

SUMMER EDITION

CARERS PLUS YORKSHIRE'S OFFICAL NEWSLETTER



WELCOME

Welcome to the Summer edition of the CPY newsletter! The weather has been incredible so far , let's see what the rest of the season has in store.....

We continue to have plenty of news and opportunities for you to connect with over the coming weeks, but as ever we remain keen to hear from you if there is something missing or you think we could work to provide something a little different.

Over the coming weeks we are focusing on our outreach offer; how we meet the needs of our clients closer to home. This isn't always possible but we hope you will see and feel the difference as we grow and expand some of this work.

More opportunities to meet clients in their own communities sometimes requires more staffing to help with 'meeting and greeting'; if you would like to help us in terms of volunteering to support the staff team with this, please give us a call, we are always hopeful that we can expand what we can do and offer with the help of dedicated CPY volunteers.

We are also looking to increase the provision of lunchtime hubs and our presence in schools, colleges and universities to ensure the young people we support have a safe space in which they can meet with a CPY Adviser and other young people with caring responsibilities. The hubs allow vital support and information to be accessed which assists with the navigation of life as a young person alongside a caring role and transitions between primary, secondary and further education.

The schools, colleges and universities we are currently working with have been incredibly supportive and accommodating, both with encouraging Young Carers to attend and providing a suitable space to meet. More information on this can be found on page four, and we encourage you to contact us for further details.

IN THIS EDITION:

SERVICES SPOTLIGHT

02

CARERS PLUS CONNECT

03

OTHER NEWS

05

SERVICES SPOTLIGHT - TACKLING LONELINESS VETERANS PROJECT

This edition's spotlight is on the work within the Adult Carers Service and our Armed Forces Community in Scarborough, Whitby & Ryedale. The free service supports veteran carers, or unpaid carers whom may be caring for someone from the Armed Forces Community. Our dedicated project allows these carers to have valued private time and space to talk and think through their challenges.

What Does the Service Provide

Our role at Carers Plus Yorkshire is to look at how together we can help military families to forge a future around civilian life and beyond their caring role. Carers Plus has extended their services to include a dedicated support offer for the Armed Forces Community, delivered by a veteran / reservist. The offer is available to anyone caring for someone who is serving or has served. Often its hard to reach out for support, but our role is to give you 'the right help at the right time'!

The service offers advice in a number of ways including;

- Providing Impartial Information
- Overcoming Personal Barriers
- Providing Emotional Support
- Maximising Personal Income
- Training, Learning & Work Opportunities
- Meeting Others and being Socially Connected

How to Refer

It's never been easier to make a referral to us, simply click on the link, complete and submit

<https://www.carersplus.net/referral-forms/referral-form-over-18s>

Once the referral has been received, a member of the admin team will contact the carer and book an advice line call to discuss their caring role, and chat through how we could support.



Here at CPY our real strengths lie with our diverse and highly skilled team. Alison is our dedicated Armed Forces Engagement Adviser in Scarborough, Whitby & Ryedale bringing a wealth of military knowledge to this dedicated project.

"As a veteran myself and still serving with the Army Reserve, I feel very fortunate to have found this job supporting Veterans. I am passionate about people and hopefully my own experiences will help me to empathise and support my former colleagues from the Forces community".

Partner organisation spotlight

It is with great thanks to the Armed Forces Covenant Fund Trust that we are able to offer the service across the Scarborough, Whitby and Ryedale area.



**THE ARMED FORCES
COVENANT FUND TRUST**

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 - 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](tel:01723850155).

Dementia Carers Group - 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](tel:07399131087).

Care for a Cuppa - Scarborough - 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 - 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](tel:07922421326)

East Riding of Yorkshire

Care for a Cuppa - Bridlington - Join a Carers group for Bridlington residents! Second and fourth Wednesday of every month, 10am - 12. The Town Bar, Bridlington Football Club, Queensgate. Contact karen.rowe@carersplus.net or [07710 887536](tel:07710887536)



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 Romanby Golf Club. Contact admin@carersplus.net.

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.

