

# NEWSLETTER

## WELCOME!

Welcome to the winter edition of the Carers Plus Yorkshire 2024 newsletter. We have had a very busy winter period with referrals! Lots of exciting things have been happening with the Young Carer service and the Our Neighbourhood service. Our Restology project has also reached new heights!

## THE ONE TWENTY!

We invite you to read about our outreach space, The One Twenty, open to unpaid carers and the wider community. Also hear from our community engagement adviser who will be based from here. We look forward to welcoming you in person!



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## ADULT CARER SERVICE

The adult service has had over 200 referrals in the last quarter and the team were ready for a Christmas break. We have had training in equality and diversity, safeguarding, county Lines and cuckooing, lone working and personal safety. The Pickering Care for a Cuppa Club had a train ride on the North Yorks Moors Railway.

In November we celebrated Carers Rights Day in Whitby with an open day at Flowergate to signpost people to local carers services. In December, all our Cuppa Clubs had a Christmas celebration. Including a buffet and Christmas quiz in Pickering, a Christmas meal at the Duchess for the Veterans and the Scarborough Cuppa Club had lunch at Scalby Manor.

## YOUNG ADULT CARERS

YAC's did you know if you are 16+ you can now self-refer without parental consent!





We would like to wish all of our young carers a happy new year! We are hoping to see lots of you in your schools, at our youth hubs and lunch hubs that you may attend over the following months. I am sure we will have an exciting 2024! We are hoping to run more first aid courses, autism awareness courses and offer many opportunities for all our young carers to meet new friends and gain more confidence.

We are very proud of one of young carers from Richmond who was asked to speak on Channel 5 news about the support she receives as a young carer at school – Ellie spoke very passionately about her caring role and how it impacts her life. Ellie is at a great school that recognises young carers, keen for us to be present in their school and willing to identify any hidden young carers that are needing our support. Huge well done Ellie – this will have most definitely helped raise the profile of young carers all over the country.

## YOUNG CARER SERVICE

We are very much looking forward to celebrating Young Carer Action Day on March 13th! The theme this year is *Fair Futures for Young Carers*. Our young carer workers will be hosting an afternoon at The One Twenty, Eastfield. Young carers, along with parents/guardians and professionals are invited to join them from 2pm-5pm





## HOME FROM HOSPITAL

Carers Plus Yorkshire continues to provide the much-needed Home from Hospital service. Supporting patients on discharge from hospital in the Scarborough, Whitby, Ryedale, Hambleton, Richmond, and East Riding areas. The team are out and about giving reassurance, help and support. We provide information on any

services that may be needed to make their transition home as comfortable and stress free as possible. Although it is the summer period, our numbers have increased in all areas. Our main referrers are the hospitals who are great supporters of our service, referring many patients to us on a daily basis. They tell us they don't know how they would manage without our service!

## FEEDBACK

'We are both extremely grateful for the support provided by the Home From Hospital Service and specifically the exceptional support provided. It made such a difference emotionally and psychologically knowing that we were no longer having to deal with the practical but necessary daily living tasks on our own'





## OUR NEIGHBOURHOOD

At the heart of our work is reducing loneliness and isolation across the area. We have a wide variety of groups that take place from chair exercises, walking groups, crafts, and board games. We take referrals for anyone 18 plus and can support them with befriending and link or signpost to our existing groups. Please take a look at our website to see what groups take place near you.

Here are some photos of the current, Not Just Me and Whitby Craft Group working from Kirkham Close, partnered up with Beyond Housing. They've made numerous crafts, attended air fryer courses, with talks from Whitby Wildlife sanctuary and The Lobster hatchery! Plans are being made with Flash Company Arts and an allotment is planned in the spring - Lots to look forward to!

## PROVISION

We are pleased to say that our provision continues to grow. We have launched new groups in Ryedale including our Monday Meetup at Helmsley and Heart and Craft. This group also runs in Helmsley and Kirkbymoorside. We are also planning for this group to start in Scarborough! Keep an eye on our socials for new groups.



