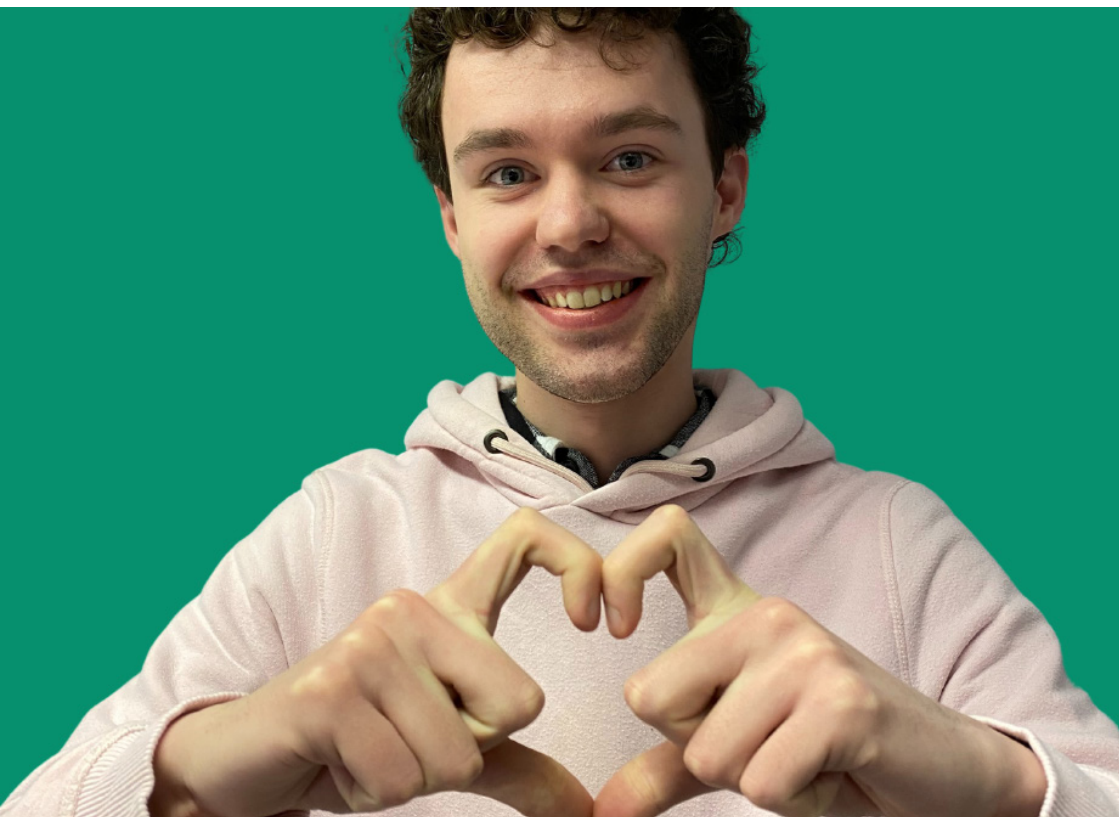


January - February 2026

Carers Newsletter



As the new year begins, we're focusing on bringing moments of connection, wellbeing, and self-care. We look forward to supporting unpaid carers to find moments of calm in 2026



What's On

Young Carers
Action Day

Love January



01904 715 490



enquiries@yorkcarerscentre.co.uk



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Welcome to our Winter 2026 Newsletter

As we welcome 2026, I hope that the festive season has been kind to you. It can be stressful and there is often pressure for everything to be perfect, and it rarely is. As the new year begins, there may be yet more expectations to grow or change. Let any changes you do make be about kindness to yourself. We see you giving up things to care for those you love. Our wish for you all is that you can find just a little bit of time and space for YOU.

We are here for you, however that looks. To help brighten up January, we’re repeating our LOVE January festival and hope it lifts your spirits. In this issue we also have information about all our events until the end of March. Our monthly e-bulletins will have any last-minute opportunities.

May this year bring you moments of joy, peace, and wellbeing and don’t forget to take care of yourself!

Sharron Smith (CEO)

LOVE January

‘Wellbeing Through Connection’

We know that January can be a tough time for carers after the busy festive season, it's easy to feel run down and low on energy as the new year begins.

