

# Newsletter

30

SUMMER • JULY 2025

YEARS



SEND Market Place  
Restology  
Carers Week



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THANK YOU! – We're proud (and a little emotional!) to announce that **£7,702.09** has been raised so far this year towards our £10,000 goal for 2025!

Thanks to your incredible efforts, from the unforgettable Mamma Mia evening (huge thanks again to the amazing sponsors) to the creative energy of our now-completed 30 for 30 Challenge, we are well on our way!

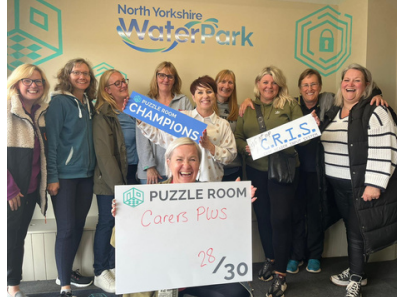
***Huge thanks to:***

- *Everyone who baked, hiked, walked, created, and even got sponged*
- *The school that stepped up with a sponsored walk*
- *The teams and individuals who completed 30 for 30 with amazing creative ideas*
- *Our brilliant staff, clients, carers, and wider community for taking part, raising awareness and sharing the message of unpaid carers*

Your support really helps us to continue our vital work supporting unpaid carers, the quiet heroes who often put their own needs aside to care for others. Because of you, we can be there when they need someone to lean on most.

Although the 30 for 30 Challenge has ended, our goal continues and we'd love your help to cross that final stretch! If you've got a fundraising idea or want to support us in any way, please get in touch. Let's hit that £10k target together and keep making a difference

# Head of Operations: Rachel Anderson



The countdown to the 2026 London Marathon is ON and our incredible runners need your support!

Rachel Anderson, Head of Operations at CPY, and the amazing ChrisFit Gym & Studio are taking on this huge challenge to raise funds for unpaid carers across our local communities.

Every penny raised will go towards supporting unpaid carers who are facing real challenges.

SCAN ME!



# Head of Operations: In Conversation



**Looking back over your time at CPY, what have been the key milestones or standout moments for you?**

*Oh there have been many, mostly, how inspiring unpaid carers are, and the difference the charity can make, BUT probably the most standout moment was when the COVID lockdown came, and several services ground to a halt, but CPY showed true resilience when it was needed the most! We weren't equipped to WFH but we pack up the office within hours and moved our service remotely, learning new skills but most importantly supporting unpaid carers when they needed it most! At the time I was a Young Carer Worker, and within 12 hours our support went from in school to online and the young carers taught us the way. . . it was enlightening.*

**What have been the biggest changes you've seen across the organisation or sector since you first started?**

*The work that the team undertake is always evolving, services are stretched to capacity, and it is more important than ever that organisations work together to support our communities. It is imperative that 'we stay in our lane' and remain consistent with our organisations mission. The sector needs to work collaboratively for the best outcome for our clients and CPY recognise the importance of this in an ever-changing landscape.*

**What's been your proudest achievement during your time here?**

*My proudest achievement has been being part of a team that responded with flexibility and compassion during COVID-19 to ensure carers remained supported. Helping both staff and unpaid carers through such a challenging time involved launching a new initiative, staying consistent in our ambition, and being a trusted presence for anyone feeling overwhelmed. That period constantly reminds me why this work matters. I'm proud of the relationships we've built and of the resilience and continued ambition the team shows, day in and day out.*

**How do you think the needs of unpaid carers, especially young carers, have evolved over time?**

*What I have noticed most significantly is how unpaid carers are impacted. Several years ago there was an assumption that carers, particularly young carers were physically impacted by offering practical care. This is not the case, and for the most part, we are working with people who are experiencing the emotional impact of caring for someone. Being an unpaid carer can bring a heavy emotional weight. Many carers who we work with describe a constant mix of responsibility, guilt, and exhaustion, and despite all this, they often carry on silently because of their own compassion, duty, or simply lack of choice. That's why our work is so important and we have to evolve with it, offering emotional support, connection to others, and safe spaces to meet.*

