

July - Sept 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?

AGM

YACstars



01904 715 490



enquiries@yorkcarerscentre.co.uk



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Welcome to our Summer Newsletter

We had such a wonderful time celebrating York Pride and Carers Week. Thank you to everyone who got involved, it was great to see so many local people showing up to support our work and seek support.

We will continue to advocate for the rights, wellbeing and recognition of carers and ensure that the voices of carers are heard and respected.



Our AGM is on Thursday 26 September, where we will be showcasing a piece of art that we will create using the mirrors from our 'We See You' project. We hope to see you there.
Sharron Smith, CEO York Carers Centre

Annual General Meeting (AGM)

Our AGM is an opportunity to find out about our work supporting unpaid carers in York, talk to our staff, trustees and patron, and meet other local carers.



This year we are inviting a panel of carers to share their experience of working with us. Would you like to be part of the panel? Please email events@yorkcarerscentre.co.uk to find out more and get involved.

When: Thursday 26 September, arrive for 5.15 pm. AGM runs 5.30 - 6.30 pm with time afterwards to network.

Where: St Saviourgate York Venue, based in the Central Methodist Church, St. Saviourgate, York YO1 8NQ
Buffet food and drinks.

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

York Dragon Boat Race

We have reserved a pitch on the North riverbank at the York Rotary Dragon Boat Race.

Raffle Prizes

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.**

YACstars

YACstars is an employability project for Young Adult Carers (aged 18 – 25).

The project has been designed to equip young adult carers with skills and knowledge to help them navigate the job market, such as confidence building, CV writing and interview skills. The training is delivered through a series of evening workshops, and guest speakers with lived experience come along to share inspiring success stories.



“It gives you the time, space and resources to fully focus on yourself and your goals. I left feeling very motivated and uplifted”

The project began in 2022. Phase 2 has now started thanks to funding from The Liz and Terry Bramall Foundation and will cover:

Finding a job: Understanding the job market/meeting employers.

Getting a job: Writing a CV/ transferable skills/overcoming anxiety/first impressions/ getting work experience.

Keeping a job: Speaking to employers about caring responsibilities/requesting reasonable adjustments.

Thriving at work: Wellbeing/ balancing responsibilities.

When: Wednesday(s) 17 July, 28 August, 25 September, 5 - 8 pm

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

Access to an Enablement Fund is available to cover the costs of interviews and other essentials. To find out more about YACstars and/or the young adult carer service, send a DM on Instagram to **@yacsyork**

York Trailblazers

YORK
TRAILBLAZERS



Young Adult Carers are taking part in York Trailblazers by York Civic Trust and Make it York. York Trailblazers will see a collection of sculptures installed across York to celebrate the Tansy Beetle. The trail will be installed in Spring - Autumn 2024.

YACs have teamed up with local artist Zoe Phillips (www.deckleandhide.co.uk) to create a sculpture which represents unpaid carers in York and hidden carers.

www.makeityork.com/events/york-trailblazers/

Rise of the Vandals



Rise of the Vandals is an art exhibition by Bombsquad - a York based non-profit art collective raising money for local charities. Young Carers and Young Adult Carers are getting involved to create something for this years exhibition.

Check out the film from last year on our YouTube Channel.

When: 28, 29 & 30 June, 11 - 6 pm and 5, 6 & 7 July, 11 - 6 pm

There is no need to book.

Where: 2 Low Ousegate, York YO1 9QU

Proceeds will go SASH

www.sash-uk.org.uk

Social media: [@bombsquad.uk](https://twitter.com/bombsquad.uk)

Carer Hubs

Would you find it helpful to talk to other people 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 a hot drink 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.

Haxby Hub

When: Wednesday(s) 31 July, 28 August, 25 September, 1 - 2.30 pm

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

Acomb Hub

When: Tuesday(s) 9 July, 13 August, 10 September, 1.15 - 2.45 pm

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



“Many thanks for your time with me today. I feel very listened to, with new insights about our situation, plus lots of practical ideas. I am very grateful for your help and support.”



