

Newsletter

30

SPRING • APRIL 2025

YEARS



**A Mamma Mia Evening!
£30 for 30 Challenge
30 Years in the Making**

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A Mamma Mia Evening!



YAMAS!

Friday night was one to remember as Carers Plus Yorkshire celebrated three remarkable decades of supporting carers across our community. Hosted at a packed venue brimming with laughter, music, and sparkle, the Mamma Mia - themed evening captured the heart and soul of everything Carers Plus Yorkshire stands for.

Guests were treated to an energetic and joy-filled night complete with ABBA hits, a glittering dancefloor, and the uplifting company of friends, colleagues, and supporters. The event radiated positivity, community spirit, and appreciation for the journey so far.

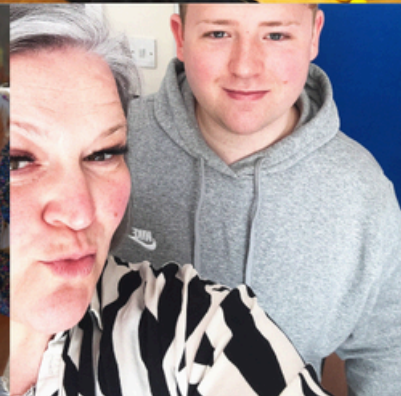
Special highlights included flower demonstration showcases by Jo Purdy and Sue Hodgson, inspired by the vibrant Mamma Mia theme, and a heartfelt address from Chair of Trustees, John Suddaby, who reflected on the charity's 30-year journey and its bright future ahead.

The evening was made possible thanks to the generosity of our community, with raffle donations pouring in and sponsorship support from a host of incredible local businesses and individuals.

We raised an incredible £3095.49!

As we celebrate our past, we're filled with excitement for the next chapter. Thank you to everyone who made this milestone event truly unforgettable.

HERE'S TO THE NEXT 30 YEARS!



CEO: In Conversation Elizabeth McPherson



Introduction

To be part of this charity for 23 years is for me a wonderful achievement, and to see it grow in strength with a skilled and knowledgeable staff team is a legacy I hope will continue when I retire in around 4 years time. Thank you to a supportive board of Trustees, who have backed me all the way, and been open to changes and new initiatives. Its been a team effort and my thanks goes out to all of you.



What first inspired you to join Carers Plus Yorkshire back in 2002?

I was working as a Disability Employment Adviser at the Job Centre and visited CPY to carry out the Disability Confident accreditation. After the meeting, the Manager handed me an application form for a Support and Information Officer's role - it was the longest form I'd ever seen! I applied, was interviewed, and joined the team to support delivery of a Big Lottery-funded project focused on social and economic deprivation and the impact this was having on unpaid carers.

What kept you committed to the charity over the years?

It's the chance to make a real difference and see the impact on people's lives. I often think what would happen to these individuals if we weren't here? It's a genuine privilege to be part of something that matters so much, I had also been a family carer for my mother over many years and know how hard it can be, I have real empathy for those we support.

In your early days with CPY, what was the vision for the charity, and how did that shape its development?

The focus was on supporting adult carers aged 18 and over, with a clear ambition to grow and offer the best support we could. We had funding from North Yorkshire County Council and always looked for ways to expand - especially through employability projects, helping carers see that there's more to life beyond their caring role. Reaching hidden carers early, before they hit crisis point, has always been a big part of our mission.

CEO: In Conversation Elizabeth McPherson



Looking back, what key milestones stand out as defining moments for CPY?

One of the biggest moments for me personally was becoming CEO in 2009. I was encouraged by the trustees to apply, even though there were external candidates, and I'll never forget getting the call to say I'd got the job. I was shocked, proud, and incredibly excited about the opportunities for CPY, also quite daunted.

From an organisational point of view, securing an all-age carers service was a major ambition of mine - and we made it happen. Another defining moment came in 2014, when funding moved from grants to a competitive tender process. It was a big shift, but we submitted a strong bid and won the contract, which really affirmed how far we'd come.

What are the most significant changes you have witnessed in the charity's journey?

