

SPRING EDITION

CARERS PLUS YORKSHIRE'S OFFICAL NEWSLETTER



WELCOME

Welcome to the Spring edition of the Carers Plus Yorkshire newsletter (Wow, how did it get to Spring!) Isn't it fabulous to have some daylight back into our days!

Life at Carers Plus Yorkshire has been as busy as ever, and as we take advantage of the longer days we wanted to share with you some of the new and on-going opportunities we have been working on.

In this edition we are going to share with you some exciting work around 'Carers Champions', our plans for Young Carers Action Day, update you about our new 'Respality' offers (you must take a look at this on our website!) and some changes to the places and spaces you might find our team working from.

Over the coming months we are placing a lot of energy on getting out into communities; taking our staff team and our services to market towns and villages to try and ensure we are reducing the barriers to accessing support. In addition to this we will be making sure we 'listen' to what you want and need from us as a service. Our 'voice and representation' work is gathering pace; so if you have a thought let us know! This might be by simply commenting on our social media pages or star-rating (on our website events page) a meeting or session you have been to, by completing our session or service evaluations, or by joining one of our 'voice' meetings to share your experience and reflections. Any way you feel you want to be heard, please get in touch and we will help your thoughts, messages and suggestions get through.

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ADULT CARERS SERVICE

Our service for unpaid Carers aged 18+ continues to be extremely busy, supporting people to navigate the impact of their caring responsibilities. We strive to consistently raise awareness and the profile of Unpaid Carers within our networks and community. We recognise this as being integral work to not only allow 'hidden' carers to identify the amazing role that they undertake, but equally to increase the knowledge and impact that being an unpaid carer can have on employees, network partners, service organisations and the wider community.

To highlight this, Carers Plus Yorkshire are making it their mission in Spring 2023 to offer our Carers Champion Training to as many people as possible! Over 50 participants have completed the training already, with some people coming forward to find out 'how they can help more' within their place of work or community group.

Our ambition is to recruit and support as many Carer Champions as we can to empower unpaid carers in our work forces and communities! Please watch this [video](#) to see why becoming a Carers Champion is so important.

What is a Carers Champion?

A Carers Champion is someone within 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. We are looking for enthusiastic and motivated individuals to join our team of Carers Champions. You will undergo a short training session which will give you, as a 'Champion', the knowledge and confidence you need to help support carers in their workplace or community.

What we offer Carers Champions

- Training to increase your knowledge on carers and what support is available locally
- Tools and resources to use and share with colleagues and within your community
- Ongoing support through our network of Carer Champions

What we ask from our Carer Champions

- Commitment to attend a short training session (approx. 60 minutes) either in person or on Zoom
- Commitment to taking your Carer Champion role into your workplace or community to help support carers

To find out more or to book a training session, contact Rachel on 01723 850155 or email rachel@carersplus.net



Our advisers also see the value and importance of Carers making social connections with each other, not only for respite and 'time for self', but also to share 'lived experiences'. Our Carers groups are vital to our service for carers. You will now find specific carers groups for Parents (caring for a child with additional needs aged 25 and under), people caring for someone with mental ill health or caring for someone with memory loss or dementia.

All of our groups can be found by following the link to the [CPY Events Page](#) on our website, and selecting the location that you live in – you can book directly through the website or call the relevant office for more information.

YOUNG CARERS SERVICE

This March, we celebrate the National Young Carer Action Day (YCAD) - an annual campaign of the Carers Trust whom we are an affiliated network partner. The aim of this event is to raise the profile of Young Carers with the theme for 2023 being Make Time for Young Carers.

Over the past few months, consultation has taken place with hundreds of young carers. The one issue that consistently arose was just how important their health and wellbeing is to them. We know it's easy for young carers to start feeling overwhelmed due to their caring role responsibilities in addition to keeping on top of all their schoolwork and revising for exams. Young carers told us it doesn't need to be this way! They think the things that would make them feel less overwhelmed, healthier and happier are:



- improved support in schools
- more access to breaks
- better access to counselling support
- more financial support.



Going forward from YCAD, the Young Carers Team at Carers Plus Yorkshire will be focusing some of their work on raising the profile of caring and the impact it can have on their day to day school and college life.

We have kick started this by offering School Carer Champion Training sessions for staff in educational settings. Young Carers have spoken passionately about what a difference it makes in school if a member of staff 'understands their situation.' The sessions cover the definition of a Young Carer, facts and figures, support available, how schools can ensure they are 'carer aware' and the role of a Carers Champion.

We have been fortunate this year to gain support via The Two Ridings #IWILL Fund. We believe being a Young Carer (YC) should not obstruct anyone from achieving their potential, from reaching their aspirations and/or being the best version of themselves! The YC 'tag' does not/should not define the person, nor should the recognition or practical undertaking of the role be a limiting factor in their educational or personal progress. This project will allow us to develop the following support for Young Carers this year:

- The development of a Schools Mentoring Programme (SMP)
- Identification of YC Mentors in years 7 - 11 in local secondary schools
- Carer Awareness Training to staff and governors in identified schools
- Development of a Schools Charter (youth led)
- Creation of a Young Carer Participation Group

Voice, influence and representation are important within our work, both for today's young people and tomorrow's. Empowering our Young Carer's to have a voice is key to our work and one we would like to mature further through our Young Carer Schools Mentor Programme (SMP) across our whole YC Service.

