

Oct - Dec 2024

Carers Newsletter



Information and events for unpaid carers in York who support a friend or family member living with an illness, disability, mental health condition, or addiction.



What's On?

Carers
Rights Day

Christmas



01904 715 490



enquiries@yorkcarerscentre.co.uk



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Welcome to our Autumn Newsletter

We're pleased to share that our latest Annual Report is now on our website. A new and improved website is in the works and will be launching soon. In addition to our ongoing services, we've been focusing on inclusion and equality within our charity. We have been contributing to national campaigns aimed at the new Government, and we're making sure the voices of carers are heard on key issues.

As we approach winter - and yes, even Christmas - we want to remind all carers to let go of any expectations and give yourselves the freedom to do what feels right for you. Whether that means accepting help from others or having pizza for Christmas dinner, embrace it and enjoy the moment.

“Almost everything will work again if you unplug it for a few minutes, including you.” — Anne Lamott



Carers Rights Day



Carers Rights Day is a national event to raise awareness of the rights and entitlements of carers, ensuring they receive the support they need and deserve.

To mark this important day, we are inviting carers to join us for tea and cake at our **Carers Information and Advice drop-in**.

This is a chance to connect with our staff and legal, financial, and social care professionals who will be available to offer guidance and answer any questions about your rights and entitlements.

Topics we'll cover include:

- Lasting Powers of Attorney, Wills, and Trusts
- Independent Financial Advice
- Welfare Benefits
- Paying for Care
- Social Care
- Carers' Assessments of Need
- Balancing Work and Caring Responsibilities
- Support and Information for Parent Carers
- Resources and Advice for Young Adult Carers

We look forward to supporting you and helping you navigate your role as a carer.

When: Thursday 21 November, 10 – 2 pm

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

No need to book – just come and along and speak to us.



Funding Success



We are thrilled to share that we have been fortunate enough to receive funding from **The National Lottery Community Fund**. This funding will enable us to provide Cognitive Behavioural Therapy to carers aged 11 - 26 and comprehensive family support over the next three years.

Jessica Tomori, Cognitive Behavioural Therapist says...

“With this funding, we can offer a range of services, including 1-2-1 therapy sessions for young carers, family activities, practical support, and workshops for family members. A heartfelt thank you to the National Lottery and all the National Lottery players for making this possible.”

Siemens Electrification complete the Yorkshire Three Peaks Challenge

Scott Goldsmith, Project Manager at Siemens Electrification, alongside friends, colleagues, and partners Caztec Group Ltd and Edmundson Electrical Ltd Mansfield completed the Yorkshire Three Peaks challenge on Wednesday 7 August to raise money for us. They raised over £5000 and we couldn't be prouder of them. Read Scott's story on our website www.yorkcarerscentre.co.uk/siemens-electrification-take-on-the-yorkshire-three-peaks-challenge-for-york-carers-centre/





York Trailblazers



Young Adult Carers (YACs) are taking part in **Trailblazers** - a collection of sculptures installed across York to celebrate the Tansy Beetle, brought to life by Make it York and York Civic Trust.

YACs (aged 16 – 25) teamed up with local artist Zoe Phillips (www.deckleandhide.co.uk) to create a unique sculpture that represents unpaid and hidden carers.

The sculpture is outside The Principal Hotel.

Be sure to check it out - it's absolutely brilliant!

Explore the trail and learn more about this inspiring project here: www.makeityork.com/events/york-trailblazers/

York Minster Christmas Tree Festival

We will be decorating a Christmas tree as part of the **York Minster Christmas Tree Festival** which will be open to the public from Saturday 30 November, through Sunday 5 January 2025.

The festival is free to York residents with proof of address.

Please go and see our tree - our talented young carers and young adult carers have crafted the decorations, and we love to share their work.

What's On?



Carer Hubs

We run two monthly support groups for unpaid carers in York, providing a space to connect, share experiences, and receive peer support from others who understand your situation.

Our Carer Support Workers and volunteers facilitate these groups and are on hand to discuss any concerns, challenges and successes related to your caring role. We welcome any carers to the 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) 30 October, 27 November and 18 December, 1 - 2.30 pm

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

Acomb Hub

When: Tuesday(s) 8 October, 12 November and 10 December, 1.15 - 2.45 pm,

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



Carers Action Group (CAG)

The CAG brings together unpaid carers, York Carers Centre staff, and professionals to discuss key issues, ensuring carers' voices are heard and their concerns are addressed. We take action by communicating what matters to relevant agencies, creating opportunities for change and improvements. The next meeting will focus on **'social care and arranging care services.'**

When: Wednesday 6 November, 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

Christmas Wreath Making

Our much-loved festive wreath-making event is returning in December. Join us to create a wreath for your door while enjoying a warm drink, a mince pie, and friendly conversation with our staff and other carers.