One of the biggest changes was expanding our work into Hambleton and Richmondshire and bringing the local carer organisation under our wing. Covid was another huge turning point. Practically overnight, we had to change how we worked. Within a day or two, we moved everything online, and the whole team had to adapt quickly and become digitally confident and work from home.

We also delivered the Community Support Service based in Ryedale, throughout the pandemic, which helped us see our work in a new light - especially around connecting with the wider community and reaching people in different ways.

Looking ahead, what do you see as the biggest change or challenge still to come?

One key challenge will be revisiting our aims and objectives and really clarifying what makes us unique - our 'USP'. With funding becoming more competitive and other sectors also under pressure, it's vital that we stay focused on what we do best. We need to keep moving forward, stay true to our core values, and continue delivering meaningful support in the ways that matter most.

As CEO, what personal achievements are you most proud of?

Expanding our reach to many more carers especially across half of North Yorkshire, also successfully tendering for the Young Carer Service in 2014 and encouraging the Council to contract an all age service! 8 years plus in 2021.

CEO: In Conversation Elizabeth McPherson



Are there any particular moments or stories from your time at CPY that have left a lasting impact on you?

One moment that has stayed with me was early on in my time at CPY. A couple came in seeking help – the woman was the same age I was at the time and had been given six weeks to live due to cancer and was angry, upset and very emotional. It profoundly impacted me as there was nothing I could do to change her situation but just listen. The husband in particular was struggling, feeling unsupported. It really highlighted the importance of what we do – providing not just practical support, but emotional care and a space to talk. It showed me that sometimes, listening is the most important thing we can offer.

Over the years, have you noticed a shift in how unpaid carers are perceived by the public and policymakers?

Yes, there's been a huge shift. Unpaid carers, who were once hidden and not recognised, are now being recognised much more. Large organisations, including the Local Authority staff are now identifying carers within their work places, which is raising awareness. Councils have strategies in place, and carers are regularly featured in the news and on TV. However, there's a challenge in how the term "carer" has been somewhat hijacked, many hear the word carer and assume it is a paid care worker. While progress has been made, there's still a lot more work to do to ensure unpaid carers get the recognition and support they truly deserve.

Celebrating 30 years is a huge milestone – what does this anniversary mean to you personally and professionally?

I'm incredibly proud that we're still going strong and able to support those who need it most. The charity continues to grow, and it's clear there's still a real need for what we do. For me, it's been more than just a job – it's been a career which I'm passionate about. I'm very fortunate to be leading CPY at such a pivotal time, and I feel privileged to be part of something with such a lasting impact.

Finally, what message would you like to share with unpaid carers who may not yet have accessed CPY's support?

I'd encourage you to recognise that if you are looking after someone within your family and your relationship has changed you could be an unpaid carer. It can be a tough realisation, and many people don't recognise they're a carer until they reach crisis point. My message would be to ask for help as early as possible. The sooner you reach out, the better we can support you, so you can continue to care in the best way possible.

CEO: In Conversation

Unscripted – Quick Fire Round

If you could go back to 2002 and give yourself one piece of advice about working at CPY, what would it be?

Do it sooner!

If CPY had a theme song to represent its 30-year journey, what would it be?

'Things can only get better!'

D:Ream 1993

If you could invite three people (past or present) to a dinner party to talk about unpaid carers, who would they be?

Val Hewison – Unpaid Carer, Personal Friend and the retired CEO of Leeds Carers

Lindsey Burrow – Cared for her husband Rob, around work and raising a family

Kate Garraway – Cared for her husband Derek throughout Covid-19

What's one thing about being CEO that people might be surprised to learn?

It's a lonely role with a lot of responsibility. But it is such an honour to lead the charity.

What's your go-to way to unwind after a busy day?

I love to take Daisy, my dog, out for a walk! I also enjoy having a cup of tea, maybe a glass of wine and watching TV or a film.



PONTINS HOLIDAYS

Carers Trust funding for carers and families for a week's holiday in Blackpool. Suzanne Carr, the manager at the time and I were privileged to be part of the team who helped over that week. Everyone accepted everyone – It was so uplifting, and this was the kick start to understand this is what I wanted to do career wise, make a difference. Carers are so inspirational.



