

Apr - Jun 2023 | Issue 102

Carers Newsletter



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



What's On?

Carers Week

Support News



01904 715 490



enquiries@yorkcarerscentre.co.uk



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Regular Carer Hubs

Carer Hubs offer a friendly, supportive space for anyone with a caring role. You can have a cup of tea and share a few words with other carers and our Carer Support Workers are on hand to offer support and advice.

You can bring the person you care for or come on your own. You can come to either of the Carers Hubs, no matter where you live in the city. There's no need to book, just drop in.

Hub dates and venues:

Carer Hub West is at the York Youth Hostel (Harris Room) Clifton. **Upcoming dates are** Tuesdays 18 April, 16 May & 20 June. 6.30 to 7.30pm. PLEASE NOTE: 18 April Hub is in the ROWNTREE ROOM (NOT Harris Room)

Carer Hub North is at Oaken Grove Community Centre, Haxby.

Upcoming dates are Wednesdays 26 April, 31 May & 28 June. 1.00 to 2.30pm

Regular Support Groups

Would you like to talk to other carers in a similar situation to yourself? We offer regular support groups that are specific to the condition of the person you are caring for. We often invite guest speakers along to talk to the group about useful topics too.

Mental Health Support Groups

We have two Mental Health Support Groups every month for families and friends that support someone with a mental health condition.

Mental Health Carers Group

This is a monthly group where, some sessions are focused on sharing support, and others are discussions led by visiting speakers. New members are always welcome. This group is run in partnership with Rethink Mental Illness York Group. It runs on the 2nd Wednesday of each month from 7 to 9pm.

Dates: Wednesday 12 April, 10 May and 14 June 2023

Where: Fox Room, Friends Meeting House, Friargate, York

Mental Health Carers Drop-In

This is a small 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; someone in crisis or someone admitted to, or discharged from Foss Park Hospital. It runs on the last Wednesday of each month from 6.15 - 8pm.

Dates: Wednesday 26 April, 31 May and 28 June 2023

Where: 30 Clarence Street, York

When: 6.15 to 8pm.



York Carers Centre CEO, Carole Zagrovic, retires

Chief Executive Officer of York Carers Centre, Carole Zagrovic, will leave the organisation on 31 March 2023.



Rosemarie Temple, Chairperson of York Carers Centre says, *“It is with both sadness and gratitude that we announce Carole’s decision to step-down as Chief Executive Officer of York Carers Centre. Carole has been an inspiring and compassionate leader who has put the needs of unpaid carers at the heart of every decision. It has been a privilege to work with Carole during her term of office.*

The Board of Trustees wish Carole all the best in her retirement.”

Thank you, Carole,

Carole guided the workforce through the pandemic, prioritising the health and wellbeing of staff and ensuring York Carers Centre continued to be supportive, creative and responsive to the identified needs of unpaid carers.

During her tenure, Carole formed strong professional relationships with staff, partners and funders to improve the services available to carers. She participated in regional and national initiatives to share, shape and celebrate good practice via meetings with Carers Trust and other professional bodies. Carole contributed towards national, regional and local policy agenda particularly regarding Carers Rights and Human Rights.



Carole led York Carers Centre through several local authority tender procurement processes and secured substantial additional funding to strengthen the financial position of York Carers Centre.

Carole says, *“It has been a really difficult decision to leave York Carers Centre, but I do so full of pride and hope that I leave the charity in a good place to maintain their support for carers throughout York.*

As a carer myself, I feel fortunate that the last years of my working life have been with York Carers Centre. I hope that I have been as kind and considerate, skilled and inspirational as the staff, volunteers and carers I have had the privilege of working with for almost 12 years.”



Carole (R) and the YCC team meeting the Mayor in 2018.

York Carers Centre will continue as a well-respected and successful charity providing support for unpaid carers in York. The new CEO will build on Carole’s admirable work and lead the charity through the next phase of development. Announcement coming soon...

Carer Support

NHS England invited York Carers Centre to the National Carers Conference, back in December, to deliver a presentation about our work supporting carers / families affected by someone else's addiction.