# Head of Operations: In Conversation



**What motivated you to stay and grow within CPY? Has your “why” changed over the years?**

*This sounds quite 'cliche' but the reason is simple - the people we work with and the difference that we make! I always say the staff team on the ground is 'where the magic happens', the workforce at CPY are wonderful, and all care about the work they do.*

*My drive has always been the organisation's deep-rooted commitment to supporting people. When I first joined, my 'why' was about making a practical difference in the lives of young carers, giving them the recognition and support they so often go without. Over time, as I've grown professionally and seen the wider impact of our work, from community connections to wellbeing initiatives, my motivation has evolved. Now, my 'why' includes being part of a team that actively shapes local systems to be more compassionate, responsive, and inclusive.*

**What does a successful day look like for you?**

*A successful day at Carers Plus Yorkshire is one where you can see, or feel, the impact of what we do - no matter how big or small. It's when the day is busy but purposeful, and you know your time has gone into something that truly matters. This may be a breakthrough in a difficult case, a thank you message from someone we've supported, or just that sense of team morale. When people feel seen, supported, and connected, that's when I know we've had a good day. . . oh and not forgetting when there is cake, that makes a good day even better!*

**CPY is celebrating 30 years this year. What does that milestone mean to you, having been a huge part of its journey?**

*It honestly means so much to be celebrating 30 years of Carers Plus Yorkshire. Having been part of the journey for 6 years, whilst this is such a significant milestone, I can't wait to see us hit milestone after milestone! Since 2019 I've seen the organisation adapt, and support so many incredible people, and long may this continue. What's always stood out to me is the heart behind the work. No matter how much things have changed the passion in this team have never wavered.*

**What would you say to someone thinking about reaching out to CPY for the first time?**

*Just stop thinking and DO IT!*

*Reaching out could make a bigger difference than you expect. Carers Plus Yorkshire is here to listen, not judge. Whether you're struggling, feeling overwhelmed, or just need someone to talk to who understands what you're going through, there's no pressure, just impartial information, advice and guidance.*

# RESTOLOGY

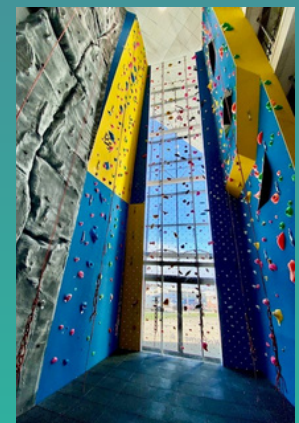


**Greetings from Restology! – Carers Plus Yorkshire’s very own concession scheme!** This month we’ve been raising awareness of the free Restology card and encouraging a little more self-care, something many of us find hard to prioritise. **Our amazing business partners** have continued to offer discounted services to help clients enjoy something positive and out of the ordinary.

We’re aiming to roll the scheme out across **Hambleton & Richmond before the end of the year**. But if you fancy a day out or want to try something new, take a look at just some of the offers available below! Full details are on our website.

- 10% and 20% off food and drink outlets
- 50% off tram travel
- Concessionary fitness sessions
- Reduced climbing wall family tickets
- 15% off axe throwing and escape rooms
- £5 off foot care treatment within your home
- 50% off hair and beauty treatments
- 50% off relaxation yoga sessions
- Concessionary tickets for theatre trips
- Discounted steam train travel
- Free accompanying carer admissions
- 25% off relaxation treatments
- Free dance sessions for neurological and limited mobility dancers
- Accompanying carers free cinema tickets
- Free carer pen pals scheme

If you haven’t already received your free Carers Plus Yorkshire Restology card do get in touch!



