

Apr - Jun 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.



Image: Young Carers Action Day 2024

What's On?

Carers Week

Wellbeing
Workshops



01904 715 490



enquiries@yorkcarerscentre.co.uk

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Welcome to our Spring 2024 Newsletter

It finally feels like Spring; the daffodils are in full bloom and the City Walls look beautiful.

I hope you can find time to put all else aside and take a few moments for yourself to enjoy reading this newsletter.



Carers Week is 10 – 16 June and it's the biggest event in our calendar. This year's theme for Carers Week is **'Putting carers on the map'**, and we intend to do just that. We are working hard behind the scenes to organise a series of exciting events and we hope you will get involved, especially with our special event **'We see you'** in Museum Gardens.

The York Carers Centre team will be on hand to support anyone feeling nervous or worried about coming along to an event for the first time. Please feel free to get in touch with us to find out more about any events listed in this newsletter.

Sharron Smith, CEO York Carers Centre

Putting Carers on the map



Carers Week is an annual campaign to raise awareness of unpaid carers, highlight the challenges they face and acknowledge the difference they make to families and communities.

This Carers Week we will be hosting a series of events to raise awareness of unpaid carers and shout about the free support and resources available in York.

We want local carers to know that 'We see you' and we are here for you if / when you need us. Please come along to one or more of our events and talk to a Carer Support Worker and other local carers with shared experiences.

'We see you' involves the metaphorical use of mirrors to symbolise reflection, recognition and the unseen efforts of carers.

You can collect a 'mirror' from local libraries (Explore Centres) in York, or any Carers Week event, to write a word, phrase or drawing on it, and post it back to us in one of the boxes provided.

The findings will be used to create a piece of art which we will reveal at our AGM. We will share more details in our ebulletins and on social media but please save the date and get involved.

You can read more about Carers Week at www.carersweek.org and more about our events at www.yorkcarerscentre.co.uk/events

To sign up to receive our ebulletins please email enquiries@yorkcarerscentre.co.uk



Date and Time	Event	Venue	Event Description
Saturday 8 June 10.30 - 12.30	Substance Misuse and Gambling Marketplace	Friends Meeting House, Friargate, YO1 9RL	Meet with YCC staff, other local services and SMU carers
Tuesday 11 June 1.15 - 2.45 pm	Carer Hub	The Willow Room, The Gateway Centre, Front Street, York YO24 3BZ	Peer support drop-in to promote a sense of community and shared experience
Wednesday 12 June 9.30 - 3 pm	Legal Clinic with Belinda Poulter from Crombie Wilkinson Solicitors	Crombie Wilkinson Solicitors, 19 Clifford Street, YO1 9RJ or over the phone	30-minute legal appointment for advice on wills, probate and power of attorney
Wednesday 12 June 10 - 6 pm	Awareness Raising and Celebration Event	Museum Gardens, York YO1 7FR	An all-staff & carer event and our pink gazebo. Bring a picnic & join us for lunch - with Fundraising, Prizes, Advice & Information



Date and Time	Event	Venue	Event Description
Wednesday 12 June 9.30 - 10.30 am	Talk to staff at Benenden Health	Benenden Health (online)	Raising awareness with staff who may be carers or encounter carers in their work
Thursday 13 June Throughout the school day	School drop-ins	Schools to be confirmed	Any young carers in the school can attend the drop-ins to meet other young carers with shared experiences
Friday 14 June 10 - 4.30 pm	Independent Financial Advice Clinic with Andrew Mence from Wren Stirling	York Carers Centre, 17 Priory Street, YO1 6ET	45-minute appointment - planning for your financial future
Friday 14 June 11 - 1 pm	Information Stall	New Earswick Folk Hall	Meet with a member of staff and find out more about our work

Carer Hubs



Would you find it helpful to talk to other people who live in similar circumstances, who understand the impact that caring responsibilities can have on your life?

Why not come along to a **'Carer Hub'**; a safe and relaxed environment to have a chat and cup of tea with other carers or a member of our staff.

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

We welcome any carers to our groups; if you are not registered with us, you can register 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: Wednesdays 24 April, 29 May and 26 June, 1 - 2.30 pm

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

Carer Hub West

When: Tuesdays 9 April, 14 May and 11 June, 1.15 - 2.45 pm

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

"I wasn't expecting to make friends, but I genuinely look forward to seeing you all here each month. I don't have a lot of opportunity to be social. This group gives me that."

