

July - Sept 2023 | Issue 103

Carers Newsletter



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



Meet York Carers
Centre's new CEO
Sharron Smith

What's On?

Carer Hubs

Events/News



01904 715 490



enquiries@yorkcarerscentre.co.uk



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Join us at our AGM

Would you like to hear about our work with unpaid carers in York and chat to our staff, trustees, volunteers and other carers? Would you like to see Playback Theatre in action, an interactive performance specifically about carers?

Our charity trustees would like to invite you to come along to our Annual General Meeting (AGM).

When: Thursday 28 September 2023

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

Time: Arrive 5.15 for a 5.30 pm start

Includes: Buffet food and drinks

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



Introducing Sharron Smith as the NEW CEO of York Carers Centre.

We are delighted to announce that Sharron Smith has been appointed the new CEO of York Carers Centre as of April 2023.

Sharron began her journey with York Carers Centre on a 3-month temporary contract as a Young Carer Worker back in 2000. Sharron was heavily involved in the development of the Young Carers service, establishing the Young Adult Carers service (one of the first in the country!) and helping to shape and evolve the Adult Carers service into what it is today.

23 years on, we are absolutely thrilled to appoint Sharron as CEO of York Carers Centre.

Rosemarie Temple Chair of Trustees says: “On behalf of

the Board of Trustees, I would like to welcome our new CEO Sharron Smith! Sharron brings a wealth of experience to the role, in both the ‘Carers field’ and charity sector. We look forward to working with Sharron to continue taking York Carers Centre forward.”

Sharron went on to say “I am truly honoured to have this role and I’d like to thank the Trustees, staff team and carers for their support. I’d also like to show my gratitude to Carole for her guidance, encouragement and for all the work that has been done previously to make York Carers Centre what it is today.

I hope to build on this and continue to ensure the centre maintains it’s positive reputation in the city. I am very proud to be part of such a wonderful organisation which is genuinely passionate about supporting carers and really does keep carers at the forefront of everything they do.”

Carer Hubs

We run regular 'Carer Hubs' which are friendly support groups for unpaid carers in York.

Why not come along for a cup of tea or coffee and meet other people in a similar situation to you?

Our Carer Support Workers are available to provide free advice and information and can talk to you about issues around your caring role. We also welcome any carers who are not registered with us as we can register you during the group.

You can bring the person you care for or come on your own. There's no need to book. Just drop in.



Carer Hub West

When: Tuesday 18 July,
Tuesday 22 August, Tuesday
19 September 6.30 - 7.30 pm.

Where: York Youth Hostel
(Harris Room) Clifton, YO30
6LP.



Carer Hub North

When: Wednesday 26 July,
Wednesday 30 August,
Wednesday 27 September
1 - 2.30 pm.

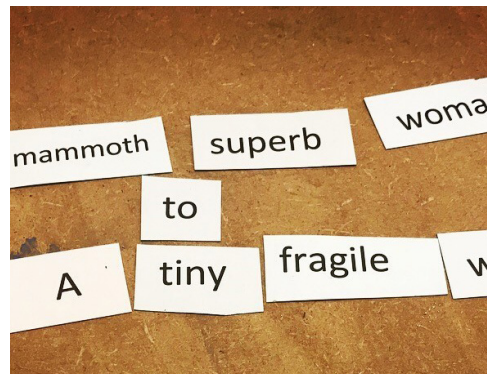
Where: Oaken Grove
Community Centre, Haxby,
YO32 3QW.

Wellbeing Hub

Arts and Loss Workshops

'Next Door but One' (NDBO) Theatre Group run creative workshops supporting people to explore feelings of loss through art.

Between July and November, we will be partnering with NDBO, to run a series of 4 workshops at York Theatre Royal, using creative writing, art, music and performance to explore our own experiences of grief.



When: Tuesday 25 July, 10 – 12 pm (workshop number 1 of 4)

Where: York Theatre Royal, St Leonards Place, York, YO1 7HD.

This will be a relaxed, introductory session, taking the form of a 'marketplace', gently moving through different tasks. We will write, play music, draw and share stories together.

The following workshops will be on **Tuesday 26 September**, **Tuesday 24 October** and **Tuesday 28 November** and you can come along to as many as you would like.



Would you find it helpful to talk to other people in a similar situation to yourself who understand the impact your caring responsibilities have on your life? Why not come to a support group? We run many different support groups, specific to the condition of the person you are caring for. We always welcome new carers.