# ADULT CARER SERVICE & CARERS WEEK

Carers Week 2025 was a powerful celebration of the unpaid carers who give so much, often without recognition. Across Scarborough, Whitby, Ryedale, Hambleton, Richmondshire and Bridlington, we ran a full week of activity - connecting carers, raising awareness, and highlighting the support available through Carers Plus Yorkshire.

This year's theme, Caring About Equality, reminded us of the unique challenges unpaid carers face. Each day focused on a different aspect of the caring experience.

Monday spotlighted Health & Social Care, with awareness stands and online info about the importance of joined-up support. Tuesday was all about Financial Wellbeing, highlighting our Carer Money Matters service and income maximisation partnerships. Wednesday focused on Work & Employment, showcasing our Rise2Thrive Trailblazer project and Caring with Confidence sessions. Thursday gave space to Younger Carers, with messages of support for the amazing young people we work with every day. Friday turned the focus to Older Carers, and the emotional, physical and financial pressures many face later in life. Saturday championed Mental Health & Wellbeing - promoting Restology and the importance of carers looking after themselves too. On Sunday, we took a moment to pause, reflect and celebrate everything that had been achieved throughout the week. It was a

chance to look back with pride at the connections made, stories shared, and awareness raised across our communities.

Throughout the week, we were out in the community: attending hospital awareness stands at Scarborough Hospital and Cross Lane Hospital (in partnership with Tees, Esk and Wear Valleys NHS Foundation Trust and Dementia Forward), meeting local professionals, and running drop-ins and Care for a Cuppa sessions.

We were also thrilled to see so many GP surgeries join our #CPYGPChallenge - giving us space on their noticeboards and helping unpaid carers feel more seen and supported. Thank you to every surgery, organisation, and individual who joined us in making Carers Week so special. Let's keep building a future where carers feel recognised every day, not just for one week a year.





# 30 Years in the Making!


Step back in time with us - each archive edition explores our history through memorable photos and moments worth remembering.



Focus Carer Page 8

a male perspective... a male perspective... a male perspective

## CARING



## A MALE PERSPECTIVE

THE stereotype of the unmarried daughter, who never had a job but stayed at home forever to care for her ageing parents, is now far from typical. Most carers now go out to work as well, and latest statistics show that 42% of carers are men - though it is still true that women are more likely than men to carry the main responsibility for caring.

Last year we decided to explore the 'gender myths' about caring a little more deeply. Helped by a modest Joint Finance grant, we were able to commission Pamela Williams to interview local male carers.

Though limited in scale, Pamela's survey does throw an interesting new light on the perceptions of male carers, and how they feel their experiences may be affected by their gender. Most of those interviewed felt that:

- certain aspects of caring - such as lifting, or dealing with the finances - were easier, while other aspects - such as personal care - were more difficult because they were men;
- becoming a carer had severely affected their employment, with only 3 out of 22 able to carry on working at all. Employers were felt to be less likely to offer flexibility such as part-time working or time off for emergencies;
- there is demand for support groups specifically for male carers - and some would also prefer to have access to a male worker;
- friendships and local contacts tend toebb away after a while, leaving carers feeling isolated and abandoned, but the relationship with the actual person being cared for is often enhanced.

If any of our male readers would be interested to meet others and perhaps form a small support group for male carers, we would like to hear from you and will be happy to put you in touch with others in the same area, or in similar situations. Let us know as soon as possible and we will work with others to get something started...




Continuing our theme of 'a male perspective', we are grateful to Norman Stephenson for the following practical tips for caring for a confused person - based on Norman's own experience of looking after his wife.

### Avoiding Accidents

- Keep floors as clear as possible of all obstructions. Cables and flexes to televisions and the like are particularly easy to trip over.
- Rugs and small mats can be a hazard. You would be wise not to have them in rooms which are in general use.
- Discourage climbing, particularly on chairs and stools.
- Modern hot water systems can produce very hot water and care should be taken in making sure water for bathing or washing and for household tasks such as washing-up is not too hot. Ensure the thermostat is set at a reasonable temperature and always add hot water to cold water.
- Boiling water is even more dangerous. When in use kettles, teapots, pans and similar containers should be on a firm base, easily reached and clear of any obstructions. It is a good idea to use larger kettles and teapots and half fill them to reduce the risk of splashing.
- Some sort of heating within the home is essential. It must be remembered that, whatever the source of heating, the casing surrounding it can get very hot. Special shelves fixed above radiators can reduce the risk of accidental touching but often a little thought in arranging furniture can achieve the same thing.