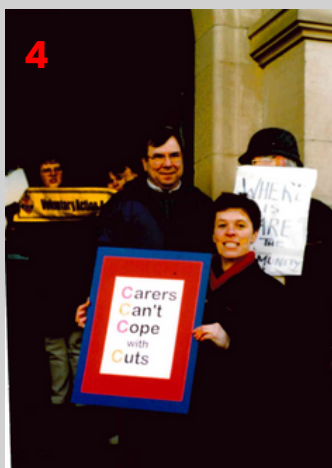
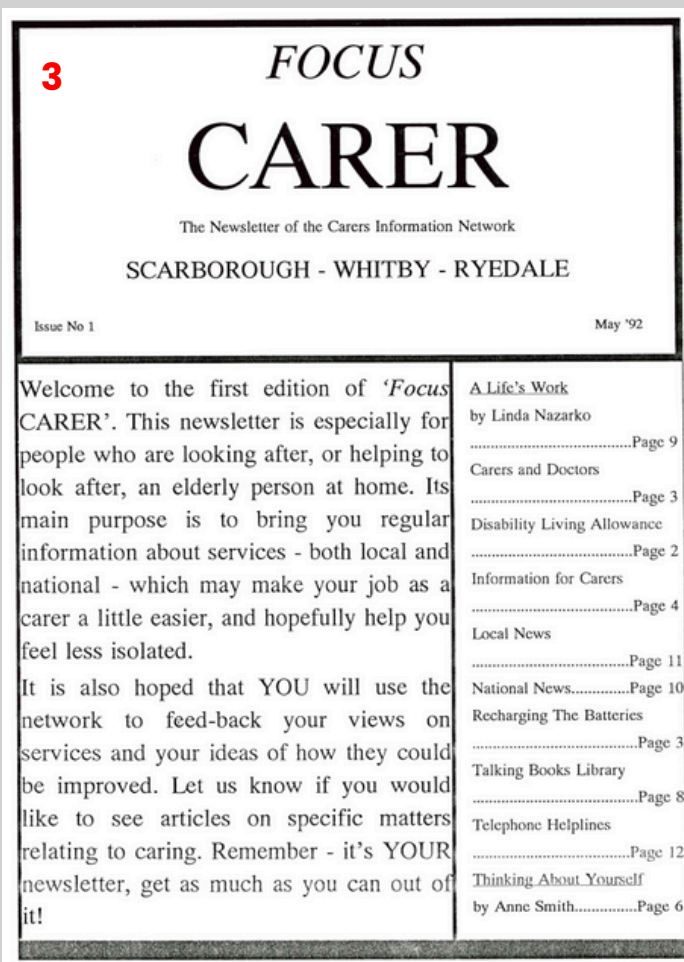
BUCKINGHAM PALACE GARDEN PARTY

I was asked to attend the Queen's Garden Party by Carers Trust for the work I did on their England Committee, championing the smaller charities. It was such a great experience, I didn't personally meet the Queen but she was hosting the party and I got to see her.



30 Years in the Making!

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



1. 10th Anniversary Celebrations
2. Filing System of Information
3. The Very First Focus Carer

4. Campaigning
5. SRCR Promotional Stand
6. Princess Anne at Pontins

A Legacy of Care: Our Timeline

Scarborough & Ryedale
Carers Resource

Building on this work, Scarborough & Ryedale Carers Resource became a registered charity & company in 95, initially based at Malton Hospital, then a portacabin in Wentworth Street Car Park & then in Pickering.



The charity's services expanded significantly, with the introduction of support for Young Carers, Young Adult Carers, Home from Hospital, and My Neighbourhood, broadening its reach and impact across the community.



Celebrating 30 years of supporting unpaid carers, Carers Plus Yorkshire continues to grow and evolve, looking forward to the future and further expanding its services to meet the needs of unpaid carers across the region.