The conference was a fantastic opportunity to network and raise awareness of the needs of unpaid carers that are affected by someone else's drinking, drug use or gambling.

Carers Information Marketplace

In December, thanks to 'Mind the Gap' (NHS) funding, we were able to hold a 'Substance Misuse and Gambling' Carers Information Marketplace at Jacob's Well, Trinity Lane.

The event was an opportunity to bring together agencies, people in recovery, and families and friends who care for someone with a drink, drug or gambling addiction.



Professional representatives joined us from York in Recovery, Changing Lives, Changing Habits, Oaktrees, Al-Anon, Narcotics Anonymous, Alcoholics Anonymous, Smart Recovery, Public Health, GamCare and NHS Northern Gambling Association. Carers were able to talk to professionals and people in recovery and York Carers Centre staff / volunteers were on-hand to provide information and advice.

Feedback from a new carer: *"Everyone was extremely welcoming and easy to talk to, there was no judgement and we were able to have open and honest conversations, share their experience and offer advice."*

Feedback from carers who are engaged with York Carers Centre: *"There's nothing better than being able to talk to other family members who attend York Carers Centre support groups and the great staff there too".*

Feedback from professionals: *"It was just so energising to be part of the recovery community support network again. This being the first event since lockdown it has really got us buzzing again as we had been treading water the last 3 years"*

Substance Misuse Support Groups

We run a monthly support group for families and friends affected by someone else's drinking, drug use or gambling. If it's your first time at the group, you will be offered an appointment with Sam, the group facilitator, beforehand.

To book call York Carers Centre on **01904 715 490** or email events@yorkcarerscentre.co.uk

Substance Misuse & Gambling Carer Support Group is on zoom. **Upcoming dates:** The first Tuesday evening of the month. Tuesday 4 April, 2 May & 6 June 2023. 6.30 - 8pm.

Substance Misuse & Gambling Carer Support Group is sometimes on Zoom and some sessions at Jacobs Well. **Upcoming dates:** Wednesday 19 April, 17 May & 21 June 2023. 1.30 - 3.30pm.

Foss Park Hospital Carers Mental Health Hub

We have been working with Foss Park Hospital, for nearly two years, building stronger connections to better identify and support visiting unpaid carers.

We are now taking referrals from older adult wards, Wold View and Moor Croft. If you care for someone who is currently in Foss Park hospital, or has recently been discharged from Foss Park, and you would like support or just someone to talk to, please contact **Una Heron** on **07394 236937**. Please leave Una a message with your name and telephone number and she will get in touch.

York Carers Centre's presence at The Mental Health Hub at Clarence Street is providing valuable support to carers and learning from this prototype work, will inform future plans for more Hubs, providing support to carers, across the city.

Carers Awareness Training

Carer Awareness Training is for professionals to learn more about the support available to unpaid carers in York. It is also an opportunity to explore how professionals working in the health and social care field, or anyone in the community, can help to: identify carers early; recognise them as 'partners' in care; help carers to maintain their own health and wellbeing.

When: Tuesday 25 April and Monday 26 June 2023. 10.30 - 12.30pm.

Where: Zoom

To book call York Carers Centre on **01904 715 490** or email events@yorkcarerscentre.co.uk

Meet Hannah Crosby

Training for a half marathon is underway!

Hannah works at York Carers Centre as a Young Carer Support Worker. Hannah supports young people aged 5 - 18 who care for a family member - who due to illness, disability, a physical or mental health problem or addiction - cannot cope without their support.



Hannah says *"I feel so lucky to work for such a wonderful charity! The young carers I work with are resilient, empathetic and inspiring young people who are often navigating really tough situations and experiences that can make them feel alone, scared and exhausted."*

Hannah is so passionate about her role, she is challenging herself to take part in a local half marathon to fundraise for the York Carers Centre, Young Carers team. The money she raises through sponsorship will fund specific projects for young carers.