# THE ONE TWENTY, EASTFIELD

## Hello & Welcome!

The One Twenty is based in the heart of Eastfield, (in the old cafe at the top shops). The One Twenty is an outreach space for Carers Plus Yorkshire, open to unpaid carers and the wider local community!

We have many established groups already taking place here such as *Parent Carer groups, Veteran groups* and a *monthly craft group!* We are excited to be setting up more new community groups this year including *A Warm Welcome, Family Time* and a *monthly Pop Up Shop!*

## Rent The One Twenty

Professionals and external groups can also rent The One Twenty at Only £25 per 3 hour session. Sessions can be morning, afternoon or evening. The space comes with a fully equipped kitchen and disabled access toilet.

## Hear from Kristy, Community Engagement Adviser

*I really hope to make a difference to the people of Eastfield. As I'm from Eastfield myself, I feel I can relate and am aware of the real-life problems that people face.*

*I really hope to make a positive impact whilst leading here, my goal is to improve community awareness about the services we provide, whilst helping to reduce loneliness and isolation.*



TheOneTwenty\_



# HAMBLETON AND RICHMOND GROUPS

We are delighted to announce the launch of three brand-new *Care for a Cuppa* groups in 2024, catering to the unique needs of caregivers.

These gatherings are specifically designed to provide a warm and welcoming space for caregivers in Hambleton, Richmond and Catterick. In response to the growing demand for targeted support, our *Care for a Cuppa* groups aim to connect individuals facing similar challenges and create a supportive network. These groups offer a platform to share experiences, exchange valuable insights, and find solace in the company of others who understand the complexities of caring for loved ones with memory loss.

For those in Richmond, our memory loss support group, conducted in association with Dementia Forward, meets at Garget Walker House. This welcoming venue serves as the backdrop for caregivers to connect, share and find solace in a supportive community. Meanwhile, the memory loss support group in Catterick, held in partnership with The Bridge, allows caregivers to exchange insights, receive guidance, and build connections with others navigating similar

caregiving journeys.

In addition to our memory loss-focused support groups in Richmond and Catterick, we are thrilled to introduce a new mental health-focused Carer Support Group in Northallerton. This monthly gathering, held in the evenings from 5-7 pm at the Upfront building on the High Street, is a collaboration with TEWV NHS.

Geared towards addressing the unique challenges faced by caregivers supporting individuals with mental health concerns, this group aims to provide a safe space for sharing experiences and accessing valuable resources.

*Please check our website for current meeting dates and times.*





## NORTHALLERTON PARENT CARERS

We are still running our parent carer support group in Northallerton, which has been growing in numbers, we have been completing mindfulness crafts and gave all of our members a wellbeing bag full of goodies to promote self care at home.

We have started our on line drop in, this is going to be monthly and gives parent carers an opportunity to join in if they work or unable to attend day groups.

We still have our Parent Carer Peer Mentor project running which enables parents to have light touch support from someone who knows exactly what they are going through and offers the support in an informal way, the mentors can either call other parents, or meet face to face, they can also attend groups with them so they don't have to go on their own, we are still looking to recruit volunteers, please get in touch if you feel this would be beneficial to you.

## MICROPROVIDERS

The micro-providers at home project has now come to an end. It was initially a one year pilot project, to test an alternative way to deliver home support and day services where access can be limited.

This project was to develop a network of help and support for local people which increasingly has been identified as the way forward for those living in rural communities. With Micro Providers enabling local people to live a better life and stay independent at home. Services such as personal care, cleaning, dog walking, gardening, shopping, property maintenance and companionship.

Micro Providers has supported clients to start their own business guiding them through the process of becoming self employed in an area that they are passionate about.

# NHS VOLUNTEERS

It has been a big year for Humber Teaching NHS Foundation Trust Voluntary Services! Volunteer get together's have been great for volunteers to meet each other, have a chat and get to know everyone over a coffee.

The Voluntary Services Team have been working incredibly hard to build the new Assemble Volunteer Management Platform for all volunteers to use.

We would love to hear from any of your family, friends and colleagues who may be interested in volunteering. The brand new platform called GoAssemble is online and has all the latest volunteering opportunities with detailed role profiles which describes the locations and volunteering opportunities available.