1991

In 1991, Scarborough and Ryedale was chosen as one of six multi-agency projects in Yorkshire, supported by the King's Fund to raise awareness of carers' issues, initially managed by North East Yorkshire NHS Trust.



1995



2005

By 2005, the organisation was celebrating its 10th anniversary and had expanded its services to meet the growing needs of unpaid carers across the area. In 2009, a new CEO took charge, and the charity relocated to new premises in Snainton.

2014



2021

In 2021, Scarborough & Ryedale Carers Resource joined forces with Hambleton & Richmond Carers Centre to become Carers Plus Yorkshire - a stronger, united voice for unpaid carers across the region.

2025

£30 FOR 30

What is 30 for 30?
Join the Celebration
this June!

This year, Carers Plus Yorkshire is turning 30 – and we're inviting you to be part of the celebration through our exciting £30 for 30 fundraising campaign!

The challenge is simple:

Raise £30 (or more!) to mark our 30 years of supporting unpaid carers across the region.

Whether you take on one of our 30 creative fundraising ideas or dream up your own, the goal is to have fun, get involved, and make a difference.

From bake sales to fancy dress days, sponsored silences to silly dares – there's no limit to how bold or brilliant your efforts can be. Rally your friends or colleagues, race to the £30 mark, or go big with the most outrageous fundraiser you can imagine!

Whatever you do, do it in June and help us make this milestone year one to remember. Scan the QR to get started!



ADULT CARER SERVICE

The Adult Carer team have been busy upskilling and refreshing their knowledge to better support unpaid carers living with dementia.

TEEPA'S GEMS™: "Using Skills that Make a Difference, has allowed the team to further learn about number-based systems used to identify stages and progression of dementia. The staff are always keen to embed skills that will help them to facilitate positive supportive communication and interactions with carers and the person they care for with Dementia. This training model aids caregivers and professionals in identifying and responding appropriately to the current state of the person with dementia, enhancing person-centred care.

Not only have our staff teams being undertaking continued professional development, but we have been out in the community training other organisations to become more 'Carer Aware'. Anybody can undertake our bespoke Carer Champion Training, which better equips employers and organisations to identify unpaid carers but also support those people in employment to understand their rights as an unpaid carer, allowing them to remain in employment whilst caring.

If you are interesting in accessing this *FREE training*, please get in touch with rachel@carersplus.net to discuss a bespoke package of delivery. Book now to become Carer Champions before Carers Week (9th to 15th June)!



YOUNG CARER SERVICE

The young carer team have been super busy over the last few months getting ready to celebrate Young Carers Action day which was on March 12th.

Our young carers joined in on a t-shirt competition. We had some amazing entries, and the winners had their t-shirts printed to keep.

They have joined in on craft activities, talk about what they do or need to do to relax and eat kit kats! The theme for this year was "give me a break" -focusing on the importance of rest and respite for young carers.

Some of our young carers took part in filming a video where they had the opportunity to talk about what it's like to be a young carer, what they do to have a rest and talk about the support they have received from CPY. The end result was very powerful and something we can use in the future in schools and to show other professionals. We are very proud of them all speaking so passionately about the amazing things they do.



CARER CONNECTIONS

Carers Connections has had an action-packed few months!

We have had a busy few months on the carer's connections project. We have had Rebecca from the National Energy Action team attend the parent carer groups and is planning to attend our Northallerton cupper club, she provided valuable energy saving tips, how to make your home more energy efficient and ran a raffle for our carers to join in. We have had Cherelle from the warm and well team at Citizens advice attend our Stokesley carer for a cupper group where she supported several carers to get help with their bills and she applied and won an energy grant for one of our carers.

We have started our second wave of crafting for wellbeing groups, this group is by invitation only, to ensure our carers are matched with similar people and enjoy the relaxed atmosphere while doing easy to do crafts. We are partnering with Lorna from Forestry England to do some wellbeing walks at Guisborough forest in June, July and August. Please look out for these on the website, where you can book a place to join us.

We have successfully recruited two new volunteers who have been helping us at our groups, by

supporting other carers to attend and helping us make refreshments and keeping the important biscuits filled up.

