

Jan - Mar 2024

# 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?

New Patron

Young Carers  
Action Day



01904 715 490



enquiries@yorkcarerscentre.co.uk



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## Welcome to our Winter 2024 Newsletter

So, here we are in 2024, I cannot quite believe it! I understand that for many carers Christmas can be a tough time of year, but I hope that everyone enjoyed the festive season, whatever that looks like for you.

I also hope that you enjoy reading our winter newsletter. We have listed all our upcoming events and activities and other local news that might be relevant to you. Please feel free to send any feedback about our newsletter to **[yorkcarerscentrenewsletter@yorkcarerscentre.co.uk](mailto:yorkcarerscentrenewsletter@yorkcarerscentre.co.uk)**

We have a busy year ahead of us. We will be working on a new website; joining a team in York Hospital to help carers when the person they care for is discharged; looking at how we make ourselves more accessible and inclusive; and continuing to provide information, advice, and support to all unpaid carers in York.

Grab yourself a hot drink, get comfortable and enjoy the read.

Sharron Smith, CEO York Carers Centre



## Welcome Matt Harper-Hardcastle

We are absolutely delighted to announce that Matt Harper-Hardcastle, Artistic Director of Next Door but One has agreed to be our new Patron.



Next Door but One is a local theatre company working within the community, using theatre and performance to explore and voice various issues.

Sharron Smith said “Matt has worked with us on several projects and has always been a great advocate for our charity and for carers.

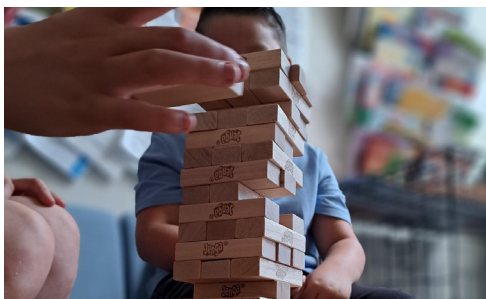
His role as Patron will help to raise the profile of unpaid carers and our services across York, which he already does to some extent. We are thrilled to welcome Matt on board as our new patron. Matt has experience of the work we do from both a professional and personal perspective, and we know he will serve us well.”

Matt Harper-Hardcastle went on to say “It is a true honour and privilege to have been asked. I have seen first-hand the impact York Carers Centre has had both professionally and personally; from the workshops we have co-produced on art and bereavement for adult carers and those on employability and career skills for Young Adult Carers, to members of my own family who were feeling at a dead-end until they picked up the phone to York Carers Centre and were given support, empathy, and a way forward.

I could not be prouder to strengthen my relationship with such a vital York charity!”

## Young Carers Action Day

Young Carers Action Day (YCAD) is an annual event organised by Carers Trust. This year it takes place on Wednesday 13 March 2024. It is a day of recognition and action for young carers and young adult carers across the UK. This year's theme is 'Fair Futures for Young Carers.'



A young carer should not feel that their caring role is a barrier to learning, employment, aspirations, and goals.

Young carers are significantly less likely to undertake higher education or enter employment and this needs to change.

The 2023 school census highlighted a significant

under-reporting of the number of young carers in schools, meaning that young carers are not being identified and therefore not being supported. This is likely to be a leading factor in young carers struggling at school, and therefore lessening their chances to succeed in education.

We will be celebrating YCAD by holding a primary and secondary school social event where we can gather young carers feedback as to how we raise the profile of carers in schools and what schools can do to help. These events will give young carers a fun break from caring responsibilities and an opportunity to engage in peer support.

We are encouraging everyone to get a conversation going about young carers to raise public awareness and bring about change for them and their families.

We are also asking MPs, organisations, and individuals to pledge their support for young carers and young adult carers by following this link <https://carers.org/young-carers-alliance/young-carers-pledge>

## Carer Hubs

Would you find it helpful to talk to other people in a similar situation, who understand the impact your caring responsibilities have on your life?

Why not come along to one of our 'Carer Hubs;' a relaxed, peer support group for unpaid carers in York.