Wellbeing Workshops

Breath, Body and Mind

It is important, as a carer, to look after yourself and invest time in your own wellbeing.

At our '**Breath, Body and Mind**' wellbeing workshops for carers you will:

- Learn breathing exercises and relaxation techniques to help you better cope with stress and anxiety
- Learn simple breathing movements to help reduce tension and stress

All the techniques can be done from a seated position if necessary and adapted.



Introduction (online)

Join us on zoom for an introduction to 'Breath, Body and Mind' and find out more about what's involved.

When: Thursday 23 May, 1.45 - 3 pm

Where: Zoom

Evening Workshops (online)

When: Thursdays 18 April, 25 April, 02 May and 9 May, 6.45 - 8 pm

Where: Zoom

Day Workshops (in-person)

When: Thursdays 6 June, 13 June, 20 June and 27 June, 10 - 12.30 pm

Where: Acomb Methodist Church, Front Street, Acomb YO24 3BX

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



Carers Strategy Group

The City of York Council is inviting Young Adult Carers (16 - 25) and Adult Carers (25+) to the Carers Strategy Group to;

- Identify barriers faced by unpaid carers in York and to overcome them through the delivery of the York Carers Strategy and Action Plan
- Prevent the breakdown of caring arrangements, allowing carers to fulfil their potential and to live a life of their own outside their caring role
- Engage with carers of all ages and from all backgrounds, ensuring they are respected, listened to and involved in the planning of services (for both carer and cared for.)



The meetings happen four times a year (i.e. March, June, September and December) online or in person at West Offices.

The City of York Council welcome your invaluable, lived experience as the aim of these meetings is to bring together carers and professionals to improve the lives of carers.

When: Monday 17 June,
10 – 12 pm

Where: City of York Council,
West Offices, Station Rise,
York YO1 6GA

Please contact **Edward Njuguna** from City of York Council for more information or to join this group on **Edward.Njuguna@york.gov.uk**

Financial Advice Clinic



Andrew Mence, Wren Sterling is running a **free Independent** Financial Advice clinic for carers.

Andrew has over 18 years' experience providing financial advice and is accredited with the Society of Later Life Advisers (SOLLA).

When: Friday 19 April and Friday 14 June, 10 – 4.30 pm

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

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

Legal Clinic



Belinda Poulter, Crombie Wilkinson Solicitors, is offering carers a **free** 30-minute legal appointment to discuss; wills, lasting powers of attorney, court of protection work, and probate matters when someone has died – which are her areas of expertise.

When: Wednesday 12 June, 9.30 - 3 pm

Where: Crombie Wilkinson Solicitors LLP, 19 Clifford Street, York YO1 9RJ (in-person and by phone)

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

Carers Action Group (CAG)

The CAG brings together carers, York Carers Centre staff and professionals. Carers share their experience of being an unpaid carer in York – both positive and negative. We take action by sharing 'what matters' with relevant agencies so that changes can be made to make life better for carers.



- Involved in City of York Council (CYC) 'Carers Breaks' consultation
- Provided feedback on a leaflet for carers for York and Scarborough Teaching Hospitals
- Discussed the CYC Carers Strategy for 2025
- Met with Head of Patient Involvement, York and Scarborough Teaching Hospitals, and Community Nurse, Intergrated Care Board (ICB) to talk about the provision of health services in York

When: Wednesday 15 May, 10 - 1 pm

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

Carers Action Group Update

- Helped develop a GP resource pack
- Supported a carer to speak at the York Health and Care Partnership Board

New members are always welcome and encouraged to attend.

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



Mental Health Support Groups

Mental Health Carers Group

Some meetings are led by guest speakers, others focus on giving each other support, encouragement and sharing coping strategies. This group is run in partnership with Rethink Mental Illness York Group.

When: Wednesday 10 April,
7 - 8.50 pm

Guest speaker: Zoe Campbell,
Managing Director | TEWV
(N.Yorks, York & Selby)

When: Wednesday 8 May,
7 - 8.50 pm

Guest speaker: Sarah Smith,
Lead Pharmacist | TEWV

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

There will also be a day trip in June. Details TBC.

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: someone in crisis; or someone admitted to, or discharged from Foss Park Hospital.

This group is a time to focus on your own wellbeing, chat to others with similar experiences and join in gentle activities. There are different wellbeing activities each group with materials and refreshments provided.