Focus Carer Page 9

Pontins holiday... Pontins holiday... Pontins holiday... Pontins holiday

A more sedate way to travel
And we DID climb to the top!
It may be June but it's still cold!

Scarborough & Ryedale Carers Resource

## focuscarer 70

The magazine of Scarborough & Ryedale Carers Resource Winter 2009



**Carers Rights Day  
Friday 4th December**

Free Bus Travel p8  
Carers Rights Day Events p2  
Special Report: Carers Funding p12

working with carers

FOCUS CARER ISSUE 21  
SUMMER 1997

Focus Carer is for all carers and people working with carers in Scarborough/Whitby/Ryedale  
Produced by Scarborough and Ryedale Carers Resource



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Scarborough & Ryedale Carers Resource

## focuscarer 71

The magazine of Scarborough & Ryedale Carers Resource Spring 2010



'With hearts and minds' p.3  
Extra support for Carers p.4  
Emergency Care p.5

working with carers

# YOUNG CARER SERVICE

As part of Carers Week 2025, Braeburn Primary School were joined by our amazing Young Carer Worker, Nicola Ramshaw, to complete a sponsored walk. They raised an incredible £2484.71 – with part of this being donated to CPY to support our work with unpaid carers.

Well done to all involved and thank you Braeburn Primary School for your continued support. We're very grateful for this generous support and brilliant collaboration between the schools, families, local services and supporters.

The Young Carer team have been working very hard this year to build relationships and get the CPY name out in the community so we can support many more young carers. The team are very much looking forward to an exciting summer with young carers, focusing on wellbeing and mental health.

Have a great summer everyone!



# CARER CONNECTIONS

## Carers Connections has had an action-packed few months!

In the last quarter we have been busy with our regular monthly groups which are covering Easingwold, Northallerton, Stokesley, Colburn and Richmond. We have had the lovely opportunity to celebrate carers plus turning 30 by having some lovely cakes to share at our groups.

Our wellbeing craft groups, along with our first of three wellbeing walks at Guisborough forest which have kindly been hosted and delivered by Lorna from Forestry England, this has been warmly welcomed by a diverse group of carers where they were able to share their experiences and switch off from their busy caring roles.

We have started a new parent carer group in partnership with Daisy chain which is based at the Autism Plus Coffee shop in Easingwold, this now means we are in Easingwold fortnightly, Thirsk Fortnightly and Northallerton once a month, providing a much-needed safe space for parent carers to meet others with similar experiences.

We have attended two Broadacres community day events, one in Thirsk and one in Easingwold, to showcase

what we offer and how we support people in the local community.

We celebrated our lovely volunteers during volunteer week by getting together over a coffee and having a chat about how we can support them, what they enjoy and what they feel we could do better to support them and the carers we support.

We have been to Kirk house Aging well group to deliver a talk about our services and how we can support carers, we have been to a Dementia housing conference which gives us the ability to deliver factual information to carers and helping them create a place where people with dementia have a community around them, We are currently developing a partnership with Ruby Lodge in the hope to support the carers of loved ones in a care home.



# HOME FROM HOSPITAL

As part of Carers Week in June, the team took part in two hospital stands - one at Scarborough Hospital and another at Friarage Hospital. Working in partnership with Healthwatch, these events were a great opportunity to raise awareness of the services we offer and to connect with both unpaid carers and professionals within a healthcare setting.