Mental Health Support Groups

We have two Mental Health Support Groups every month for family members or 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 every month.

When: Wednesday 12 July, Wednesday 9 August, Wednesday 13 September.
7 - 9 pm

Where: Fox Room, Friends Meeting House, Friargate.

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 every month.

When: Wednesday 26 July, Wednesday 30 August, Wednesday 27 September.
6.15 - 8 pm.

Where: 30 Clarence Street, York, YO31 7EW.



Substance Misuse & Gambling Carer Support Group (Online)

We run an online monthly support group for families and friends affected by someone else's substance misuse and/or gambling. It runs on the first Tuesday evening of the month from 6 - 7.30 pm

When: Tuesday 4 July, Tuesday 1 August, Tuesday 5 September.

Where: On Zoom

To book call York Carers Centre on **01904 715 490** or email **events@yorkcarerscentre.co.uk** You will be offered an appointment with facilitator Sam Ferguson before attending.

Substance Misuse & Gambling Carer Support Group (in person)

We run an in-person support group for families and friends affected by someone else's substance misuse and/or gambling.

When: Wednesday 19 July, 12 - 2 pm

Where: Jacobs Well, Trinity Lane, York, YO1 6LL.

&

When: Wednesday 20 September, 2.30 - 4 pm

Where: Acomb Garth, Community Room (NB. This is not the Community Café)

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

You will be offered an appointment with facilitator Sam Ferguson before attending.



Caring for someone in a care home?

Are you caring for someone who lives in a care home? Why not come to our peer-led carers group for people who support a partner, relative, or friend living in a care home? This group is an opportunity to come together with other carers over a cuppa, to chat and share your experiences. It's a drop-in group so there's no need to book. The group runs on the first Friday of the month 11 – 12.30 pm.

When: Friday 7 July, Friday 4 August, Friday 1 September
11 – 12.30 pm.

Where: Hungate Reading Cafe, Ground Floor, Bellerby Court, Hungate, York YO1 7AF.

Carers Action Group

What issues matter to you as a carer? Come to the Carers Action Group and share your thoughts and experiences as an unpaid carer. There will be time for discussion, input into developments and to meet other carers in a supportive environment. York Carers Centre staff will be there, with the aim to support carers to have a voice on a wide range of issues including health, transport and social care.

When: Wednesday 6 September 2023, 10 – 12 pm followed by lunch.

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

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



Substance Misuse Carer Marketplace

We are holding a Substance Misuse Carer Marketplace at Acomb Garth Community Centre, Community Café, so that working carers have a chance to access support. If you are affected by someone's drinking or drug use or gambling, please come along to meet with staff and carers that have lived experience. There's no need to book, just drop-in.

When: Wednesday 16 August, 5 - 6.30 pm

Where: Acomb Garth, Community Café, 2 Oak Rise, Acomb, York, YO24 4LJ.

Information Stall for Carers and Professionals

Come and meet our staff and find out more about the work we do, supporting unpaid carers in York, at our information stand in Acomb.

We support young carers aged 5-18yrs, Young Adult Carers aged 18-25yrs and Adult Carers aged 25+ yrs. Staff will be on hand to talk to you about your caring role and our Advice Worker will be there to support you with any questions.

When: Tuesday 12 September, 10 - 2 pm

Where: Acomb Garth Community Care Centre, 2 Oak Rise, York YO24 4LJ.

Information and Fundraising Stall

We have been invited to hold an information and fundraising stall at Strensall Spearehead Café. As well as offering prizes and goody bags our staff will be on hand to talk to people about what support is available for unpaid carers.

When: Wednesday 19 July, 9 - 12 pm

Where: St Marys, Church Lane, Strensall YO32 5XU.



Advice Line

Did you know we have a free Advice Line for unpaid carers in York, every Wednesday evening from 5 - 8 pm.

Our Advice Workers are on the line with free quality advice about benefits, rights, community care and much more.

No appointment needed; help is just a phone call away.

When: Wednesday, 5 - 8 pm

Where: Call York Carers Centre on **01904 715 490**.



Carers Emergency Card

Did you know that if you care for a relative or friend who lives in York you can get a free Emergency Card?

The free scheme, run with the City of York Council, lets you set up a contingency plan for the person you care for if you have an emergency to deal with.

Read more on our website here: www.yorkcarerscentre.co.uk/adult-carers/carers-emergency-card/



Carers Assessment of Need

Is caring for someone having an impact on your life and well-being?

