

SPRING EDITION

CARERS PLUS YORKSHIRE'S OFFICIAL NEWSLETTER



WELCOME

Welcome to the Spring edition of the CPY newsletter! This edition sees us celebrating the extension of our work for Carers aged 8 -108 for the next 3 years, as well as the continuation of our Home from Hospital service for a further 5 years! Opportunities also continue to develop for Carers living in Bridlington.

Group provision continues to expand, with Care for a Cuppa clubs being introduced throughout many localities across the areas of North Yorkshire that we cover - watch this space for regular clubs being introduced near you!

There are a number of significant dates coming up this quarter, many of which we will be holding special events for - please do get involved where you can!

- **Mental Health Awareness Week** - 9th - 15th May - topic of loneliness
- **Dying Matters Awareness Week** - 2nd - 6th May - communities across the country will come together to talk about death, dying and bereavement
- **Volunteers Week** - 1st - 7th June - a chance to recognise the fantastic contribution volunteers make to our communities and to say thank you.
- **Carers Week** - 6th - 12th June - raising awareness of unpaid Carers, highlighting challenges they face and recognising the contribution they make.

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SERVICES SPOTLIGHT - ACTION TOWARDS INCLUSION

This edition's spotlight is on the Action Towards Inclusion (ATI) service. The free service supports people to develop skills and experience, with a long-term goal of gaining employment or training opportunities. ATI is available to anyone aged 18+ throughout Scarborough, Whitby, Ryedale.

What Does the Service Provide

The service focusses on building on your existing ambitions, skills and experience to increase confidence, overcome barriers, develop new skills and interests, broaden your knowledge, gain qualifications and access training or employment opportunities. Alongside this, ATI participants will receive regular 1:1 support and guidance from our dedicated Employment Engagement Adviser. The adviser will work in collaboration with other organisations and partner agencies to develop a tailored support plan that is as individual as you are!

Within the project, there will be the opportunity to attend a variety of group activities and training sessions aimed at raising self-esteem and self-confidence, support with job searching and volunteering opportunities in the local community along with help to make positive next steps on your journey!

How to Refer

It has never been easier to make a referral to us! The referral form can be found at:

<https://www.carersplus.net/referral-forms/referral-form-over-18s> and choose the ATI option, or by scanning the QR code below.

Once the referral form has been received, a member of the team will contact you to discuss your current situation and chat through how the ATI service could support you to reach your goals.

To find out more, please contact dawn@carersplus.net or call 07710 887536.



Dawn is the dedicated Employment Engagement Adviser, bringing lots of enthusiasm and knowledge to the role.

Dawn said: "I love to meet new people and hear their stories. We are often thrown a curve ball in our lives that can send us off track, or down a road you weren't expecting. I love to help people overcome these hurdles and to come out the other side in a much better position than they were. What have you got to lose? Give me a call and we can chat about what I can do to support you"

"The ATI project helped me to follow my goals constructively; knowing my Engagement Adviser believed in me and that she was there to support me made a huge difference to me. It was great to not feel like i was on my own."
ATI participant

Partner organisation spotlight

It is with great thanks to Better Connect that we are able to offer this fantastic provision, alongside funding from the National Lottery and European Union Social Fund



CPY CONNECT 18+

Regular events

Welcome to a range of different outreach opportunities in the community. This is an area of growth and development for the organisation in 2022. Such events bring information, advice and support out into the community, as well as much needed respite, time for self and fun!

Much of our group provision is through our 'Care for a Cuppa clubs' which are more than a social and welcoming place to share coffee, laughter and friendship - they provide peer support, shared experiences and an opportunity to speak with a Carer Adviser (and sometimes other organisations) about anything important to you within your caring role!

Scarborough

Care for a Cuppa club - *NEW!* - Carers group for those caring for someone with mental ill health. Member of staff from CPY and TEWV (Tees, Esk and Wear Valley Trust) in attendance. Second Thursday of every month, 11am - 1pm at Webb Ellis Court, Old Rugby Way. Registration required via admin@carersplus.net or 01723 850155.