Looking ahead, our outreach continues as we promote our work across the community. Over the coming weeks, we'll be linking in with social prescribers and care coordinators to strengthen local connections and ensure more patients know about the support available to them on discharge



*HfH Coordinator, Becky and HfH Manager, Emma*

# RISE2THRIVE TRAILBLAZER



**Rise to Thrive Trailblazer is more than just employment support! It can be;**

- Exploring work options
- Career Development
- Education & Employability Skills
- CV Writing
- Self Employment
- Confidence Building
- Support to improve Mental and Physical Health
- Income Maximisation (for carers)

Free to anyone living in Scarborough, Whitby or Ryedale. Aged 18+ and with the legal right to work in the UK. Economically inactive or Employed

## Here's what our participants say:

"Dawn has helped me with issues such as anxiety, talking to people every day, filling forms in and much more. I have been really impressed with the support dawn has given me taking me to the rainbow centre"

"Dawn is kind and caring and I would have been lost with out her support she has helped me with my council tax etc"



# VETERANS

We have had two significant events in the last quarter.

8<sup>th</sup> May 2025 saw the 80<sup>th</sup> anniversary of VE day, the day we officially mark as the end of hostilities after WWII. Across Scarborough, Bridlington and Northallerton we celebrated this at our Veterans Groups in traditional street party style, sharing food, stories and bringing decorations and memorabilia as they would have back in the 40's.

The most interesting show and tell was a replica grenade called Gary! We had a VE day quiz, afternoon tea and watched Churchills victory speech. We had Veterans with us who remembered VE day as children, flag waving, street parties, singing and dancing and church bells being rung after the austerity and seriousness of war.

However, they also remembered the war years along with food rationing and bombings. Alison's Mother can remember the windows of her house being blown in and seeing a banana for the first time, and one gentleman could clearly

remember the damage down by the blitz. So, we also read The Exhortation and held a minutes silence to remember all those who had lost their lives.

More recently 28<sup>th</sup> of June was Armed Forces Day, a huge event here in Scarborough. Alison was lucky enough to be a VIP guest as the plus one of Cllr Kevin Foster, the Armed Forces Champion for North Yorkshire who she had previously served with.

The town crier opened the event, and the Yorkshire Volunteers band led the parade of standards. There were drill displays by both air and sea cadets, a fly past by a Spitfire, a Dakota and a Hurricane. Air displays by Gyro Air, Tiger Moths and Jet powered Pitts. There was a Norwegian marching band, the Sea Cadet Band marched and played for us. The East Riding Pipe band and the Yorkshire Corps of Drums also played. It was a great day and she was honoured to march in the parade with her fellow Scarborough Veterans at the end.

Alison is also now on the Steering Committee of the new Veterans Hub that Age UK have opened on the corner of Ramshill Road and Royal Avenue Scarborough. Carers Plus Yorkshire will have a presence there on alternate Tuesdays. CAB also have a dedicated Veterans worker at various times.

The Hub hopes to be a one stop shop for all Veterans. Pop in have a coffee say hello to Dr Lori Boul the Age UK Veterans worker if you have questions or problems there will be people to help or signpost and guide you to the appropriate people. We also had our first social meeting at The Railwayman's Club with singing by the Ukrainian Choir. The first of many we hope!

Last thing, the Tea and Toast Group in Eastfield is now moving to The Legacy Centre, Ashmeade Square Eastfield, YO11 3JX (Opposite Jazz Court) and will be run the last Friday of the month from 1000-1100 starting 25<sup>th</sup> July.



# SEND MARKET PLACE JUNE 2025

A brilliant morning of connection and support for SEND families in Scarborough! On Friday 20th June, we were thrilled to welcome families and professionals to The Street in Scarborough for our SEND Market Place – a warm, vibrant event designed to connect families with special educational needs and disabilities (SEND) to the wealth of support and opportunities available locally.

The atmosphere was amazing from start to finish. Families explored stalls, chatted with providers, and enjoyed light refreshments in a relaxed and welcoming space. For many, it was a chance to find out about activities, groups and services they hadn't previously known about – helping reduce that all-too-common feeling of isolation in the SEND community.