If so, have you considered requesting a Carers Assessment of Need? A Carers Assessment of Need is an opportunity for you to talk to someone about how your role as a carer impacts your day-to-day life.

A Carer Support Worker / Carer Specialist will use the Carers Assessment to find out what support you need, whether you're willing or able to carry on in your caring role, what you want to achieve in your daily life and whether you are eligible for help.

To find out more, or to request a Carers Assessment contact York Carers Centre on **01904 715490** or **enquiries@yorkcarerscentre.co.uk**

Carers Awareness Training

The Carers Awareness Training offers an introduction to York Carers Centre and how we can identify and support unpaid carers. It's an opportunity for Professionals to:

- Learn more about York Carers Centre and the support available for unpaid carers across the city
- Have an opportunity to explore how we, as professionals working in the health and social care field, can help to: identify carers early; recognise them as 'partners' in care; help carers to maintain their own health and wellbeing.

When: Wednesday 27 September, 10.30 - 12.30 pm

Where: On Zoom

To book please email **sam.varo@nhs.net**



Carer Breaks Survey – CYC

We know caring can have an impact on your health and wellbeing and understand how difficult it can be. Breaks can make all the difference and might include small regular opportunities for a break to longer more complex breaks and covers the whole spectrum in between.

We would like to make some improvements and are asking for your thoughts and feedback to help us with this. If you are a carer for an adult or child, please complete our survey.

www.surveymonkey.co.uk/r/CYCCarerBreaksSurvey23

This consultation closes at **11.59 pm** on **Wednesday 9 August 2023**. If you would prefer a printed copy please email enquiries@yorkcarerscentre.co.uk

Family Hubs Survey - CYC

The Family Hubs are a way of working that joins together different services, such as: midwives, health visitors, mental health support etc...

Family Hubs help people from pregnancy all the way until their child is 19 years old (or up to 25 for young people with SEND).

To help make sure the Family Hubs are right for people in York, they want you to let them know about your experiences of using services for parents, carers, children, and young people.

To complete this short survey please click on the link:

www.surveymonkey.co.uk/r/FamilyHubCoproductioSurvey



Thank you's!

A special thank you to Jo from Tesco Extra on Tadcaster Road for donating sweets for goody bags for our Awareness Day in York City Centre in celebration of Carers Week. Thank you to York College Hair and Beauty for your generosity and kindness during our Carers Wellbeing Day and for donating vouchers for Carers Week goody bags.

Volunteering

We have signed the York Citywide Volunteering Pledge to show our commitment to contributing towards a thriving culture of Volunteering in York. There are always opportunities to volunteer with us; from helping with young carers and young adult carers social events and activities, supporting carers over the phone via our telephone listening service, joining us at Carer Hubs and even helping to raise awareness of our work or assisting with admin tasks. To find out more about volunteering and get involved with York Carers Centre please email volunteering@yorkcarerscentre.co.uk

Fundraising

Giving up a little bit of your time to fundraise for us is a rewarding and fun way to support our work and make a huge difference to the lives of unpaid carers. Whether you want to organise an event or fundraise as part of a group, we'd love to hear from you.

Get in touch with York Carers Centre on **01904 715 490** or email enquiries@yorkcarerscentre.co.uk



LAFFS

(Laughs, Advice, Fun, Friendship, Support)

Want to have fun, make new friends, meet old friends and get support from the team? Then join our monthly LAFFS.

Primary school age young carer sessions run on the first Tuesday of the month and secondary school age young carer sessions run on the third Tuesday of the month. A typical LAFFS session includes sports, games, creative crafts, baking, Xbox and snacks (we're always snacking)!

When: Primary: Tuesday 4 July, Tuesday 1 August, Tuesday 5 September 5 - 6.30 pm.
Secondary: Tuesday 18 July, Tuesday 15 August, Tuesday 19 September 5 - 6.30 pm.

Where: Youth Club, Moor Lane Youth Centre, Wain's Road, Dringhouses, York, YO24 2TX.

Help with transport is currently available on request. Please call York Carers Centre on **01904 715 490** for further information and book via the Eventbrite booking link.

Summer Fun

Thanks to funding from the National Lottery Community Fund we have a number of activities planned over the summer.

We will be organising events and activities for Primary and Secondary school aged young carers and also for families to attend together.

Booking will go live in July...



Save the dates!