Hannah went on to say, *"I really want to make a difference so we can reach out to, and engage with, as many young carers as possible. I therefore have decided to start training and run a local half marathon in the next 6 months, fundraising for York Carers Centre, young carers. I know times are hard, but even a pound will be appreciated."*

To sponsor Hannah please follow this link:

<https://www.justgiving.com/fundraising/hannah-crosby4>



Carers Week 5 - 11 June 2023



Carers Week is an national annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. This years' theme is **'Recognising and supporting carers in the community'**. York Carers Centre will celebrate Carers Week with the following events:

Monday 5 June

'Caring for Carers' marketplace - for NHS staff who are carers.

Where: York Community Stadium, Monks Cross, York.

When: 11.00 - 5pm

Wednesday 7 June

Charity Awareness Day

The York Carers Centre team will be in a bright pink gazebo in St. Sampson's Square, on hand to provide information and advice to carers, plus giveaways and games.

Where: St Sampson's Square (outside Brown's in York City Centre)

When: 10.00 - 4pm

Thursday 8 June

Legal Clinic (free)

Belinda Poulter, Crombie Wilkinson Solicitors, is offering carers the opportunity to have a free legal appointment on the phone.

Where: Over the phone

When: 9.30 - 4.30pm

To book call Belinda Poulter on **01904 657 759** or email b.poulter@crombiewilkinson.co.uk



Carers Week - 5 - 11 June 2023

Thursday 8 June

Independent Financial Advice Clinic (free)

This clinic will enable carers to access free financial advice from Andrew Mence, Wren Sterling.

Andrew has over 17 years of experience in providing Financial Advice and is accredited with the Society of Later Life Advisers (SOLLA). The accreditation is recognised as the Gold Standard for those advising in the later life market.

Where: York Carers Centre, 17 Priory Street, York, YO1 6ET.

When: 10.00 - 4.30pm

To book call York Carers Centre on **01904 715 490** or email events@yorkcarerscentre.co.uk

Carers Wellbeing Day

York College Inspired Hair & Beauty

We are holding a Carers Wellbeing Day in partnership with York College. Carers are invited to have a free hair and beauty treatment.

Where: York College Inspired Hair & Beauty

When: Friday 12 May, 11.00am

What: Hair conditioning treatment and blow-dry.

OR

When: Friday 12 May, 13.30pm

What: Manicure or a pedicure or a facial.

Appointments are available on a first come, first served basis. Depending on the uptake, another date may be added in June. 10 spaces are available in the morning and 10 spaces are available in the afternoon.

To book call York Carers Centre on **01904 715 490** or email events@yorkcarerscentre.co.uk.

Carers Action Group

At the Carers Action Group on 22 February, we heard from Melanie Elkin from Homeshare and the new Carers Commissioner at City of York Council, Edward Njuguna. We shared lots of information and carers raised health related issues that we will explore further at the June meeting. The next Carers Action Group will take place on Wednesday 12 April, 10 - 12pm. However, the format of the meeting will be different, as we will be hosting a workshop with Matt Harper-Hardcastle.

Throughout 2023, Artistic Director of Next Door But One (NDB1), Matt Harper-Hardcastle, will be developing a new play exploring family dynamics and the roles we all take on or are handed to us. The first stage of development is to shape the central characters. We are doing this through several in-person workshops with different community groups. The workshop will put the voice of carers at its centre and explore stereotypes, perceptions and assumptions through creative writing. This will shape NDB1's new play, and also inform the understanding of York Carers Centre. Carers are welcome to take part in this exciting opportunity.

The following Carers Action Group meeting will be on Wednesday 7 June (which is during Carers Week).



Carers Action Group

When: Wednesday 12 April
10.00 - 12pm

Where: Friends Meeting House,
Friargate, YO1 9RL.

To book call York Carers Centre on **01904 715 490** or email **events@yorkcarerscentre.co.uk**

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 Charity Partners, we can refer carers registered with us for a break.

Carefree

“Such a fantastic idea. It means so much to carers to feel like a person themselves. We can get completely lost as 24/7 we need to think of someone else before ourselves.”

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.