After the main event, professionals stayed on for a networking session, creating valuable connections across the sector and opening the door to future collaboration.

It was fantastic to see so many families and organisations engaging with each other – thank you to everyone who came along and made it such a brilliant day!

To see a full list of organisations that attended please head over to [www.carersplus.net](http://www.carersplus.net)



# Meet our newest co-opted Board member!

My name is Dorn Pryce and I am your newest Trustee!

We are delighted to welcome a new Trustee to the Carers Plus Yorkshire Board, bringing with her a deep commitment to values-led work and years of experience across the voluntary, public, and commercial sectors. Her career has consistently focused on improving lives through socially impactful services and effective partnerships

Dorn recently retired from her role as Head of Operations at Family Fund Business Services (FFBS), a social enterprise set up to support charitable work through practical delivery and collaboration with Local Authorities and national organisations. In this role, she led on operational strategy, supplier management, and service innovation - always with a focus on meeting the needs of individuals and families across the UK.

Her professional background includes senior roles in both the charity and building society sectors, and she has worked closely with partners such as Children in Need, North Yorkshire Council, and a wide range of local authorities. Her strengths lie in driving forward sustainable change, fostering strong partnerships, and ensuring services are effective, efficient, and people-centred.



As a Trustee, she brings not only practical experience and insight but also a passion for creating meaningful impact. We are thrilled to have her join us as we continue our mission to support unpaid carers and strengthen our services across North and East Yorkshire.



# OUR NEIGHBOURHOOD

Heart and Craft groups are currently working on a collaborative quilt project with Rural Arts, exploring the themes of 'Friendship' and 'Community'. The finished panels will be displayed at Rural Arts in Thirsk alongside work from other venues.

Stepping Out wellbeing walks in Scarborough continue to grow, with new members joining in for gentle exercise and good company. A big thank you to all our walk leaders – especially Sarah, our longest-serving leader, who we wish all the best as she starts a new job!

In Whitby, Kirkham Close participants have been busy designing tiles with artist Jacqui Barrowcliff – thanks to Beyond Housing and Rural Arts for making this possible. The tiles will be installed on the centre in September. We also enjoyed a sunny afternoon with alpacas and guinea pigs from Butterwick Alpaca Retreat, thanks to Whitby Lions. Tea, scones, and plenty of smiles made it a memorable day for all.

We've had fun getting creative too – from colouring herrings with Flash Company Arts for the Fish and Ships Festival, to making bunting with Pannett Art Gallery for a VE/VJ Day project. These sessions always bring joy, connection and plenty of singing!

To mark *Aging Without Limits Day*, we celebrated the importance of staying healthy, independent and connected. You can view the fantastic video showcasing our work across Scarborough, Whitby and Ryedale on our website



# THE ONE TWENTY, EASTFIELD

Our final Breakfast For All: The Last Serving was filled with familiar faces, laughter, and heartfelt goodbyes. Over the years, The One Twenty became a space of warmth, connection, and true community spirit. We're so thankful to everyone who joined us along the way and incredibly proud of all that's been achieved together.

As Carers Plus Yorkshire steps away from this project, we're filled with gratitude for the connections, stories, and impact we've shared with the Eastfield community. From post-pandemic recovery to cost-of-living support, the work we've done together has been both meaningful and memorable.

Though our time at The One Twenty has come to an end, the spirit of this work lives on. We now return to our core mission: supporting unpaid carers and families across North Yorkshire.

This isn't goodbye - just the next step in our shared journey of care and community.



# BRIDLINGTON CARERS

Care for a Cuppa | Feel Good Friday | Friendly Forces

At our most recent Bridlington group session, we spent time chatting and brainstorming fresh ideas for the months ahead. Carers shared thoughtful suggestions including painting flower pots, a picnic at Sewerby Park, afternoon tea at the Crown Building, and even gentle exercise classes to music! It was a lovely session full of creativity and connection and we'll be working hard to bring these ideas to life.