We have had some amazing feedback from our volunteers –

"I became a volunteer because I wanted to help others the way carers plus has helped me and I felt it was a way to thank them for everything they did for me and my family. Everyone makes you feel so welcome and feeling valued helping others has done wonders for my mental health. Although that sounds selfish the best part it is helping others on their caring journeys and help them realise they are never alone."

"I wanted to be able to help people the way I have been helped. It's helped my confidence so much and I love learning new things from each group."



HOME FROM HOSPITAL

The Home from Hospital service has remained busy, providing essential support to clients across all the areas we cover. Over the past two months we have actively raised awareness of the service in local hospitals by delivering talks to therapy teams and community teams.

After seven years of dedicated leadership with the Home from Hospital team, Elaine is stepping down to enjoy a well-deserved retirement. Emma has now taken on the role of Manager and is excited to continue providing this invaluable service to the community.



WIDER SERVICES RISE2THRIVE

Last month we saw the completion of our amazing Rise2Thrive programme.

Rise2Thrive is a support programme for adults in North Yorkshire and York who are currently out of work and have barriers to engaging with employment and/or training or are in work but needs support to thrive. It was delivered by the power of partnerships. 33 partners have worked collaboratively to support participants on the project.

R2T partners have reached over 950 participants and delivered over 1100 interventions across York and North Yorkshire and again have collectively achieved amazing outcome totals.

This programme has been refunded for another year. We look forward to supporting even more people!



VETERANS

We have run a 6 week Veterans digi skills course for phones and tablets and an add on for the NHS app at The One Twenty.

Alison, Veterans Lead, attended a Veterans workshop at St Catherines, a familiarisation with The Ripple Pond Project and been liaising with Age UK as they plan their Veterans Hub. We had a visit from CAB who told us they now have a Veteran specific worker on Monday's and Tuesdays.

Alison also attended the Warrior Programme for Veterans, designed to help Veterans and Serving Personnel build resilience and manage emotions following and during service life.

Looking forward, we will have Easter Treats at the next drop in event at BHC Tearoom Scarborough, and a day trip to Sledmore House.

Scarborough Veterans will be attending the VE parade and the Brid Veterans will enjoy a VE day 40's style garden party. If anyone is interested, please get in touch for details.

Carers Plus Yorkshire are delighted to welcome Tracie Birdsall to their

team of Advisers to Unpaid Carers. Tracie's post has gratefully been funded through the Veterans Foundation. Tracie is pictured in orange below with Head of Ops, Rachel.

The Veterans' Foundation purpose is to raise funds and give grants to charitable organisations that support serving and former members of the armed forces, and their dependants, who are in need.

Our Project will work specifically with Veteran's who are in a caring role, or with those families who are caring for a Veteran.





OUR NEIGHBOURHOOD

We have had an amazing morning at our Ings Garth community drop in. Thanks to funding from Forensic Response we were able to invite Butterwick Alpaca's to come and visit the centre. They also brought Guinea pigs for all our clients and their families to pet and hold. We planted seeds that will be lovely for the summer garden, and we even made easter cakes too.

Our thanks also goes to Yorkshire Housing who host us in the Ings Garth community centre on the 2nd and 4th Tuesday of each month. Everyone said how they had enjoyed the day, and it was something they would always remember. We welcome anyone who would like to come and join us for tea and toast, 10am to 12pm

Kirkham Close groups have been extremely busy, with another Warm welcome event attended by Specsavers, Trading standards and CPY Home From Hospital. A visit to

Pannett Art Gallery saw the culmination of the curation of a project around the work of Eileen Soper. We have also had visits from North Yorkshire Rotters and from Whitby Museum Pop Up Archive. We are now embarking on workshops with artist Jacqui Barrowcliffe, with support from Rural Arts, to create a tile mosaic for the community centre. Thanks go to Beyond Housing for funding what is going to be an exciting community venture.

Scarborough groups, Stepping Out and Street Social are continuing to grow, giving the opportunity for people to connect and socialise. Creative Wellness for Carers has been a success in Malton – thank you to Hannah Turlington and AHH Studio Collective. Heart & Craft groups working in partnership with Rural Arts are flourishing.