That's why we launched LOVE January in 2023 – a month-long festival focused on connection, wellbeing and self-care.

Originally created for Young Adult Carers (16-25), it's now grown into something for carers of all ages. There's something for everyone, so please get involved.

Let's start 2026 with joy, connection and a well-deserved focus on you. There are LOVE January events within all our usual sections but also lots of extras.

We are also doing LOVE January for staff too with our Christmas party and secret co-worker, and we'll be out and about in the city delivering talks, presentations and drop-in sessions.



LOVE January

Events Calendar

All events can be booked through our Eventbrite page or by contacting us on 01904 715490 or emailing: events@yorkcarerscentre.co.uk

Summary of LOVE January Events

Adult Carers

13th, 28th: Carers Connect

13th: 10 weeks Nature & wellbeing course

14th: Mental Health Carers Group

19th: Substance Misuse Carer Support Group

21st: Crafty Social

27th: Wellbeing Group for Mental Health Carers

29th: Mindfulness

Young Adult Carers

7th: Tang Taco Workshop (Good Mental Health Project)

12th, 19th, 26th: Men's Wellbeing Mondays

16th: Parents/Family Member & Young Adult Carers Meet Up

28th: Carers Social at Erica's

30th: York St John Drop-in

All month: Lush Doorstep Drops

Young Carers

6th, 20th: Youth Club

27th: Boardgames Night

Professionals

20th: Carers Awareness Training

Love Jan - Mindfulness for Carers



Time to learn and enjoy some mindfulness practices for self-care to take forward into 2026.

Alison is trained in teaching mindfulness through the Mindfulness Association.

She will guide you through practices you can use in daily life, while also creating an enjoyable morning together. Beginners welcome.

When: Thursday 29 January,
10.30 am–12pm

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

Love Jan Crafty Social



Want to connect with other carers while getting creative? Join us for a relaxed craft group where you can work on your own project or use our simple craft activities alongside fellow crafty carers. Refreshments will be provided.

When: Wednesday 21 January,
2–4pm

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

Please book through our Eventbrite page 'York Carers Centre', email us events@yorkcarerscentre.co.uk, or call us on 01904 715 490.

Young Carers Action Day

Young Carers Action Day (YCAD) is a yearly campaign led by Carers Trust. It raises awareness and drives change for young carers and young adult carers throughout the UK.

Wednesday 11 March

This year's theme is '**Fair Futures for Young Carers**'



This year we will be working with Art of Protest to raise awareness and identify hidden Young Carers through art.

On Wednesday 11 March we hope to hire out a cinema and invite all our young carers and young adults, to come together and celebrate.

Schools Work

The new Ofsted framework includes young carers, during inspections schools will now be asked about the support they offer. We have been working with York schools to raise awareness and improve identification, supporting over 100 additional young carers in the past 16 months. Monthly drop-ins now run at all mainstream secondary schools and York College.

We offer support to schools through resources such as posters, assemblies and leaflets, as well as regular information sessions. Schools can also show their commitment by signing the Young Carers Covenant or applying for the Young Carers in Schools Award. If you know a young carer who is not yet registered with us, referrals can be made by anyone to help ensure young carers receive the support they deserve.



Carers Action Group – have your say

The Carers Action Group brings together unpaid carers, York Carers Centre staff and local professionals to listen to carers' experiences and act on the issues raised. It offers a welcoming space to share what matters most and help shape support for carers in York.

Colleagues from City of York Council will join this session to share an update on the York Carers Strategy and introduce the new Commissioner for carers.

When: Wednesday 4 February, 10–1pm (includes lunch)

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

To book visit our Eventbrite page 'York Carers Centre', email events@yorkcarerscentre.co.uk, or call us on 01904 715 490.

Substance Misuse and Gambling Carer Support Group

If you're affected by someone else's drug, alcohol or gambling use, we offer supportive, non-judgmental groups.

When: Mondays, 19 January, 9 February, 9 March, 12–2pm

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

Guest speaker from Mental Health Provision in York:
Monday 2 February, 10.30am–12pm.

To book email events@yorkcarerscentre.co.uk, or call us on 01904 715 490.