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. We take action by sharing 'what matters' with relevant agencies so that changes can be made for the better.

The focus of our next CAG is 'health experiences of carers and the person they care for.' New members are always welcome.

When: Wednesday 7 August, 10 - 1 pm (includes lunch)

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

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

Beningborough Hall Trip

Join us for a day trip for carers to National Trust - Beningbrough Hall, Gallery and Gardens.

You are welcome to bring the person you care for or come on your own. Transport can be provided from the city centre or you can meet us there.

Lunch is provided.

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

When: Wednesday 4 September, 10.30 - 3.30pm

Where: Beningbrough Hall, Gallery and Gardens, York YO30 1DD

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

Creative Workshops - Exploring Loss and Grief

We are working with Next Door But One theatre group to run a series of workshops where we will use creative writing, art, music and performance to explore feelings of grief and loss.

We welcome all loss experiences; from bereavements to changes in identity, the loss of a relationship, the loss of a job and everything in-between.

The workshops will take place in a relaxed, creative, safe space at York Theatre Royal.



You are welcome to come to one workshop or all the workshops. Each will have a different theme.

Refreshments provided.

“Matt’s leadership was awesome; his openness and understanding were just the right level for even the most closed of us to feel safe to share!”

When: Tuesday(s) 23 July, 20 August, 17 September, 22 October, 19 November, 10.30 - 12.30 pm

Where: Upper Foyer, York Theatre Royal, St Leonard’s Place, York YO1 7HD

The workshops finish with a trip to see the pantomime at York Theatre Royal on Tuesday 17 December, 10.30 am

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



These groups are for anyone supporting someone with mental ill health.

Mental Health Carers Group

Some meetings are led by guest speakers, others focus on giving each other support. New members are always welcome.

This group is run in partnership with Rethink Mental Illness York Group.

Guest speakers

July: Charles Nisori, Director & Dawn Reid, Carer Support Worker (TEWV)

September: Mark Willis, York MIND

When: Wednesday(s) 10 July, 14 August, 11 September, 7 - 8.50 pm

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

There is no need to book.

Wellbeing Group for Mental Health Carers

A welcoming 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.

When: Wednesday(s) 31 July, 28 August, 25 September, 6.15 - 8 pm

Where: 30 Clarence Street, York YO31 7EW

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

To be added to the mailing list to find out about upcoming groups please email lindsey.foster@yorkcarerscentre.co.uk



Substance Misuse & Gambling Carer Support Group

We run support groups for anyone affected by someone else's substance misuse and/or gambling.

When: Tuesday(s) 2 July, 20 August, 24 September, 6 - 7.30 pm

Where: Zoom

When: Tuesday 23 July and Monday 5 August, 12 - 2 pm

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

When: Monday 2 September, 2 - 4 pm

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

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

Information Stalls

York Older Peoples Assembly (YOPA)

When: Wednesday 3 July, 10 - 1 pm

Where: St Sampson's Centre, Church Street, York YO1 8BE

York Hospital

When: Wednesday 10 July, 10 - 4 pm

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

Pathway to Recovery, Foss Park Hospital

For carers of someone who is, or has been, a patient in Foss Park Hospital.

When: Tuesday(s) 9 July, 1 - 4 pm | 23 July, 11 - 2 pm |

6 August, 1 - 4 pm | 20 August, 11 - 2 pm |

3 September, 1 - 4 pm | 17 September, 11 - 2 pm

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

Young Carers

We run youth clubs just for young carers (aged 5 – 16 years). 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 and a chance to spend time with other young people who live in similar circumstances.



Primary School Youth Club (LAFFS)

When: Tuesday(s) 2 July, 6 August, 3 September, 5 - 6.30 pm

Secondary School Youth Club (LAFFS)

When: Tuesday(s) 16 July, 20 August, 17 September, 5 - 6.30 pm

Recently young carers have been on a day trip for families to Cannon Hall Farm and Scarborough. The team have lots of activities planned for the summer holidays including outdoor events, drama, art, cooking and much more... thanks to Citywide Ward for funding the activities.