Our Carer Support Workers are available to offer free advice and information and can talk to you about issues around your caring role.

We welcome any carers to our groups; it does not matter if you 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 is no need to book. Just drop in.

### Carer Hub North

**When:** Wednesday 31 January, Wednesday 28 February and Wednesday 27 March, 1 - 2.30 pm

**Where:** Oaken Grove Community Centre, Haxby, York YO32 3QW

### Carer Hub West

**When:** Tuesday 9 January, Tuesday 13 February, and Tuesday 12 March, 1.15 - 2.45 pm

**Where:** The Willow Room, The Gateway Centre, Front Street, York YO24 3BZ

*"I don't feel I have anywhere else I can talk like this - I always feel so guilty"*

*"It's really helpful to get ideas from other carers, especially thinking about how to take a break and look after myself."*





## Coherent Breathing course for carers

We are running a free course, in partnership with Beetle Bank Social Farm, for carers to learn about 'Coherent Breathing.'

Coherent Breathing is a breathing practice, which has been thoroughly tested by science, and is understood to be the most effective breathing pattern to help cope with stress and anxiety. The breathing practice is easy to learn and combine with simple movements.

### Taster Sessions

We are holding two online taster sessions for you to find out more about Coherent Breathing.

**When:** Thursday 1 February, 7 - 8 pm and Thursday 15 February, 11 am - 12 pm

**Where:** Zoom (details will be given on booking)

## Coherent Breathing course

This is a free four-week course and a chance to take some time out, meet other carers and learn a self-care skill. Drinks will be provided.

**When:** Thursdays: 29 February, 7 March, 14 March, and 21 March, 1.30 - 3.30 pm

**Where:** Tang Hall Community Centre, Tang Hall, Fifth Avenue, York YO31 0UG

**To book or find out more please call York Carers Centre on 01904 715 490 or email [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)**

## Royal Armouries Museum Trip

Join us for a day out at Royal Armouries Museum – the national museum of arms and armour, in Leeds. Explore thousands of incredible objects, from ancient times to the present day.



From Japanese samurai to iconic movie props, from Henry VIII's armour to an Indian war elephant.



You're welcome to bring the person you care for, and either make your own way there or join us on the minibus. A light lunch will be provided.

**When:** Wednesday 6 March, 10 am - 4 pm

**Where:** Royal Armouries Museum, Leeds, LS10 1LT

**To book or find out more please call York Carers Centre on 01904 715 490 or email [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)**

## Carers Action Group

The Carers Action Group (CAG) is an opportunity to talk to other local carers, staff from York Carers Centre and professionals, about your experience of being an unpaid carer in York.

We want to hear what has gone well, as well as the difficulties and challenges you have faced - so that feedback from the group can be shared with relevant agencies.

Representatives from the Integrated Care Board (ICB) are attending our next group to talk about the provision of health services in York and hear carers views.

**When:** Wednesday 20 March, 10 am - 1 pm, with lunch at 12.15 pm

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

**To book or find out more please call York Carers Centre on 01904 715 490 or email [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)**



## Mental Health Support Groups

These groups are for friends and family supporting someone with mental ill health.

The groups provide a break from caring responsibilities and an opportunity to meet other local carers.

## Mental Health Carers Group

Some evenings we have discussions led by visiting speakers, other meetings focus on giving each other support, encouragement and sharing coping strategies.

New members are always welcome. This group is run in partnership with Rethink Mental Illness York Group.

**When:** Wednesday 10 January, Wednesday 14 February and Wednesday 13 March 2024, 7 - 9 pm

**Where:** Fox Room, Friends Meeting House, Friargate, York, YO1 9RL

## Wellbeing Group for Mental Health Carers

This group is a welcoming and relaxed group for people who support 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.

This group is a time to focus on your wellbeing, chat to others with similar experiences and join in gentle activities.

**When:** Wednesday 31 January, Wednesday 28 February and Wednesday 27 March 2024, 6.15 - 8 pm

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

There is no need to book, just drop-in.

