

AUTUMN EDITION

CARERS PLUS YORKSHIRE'S OFFICAL NEWSLETTER

carers
plus
YORKSHIRE



WELCOME

Welcome to the Autumn / Winter Edition of the Carers Plus Yorkshire Newsletter! This edition sees us celebrating the expansion of Young Adult Carers across our geography, as well as the safe reintroduction of face-to-face Carers groups.

We have regular carers hubs, workshops and groups coming up, and our team are here at the end of the phone if you need us. You don't have to tackle problems on your own so please don't hesitate to get in touch if you need support, advice or someone to talk to.

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SERVICES SPOTLIGHT - YAC'S

This edition focuses on the Young Adult Carers service, affectionately nicknamed YACs!

YACS are Unpaid Carers aged between 16 - 30 years who have a significant caring role, including looking after a relative with a disability, illness, mental health need, or drug/alcohol problem.

Whilst all carers aged 18+ can access our support through the adult service, often for YACS this is a period of transition where they begin their journey into adulthood, tackling new relationships, changes in education, training or employment, developing social connectivity, as well as balancing their caring role.

Our dedicated project allows these young adult carers to have valued private time and space to talk and think through their challenges. Our experience tells us we can only begin to look at the issues surrounding the caring role once the more 'personal' issues have been addressed.

What Does the Service Provide

Our role at Carers Plus Yorkshire is to look at how together we can help YACS to forge a future around and beyond their caring role. Ambitions in life shouldn't be halted because of caring responsibilities.

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>

<https://www.carersplus.net/referral-forms/referral-form-under-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. Kerrie is our dedicated YAC Engagement Adviser in Scarborough, Whitby & Ryedale bringing a breath of fresh air and a whole bottle of energy to the support she offers to Young Adult Carers.

Kerrie says "I love working with Young Adult Carer's, helping them to balance busy lives with their caring role and finding ways to manage their learning, training and work whilst they work towards their future goals and aspirations".

Keep an eye on our website and social media to meet the new YAC Adviser for the Northallerton office!

"The support has been a passageway to a new life; a light at the end of the tunnel"

Rachel H, Young Adult Carer

Partner organisation spotlight

It is with great thanks to The Big Lottery and Carers Trust that we are able to offer the YAC service across both the Scarborough, Whitby, Ryedale area and more recently the Hambleton and Richmondshire area.



CPY CONNECT 18+

Upcoming workshops and events

Ryedale

The Brothers Trim Men's Social Club - meet new people, have a cuppa and a chat to help improve men's positive well-being. Sunday 28th November 11am until 2pm at The Brothers Trim barber shop, Pickering. For more info or to book, contact Steve on 01751 477995.

Hambleton

Dementia-friendly Breakfast Club - in association with NY Fire & Rescue, come along for some company, breakfast or to seek advice from a CPY carer adviser. 19th November and 17th December 11am - 12.30pm at Northallerton Fire Station. No booking required, but please bring a donation of £2.

Richmondshire

Dementia-friendly Breakfast Club - in association with NY Fire & Rescue, come along for some company, breakfast or to seek advice from a CPY carer adviser. 10th November and 8th December 10am - 11.30am at Colburn Fire Station. No booking required, but please bring a donation of £2.



Access all areas!

There is still chance for carers across all geographies to join our CREATE Arts Project, with a theme of Music Workshops. Taking place on Zoom on 2nd, 9th, 16th, 23rd and 30th November and 7th December. For more info, contact jacky@carersplus.net

Virtual Carers Connect - an opportunity for carers to meet up virtually every month to chat, have fun and share experiences. 18th November and 16th December. For more info, contact jacky@carersplus.net



Regular events

Scarborough

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

Pickering Cuppa Club - join a carers group for a cuppa and a chat at Pickering Methodist Church, Potters Hill on 5th November and 3rd December from 10am -12pm. For more info and to book, contact jacky@carersplus.net