Care for a Cuppa club - Stokesley -

Carers group for those supporting someone with memory loss. Cared for can attend but booking is essential due to limited spaces. Second Friday of every month at Stokesley Community Care, Town Close, 10am - 12pm. 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

Care for a Cuppa - Catterick - Join Carers that are caring for someone with mental ill health on the last Wednesday of every month at Catterick Community Hub, 1 - 3pm. Contact admin@carersplus.net

CPY CONNECT 8-18

Upcoming workshops and events

Scarborough

Scarborough Fair - A day out at the museum and vintage transport fair. 10th August 11am - 2pm at Flower of May Holiday Park. Contact helen@carersplus.net

Art Classes - A chance to improve your creative skills, learning different drawing techniques and tricks. 2nd, 9th, 16th, 23rd and 30th August 2pm - 3.30pm at The Art Room, 58 Falsgrave. Contact helen@carersplus.net

A day in the woods - Fun in the outdoors, with nature walk, den building and fire lighting! 24th August 10.30am - 2.30pm at Raincliffe Woods. Contact helen@carersplus.net

James Cook Sailing - A three day event onboard the James Cook Racing Yacht. 9th - 11th September, collection and drop off at William Street Coach Park, times TBC. Contact helen@carersplus.net

Ryedale

Malton Fire Station - A fabulous interactive day experience the life of a firefighter! 17th August 10.30am - 3pm at Malton Fire Station. 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. Wednesday 27th July 9am - 3pm. Contact charlene@carersplus.net for more information.

Nature walk - Fun in the outdoors at Foxglove Covert with a nature walk and activities. Wednesday 24th August 10.30am - 2.30pm. Contact charlene@carersplus.net.

Bowling - Fun and laughter (and a bit of competition!) with other Young Carers. Wednesday 17th August 2pm - 4pm. Contact charlene@carersplus.net.

Richmondshire

National Park - A selection of fun activities at a local national park to build confidence and self-esteem. Wednesday 3rd August 9.15am - 2.25pm. Contact charlene@carersplus.net for more information.

Nature walk - Fun in the outdoors at Easby Abbey with a nature walk and activities. Wednesday 10th August 10.30am - 2.30pm. Contact charlene@carersplus.net

Regular events

Scarborough

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

Hambleton

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

Richmondshire

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

School Hubs

We are looking forward to continuing the development of school hubs in September. A hub provides an opportunity each month for young carers to drop in to meet with a young carer adviser and other young carers in their school, allowing a safe space to make new friends and develop a support network with peers.

The hubs, which have proven very popular, take place over lunchtime and young carers can eat lunch beforehand or bring their lunch with them.

Current hubs available:

Thirsk School and Sixth Form College - 2nd Tuesday of each month, 12pm - 1pm

Northallerton School and Sixth Form College - 3rd Tuesday of each month, 12pm - 1:30pm

Risedale School - 4th Tuesday of each month, 12pm - 1pm

Richmond School and Sixth Form College - 4th Thursday of each month, 1:15pm - 2:30pm

St. Francis Xavier School - 3rd Thursday of each month, 12:35pm - 1:35pm

Wensleydale School and Sixth Form College - 3rd Tuesday of each month, 12:15pm - 1:45pm

St Augustines School - last Thursday of every month, 12.30pm - 1.20pm



PARTNER ORGANISATIONS UPDATE



Humber Teaching
NHS Foundation Trust

Carers Plus Yorkshire is working in partnership with Humber Teaching NHS Foundation Trust to support Volunteer recruitment across North Yorkshire. We coordinate all Humber Trust volunteering activity in both hospital and community settings across Scarborough, Whitby, and Ryedale. We facilitate a wide range of Volunteer roles, including Ward Befrienders, Drivers, Gardeners, Patient Survey takers and Weight Management Class Supporters. Volunteers must be 18+.

Working with Whitby Community Hospital:

Building on the excellent work done by Mike, the very first Ward Befriender at Whitby, Fran, Chris and Doreen have now joined, providing a comprehensive range of services to both inpatients, outpatients and visitors to the hospital.

As well as the vital Ward Befriending, the Volunteer team also play a pivotal role in supporting 'Meet & Greet' at the hospital entrance, assisting patients and visitors with finding their way to their appointment and supporting to log their vehicle in the car parking system.

They are also busy carrying out 2 surveys on the Ward, in the Urgent Treatment Centre and catching people as they leave the hospital. The first is the NHS Friends & Family Test, an important survey that captures vital feedback in terms of patient satisfaction, ensuring the Trust can work on continuously reviewing and improving services where needed. The second survey is around an exciting range of Arts Projects for which feedback has been gathered from patients, visitors and staff before decisions are made as to which projects will be commissioned for the all new Hospital building and grounds.

If you would like to find out more about Volunteering for the NHS in Whitby or anywhere across North Yorkshire, please contact Steve Jepson email: steve@carersplus.net or mobile: [07511177077](tel:07511177077).

Sonia Rafferty, Service Manager at Whitby Community Hospital, says, "Our Volunteer team are so valuable, they offer their time to support our patients' health and wellbeing. It's great to have people around who can provide that extra support."

IN OTHER NEWS.....