THE ONE TWENTY, EASTFIELD



TheOneTwenty_



The One Twenty

The One Twenty has continued to work closely with Adult Learning, delivering a range of engaging sessions including seasonal crafts, an air fryer course, and IT support.

In February, we partnered with Mind for Time to Talk, creating a welcoming space for open conversations around mental health.

We also welcomed the NLT (National Literacy Trust) for a vibrant World Book Day session, where participants explored great literature and received some fantastic books to take home.

A new partnership with WOA (Westway Open Arms) has enabled us to launch Food Bank Friday, supporting local residents with essential items from 1.30pm to 3.30pm.

Throughout March, the community embraced our Cooking on a Budget sessions and the warm atmosphere of the Cosy Café.

February also saw a fantastic turnout of professionals at the South Scarborough Quarterly Networking Group, fostering collaboration and shared opportunities across the area!



The One Twenty

You're Invited

BREAKFAST FOR ALL

EVERY
MONDAY &
WEDNESDAY



8:15AM
- 10AM



In the Beginning: Sue's Story

Sue Balf was part of the charity's earliest days, helping shape its vision when services ran from a tiny office and later a portacabin. With a background in carer support, she brought passion and practical experience to her role, from working with GPs to raising awareness in schools. After leaving in 2001, Sue returned post-pandemic to support food bank work and now contributes to the Our Neighbourhood team. Her commitment to unpaid carers has spanned decades and remains as strong as ever.

What was your motivation for getting involved with the charity in the beginning?

I was working with carers for 4/5 years previously, in sitting services etc and with Ryedale Cares Support. I wanted to be involved with this new set up as it was wider support and better wider services.

Is there any milestones you think are important or proud of?


In 2001, SRCR was awarded The Duke of York's Community initiative. This was a big moment. I went to the awards ceremony to receive the award on behalf of SRCR. I attended with a local unpaid carer from Filey.

What were the early days like & how were the charity vision and aims formed?

The early days were tough - we started in a tiny, narrow office before moving to a portacabin that was sweltering in summer and freezing in winter. Philly shaped much of the vision, and the six local projects were set up collaboratively, with guidance from the King's Fund. It was clear that carers desperately needed more support.

Focus Carer Page 18

practical caring.. practical caring.. practical caring.. practical caring



Ready - Steady - COOK!

AS winter sets in, Sue Balf comes up with another delicious recipe which is Cheap, Comforting and Quick!

Note: This recipe is for the microwave only.

HOT LEMON PUDDINGS

Serves 4

These puddings can either be cooked as one large pudding in a 1 litre basin or in 4 large ramekins or microwave-proof tea cups.

*3½ oz butter
3½ oz caster sugar
3½ self raising flour
2 eggs
grated rind of one lemon
2 oz sultanas
5½ oz lemon curd
custard or cream to serve*

1. Beat butter, sugar, flour and eggs together until smooth.
2. Stir in the lemon rind and sultanas.
3. Place either 2 tbsps of lemon curd in the bottom of each of the individual cups or the total amount into the large basin.
4. Spoon the sponge mixture on top.
5. Loosely cover each cup or the basin with clingfilm and cook on High for 5½ minutes in the microwave until firm and well risen.
6. Turn out onto a plate and serve with cream or custard.

“Don’t be afraid to get in touch”

Ready, Steady, Cook! – Tell me the Hows and Whys

I think this very much came about as when I left school I started in the catering industry! For one of Carers Week events, Philly asked would I do a thing replicating the show. I would cook about three or four different recipes in a very short time. I remember once at the Friends Meeting House in Scarborough we were using gas cooking rings, praying the table didn’t go up in flames! It was a great thing to get people involved.



What does 30 years of the charity mean to you?

It means a lot. For three decades, carers have been receiving the support they deserve – support that wasn’t always there in the past. It’s incredible to see the charity have grown so much and so much more support being available including, YAC, YC and Home from Hospital. The support all round is amazing

What are the biggest changes you have seen?