Early booking is advisable.

When: Tuesday 3 December, 1 - 3 pm

Where: Fulford Social Hall, School Lane, Fulford, York YO10 4LS

When: Wednesday 4 December, 1 - 3 pm

Where: St Andrews Church Hall, Church Lane, Bishopthorpe, York YO23 2QG

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 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 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 has a different theme. Refreshments provided.

“I feel sunnier with a light breeze. I always feel better after these sessions.”

“I came today as an act of self-care. I've always looked after everyone else, so I am giving this time to myself”



When: Tuesday(s) 22 October and 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

Regular Groups



Mental Health Carer Groups

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

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

“I find it reassuring and comforting to come to the group, as I know I will spend time with people who understand my situation. It’s nice to have a cuppa and a cake and the chance to chat.”

Mental Health Carers Group

Some meetings are led by guest speakers, others 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.

Before each group, you will receive an email with information about the guest speaker and the planned activity.

When: Wednesday(s) 9 October, 13 November and 11 December, 7 - 8.50pm

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

Please refer to the information board in the foyer to find out which room the group will be in. There is no need to book, just drop-in.

Please email lindsey.foster@yorkcarerscentre.co.uk to be added to the mailing list.

Regular Groups



Wellbeing Group for Mental Health Carers

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(s) 30 October and 27 November
6.15 - 8 pm

Where: 30 Clarence Street,
York YO31 7EW

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

Substance Misuse and Gambling Carer Support Group

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

When: Tuesday(s) 15 October, 12 November and 10 December, 6 - 7.30 pm

Where: Zoom

When: Monday(s) 7 October, 4 November and 2 December, 2 - 4 pm

Where: Tesco Community Room, First Floor, Tesco, Askham Bar, York

If you haven't attended a group before please call York Carers Centre on 01904 715 490 or email events@yorkcarerscentre.co.uk to book your place. You will be offered a telephone appointment with facilitator Sam Sollitt before attending.



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.

Primary School Youth Club

When: Tuesday(s) 1 October, 5 November and 3 December, 5 - 6.30 pm

Secondary School Youth Club

When: Tuesday(s) 15 October and 19 November, 5 - 6.30 pm

Over the summer the young carers team organised days out at Oxygen, Go Ape, and Flamingo Land, as well as a cooking workshop.



These activities offered much needed respite from caring duties, allowing the young carers to unwind, enjoy themselves, and connect with friends.



Over the coming months, the team will be organising October half-term activities, festive-themed celebrations in December, and a special Christmas party for young carers!

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

Peer support and social activities for Young Adult Carers are typically held at Spark on the last Wednesday of the month. While these gatherings are designed for carers aged 18 to 25, we welcome and encourage carers from age 16 to join us.

YACs will be celebrating the next stage of YACstars and enjoying table tennis, a Christmas party, planning 'Love January' and forming a band!

When: Wednesday(s) 30 October and 27 November, 5 – 8 pm

Where: Spark: York CIC, 17 – 21 Piccadilly, York YO1 9PB

Follow @YACsYork on Instagram to see what they get up to or send a DM to find out more.

Introducing Chris Edeson

Chris is a Family Worker and provides support to young carers and their families.



Chris is offering free activities exclusively for parents/adult family members of young carers. These groups offer an opportunity to meet new people, enjoy a change of scenery, and socialise. So far, our activities have included pottery painting and coffee and cake, with many more exciting activities on the way.

If you'd like more information, please email chris.edeson@yorkcarerscentre.co.uk

Volunteering



Volunteer with us



Volunteers are essential to our charity work supporting unpaid carers - we couldn't do what we do without them. We're so grateful for the time they give, which helps us to be the best we can be.

We're looking for volunteers to support our Telephone Listening Service (TLS), assist with raising awareness and fundraising, lend a hand at groups or with admin tasks.

Your help can make a real difference!

If you're interested in learning more about our volunteer opportunities, please email Sam Sollitt at **volunteering@yorkcarerscentre.co.uk**

Volunteer Road Shows

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

When: Tuesday 22 October, 12 - 2 pm

Where: York Explore Central Library, Library Square, Museum Street, York YO1 7DS

When: Tuesday 3 December, 12 - 2 pm

Where: Tesco, Clifton Moor, Stirling Road, York YO30 4XZ

Please send an email to volunteering@yorkcarerscentre.co.uk to find out more.