One carer reflected: *"I always feel so positive during and after this group. I didn't used to understand boundaries and how they could work, but I keep going and they do."*

Carers Connect

We run two friendly, inclusive social groups each month for unpaid carers, offering a relaxed space to connect with others who understand. Support workers and volunteers are on hand for a chat or advice, and you can join on own or with the person you care for.

No booking needed.



Haxby

When: Wednesdays, 28 January, 25 February, 25 March at 1-2.30pm

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

Acomb

When: Tuesdays, 13 January, 10 February, 10 March at 1.15-2.45pm

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

"Since my husband went into a care home, I now have time and space to attend these groups. I wasn't sure if it was the right place for me, but it 100% is. I always leave feeling better and that I'm part of a really supportive and friendly group of people I now think of as friends."

Spring Wreath Making

Would you like to make your very own beautiful, spring wreath?

Led by Mariella from Mind Garden Florals, we will make from scratch a dried flower wreath with a variety of homegrown and dried flowers, grasses and seed heads.



When: Wednesday 12 March, 2-4pm

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

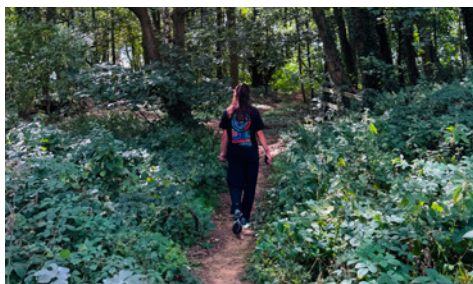
Please book through our Eventbrite page 'York Carers Centre', email us events@yorkcarerscentre.co.uk, or call us on 01904 715 490.

10 Week Nature Connection and Wellbeing Course

A free ten-week course, running weekly on a Tuesday 13 January-17 March 12-4:30pm

Led by Alison Goodwin of the North York Moors Trust, the course will provide a weekly dose of nature and time for you to focus on your own wellbeing in a variety of beautiful settings.

If you have any questions, please email or phone.



Please book through our Eventbrite page 'York Carers Centre', email us events@yorkcarerscentre.co.uk, or call us on 01904 715 490.

Mental Health Carers Group

This group is for anyone caring for someone with a mental health condition. It offers a supportive space to take a break, connect with others who understand, and share experiences. Sessions vary, with some featuring guest speakers and others focusing on mutual support and coping strategies.

When: Second Wednesday of the month, 7–8.45pm
14 January (Positive planning for the year ahead), 11 February, 11 March

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

If you're joining for the first time, please arrange a welcome call by emailing: lindsey.foster@yorkcarerscentre.co.uk

Wellbeing Group for Mental Health Carers

This welcoming and informal group is for anyone supporting someone with a mental health condition. It's a chance to focus on you - to unwind, meet others who understand, and enjoy wellbeing-focused activities in a supportive setting.

Please note: the group now meets on the last Tuesday of each month (previously the last Wednesday).

When: Last Tuesday of the month, 6.15–8.15pm
27 January (Self-care and Love January), 24 February, 31 March

Where: 30 Clarence Street, York YO31 7EW

If you're joining for the first time, please arrange a welcome call by emailing: lindsey.foster@yorkcarerscentre.co.uk

Free Stress Management and Wellbeing Courses



Partners in Dementia are offering free breathing & movement courses for all carers in and around York. They offer simple and gentle techniques to:

- reduce stress, anxiety, and overwhelm
- improve sleep and relaxation
- increase energy and focus
- support mental wellbeing and prevent burnout

Courses are available across the year, both in person and online. To find out more or to book a place, please email justin@partnersindementia.org, call 07932420726, or visit: www.partnersindementia.org/breath-body-and-mind/

These courses are also available for non-mental health carers.



Yor Community Wellbeing Hub

Supporting
Mental Health,
Together

Yor Community Wellbeing Hub at Acomb Garth is now open, with a phased launch and plans to offer 24/7 support. The hub is here for anyone looking after their own wellbeing or supporting someone else

What you'll find at the Hub

- a welcoming space to drop in, relax and connect
- groups, activities and practical support for wellbeing and everyday life
- calm areas to unwind, including a garden and library-style space

For opening times please contact:

01904 553 060
tewv.yorcommunitywellbeinghubag@nhs.net
Acomb Garth, Oak Rise,
Acomb, York, YO24 4LJ

We run youth clubs for young carers aged 5-16, with separate groups for primary and secondary ages.