This Spring we will be recruiting the young people who will shape and develop this work with us. For more information about how to get involved contact Rachel on 01723 850155 or email rachel@carersplus.net

WIDER SERVICES

Our Neighbourhood

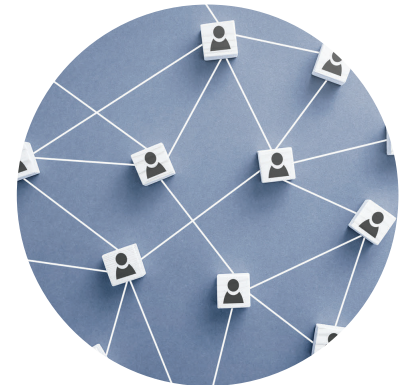
The My Neighbourhood service, which has supported people with loneliness and isolation on a one-to-one basis for the last 4 years, is coming to an end in its current format. However, we have secured new funding to help people stay healthy, independent, and connected in their local areas and we will be delivering this across Scarborough, Whitby and Ryedale under the title of **'Our Neighbourhood'**. The modified service will continue to help people combat isolation and loneliness, and we will work with multiple partners offering befriending, activities, groups, and drop-ins, in local communities across Scarborough, Whitby and Ryedale.

We are also really pleased to be working with people who are struggling with their mental health or well-being, thanks to the Community Mental Health Transformation funding and the Woodsmith Foundation. This work will be starting shortly and taking place in various locations across the Whitby, Ryedale and Filey areas. **Contact admin@carersplus.net for more information.**

In Eastfield we are soon to take over the Old Café at 120 Westway, and will be renovating it into a community space - whilst this won't be a cafe, there will be tea and coffee and sometimes cake available! This is an exciting new opportunity and we are bringing together lots of groups, activities and events into the Old Café, to breathe new life into the community asset. We already have the Free Fridge operating there on Thursday's, and Sparks are now doing a drop-in session on Monday afternoons. We also had an excellent Eat Me Curry Night, that was really well attended and the food went down very well! As more events, activities and groups are organised we will have information available, so if you are passing 120 Westway, have a look. You can also keep updated by visiting our [events](#) page!

Home from Hospital

Our Home from Hospital Service will continue throughout 2023, which is great news, as we have been helping record numbers of people get settled at home and better able to manage after a spell in hospital. In Scarborough and Whitby the number of people we helped post discharge more than doubled after Christmas and shows no sign of reducing. We have also had several comments from hospital staff that, with the current pressures on the hospital, they don't know what they'd have done without our service; helping people get home safely and quickly. An invaluable service that helps anyone who has had a hospital stay to readjust at home.



Humber Teaching NHS Foundation Trust Volunteers


Could you offer your time to the Humber Teaching NHS Foundation Trust to Volunteer for vital services across Malton, Scarborough and Whitby? Support is needed for a variety of roles including patient befrienders, patient surveys and many more! Please contact karen.rowe@carersplus.net if you would like anymore information!

NEW SERVICE - Micro Providers @ Home


Micro Providers are small businesses with less than 8 employees ultimately providing a directory of costed services that can support low level intervention. This in turn prevents deterioration for those in the community wishing to remain independent at home. This new services aims to create a support network for Micro Providers who provide this service in the local area.

IN OTHER NEWS

Let's talk 'Respitality': 'Respitality' is the joining of 'respite' with 'hospitality' and the thought that small bite-size moments can have a significant impact on the lives of carers and those they care for. Since hearing about this new concept, we have been working in partnership with a range of businesses to help reduce some of the barriers our clients may face in accessing some of the amazing services we have on our doorsteps. We have also developed a Respitality Card which will be available to our clients very soon and will help you take advantage of some of the amazing local concessions available. If you have a link to a local business, who may be willing to support our Respitality offer, then please do get in touch with us by emailing jodie@carersplus.net. If you would like to find out more, and see some of the current offers and concessions we have available through our Respitality programme, please visit: <https://www.carersplus.net/our-services/respitality>



Change to services: Our services on the 1st April are changing ever so slightly - please don't worry, nothing is going, just a different way of us describing some of our community work. On the website, you will soon find 6 service bubbles: the three Carers Services remain unchanged (with a dedicated team for Young Carers, Young Adult Carers and Adult Carers); in addition Home from Hospital remains a very busy community offer. The two services that are changing are: OUR Neighbourhood (still focused on community capacity building and supporting residents connect to locally) and a new series of smaller services entitled 'Wider Services' that will include: volunteering, business networking and employability support. Have a read on our website to find out more!



And finally.....we don't always share with you news of our staffing changes but we felt it important to mention two staff members who are moving on from the Charity to pastures new. Both have been important in the recent development and advancement of Carers Plus Yorkshire and so publicly we would like to thank them for their dedication from me the CEO, the Trustees and the team.

Tasha Quaille is leaving us having transformed the look and feel of CPY in terms of our most recent re-branding, marketing and communications. Her capacity to also lead our admin and data work, now means we understand the business and client requirements so much better; ensuring the senior team have the right information to make more informed choices for the Charity.

Claire Robinson leaves us after 7 years having worked tirelessly as my Deputy to help ensure the Charity is financially stable and offers a portfolio of services designed around the needs and aspirations of the clients we serve. Claire will be missed in terms of her energy and dedication to the Charity, but as she leaves we feel confident and 'planned-up' for the future ahead.

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