Information Stall

York Hospital

When: Wednesday 6 November, 10 - 4 pm

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

Fundraising Stall

Morrison's, Foss Islands

When: Tuesday 10 December, 11 - 5 pm

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

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 caring has on people's lives; have the opportunity to explore how 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 1 October and Tuesday 5 November, 10.30 - 12.30 pm

Where: Zoom

Please book via the City of York Council's MyLO booking system <https://york.learningpool.com/course/view.php?id=1950>

Carer Information



Carers Discount Card and ID



We have a free Carers Discount Card where local shops, services, restaurants and days out offer a discount to carers registered with us. The Carers Discount Card information is available to download on our website. www.yorkcarerscentre.co.uk/start-here-checklist-for-carers/get-a-carers-discount-card/

When you register with us you will receive a Carers Discount Card in the post with your information pack.

The information has just been updated and we have a new discount from York College: Inspired Hair and Beauty.



We occasionally receive requests from carers for 'proof' of their caring role. The Carers Discount Card can serve as proof that you're a registered carer with us.

CarerSmart also offer a discount scheme that's free for unpaid carers.

www.carers.org/grants-and-discounts/carersmart-discount-club

Please note: there's no need to pay for any ID card. If you need further proof of your registration with us, get in touch, and we'll provide a confirmation letter.

Thank you's



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

Jo Meier, Community Champion, Tesco Askham Bar, for donating tea, coffee, sugar, biscuits and juice for the young carers' youth club.

£200 donation from Alex Burbidge, Pro Safety Management towards activities/days out in the summer holidays for young carers.

£500 donation from Nisa Local (MADL) Market Square, York and £500 donation from Nisa Local (MADL) Heart of the Community Awards towards activities/days out in the summer holidays for young carers.

£1,000 grant from Freemasons Charity Yorkshire North and East Ridings towards workshops and activities for young carers.

£5000+ fundraising from Scott Goldsmith, Siemens Electrification, along with friends, colleagues, and partners Caztec Group Ltd and Edmundson Electrical Ltd Mansfield who successfully completed the Yorkshire Three Peaks challenge.

Donate

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.**

YoungMinds Parents Helpline

YOUNGMINDS
Fighting for young people's mental health

YoungMinds is the UK's leading charity fighting for young people's mental health. They offer a free, national Helpline service for any parent or carer concerned about a young person aged 0-25.

They provide translation services in over 200 languages and comprehensive resources on the Parent and Carer section of their website.

Visit www.youngminds.org.uk/parent/parents-helpline/ to find out more.



REMAP



REMAP create custom-made equipment for people with disabilities. The York branch has reached out to offer support to unpaid carers and the people you care for.

The equipment they build comes free of charge and can help with hobbies or everyday tasks for which something tailor-made would make it just that bit easier.

For more information and examples of their work, visit www.remap.org.uk

'Show Us You Care' campaign



The Care Support Alliance (CSA) have recently launched their **'Show Us You Care'** campaign which calls on the government to make reforming and funding social care an urgent priority. As part of the campaign, carers can write to their MP using a template letter which sets out the state of social care in the local area and ask the MP to take action.

Find out more about the campaign at <https://act.careandsupportalliance.com/page/151615/action/1>



Experimental Blue Badge Parking Bays Consultation



Following the City of York Council's consultation about city centre access for Blue Badge holders, 5 new experimental parking bays are available (from 21 May 2024) for Blue Badge holders to park in, and businesses to load from.

The bays have been created where previously there were double yellow lines. On them, businesses can load, and Blue Badge holders can park for up to 3 hours.

Read more and provide feedback at www.york.gov.uk/ExperimentalParkingBaysConsultation

Can You Help?



We're currently developing a new website and would love to feature stories from unpaid carers in York.

Your experiences can help others understand the challenges and rewards of being an unpaid carer, and highlight how valuable the support we provide can be. If you're willing to share your story, whether through an article, a short video, or anonymously, we would be grateful for your contribution. Your voice can make a difference.

Please get in touch with hayley.johnson@yorkcarerscentre.co.uk if you can help.

Stay in touch

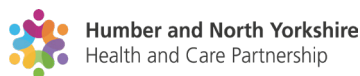


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Please let us know if you need a large-print version of our postal newsletter.

If you're unable to access the links in this newsletter, call us on **01904 715 490**. We'll be happy to print the articles and send them to you by post.



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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Registered charity number: 1127644 Company number: 06760783