## RISE

The aim of the RISE project is to move participants closer to education or work and in doing this to help them to work through the various barriers that are holding them back. To be eligible people must be on inactive benefits, many have physical and mental ill-health and can be socially isolated. Through RISE we work with participants on a one to one basis, identifying goals, establishing an action plan and supporting them on their journey.

Progress can often be through a series of very small steps. Some of the current participants are now volunteering, some have joined in with Carers Plus Yorkshire groups such as *Stepping Out* and *The Street Social*, others are working on developing their skills including Maths and English Functional Skills.

The project is set to finish at the end of March but we are hopeful that the funding will be extended!



## VETERANS

Our Veterans groups continue to grow. Friendly Forces monthly at Gallows close has a craft club. In November our Poppy Display within Scarborough Market for Remembrance got into the Scarborough paper. Eastfield Community Café did a free breakfast for Armistice Day and also made a wonderful cake.

One of our members laid a wreath in Scarborough for the WRAC, and another at Olivers Mount for the RNA. In December we visited SJT for the Pantomime and made fresh Christmas wreaths at Gallows close. We also have a weekly coffee morning in Scarborough Market and a fortnightly Tea and Toast social at The One Twenty, Eastfield. If you are a veteran or know a veteran come and join us for the banter.





# RESTOLOGY

Our Restology project has reached new heights!

Restology, which you may recall, helps our clients access some of the positives from our local area. At the same time providing support to breakdown barriers such as accessibility or cost.

We have some brilliant concessions on our Restology webpage. A big thank you to local businesses for supporting with pledges gained so far...

Jodie, project lead, would love for Restology to spread far and wide in 2024 so please do take a look on our website!

## LYNN'S RETIREMENT

In November we wished a fond farewell to a much loved member of the team, who has been with the organisation for an amazing 25 years! We wish Lynn all the best in her retirement.

Thankyou for all of your hard work and dedication over the years. Lynn is pictured here with the Carers Plus Yorkshire Chief Executive Officer, Elizabeth.



# Client Feedback

## FROM AN ADULT CARER

*Your receptionist had a knowledgeable and understanding attitude, in addition to being kind and friendly. I cannot thank you enough for contacting the district nurse and hospice on my behalf. Both have promptly contacted me and set in motion the care that is needed. Thank you so very much. You are providing a wonderful service and have made me feel very much better and less alone. May god bless you all.*

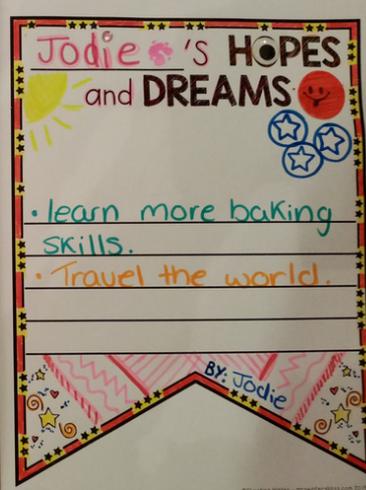
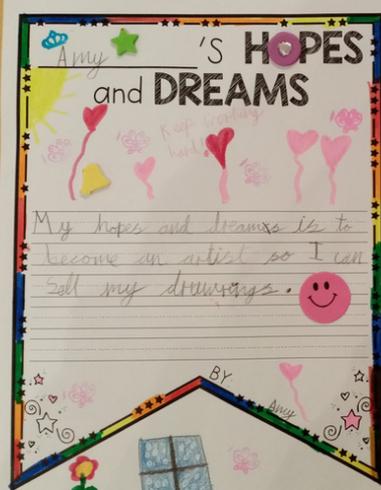


## FROM A PARENT CARER

*Thank you for opening up some new opportunities for my son and us as a family. The complexities and weight that come with neurodiversity's can be overwhelming. You have expanded us to a whole world of connections and options that we were not aware existed. Some of the support networks could change life completely! Neurodiverse characteristics can create barriers and minimise opportunities, well be forever appreciative you helping us to minimise some of these barriers.*







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