Primary School Youth Club

Tuesdays, 5-6.30pm

6 January, 3 February and 3 March.

Secondary School Youth Club

Tuesdays, 5-6.30pm

20 January, 17 February and 17 March

LOVE January

As part of Love January, Art of Protest will join the secondary LAFFs to create graffiti-inspired artwork.

Other events coming up:

Games Evening: Tuesday 27 January

Supporting a family member with ADHD: A workshop open to anyone caring for someone with ADHD or wanting to learn more. No diagnosis required: Friday 20 February
Young Carers Action Day

Cinema event: Wednesday 11 March

Family Work

We run free sessions for parents and adults of young carers to connect with others in similar situations. We recently had a chocolate making session, and our next meet-up is a pamper session on Friday 16 January at York College.



A family trip to the Trafford Centre will take place on Wednesday 18 February for young carers and their adults, with transport provided and a £30 family voucher included.

In April, we'll run the 10-week PAACE programme for parents, exploring how life experiences shape thoughts, feelings, behaviour and relationships, alongside sessions for young carers.

For more information about family work, please contact Chris Edeson on chris.edeson@yorkcarerscentre.co.uk or 07572 139379.



Meet Charley!

Charley, a young adult carer, recently received a special

award from York University after achieving 95% for her dissertation. This was on barriers young adult carers face when transitioning to independence.

"I've always been passionate about helping people face inequality and have their voices heard. I really struggled because I didn't have parental help with applying for uni, moving to a new city or finances. It was difficult because I had to do that on my own."

After graduating Charley began working in Student Experience at York College and has set up a carers' support group.

"If someone is too busy focusing on the health of another then they might forget their own health. That person then may struggle with their mental health and confidence. They might just not realise what they can achieve."

Well done Charley you are amazing!

Love January Events

TANG Taco Smash x Good Mental Health Project x

FoodCircle: 7 Jan 5.30–8pm
at Tanghall Community Centre

Men's Wellbeing Mondays

12, 19, 26 Jan 4.30–6.30pm at
York Carers Centre

Love January Social

28 Jan 5–8pm at Ericas

Young Adult Carer Social (16-25)

25 February and 25 March

5–8pm at Spark York CIC, 17 -
21 Piccadilly, York YO1 9PB

Connect with us @YACsYork
on Instagram, email
enquiries@yorkcarerscentre.
co.uk, or call 01904 715 490.

Volunteer Judy is helping the young carers during a half-term bowling activity!



Our Volunteer Social events are held quarterly. Here's a group of dedicated volunteers enjoying tea and scones, our way of thanking them for all their hard work. We couldn't do it without you!



If you are interested in coming along to one of our volunteer socials to find out more about volunteering, please contact us at volunteering@yorkcarerscentre.co.uk

Volunteer Story

My name is Sophia. I'm studying social work at the University of York. As part of my course, I completed a 70-day required intern placement at York Carers Centre. I have since transitioned into a regular volunteer role.

Sophia says "I hope to still attend groups because carers are wonderful people to spend time with. I have gained many transferable skills and knowledge from working with carers and learning from staff. I highly recommend volunteering because the culture and environment are supportive. There may be people in your life who are in a caring role. You may also realise that you are in a caring role and gain some clarity over your own life."

If this sounds like something you'd like to get involved in, we'd love to hear from you volunteering@yorkcarerscentre.co.uk

Taking on the Yorkshire Marathon for young carers

In October, five staff from York Carers Centre ran the Yorkshire Marathon Relay. Covering 26 miles between them, ranging from 3-6 miles each. The team trained hard and smashed it. They raised almost £3000 for young carers.



Duchy Darlings and Dementia Forward

In October we teamed up with Dementia Forward for a fundraising afternoon with lovely singing from the Duchy Darlings, plus tea and homemade cake. The singing blew everyone away!

Thank you

Thank you to everyone who donated through our Amazon Wishlist or contributed Christmas presents for young carers. Giving out presents at our Christmas parties was a joy for us all.

Thank you to everyone who has donated or supported Young Carers in York – it makes a real difference!

Fundraiser

We are recruiting for a new Fundraiser; details are on our website. In the meantime, you're welcome to run your own fundraising events. Big or small, it all helps!