As always, our groups continue to be a welcoming space where unpaid carers can relax, take a break, and spend quality time with others who understand. Whether it's crafts, quizzes or just a cuppa and a chat, every session brings smiles and a much-needed moment of calm.

Looking ahead, we're pleased to share that Amanda Burke, Dementia Support Advisor, will be joining us in September at our Care for a Cuppa group. Amanda will be on hand to share information, answer questions and offer helpful support to anyone caring for someone with dementia.



# CARER MONEY MATTERS

Our Carer Money Matters team have helped carers in our services to be £393,500 better off in the last year – that's an average of £1,226 per carer!

## Do you worry about money and rising living costs?

We want to help you feel more confident about money, for you and the people you're caring for. Our *Carer Money Matters* team can support you in...

- checking you are receiving all the benefits you are entitled to and helping you to apply if you're not
- help with budgeting
- advice around energy efficiency and eligibility for social tariffs
- joining the Priority Register Service with your energy supplier as well as applying for locking cooker valves\* or receiving a free carbon monoxide detector alarm\*

*\*eligibility criterion applies*

Our Carer Money Matters adviser offers one to one support or if you prefer not to discuss the details of your finances, they can support you to access the application forms and advise on what information to include whilst you fill in the finer details.

*Available to unpaid carers in Scarborough, Whitby, Ryedale, Hambleton & Richmondshire*

Calling all **Young Adult Carers** – this service is here to support you too. You don't need to be the main bill payer or responsible for your household's finances to access this service and support!

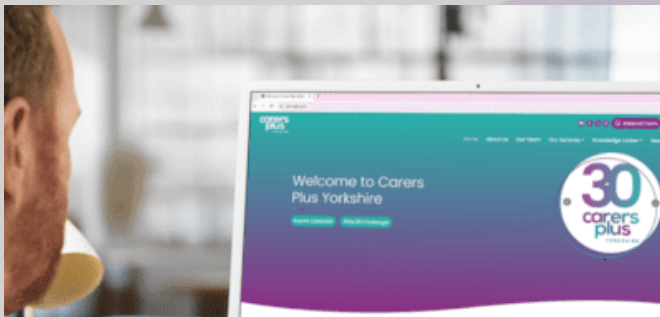
To book a call with one of our Carer Money Matters team please submit a referral the website via the qr code below or call the office.



# IN OTHER NEWS!

We're excited to share that we've relocated our **Northallerton Office** to Evolution Business Centre – just around the corner!

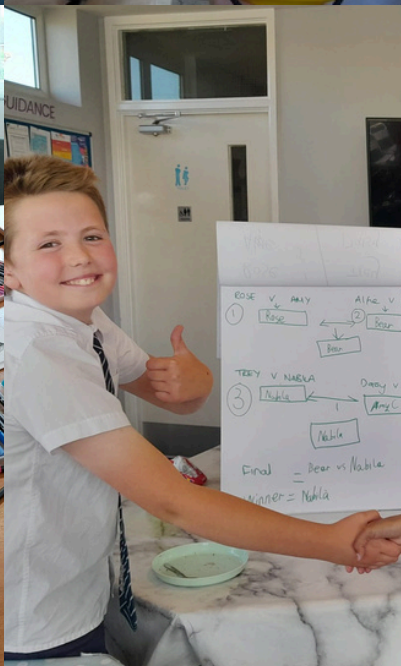
Same great team, fresh new space. The full address can be found on the back page of this newsletter.



We need your voice! We're improving our website and comms and **your feedback** can shape what comes next.

- Thoughts on our site?
- Know which local media you actually use?
- Got ideas to help us reach more people – especially hidden carers?

Please fill in our short survey it really **helps us track feedback**. Scan the QR code or visit [www.carersplus.net](http://www.carersplus.net)



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