Dementia Carers Group - *NEW!* - Supportive group of carers looking after someone with dementia. Second Friday of every month, 2pm at Emma's Coffee Lounge, Huntriss Row. For more information, contact Maggie on 07399 131087.

Care for a Cuppa - Scarborough - *NEW!* - Carers group offering a cuppa and a chat. The third Thursday of every month, 10am - 12 at Webb Ellis Court, Old Rugby Way. For more information, contact teresa@carersplus.net.

Stepping Out - wellbeing walking group. Open to carers and non-carers aged 18+. Every Tuesday at 10.30 for a steady walk and talk. Various locations. For more information contact sarah@carersplus.net

Ryedale

Care for a Cuppa - Pickering - join a carers group for a cuppa and a chat at Pickering Methodist Church, Potters Hill on the first Friday of every month from 10am - 12pm. For more info and to book, contact jacky@carersplus.net

Hovingham Community Tea - *NEW!* - Residents of Hovingham and the surrounding area meet monthly at Hovingham Village Hall 10.30 - 12. Starts 22nd April. For more information, contact kathryn@carersplus.net or 07922 421326

East Riding of Yorkshire

Care for a Cuppa - Bridlington - Join our Carers group for Bridlington residents! Fortnightly on a Wednesday, 10am - 12. The Town Bar, Bridlington Football Club, Queensgate. Contact karen.rowe@carersplus.net or 07710 887536



Hambleton

Care for a Cuppa club - Northallerton - Carers group offering a cuppa and a chat in a supportive environment. Every second Monday of the month, 10 - 11.30am at the first floor cafe, Barkers Department Store, High Street. Contact admin@carersplus.net for more information.

Care for a Cuppa club - Thirsk - Carers group on the first Tuesday of every month at Thirsk Garden Centre, Blakey Lane, 2 - 3.30pm. Contact admin@carersplus.net for more information.

Breakfast club - Northallerton - A carers group run by the Fire Station staff at The Old Fire Station, 12 Crosby Road. Last Friday of every month 10 - 11.30am. Contact admin@carersplus.net.

Richmondshire

Care for a Cuppa - Leyburn - join a carers group for a cuppa and a chat at Leyburn Arts & Community centre, every first Thursday of the month from 10am - 12pm. For more information, contact admin@carersplus.net

Richmond wellbeing cafe - Join Carers, Dementia Forward and Age UK on the 3rd Tuesday of every month at Richmond Town Hall, Market Place, Richmond, 1 - 3pm. Contact admin@carersplus.net

CPY CONNECT 18+

Upcoming events and workshops

Scarborough, Whitby & Ryedale area

13th April - Easter Arts & Crafts - 10am - 12, Ebenezer Church Hall, Columbus Ravine, Scarborough. Join Jacky and other Carers for Easter-themed arts and crafts, coffee, treats and a chat with peers. Contact jacky@carersplus.net for more information

19th May - Celebrating Spring - 1 - 3pm, Playdale Farm, Cayton, Join Jacky and other Carers for a day at the farm! There will be the opportunity to feed the animals, handle baby chicks and guinea pigs, with a break in the cafe for coffee and cake. Contact jacky@carersplus.net for further information.

1st June - Jubilee Event - specific details TBC. Keep an eye out for more information via email in the coming weeks!



Access all areas

Gothic Yorkshire - Myths and Legends - online workshop delivered by NYCC Adult Learning and Skills Service (ALSS). Delivered every Wednesday afternoon from 11th May to 15th June. 1 - 3pm. For more information, contact jacky@carersplus.net

Myths & Legends - Creative Writing - online workshop delivered by NYCC ALSS. Delivered every Tuesday afternoon from 14th June to 12th July. 1 - 3pm. For more information, contact jacky@carersplus.net

Family History - online workshop delivered by NYCC ALSS. There are a choice of dates: 28th April & 5th May OR 12th May & 18th May. Contact jacky@carersplus.net for more information.

