet green routes, and into beautiful green spaces such as Rowntree Park. If passengers have difficulties getting to Fulford, the rides may be able to start from another venue.

For all enquiries, please contact Julie Kay, Cycling Without Age Rides Coordinator on [julie.yorkbikebelles@gmail.com](mailto:julie.yorkbikebelles@gmail.com) or call 07889 573217. York Bike Belles CIC is an award-winning charitable organisation.





## Help with food

If you're struggling to pay for food this winter, support is available from a range of sources.

### York Foodbank

York Foodbank work with City of York Council and over 150 agencies in the city, such as schools, social workers, Citizens' Advice and others, who can all issue Foodbank vouchers if you need emergency food.

York Carers Centre is registered to issue York Foodbank vouchers, so if you are struggling to put food on the table, we can issue you with a voucher. Please get in touch if you would like to know more about this, on [01904 715490](tel:01904715490).

In order to provide the most appropriate help for your circumstances we would take some basic details from you. This enables us to offer practical guidance and allow us to inform York Foodbank of the number of people that they should prepare suitable emergency food for. Once you have been issued with a voucher, you can exchange this for a minimum of three days of emergency food at your nearest Foodbank centre.

Each Foodbank has a cafe-style environment and is staffed by non-judgemental people who want to support others, and can offer practical advice.



## Community food banks

These are organised locally and offer a variety of support and food to share with the local community. You don't need a voucher or appointment to use the community foodbanks.

### The Collective Sharehouse

- Clements Hall (back entrance), YO23 1BW
- Open Tuesday and Friday 9.15 to 11am, and Wednesday 5 to 6pm.

### I am Reusable

- Aldborough Way, YO26 4UX
- Open Mon, Tue, Thurs, Sat and Sun 10am to 5pm.

### Tang Hall Community Centre

- Fifth Avenue, YO31 OUG
- Open Wednesday 11am to 12.30pm

### Luke's Larder

- St Luke's Church Hall, Burton Stone Lane, YO30 6DG
- Wednesday 12.30 to 1.30pm

### York Travellers Trust

- 20 Falsgrave Crescent, Clifton, YO30 7AZ
- Monday 10.30am to 12.30pm

### Lidgett Methodist Church

- Wheatlands Grove, YO26 5NH
- Tuesday and Friday from 9am

### Door 84 Youth and Community Centre

- Lowther Street, The Groves, YO31 7LX
- Friday 11am to 1pm

### Haxby Foodshare Project

- Haxby Memorial Hall, YO32 3HT
- Wednesday 11am to 1.30pm and Friday 12.20 to 2pm

### Bell Farm BCA/BSH Foodbank

- Bell Farm Social Hall, Roche Avenue, YO31 9BB
- Weekdays 12 to 4pm and Saturdays 12 to 4pm



## Funding and donations

Our grateful thanks go to organisations, carers, volunteers and people in the community who have contributed funding or their own time and skills towards our work.

We have recently received generous support from:

- **City of York Council's Pathway to Recovery project**, enabling us to continue support for families and carers at Foss Park hospital for a further two years.
- **NHS England**, enabling us to develop the identification and support of family members and friends affected by addiction.
- **York Children's Trust**, who funded new school uniforms for 70 young carers at the start of the school term.
- **York Mind**, awarded funding enabling the continuation of our evening group for family members and friends affected by addiction.



Thanks to all who came to see us at the Dragon Boat Races, we raised vital funds and spoke with lots of lovely people of all ages from the community.



## 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

### Our phone line is open from:

- Monday to Thursday 9.30am to 4.30pm
- Friday 9.30am to 4pm

### 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. Please note the advice line is closed on Weds 12 October.

### 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.

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.

---

## Pass this on to someone else

Census 2011 estimated there are 18,224 people of all ages in York who look after a relative or friend who relies on their support. New Census figures will be available soon and we expect the number of people caring in our city will be higher. We are here to support them! If you know someone who helps 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**

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

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

 @yorkcarerscentre

 @yorkcarers

 @yorkcarers