When: Wednesday 24 April
and Wednesday 29 May,
6.15 - 8 pm

Where: 30 Clarence Street,
York YO31 7EW

To book please email julie.kay@yorkcarerscentre.org.uk



Substance Misuse & Gambling Carer Support Group

We run support groups for anyone affected by someone else's substance misuse and/or gambling. Our Carer Support Workers and volunteers with lived experience can talk to you about your caring role and offer tips and coping strategies, as well as signpost you to other support services.

When: Tuesday 30 April and Tuesday 21 May, 6 – 7.30 pm

Where: Zoom

When: Tuesday 2 April, 1.30 – 3.30 pm and Tuesday 7 May, 12.30 – 2.30 pm

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

When: Monday 3 June, 2–4pm

Where: Tesco Community Room, First Floor, Tesco, Askham Bar YO24 1LW

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

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

“Going to the SMU group (online and when I could in- person) was such a relief when I was a mum caring for my primary school aged daughter here in York, as well as caring for an elderly family member with alcohol dependency issues over in another county.”

“The professional and peer support I received helped me to remain clear, rationale and level-headed. Just knowing I wasn't alone, and talking about the ways how I could help myself to cope better and stay balanced really helped me through a very difficult time.”

Young Carers

Our youth clubs (LAFFS) are just for Young Carers (aged 5 – 16).

Primary Youth Club

When: Tuesdays 2 April, 7 May and 4 June, 5 – 6.30 pm

Secondary Youth Club

When: Tuesdays 16 April, 21 May and 18 June, 5 – 6.30 pm

Day Trips

When: Thursday 4 April
Where: Cannon Hall Farm (family trip)

When: Tuesday 28 May
Where: Scarborough (family trip)

*****Places are limited so please book early****

To find out more about the young carers service please call York Carers Centre on 01904 715 490 or email enquiries@yorkcarerscentre.co.uk

Young Adult Carers



Our Young Adult Carer (YACs) service offers age-appropriate advice and social activities for 16 - 25 year olds. The social activities provide a break from caring and a chance to meet up with other young people who live in similar circumstances.

When: Wednesdays 24 April, 29 May and 26 June, 5 – 8 pm

Where: SPARK York CIC, 17 - 21 Piccadilly, York YO1 9PB

To find out more about the young adult carers service follow [@yacsyork](https://www.instagram.com/yacsyork) on Instagram and/or send a DM.



Information Stall at York Hospital

We have an Information Stall in the main foyer of York Hospital and we are inviting you to come along and find out more about our work.

When: Wednesday 15 May, 10 – 4 pm

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

Substance Misuse and 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: Saturday 8 June, 10.30 - 12.30 pm

Where: Penn Room, Friends

Meeting House, Friargate, York YO1 9RL

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

Pathway to Recovery, Foss Park Hospital

Are you a carer for someone who is, or has been, a patient in Foss Park Hospital? Come along to an Information Stall to learn about the support available in York.

When:

Tuesday 2 April, 11 – 2 pm

Tuesday 16 April, 1 – 4 pm

Tuesday 30 April, 11 – 2 pm

Tuesday 14 May, 1 – 4 pm

Tuesday 28 May, 11 – 2 pm

Tuesday 11 June, 1 – 4 pm

Tuesday 25 June, 11 – 2 pm

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

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

Volunteer 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 office tasks.

Ann Mafura is a second year Psychology student at York St John who joins us on a 75-hour student placement and as a volunteer. This is what Ann has to say about being a volunteer with York Carers Centre.

***“Balancing being a student with wanting to volunteer seemed daunting with time constraints and university deadlines, but York Carers Centre made it easy!*”**

***They were incredibly accommodating, allowing me to integrate volunteering into my studies.*”**



***It's definitely been one of the most enriching experiences I've ever had. Shadowing their amazing work provided invaluable insights, while meeting and sharing laughs with the young people, and hearing their stories, was both fun and humbling.*”**

Volunteering at York Carers Centre is an opportunity I won't forget!”

Sound good? Get in touch with **volunteering@yorkcarerscentre.co.uk** to get involved.

We'd love to hear from you.



Volunteer Roadshows

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

When: Monday 13 May,
10.30 - 12.30 pm

Where: Poppleton Explore Centre, The Village, Upper Poppleton, York YO26 6JT

When: Tuesday 4 June,
12 - 3 pm

Where: York Explore Centre, Central library

Raffle Prizes

We have reserved a pitch for our pink gazebo on the North riverbank at the **York Rotary Dragon Boat Challenge** on **Sunday 14 July 2024**.