To be added to the mailing list to find out about upcoming mental health carer groups please contact **lindsey.foster@yorkcarerscentre.co.uk**





## Substance Misuse & Gambling Carer Support Group (online)

We run an online monthly support group for anyone affected by someone else's substance misuse and / or gambling.

**When:** Tuesday 30 January, Tuesday 6 February, and Tuesday 5 March, 6 - 7.30 pm

**Where:** Zoom

You will be offered a telephone appointment with group facilitator Sam Sollitt before hand.

**To book please call York Carers Centre on 01904 715 490 or email [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)**

## Substance Misuse & Gambling Carer Support Group (in-person)

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

**When:** Tuesday 16 January, 11.30 - 1.30 and Tuesday 20 February, 4 - 6 pm

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

**To book please call York Carers Centre on 01904 715 490 or email [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk)**



## Youth Clubs

Our youth clubs are just for young carers. We have separate groups, primary and secondary, so that young carers of the same age can be together.

The youth clubs give young carers a break from their caring responsibilities and an opportunity to engage in peer-support, as well as enjoy a range of activities, including arts and crafts, drama, sports and Xbox!



The youth club for young carers in primary school is on the first Tuesday of the month. Please note - there is no primary session in January as we do not reopen the office until Wednesday 3 January 2024.

**When:** Tuesday 6 February and Tuesday 5 March, 5 - 6.30 pm

The youth club for young carers in secondary school is the third Tuesday of month.

**When:** Tuesday 16 January, Tuesday 20 February and Tuesday 19 March, 5 - 6.30 pm

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

**Please call York Carers Centre on 01904 715 490 or email [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk) to find out more.**

## School Drop in Sessions

We have young carer drop-ins at Joseph Rowntree, Vale of York Academy, York High, Archbishops Holgate's School and Milthorpe School. School drop-in sessions are a chance for young carers to catch up with our support workers and the other young carers at school.

Please contact the pastoral staff at your school for dates / times.

We have a Young Adult Carer (YACs) service which offers age-appropriate advice and social events. The social events are for YACs aged 18-25 however we encourage anyone aged 16+ to attend.

## YACs Social

The social activities give YACs a break from caring responsibilities and a chance to meet up with other young people who live in similar circumstances.



They usually take place at SPARK: York CIC on the last Wednesday of the month. Food is available from street food vendors and then there is an organised activity with guests. People are free to arrive and leave at any time during the sessions.

Check out [@yacsyork](#) on Instagram to see what they get up to or send a DM to find out more.

## LOVE January Celebration

January can be a long, cold, and dark month for many young people after the busyness and hype of December. Young people may find that their mood and motivation is low, and it is hard to get going. We launched 'LOVE January' with this in mind and to encourage wellbeing, peer-support, and kindness. 'LOVE January' is a series of wellbeing events and a chance to look ahead and regenerate. Thanks to LUSH Cosmetics, York we have gift bags to give away at our LOVE January events. The details are still floating around in a snowy flurry of excitement so please keep checking [@yacsyork](#) on Instagram to find out more.

**Please call York Carers Centre on 01904 715 490 or email [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk) to find out more.**

## Carers Trust - National Network Conference

The YACs team recently attended the Carers Trust National Network Conference, at The Principle in York, to deliver a workshop in collaboration with Falkirk & Clackmannanshire Carers Centre.

The workshop was called “Getting it right? - Working with Young Adults” and demonstrated how we use technology and social media to make it as easy as possible for young adult carers to access support.

We highlighted examples from England and Scotland of efforts to create supportive and comfortable environments for peer support and for reflecting on and developing skills.

We also showed how we continually test our service for relevance and ask for feedback at every opportunity.

The Q&A at the end of the workshop was led by Cameron, one of our YACs, who described how he accessed the service and the value he felt in the offer.



**“I like doing stuff like this. It’s a good confidence boost!”**

**“It was nerve wracking but an honour to represent young adult carers.**

**It looked like they were really taking it in, they asked me good questions.”**



## Thank you's

Thank you to **York Children's Trust** for the school uniform grant of £3,900. We gave 65 families £60 each towards the cost of new school uniform.