March in March for Carers

We hope to repeat March in March for carers. Look out for our e-bulletins and social media for a chance to join us marching (you can also wheel, scoot or amble slowly!)



Carer Awareness Training

Professionals are invited to this training, to learn about the support available for unpaid carers in York.

The training will help build understanding of:

- the role of carers
- the effect this role has on their lives

It's also an opportunity to explore how professionals can:

- help identify carers early
- recognise carers as 'partners' in care
- help carers look after their own health and wellbeing

When: Tuesday 20 Jan, 10.30am-12.30pm

Where: Zoom

To book visit www.york.learningpool.com/course/view.php?id=1950

Quote: *"I was struck by the immense pressure young carers must face every day."*

Surveys

Thank you to the young and adult carers who recently completed our survey.

Adults Survey

- 92% said their contact with us was a positive one
- 86% said we have helped them to cope with their caring role
- 79% said it has helped them to look after themselves

Carers said the main thing they would like is information, advice, and someone to talk to.

"I wouldn't be coping with the situation I'm in if it wasn't for the carers centre. They are amazing and I can't rate the support I have received highly enough."

Person Centred Dementia Care

Free course for anybody who wants to expand their understanding of Dementia.

The course has four 30-minute recorded videos, which can be viewed online and completed any time. It covers the following areas:

- key changes experienced by people with dementia
- sensory impacts, especially changes in vision and auditory processing
- person-centred dementia care and the psychosocial needs of people with dementia
- skills in care, communication and interaction using PAC™ approaches

For any questions or to enrol, email paula.mullin@york.gov.uk or call 07769 963167

Hospital carers hub

York and Scarborough Teaching Hospitals NHS Foundation Trust have launched a new Carer Hub on their website.

Find the hub here: www.yorkhospitals.nhs.uk/coming-into-hospital/carers-hub/

Martha's rule

Martha's Rule is a patient safety initiative to support the early detection of deterioration by ensuring the concerns of patients, families, carers and staff are listened to and acted upon.

It has been developed in response to the death of Martha Mills and other cases related to the management of deterioration.

We have suggested York Hospital include this information on their carer Hub web pages.

Healthwatch - Hospital Transport Survey

Have you recently used **Hospital Transport**? Recent changes mean some people no longer qualify. Healthwatch York want to understand how this affects people.

Complete the survey here:
www.smartsurvey.co.uk/s/X6GOMW

They would also like to hear about:

- long term health conditions experienced by women
- discharge from hospital
- experience of screening health checks for men
- accessing gender identity clinics
- waiting for social care
- experiences of seeking adult ADHD and Autism assessments

Contact Healthwatch York by email: healthwatch@yorkcvs.org.uk

The Land - nature and wellbeing activities



The Land is a 12.5-acre space that is being transformed into a tranquil nature reserve. It supports families of neurodivergent children and young adults with high anxiety. It also supports children to build confidence.

The Land runs:

- monthly craft groups and wellbeing sessions for parents
- family fun sessions and games evenings
- parent and child craft sessions and wellbeing in nature

For more information, contact: info@theland.org.uk

Consultations: have your say

Raise York: Family Hubs Network

A consultation to help shape a citywide network supporting children, families and carers from pregnancy to adulthood. Share your views: www.york.gov.uk/consultations#raise

Age Friendly York (AFY)

Have your say on how York can better support older people, including transport, accessibility and community services: www.york.gov.uk/consultations#afy

Rougier Route Proposals

Plans for a new bus-priority route in the city centre to improve reliability and reduce congestion. Share your views by 11.59pm on 12 January 2026: www.york.gov.uk/consultations#route

For Your Convenience

Originally called Take a Seat, For Your Convenience is a local initiative where participating businesses allow people to use their facilities, without being a paying customer.

Over 60 businesses in York are taking part. A window or door sticker is displayed to show which facilities are available for use in their premises. This includes the following information:

- if there is step free access
- whether any seating has arms or not
- whether any toilets are accessible for wheelchair users
- whether there are baby changing facilities

Find out more and view the full list of participating venues at www.livewellyork.co.uk/FYC

Stay in touch

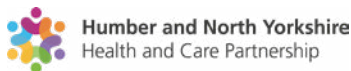


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Contact us

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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