We would like to introduce Fiona Colling, our new Communities Manager. Fiona comes to us with a background of working within Primary Care, as well as having a knowledge of working in project development. Fiona has a keen interest in supporting local communities, an example of this is having previously been Treasurer on the board of trustees at a local "not for profit" preschool, as well as engaging with volunteering for local services. Fiona says "I am so proud to be part of the amazing team here at Carers Plus Yorkshire. I am tremendously passionate about the delivery of high quality and effective services in the community to make a real difference to the lives of those who we support. There is no better feeling than being able to make a positive difference."



CARERS CHAMPIONS

1 in 5 of all adults now provide some level of caring within their home or neighbours household, making it likely that there will be some carers within most workplaces and communities. **If you are not a Carer yourself, you are likely to have friends, family or colleagues who are!**

We are looking for enthusiastic and motivated individuals to join our team of Carers Champions. We have designed a short training session which will give Champions the knowledge and confidence they need to help and support Carers within their workplace or community.

A Carers Champion is someone in an organisation or community who is aware of the issues a carer may be facing. They understand the important role of a carer and will be able to signpost or refer carers to the right support.

Please watch this [video](#) to see why becoming a Carers Champion is so important.

What we offer Carers Champions

- Training to increase your knowledge on carers and the support available locally
- Tools and resources to use and share with colleagues and in your community
- Ongoing support through our network of Carer Champions
- Support is only one call away if you are unsure of anything

What we ask from our Carer Champions

- Commitment to attend a short training session (approx. 30 minutes) either in person or on Zoom (dates to be arranged to suit)
- Commitment to taking your Carer Champion role into your workplace or community to help support carers

If you are interested in becoming a Carers Champion or would like to find out more, please contact Sara Dalton on [**sara@carersplus.net**](mailto:sara@carersplus.net) or **01609 780872**

FESTIVAL OF GREEN

It's amazing to think we are half way through our 'Festival of Green' extravaganza - we are sure you will have all heard about it but just in case:

The Festival of Green is an exciting and innovative festival celebrating and bringing together a programme of Green Social Prescribing events across the Ryedale area. Green social prescribing refers to connecting people to activities that occur in the outdoors and within nature. These activities may include but are not limited to: outdoor physical activities such as cycling or walking, gardening and food growing projects, as well as wellbeing activities (including meditation) in green and blue spaces. "Green" refers to all things happening outside on land. "Blue" refers to leisurely messing around on water. It is a well-known fact that by introducing nature into our lives, our physical and mental wellbeing shall improve. Social prescribing, and with it green social prescribing, is something the NHS has built in to the long term future plan for health improvement.



In 2021, the Humber and North Yorkshire Health and Care Partnership secured funding to deliver a green social prescribing "test and learn" site for the region, one of only seven such sites across England. In bringing the Festival of Green, the opportunities it brings look at improving mental wellbeing, identifying ways to support health through engaging with nature, reducing need and demand on healthcare systems and helps to develop amazing ideas that can be shared to generate sustainability.

Funded by the Humber and North Yorkshire Health and Care Partnership the events are being held throughout the month of July 2022 and are all completely free! The festival has been a fantastic collaboration between 7 key local organisations which are noted as follows: Environmental Smart, North Yorkshire Music Therapy, North York Moors National Park, Kirkham Henry Performing Arts Centre, North Yorkshire Moors Railway, Ryedale Carers Support and Carers Plus Yorkshire.

This newsletter comes to you just in time to plan your attendance at Scampston Hall on Tuesday 26th July 2022. Please come and join us for a day of wellbeing in the outdoors and explore the beautiful Walled Gardens of Scampston Hall, with the opportunity to participate in a variety of FREE activities for adults and children. It is a day for the whole family, with story tellers and crafting for younger ones, to mindful sound bath meditations. There will also be Yoga and stretching sessions led by local instructors. Once you are fully stretched, visit our wonderful masseuse for relaxing hand and foot massages. Live music, tea, coffee and cake will be available throughout the day, but you are also welcome to bring your own picnic. Parking and entry is free for one day only - so don't miss out!

Where: Scampston Walled Gardens

When: 26th July Time: 10am-4pm

Contact: kathryn@carersplus.net or [07922 421326](tel:07922421326)

We were very fortunate to secure funding for this festival from various sources, one of which is HEY Smile Foundation. Through this, a wide array of events have been facilitated in Ryedale across the month of July.

If in the meantime, you wish to find out any further information about the Festival of Green please visit our website <https://www.carersplus.net/our-services/my-neighbourhood/festival-of-green> and check out the E-Book!

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



Carers Plus Yorkshire Ltd is an independent Charity and Company Limited by Guarantee.

Charity No. 1046228. Company No. 3042108

Registered Office: 96 High Street, Snainton, Scarborough, YO13 9AJ