"I was worried I wasn't going to be able to get my daughter any new uniform I was struggling. Thank you so much this helped me out a lot".

We have had an **anonymous** generous donation from someone who has personally benefited from York Carers Centre to help support the continuation of the substance misuse carer groups.

Thank you to **Tesco** and **The Salvation Army** for providing selection boxes for young carers and shower gels, face masks and hand cream for substance misuse carers.

A special thank you to **Rufforth United Junior FC / Rufforth FC** for organising the collection of Christmas presents and hampers for young carers and young adult carers.

## Survey Findings

We recently carried out an Annual Survey for Adult Carers (25+) to assess how well we are supporting unpaid carers in York. Thank you to everyone that completed the survey. Your feedback is important to us to help inform our decisions and plan.

63% accessed more than one type of support.

88% said contact with us helped in some way, whether that is to maintain their caring role, or to keep the person they care for at home.

67% said support has led to positive improvements in their life.

80% felt that the information provided in the newsletter is relevant and useful.

63% said they are likely to need information and advice.

43% said they will need someone to talk to. We have Carer Support Workers and a Telephone Listening Service - please get in touch as and when you need to.



## Information Stall at York Hospital

Our information stall will be in the main foyer of York Hospital, and we welcome you to come and meet the York Carers Centre staff and find out more about the work we do supporting unpaid carers in York.

**When:** Wednesday 21 February, 10 - 4 pm

**Where:** Main Foyer, York Hospital, Wiggington Road, Clifton, York, YO31 8HE

## York Older Peoples Assembly Information Fair

Come and meet our Carer Support Worker and Advice Worker and find out how we can support adult and older carers. You can register with us on the day.

**When:** Monday 4 March, 10 - 1 pm

**Where:** New Earswick Folk Hall, Hawthorn Terrace, York YO32 4AQ

## Substance Misuse & Gambling Carers Marketplace

If you are affected by someone's drinking, drug use or gambling, come and meet with staff and carers who have lived experience and find out about the support available in York.



**When:** Wednesday 20 March, 4 - 6 pm

**Where:** Jacobs Well, Trinity Lane, York

There is no need to book, just drop-in.





## Pathway to Recovery, Foss Park Hospital

Do you support someone who is, or has been, a patient in Foss Park Hospital? Come along to one of our information stalls to hear about the Pathway to Recovery project and the support available in York.

**When:** Tuesdays  
9 January, 11 - 2 pm  
23 January, 2 - 4.30 pm  
6 February, 10 - 12 pm  
20 February, 1 - 4 pm  
5 March, 11 - 2 pm  
19 March, 1 - 4 pm

**Where:** Reception, Foss Park Hospital, Haxby Road, York YO31 8TA

There is no need to book, just drop-in.

## Volunteer Road Show

We will be visiting Explore Centres across York to raise awareness of our charity work and speak to anyone interested in volunteering with us.

We are always looking for people to join us as volunteers; helping at groups and events, raising awareness and fundraising, making wellbeing calls to carers and admin and office tasks.

Come along to one of our Volunteer Roadshows to find out more...

**When:** Monday 15 January, 2 - 4 pm

**Where:** Bishopthorpe Library, Main Street, Bishopthorpe, York YO23 2RB

**When:** Tuesday 13 February, 11 - 1 pm

**Where:** Haxby Library, Oaken Grove Community Centre, Reid Park, Haxby, York YO32 3QW

**When:** Tuesday 19 March, 2 - 4 pm

**Where:** Copmanthorpe Library, Main Street, Copmanthorpe, York, YO23 3SU



## Carer Awareness Training

Carer Awareness Training is an introduction to York Carers Centre and how we can identify and support unpaid carers.

Professionals will; learn more about York Carers Centre and the support available to unpaid carers in York; increase their understanding of carers and the impact it has on people's lives; have the 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:** Tuesday 23 January, 10.30 - 12.30

**Where:** Zoom

**To book please email [sam.varo@nhs.net](mailto:sam.varo@nhs.net)**

## Digital Resources

Having the right support can have a significant impact for working carers. EfC Digital (Employment for Carers) includes a wealth of practical, emotional, and financial information resources designed to give carers and those they look after the support they need.