Tuesday 1 August

LAFFS (primary)

Friday 4 August

Freeklime (secondary)

Tuesday 8 August

Allerthorpe Lake (secondary)

Friday 11 August

BeetleBank Farm (primary)

Tuesday 15 August

LAFFS (secondary)

Friday 17 August

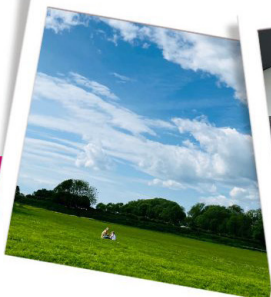
Creepy Crawlies (primary)

Tuesday 22 August

Flamingoland (family)

Tuesday 31 August

York Maze (family)



YACs York Social

Want to have a break from your caring role and meet other young people who live in similar circumstances? Get involved, eat food and relax - join our monthly 'YACsYork' drop-in social events.

These events are for young adult carers aged 18-25 however young carers aged 16+ are also welcome and encouraged to attend.

The YACs Social is usually held at SPARK: York CIC on the last Wednesday of the month. We have food available from the street-food vendors, 5 - 6.30 pm and then an organised activity with guests until 8 pm.

You'll find us on the tables at the back from 5 pm and then we move into the chilled 'co-working space' from 6.30 pm.

Arrive when you like and stay for as long as you like! Any questions please get in touch.

Check out [@YACsYork](#) on Instagram to see what we do!





Free Digital Resources for Carers

The City of York Council have teamed up with national charity **Carers UK** to give carers in York free access to a range of digital resources around carer health, nutrition, carer breaks, rights at work, financial planning and much more...

The digital resources include e-learning for carers, and publications such as Carers Rights and Being Heard- a self-advocacy guide for carers.

Also included is Jointly, a care coordination app where you can share important information with your family or support network about the person you are caring for.

Why not see what's available and try out some of the resources? Visit www.carersdigital.org and create an account using Yorks free access code: **DGTL6282**

Free Resources for Employers

The City of York Council is working with **Employers for Carers** to help employers in York support and keep hold of the carers in their workforces.

Practical resources, advice and information is available online at efcdigital.org and is designed to help organisations look after staff who are juggling work alongside caring for someone.

Create an account using Yorks free access code **#EFC6282**.



St Leonards Hospice Sunflower Cafe

**St Leonard's
Hospice**

Caring for Local People



St Leonard's Hospice is running a Sunflower Wellbeing Café every Thursday, 10 - 3, in the Sunflower Centre at the hospice. If you, or someone you care about, has been diagnosed with a life-limiting illness, they can help.

The Sunflower Wellbeing Café provides a safe and relaxed environment where you can get advice, meet people who are going through the same experience as you and learn about support groups specific to your needs.

The support is free, and you do not need a referral or appointment. Just go and say hello.

When: Every Thursday, 10 - 3 pm

Where: Sunflower Centre, St Leonards Hospice, 185 Tadcaster Road, YO24 1GL.

Occupational Therapy Research Study

Are you a parent / caregiver of a child who has a learning disability?

If so, would you be willing to take part in a research study to investigate the impact of the cost-of-living crisis on



engagement in daily life and how this effects health and wellbeing?

What will the study involve?

An online interview lasting between 30-60 minutes. Any information you provide will be kept confidential.

Who will be carrying out this study?

Beth, an MSc Occupational Therapy student at York St John University.

For further information please contact: Beth Reeder on bethreeder@yorks.ac.uk / Sue Mesa (students' supervisor) on s.mesa@yorks.ac.uk.

Research for carers of stroke sufferers

Tom Atkinson is currently completing a PhD at Leeds Beckett University and is looking at **'Investigating relaxation and mindfulness techniques for stroke survivors and their caregivers.'**

Tom has created a relaxation and mindfulness intervention for reducing anxiety and stress in stroke survivors and their caregivers and is looking for stroke survivors and stroke caregivers to take part in this intervention. This involves practicing relaxation and mindfulness techniques, taking part in a short discussion and questionnaires.

To get involved, please contact Tom Atkinson, PhD Researcher and Graduate Teaching Assistant, Psychology/Leeds School of Social Sciences on t.atkinson@leedsbeckett.ac.uk



Stay in touch

Every month we send up-to-date, useful information for carers via our e-bulletin. To subscribe email enquiries@yorkcarerscentre.co.uk or call **01904 715 490**.

If you no longer wish to receive this newsletter email 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

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