One of the biggest changes I have seen is the amount of support available to unpaid carers. It is absolutely amazing to see this. I am shocked that it has been 30 years. Where has the time gone? I am very proud of the size and development of the charity and that it’s a free service available to all.

meet the
team!

Adult Carer
Service

Young
Carer
Service

Home
from
Hospital



Admin &
Finance

Our
Neighbourhood

Young
Adult Carer
Service

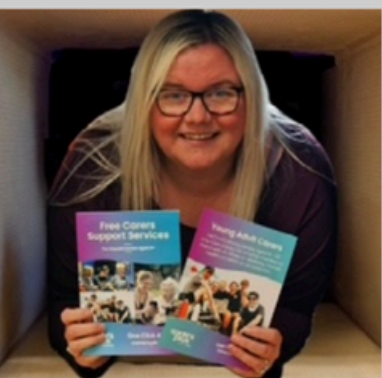
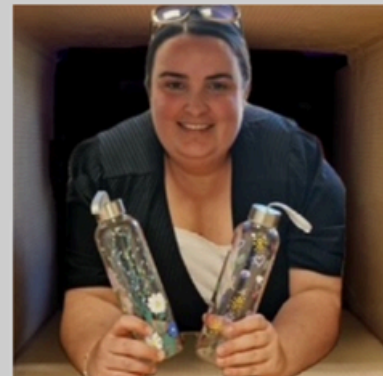
Wider
Services

Young
Adult Carer
Service

Young
Carer
Service

meet the
team!

Our
Neighbourhood



Young
Carer
Service

Home
from
Hospital

Admin &
Finance

Wider
Services

RESTOLOGY

Carers Plus Yorkshire takes great pride in support our clients. We know life can often be filled with ups and downs. Whilst we aim to help bring balance back into the lives of those we support, we also want to help our clients build on the positives that are right here in our community – welcome to Restology!

Restology aims to provide opportunities for a pause or change in the everyday routines for Carers Plus clients. We link with businesses to help gain additional information or concessions to aid our clients access something different and positive. Time out could be for an hour, two or more as well as a change of scene, which can recharge the batteries or refresh the mind by trying something new!

All clients who gain Carers Plus support, are entitled to our free Restology card. They are valid for a year and it enables you to access our Restology pledges. These can change regularly so please do visit our webpage and keep an eye on our social media.

We have a wall of support pledges from amazing businesses across our area. You can click on the business,

to see what current offers are available. Businesses will decide if their pledges are open to all our clients or limited to unpaid carers. Please be aware, we may be unable to openly promote the details of some concessions but if you would like to know more feel free to link to us.

By working with local businesses to reduce some of the barriers our clients may have – be this accessibility, awareness or cost – we hope to also strengthen our local economy by enabling those we support, access amazing opportunities right on our doorstep! We are also very passionate about the support we provide and our client's needs and by helping our community understand some of those needs, we hope it will have lasting positive effect too!

If you would like more details about our Restology Pledges, or you are a local business who would like to provide a Restology pledge, then please do get in touch with us.



BRIDLINGTON CARERS

Care for a Cuppa | Feel Good Friday | Friendly Forces

In February at our Bridlington 'Feel Good Friday' we made Valentines cards for anyone who was held dear to them, some made them for their loved one and some made for their friends & family. Everyone enjoyed getting creative, and soon the room was quiet as their minds were calmed and concentrated on making their special creations....most importantly of all they had time away from their caring role and time for self.



In March, at our Bridlington 'Care for a Cuppa' group, we were joined by Devan, from the 'Fraud Watch' project. He conducted an informative talk about fraud crime! We learned how to spot it, how to be vigilant and what to do if we become a victim and/or suspect fraudulent activity. The group was well attended, and, as always, coffee & cake was served & enjoyed by all.



CARER MONEY MATTERS

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



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.

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.



**£30 for 30
Challenge**



Donate!



We warmly invite everyone to join us for professional and personal challenges, games, and celebrations. Please scan the QR code above left for more info. If you would like to donate, please scan the QR code above right – every contribution is greatly appreciated!

Contact Us

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