Access e-learning modules, hands-on guides and useful tools to help you effectively manage your caring responsibilities. You can also access Carers UK's care coordination app, Jointly, for free.

Login or register to create your free account at <https://efcdigital.org/login/> using access code **#EFC6283** :

## Carer Awareness Training



**York Carers Centre**  
Free Support for Unpaid Carers



## City of York Council - Our Big Transport Conversation

You're invited to take part in an important conversation about transport in York.

For you, 'transport' might mean how you get to school or college; how you shop and get to work or visit family; how you travel between villages or into the city centre, or all of these things.

We're here to listen to you about every aspect of travel, from accessibility on buses to walking and wheeling to driving and parking.

Find out more here: <https://ourbigconversation.york.gov.uk/>

**Ends Sunday 4 February  
2024.**

## City of York Council - Survey Information and About Raise York

Raise York is a network of people, places and online support. It supports children, young people and families from pregnancy to adulthood.

Raise York website has a wide range of information pages specifically written for young people. Some information will be specifically targeted at 16 - 18 year olds, however the information may also be useful to people 13 - 25 years old.

We want to ask you some questions about whether the options available are right and what we can offer going forward.

Find out more at <https://uk.surveymonkey.com/r/YoungPeopleAccessToInformation/>



## Family Fund Grants

National charity Family Fund has grants available now, to ease winter pressures, for families in England raising a disabled or seriously ill child aged under 18, on a low income.

Grants range from clothing and bedding, white goods and furniture, to sensory and play equipment, digital devices and family breaks and days out.

Families are asked to please apply as soon as possible to gain support while funding is available.

Find out more about Family Fund by visiting the charity's grants page [www.familyfund.org.uk/grants/apply-for-a-grant/](http://www.familyfund.org.uk/grants/apply-for-a-grant/)

## BEAT - Caring for someone with disordered eating

'Developing Dolphins' is a set of free online training workshops from BEAT for anyone caring for someone with disordered eating.

Learning online over five weekday evenings, you'll find out more about eating disorders, gain an understanding of the driving forces behind them, and learn some techniques to help your loved one in recovery and look after your own wellbeing.

More information and workshop dates can be found at Developing Dolphins - Beat ([beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)) [www.beateatingdisorders.org.uk/training-events/find-training/training-for-parents-and-carers/developing-dolphins/](http://www.beateatingdisorders.org.uk/training-events/find-training/training-for-parents-and-carers/developing-dolphins/)

## York's Brain Health Café

A warm and friendly café with free refreshments!

The café is for anyone who has any concerns about their memory or wants to know more about how to keep their brain healthy.

Every week there will be support and advice available from a variety of local



providers such as social prescribers, health trainers, memory clinic nurses and more...

**When:** Fridays (except bank holidays), 10 am – 12 pm

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

## YIKS Parent Carer Forum

Are you the parent or carer of a child or young person with additional needs or disability?



Do you feel that support services should be planned by the people who use them?

Are you interested in meeting others with similar life experiences and sharing your experience to inform planning by decision makers in

Education, Health and Social Care?

YIKS Parent Carer Forum - York is a group of York parents and carers of children with additional needs and / or disabilities aged 0 - 25.

We are commissioned by education and health and work alongside social care to ensure planning incorporates the views of parents / carers as the experts of what services are required and how they can improve.

To ensure we are representing parent / carer voice correctly we:

- Organise and attend social events
- Offer peer support
- Share information and signpost services

If you would like to find out more and join, please visit [www.parentcarerforumyork.org](http://www.parentcarerforumyork.org) or see us on **Facebook YIKS Parent Carer Forum - York.**



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

If you no longer wish to receive this newsletter email [enquiries@yorkcarerscentre.co.uk](mailto: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, Threads, 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](mailto:enquiries@yorkcarerscentre.co.uk)

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

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