CPY CONNECT 8-18

Upcoming workshops and events

Scarborough

Reconnect Workshop - aimed at young people, helping to connect to nature through creative activities. Tuesday 19th April 1.30 - 3.30 at Stephen Joseph Theatre. Contact helen@carersplus.net

Young Carers First Aid Training - An interactive session learning basic First Aid. Wednesday 20th April 10am - 1pm at Stephen Joseph Theatre. Contact helen@carersplus.net

Surfing with Dexters - Project Starfish are hitting the waves on the 1st June. For more information and eligibility criteria, contact helen@carersplus.net

Ryedale

Pickering Pantomime - Limited tickets available to see the Dick Whittington panto at Kirk Theatre on May 15th. Contact helen@carersplus.net to find out more.

Hambleton

National Park - A selection of fun activities at a local national park to build confidence and self-esteem. Monday 11th April 9.30am - 3pm. Contact laura@carersplus.net for more information.

Richmondshire

National Park - A selection of fun activities at a local national park to build confidence and self-esteem. Tuesday 12th April 9.30am - 3pm. Contact laura@carersplus.net for more information.



Regular events

Scarborough

Young Carer Youth Club - 2nd Wednesday of every month, with a different "theme" each month. Meet at The Summit 4.30 - 6pm. For more info and to book, contact helen@carersplus.net

Hambleton

Chill Club - A safe space to chill, chat and have fun! 1st Tuesday of the month, 5 - 7pm at Romanby Village Hall. For more info and to book, contact laura@carersplus.net

School hubs - Meet with a Young Carer Adviser and also meet other Young Carers.

Thirsk School - 2nd Tuesday of each month, starting 10th May - Lunchtime (12 - 1pm)

Richmondshire

Chill Club - A safe space to chill, chat and have fun! 3rd Tuesday of the month 5 - 7pm at Colburn Village Hall. For more info and to book, contact laura@carersplus.net

PARTNER ORGANISATIONS UPDATE



Humber Teaching NHS Foundation Trust

We wanted to let you know about our amazing volunteering programme that connects interested volunteers into hospital and clinical environments within our local NHS services. Working with Humber NHS Teaching Foundation Trust we have been able to match volunteers with some really invaluable roles on the wards and within clinic spaces. BUT there is always room for more as we are forever developing new roles and opportunities. Some of our volunteers simply enjoy talking to patients, listening to their stories and experiences, and helping them to pass the time away as they focus on their recovery journey - this contact is truly invaluable and everyone engaged gets a very positive and health glow from it! Please have a think if you or someone you know might like to help us within a healthcare setting - full training and support is given and we promise it will be very rewarding!

Following our NHS theme - we have also been promoting the 'NHS App' this month - the app is an excellent way for you to re-order prescriptions, access your medical records, book appointments and all together feel a little more in control of your contact with your GP surgery. For more information about the App and for a leaflet to help you download and set up your account, please contact us and we will help you through it!! Please call: 01723 850155 and ask for more information. It's definitely the way forward.

IN OTHER NEWS.....

Have you had chance to check out the new Knowledge Locker on our website:

<https://www.carersplus.net/knowledge-locker>.

The knowledge locker is divided in to two sections, Under 18's and over 18's and holds a wide variety of information, resources and external links to compliment the 1:1 support that we offer.

It features some truly amazing resources that can support you in creating your own self-help toolkit, for those times that you need a quick response and allows you to take control of your knowledge and understanding around various themes.

CONTACT US

Scarborough, Whitby and
Ryedale office

Carers Plus Yorkshire Ltd
96 High Street, Snainton,
Scarborough, YO13 9AJ

01723 850155

Hambleton and
Richmondshire office

Carers Plus Yorkshire Ltd
Unit 2 Omega Business Village,
Thurston Road, Northallerton, DL6 2NJ

01609 780872

Email: admin@carersplus.net



@CPYorks

www.carersplus.net



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Charity No. 1046228. Company No. 3042108
Registered Office: 96 High Street, Snainton, Scarborough, YO13 9AJ