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

New service for carers at York Hospital

Extra Discharge Support Service (EDSS)

The Extra Discharge Support Service (EDSS) at York Hospital is a partnership of Age UK York, North Yorkshire Sport, York Carers Centre and York CVS.

The service supports patients and unpaid carers on discharge from hospital. It includes transport home and settling in, a social prescriber service, an eight-week programme to get patients up and moving to feel steady on their feet again, and support for the carer.

Outreach Advisers, Kate Flint and Emese Mayhew, will support unpaid carers, offering advice and guidance so they can continue in their caring role after discharge.



Kate Flint



Emese Mayhew

If you are an unpaid carer and the person you care for is currently in hospital, you can get support.

Call EDSS on 01904 726191 or email

beds@yorkcvs.org.uk

Alternatively ask the ward staff to refer you to the EDSS project.

Volunteer with us

Volunteers are an important part of our work. Volunteers are involved in many ways, including helping at groups, helping with workshops / activities for young carers, young adult carers and adult carers, supporting fundraising and awareness-raising events, making one-to-one welfare and befriending calls and helping with office/admin tasks.

Volunteering for a charity is a great way to spend your spare time, use your existing skills and experience to help others, and meet likeminded people.

To find out more please email volunteering@yorkcarerscentre.co.uk

Volunteer Road Shows

We will be at the following venues if you want to find out about volunteering with us.

When: Tuesday 30 July, 10:30 - 12 pm

Where: O2 Shop, 8 Spurriergate, York YO1 9QR

When: Wednesday 21 August, 11 - 1 pm

Where: Morrisons, Foss Islands Road, York YO31 7UR

Student Volunteers



A special thank you to Annie Zenonos and Daniel Tsui who joined us on 70-day placements as volunteer-students from The University of York. Both worked really hard and we're so grateful for their contribution. We wish them both the best of luck in their studies.



How we help

- Information & Advice
- Someone to talk to
- Emotional support
- Events & Workshops
- Carers Assessments
- Carers Discount Card
- Carers Emergency Card
- Newsletters & Ebulletins

Advice Line

We offer an Advice Line for carers on Wednesday evenings 5 – 8 pm.

Call **01904 715490** to speak to our Advice Workers to discuss benefits, carers rights, paying for care, carers breaks & respite, Blue Badges, Lasting Power of Attorney, support for carers, Carers Assessments of Need and much more...

You can also speak to the team during office hours which are: **Monday - Friday 9.30 am – 4.30 pm (4 pm on a Friday)** or email enquiries@yorkcarerscentre.co.uk

Carersmart

A Network Partner of

CARERS TRUST

CarerSmart is a club for carers, and those they care for. We are a network partner of Carers Trust which means carers in York can access this.

Joining is simple and free.

Once you're a member, you can benefit from discounts, including:

- Supermarkets & shopping
- Wellbeing, health & beauty
- Travel & insurance
- Cinemas & theme parks
- Memberships
- Legal helplines
- Technology...and more...

For more information and to register visit www.carers.org/grants-and-discounts/carersmart-discount-club



Are you fully vaccinated?



We have been asked by the NHS to encourage carers, and those they care for, to have all their vaccinations to ensure they have the best possible protection.

Vaccines available to adults include:

- TB
- Hepatitis B
- Chickenpox
- Shingles (over 65's)
- MMR (if not had already)
- Pneumococcal: protecting against pneumonia, sepsis, meningitis amongst others (65+)
- Covid boosters (for those with reduced immune systems)

You can check with your GP surgery if you have had all the vaccinations available to you using their online system or by visiting the surgery.

We are interested to hear from carers that have not taken up vaccination opportunities, to help us understand why.

We will anonymously feed this back to the NHS so they can better understand the issues carers face.

For young people/parents visit **www.humberandnorthyorkshire.org.uk/vaccinated/childhood-vaccines/**

If you would like to discuss vaccinations with York Carers Centre, please call 01904 715 490 or email enquiries@yorkcarerscentre.co.uk

Thank you's



We would like to say thank you to the following people and businesses for supporting our work. **We are hugely grateful.**

The **Liz and Terry Bramall Foundation** - £5,000 for YACstars - supporting young adult carers with education, employment and training.