The Dragon Boat race is always a fantastic summer event in York. If you can spare a couple of hours on the day to volunteer, please get in touch with Sam Sollitt, Training and Volunteer Officer on **volunteering@yorkcarerscentre.co.uk**

As we plan ahead for fundraising events, we are seeking generous individuals and businesses to contribute raffle prizes. If you have any new, unwanted gifts to donate to our raffle, please get in touch with us or drop off at the office **York Carers Centre, 17 Priory Street, York YO1 6ET**.

York Pride

Staff from York Carers Centre will be joining the York Pride parade on **Saturday 1 June 2024 from 11.30 am**. Any supporters or carers wishing to join us are most welcome.



Carer Awareness Training

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

When: Wednesday 3 April
10.30 - 12.30 pm

Where: Zoom

To book please visit
<https://york.learningpool.com/login/>

Thank you's!

Cash for Kids is a grant-giving charity helping the children that need it most across the UK. Thank you 'Cash for Kids' for your generous donation of £2,000! We have purchased fuel and supermarket vouchers for local families.

"It will make a difference as I will be able to afford a few more things for the children."

"I would not have to buy the electric that month and I could then afford to take my daughter out for a day."

Fundraise for us!

Could you give a couple of hours of your time to organise a fundraiser, such as a coffee morning or a bake sale, to raise vital funds to support our work?

Please call 01904 715 490 or email hayley.johnson@yorkcarerscentre.co.uk and we will support you as much as we can.

Make a Donation

If you enjoy reading this newsletter and would like to make a donation to help us continue to provide it, you can do so at **www.yorkcarerscentre.co.uk/donate/** All donations are hugely appreciated.



Carers Leave Act

The amended Carer's Leave Act 2023 is due to come in to force on **Saturday 6 April 2024**.

The amendment to the regulations set out a statutory scheme under which eligible employees can apply for up to one week of unpaid carer's leave, in any 12-month period.

Key features include:

- The right is granted from the first day of employment
- It is applicable to employees caring for a dependant with long-term care needs or those desiring time off to provide or arrange care for their dependant
- Requests can be for consecutive or non-consecutive half-days or full days
- Employees are required to provide written notice of their intention to take

carer's leave, confirming their entitlement and giving notice at least twice the length of the requested leave, or three days if longer

- Employers can defer a request if it would unduly disrupt business operations. In such cases, employers must provide notice before the scheduled leave, explain the necessity of the postponement, and allow the leave to be taken within one month of the initially requested start date. Rescheduling should be a collaborative decision with the employee
- Employees are safeguarded against detriment or dismissal due to taking or expressing an intention to take carer's leave, or if the employer believes they are likely to do so



Tell us about your GP practice

Healthwatch York are looking at primary care services across York and would like to hear what you think.

Complete the survey online <https://www.smartsurvey.co.uk/s/F7MZ4B/> or email healthwatch@yorkcvs.org.uk.

Closing date: **Friday 5 April**.

Educated Vandals

The Rise of the Vandals – a street art installation at **2 Low Ousegate** - is back from **Saturday 22 June** and this year our Young Carers and Young Adult Carers (YACs) are getting involved with the crew to create something for the show.

Save the date and follow [@bombsquad.uk](https://www.instagram.com/bombsquad.uk) (a York based non-profit with a passion for street art) on Instagram for further updates.

Not a book club!

Relax, connect with people, share stories

Join our sessions to listen to a group facilitator read aloud short stories, extracts from books and poems. There will be time for the group to chat about what's been read and share their thoughts. It's also fine to just sit and listen. Not a Book Club is for everyone (18+) whether you love books or have never read before. No preparation required, just bring yourself.

When: Thursday 11 April 2024, 10.30 - 11.45 (for 11 weeks)

Where: Meeting Room, Explore Hungate Reading Cafe, York YO1 7AF

The group is free but please get in touch to book your place. **Contact Jasmine & Helen on hello@sharedstory.org.uk or call 07895702241**

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.

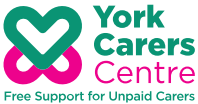
Pass this on to someone else

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, Threads, LinkedIn and YouTube.



Humber and North Yorkshire
Health and Care Partnership



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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