For further information or to request a referral please contact our Advice Worker, Shirley Monteith on **shirley.monteith@yorkcarerscentre.co.uk** or call York Carers Centre on **01904 715490**.

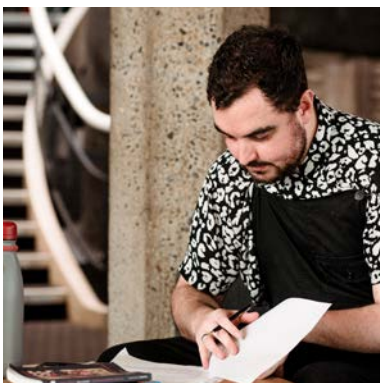
Operation Hummingbird

A new play by Matt Harper-Hardcastle

Teenager Jimmy deals with his mum's terminal diagnosis by diving into computer games. Through this virtual reality, he meets his future self and asks: Will everything turn out OK?

Poignant, funny and uplifting, this smash-hit play by award-winning Next Door But One returns after a sell-out tour in 2021. Based on director Matt Harper-Hardcastle's memoir, Operation Hummingbird explores grief, loss and the power of noticing just how far you've come.

This will be touring York Explore libraries, York Theatre Royal, Pocklington Arts Centre and Helmsley Arts Centre, May - June 2023. To book tickets visit www.nextdoorbutone.co.uk



Keep a lookout for further updates from Next Door But One, as they will be working with York Carers Centre later in the year to run creative workshops exploring experiences of loss, grief and bereavement.

Playback Theatre: On Loss

When: Thursday 4 May, 6.30 - 7.30pm. York Explore. Next Door But One, in association with Playback Theatre York, bring an evening of performance and stories of life, death and everything in between. Playback Theatre is a form of improvised theatre in which the stories come from the audience and are spontaneously performed by a team of experienced actors. 'We have the stage and the actors ... all we need now is an audience with stories to share with us.'

"It was such a beautiful and moving experience that I truly feel lucky to have been able to attend. It has encouraged me to talk more openly about my recent loss and to seek help with addressing my thoughts, feelings and emotions around my loss." (2022 Audience Member)

Explore York Libraries and Archives are hosting this event to mark Dying Matters Week. This is a free event and tickets can be booked here:

<https://playbacktheatre-onloss.eventbrite.co.uk/>

NEW! Brain Health Café

This is a warm and friendly weekly café where you can meet people and find out about brain health - with free tea and biscuits!

It is suitable for anyone who has concerns about their memory or wants to know more about how to keep their brain healthy.

Dates: The first Friday of the month, different organisations are invited to attend, to offer support and advice. York Carers Centre will be there on **Friday 5 May**.

Where: Acomb Garth Community Care Centre

When: Every Friday (except bank holidays) 10.00 - 12.00pm



Grant funding for 'keep warm, keep well' packs and hot food at Carers Hubs

Special thanks to 'Haxby and Wigginton' and 'Rawcliffe and Clifton Without' Ward Committees for additional funding which allowed us to give away 'keep warm, keep well' packs at our Carer Hubs, as well as serve hot soup and bread.

The 'keep warm, keep well' packs include a York Carers Centre tote bag, fleece blanket, hot water bottle, socks, flask, hot chocolate and box of cuppa soups - all sourced from local retailers. Our carers were really grateful to receive the goody bag - thank you!

Funded by your
Ward Committee



NISA Local donate £500 to Young Carers

Thank you, NISA Local for kindly donating £500 to our young carers as part of the Make a Difference Locally scheme. The donation will be put towards group activities for young carers (aged 5 - 18), allowing them to learn new skills, socialise and have fun, and take a well-earned break from caring responsibilities. Many young carers look after a family member with an illness, disability, mental illness, or substance misuse problem and cannot access the social opportunities available to their peers. Group activities help young carers develop friendships, share experiences and feel less isolated. This donation will support approximately 120 young carers.



Mindfulness based cognitive therapy (MBCT)

Mindfulness is a particular way of paying attention to the present moment and can help us become more aware of our thoughts and emotions.