City of York Council, Citywide Ward funding - £9,000 for young carer activities.

Masonic Trust - £1,000 for young carer activities.

Ed De Nunzio Charitable Trust - for young carers staff time - £10,620 per year for 3 years amounting to £31,860.

Just Giving - **Jane Nordli** in memory of Sam Eagle Nordli - £7,560.

www.justgiving.com/page/sameaglenordli

Carer donations and other individual donations - £415.

York Children's Trust - £3,900 to help young carers and families with the cost of school uniforms.

Can You Help?

We are working on a new website and are asking carers to share their stories. If you'd be willing to share a story about your caring role or the support you've received from us this can be done in an article, a short video or anonymously. **Please get in touch with hayley.johnson@yorkcarerscentre.co.uk**

If you enjoy reading this newsletter and would like to make a donation towards it's cost, please visit **www.yorkcarerscentre.co.uk/donate/**

Any local businesses with a community ethos that would like to sponsor this newsletter, please email **hayley.johnson@yorkcarerscentre.co.uk**



North Yorkshire and York crisis services connected to NHS 111

Tees, Esk and Wear Valley NHS Foundation Trust (TEWV) have connected their crisis services to NHS 111.

This means that from now on, anyone experiencing a mental health crisis in North Yorkshire, York and Selby, can access urgent support 24/7 by calling NHS 111 and selecting the mental health option.

The current freephone crisis service number (**0800 0516 171**) will stay active to ensure those familiar with it always get the support they need.

During this time, a person will get the same service and support whether they call via NHS 111 select mental health option or the 0800 number.

Parent Carer Forum York



Are you the parent / carer of a child with additional needs (0 - 25 years old) living in York?

Have you signed up to Parent Carer Forum York?

Use your voice and experience to help Parent Carer Forum York work with education, health and social care, to shape policy and provision for families.

Please email **connect@pcforyork.co.uk** to be added to their mailing list and receive invites to events, be signposted to resources and support, and local and regional updates.



What is Domestic Abuse?

Domestic abuse is any type of controlling, coercive, threatening behaviour, violence, or abuse between people who are, or have been in a relationship. It can also happen between adults who are related to one another.

There are different types of domestic abuse, but it's always about having power and control over you.

Getting Help and Support for Domestic Abuse

If you're in immediate danger call 999 and try to get to a safe place.

You can call IDAS for advice and support:

03000 110110

info@idas.org.uk

idas.org.uk

National 24-hour helpline:

0808 2000 247

New events from the Alzheimer's Society

Discover a wealth of support and community connection in York with the Alzheimer's Society's new programme of events including cafes, carer support groups and activities.

All are free of charge and there is no need to book.

Please email TarinMarie.

Puckering@alzheimers.org.uk for more information.

John's Campaign

Carers matter to people living with dementia, delirium or any other adult patient who is deemed vulnerable, who finds it hard to cope in unfamiliar situations.

If you are a carer, you have a right to continue your support (if you and they wish) whenever the person you care for is away from home.



York and Scarborough Teaching Hospitals have relaunched John's Campaign.

The aim of John's Campaign is to allow and enable carers to be more present on hospital wards to help with their care and ensure their needs are communicated and met.

www.johnscampaign.org.uk

What Matters To Me

If you care for someone who might struggle to communicate should they ever need to go into hospital, you can prepare a **'What Matters to Me'** document. This is a document you can prepare in advance and give to hospital staff on admission.

It helps health and social care professionals better understand who the person really is, which can help them deliver care that is tailored to the person's needs.

We have an example document that we can email or post out to you, alternatively you can create your own.

Information for Carers of People in Hospital leaflet

York and Scarborough Trust have created a document with lots of advice and tips for carers of people in hospital. Scan the QR code to download the document or visit www.yorkhospitals.nhs.uk/seecmsfile/?id=7935





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

 enquiries@yorkcarerscentre.co.uk

 www.yorkcarerscentre.co.uk

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