Hambleton

Northallerton Carers Club restarts on 9th December, 10.00am to 11.30am in Barkers Department Store, High Street Northallerton every second Monday of the month - find us on the first floor in the café, grab a coffee and have a good catch-up. For more information contact karen@carersplus.net

Thirsk Cuppa Club restarts on Tuesday 2nd November (every first Tuesday of the month thereafter), 2.00pm to 3.30pm, in the back of the Garden Centre coffee shop. For more information contact karen@carersplus.net or call 01609 780872

Richmondshire

Leyburn Cuppa Club - join a group of carers for a cuppa and a chat at Leyburn Arts Centre on 4th November 10am - 12pm. For more info, contact karen@carersplus.net

Richmond Methodist Church - Join us on the second Thursday of every month month starting on 9th December, 1.00pm to 3.00pm at Richmond Methodist Church, Richmond, good company, good conversation and lots of learning and support! For more information contact karen@carersplus.net

CPY CONNECT 8-18



Upcoming workshops and events

Hambleton

Polar Express Trip - Young Carers are invited to Wensleydale Railway on the 5th November at 6pm. PJ's and Dressing Gowns can be worn if desired (we will be!). For more info and to book, contact marion@carersplus.net

Pantomime - Share the festive fun on 5th December to watch The Beauty and the Beast Pantomime at The Georgian Theatre Royal. For more info and to book, contact marion@carersplus.net

Richmondshire

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Regular events

Scarborough

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

George Pindar School - 4th November 12.30 - 2pm

Overdale Primary School - 11th November 12 - 1pm

Young Carer Youth Club - November 10th is Games Night and December 8th is Christmas Party night! Meet at The Summit 4.30 - 6pm. For more info and to book, contact helen@carersplus.net

Ryedale

Youth Club - North Yorkshire Youth host a Young Carers Youth Club at the Rainbow Lane Centre, Malton every Thursday 6 - 8pm. For more info and to book, contact ian@nyy.org.uk

Hambleton

Chill Club - A safe space to chill, chat and have fun! 2nd November 5 - 7pm at Romanby Village Hall. For more info and to book, contact marion@carersplus.net

Richmondshire

Chill Club - A safe space to chill, chat and have fun! 16th November 5 - 7pm at Colburn Village Hall. For more info and to book, contact marion@carersplus.net

PARTNER ORGANISATIONS UPDATE



Referrers Breakfasts

During the height of COVID, working practices changed as we knew it but we endeavoured to maintain fabulous relationships with our referral partners. Now that lockdown restrictions have eased, we would like to invite our partners to celebrate the launch of Carers Plus Yorkshire at a Referrers Breakfast meeting - some of our services have changed so it's important that we share those things that are new or slightly different.

There will be a short presentation about our CPY service and how to refer a client for advice and support, as well as an opportunity for Q&A and networking with partner organisations. Oh, and did we mention we are throwing in a selection of fruit and pastries too!

Invites will be dropping into emails imminently, but should you wish to find out more information please contact rachel@carersplus.net for Scarborough, Whitby & Ryedale or contact jo@carersplus.net for Hambleton & Richmondshire.

Hambleton

Thursday 4th November 08.30 – 10.00 Rural Arts Centre, Westgate, Thirsk, YO7 1QS

Scarborough

Thursday 12th November 09.00am – 10.30am @ CU Scarborough, Ashburn Road Off Valley Road, YO11 2JW.

Whitby

Tuesday 16th November 09.00 – 10.30 @ Cavca Green Lane Centre, 2 Green Lane, Whitby, YO22 4EH

Ryedale

Wednesday 1st December 09.00 - 10.30 @ Malton & Norton RUFC, Old Malton Road, Malton, YO17 7EY

Booking is essential for breakfast purposes, but we will include a simple online booking form with your email invite! If you don't hear from us soon, please contact admin@carersplus.net.

CONTACT US

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