8-week mindfulness course

Courses are available to adults (aged 18+) registered with a GP in County Durham and Darlington, Teesside and most of North Yorkshire, who:

- have experienced repeated episodes of depression
- are stressed by parenting or caring for someone with mental ill health or a learning disability.

www.tevv.nhs.uk/about-your-care/treatments-therapies/mindfulness-cognitive-therapy/

This is an 8-week course (2hrs 15 mins for each session) which can be either online or in person. There is also a mindfulness day as part of the course in addition to the 8-weeks and you can access these ongoing to support practice after the course. If you are interested in the course please follow the link above to sign up.

The Sleep Charity



The Sleep Charity has updated their opening hours to include a day shift on a Wednesday morning 09.00 - 11.00am. The helpline is managed by trained sleep practitioners who can provide advice on a wide range of sleep needs. The helpline is open 5 days a week: Sunday, Monday, Tuesday and Thursday 7 - 9pm and Wednesday 9 - 11am. The number is 03303 530 541.



Over one million people missing out on prescription savings

Data has been obtained by MoneySavingExpert.com via a Freedom of Information request from the NHS Business Services Authority which shows 1,064,992 people paid for at least 12 individual prescriptions in 2021-22 instead of paying for a pre-payment certificate (PPC). Because this group paid on average for 16 prescriptions each, costing £9.35 (£149.60 in total), they paid out around £40 more than if they had paid for a 12-month PPC at a cost of £108.80 for an unlimited amount of prescriptions.

Martin Lewis, founder of MoneySavingExpert.com, said: *“We need to spread the word to anyone who regularly gets prescriptions – including some with chronic illnesses – to check out prescription prepayment certificates.”* He urged people to get a PPC before any prescription increases, which usually go up each April. People can buy a three month or 12-month PPC and the cost of the latter can be spread over 10 months via direct debit. For further information or to buy a pre-payment certificate, visit <https://services.nhsbsa.nhs.uk/buy-prescription-prepayment-certificate/start>

TalkAbout

It is important that disabled people have a voice and can influence change in York. Putting aside 10 minutes every 6 months to complete a TalkAbout survey for City of York Council is one way of doing this. Surveys ask for views on topics including life in York, your local area, problems you face as well as your opinions on different services delivered by the council. Results of TalkAbout surveys are used by councillors and council officers to influence their decisions.

<https://www.york.gov.uk/local-democracy/talkabout-panel>



Carers Trust

Survey Findings

Carers Trust has conducted its latest annual survey of 1,109 engaging young carers and young adult carers from across the UK. The survey findings make for alarming reading.

This year’s findings show the stress experienced by many young carers and young adult carers as a result of their caring role, now being exacerbated by widespread anxieties about household finances as a result of the cost-of-living crisis.

Read the survey findings here: <https://carers.org/young-carers-action-day-2023/being-a-young-carer-is-not-a-choice>

Remap York

Remap is a National Charity that helps to improve the quality of life for people of all ages living with a disability. Remap is a network of skilled volunteers that design, custom-make and deliver equipment free of charge. Remap provide solutions to everyday problems where there is nothing commercially available, such as adaptations or custom-made equipment.

They provide the service free of charge, working from their own homes / workshops and relying on donations and fundraising to cover the costs of the materials.

You, your carer or health professional can contact Remap York directly: Contact them via email on york@remapgroups.org.uk or call **01937 587 574**
www.york.remap.org.uk

Stay in touch



If you use email please sign up to receive our monthly e-bulletin.

Every month we send up-to-date, useful information for carers. Subscribe by emailing enquiries@yorkcarerscentre.co.uk or call 01904 715 490.

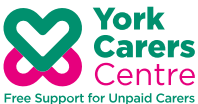
Please let us know if you need a large-print version of our postal newsletter.

Pass this on to someone else

If you know someone who helps their relative, friend or neighbour, please pass this newsletter on to them.

Follow us on social media

Connect with [York Carers Centre](#) on social media. We are on Facebook, Instagram, Twitter, LinkedIn and YouTube.



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

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