

NEWSLETTER



WELCOME!

Welcome to the Summer Edition of Carers Plus Yorkshire's Newsletter! We will be telling you all about the exciting things that have been happening over the last few months. We also have a sneak peak from inside The One Twenty!

CARERS PLUS YORKSHIRE "TO ENABLE THOSE WE SUPPORT TO BE HEARD, ENHANCE THEIR RESILIENCE, IMPROVE THEIR WELLBEING & MAKE POSITIVE CHANGES IN THEIR DAY-TO-DAY LIVES"

DRAGON BOAT RACE

Well done to Team CPY! Staff, family and friends gave up their Sunday to row for us! It was a fabulous day at NY Water Park for so many wonderful charities. We didn't quite make the finals but we have hopes for next year!



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ADULT CARER SERVICE

The Adult Service continues to be very busy. We have had over 500 referrals across both the Scarborough, Whitby, Ryedale and Hambleton, Richmondshire areas in the last six months! There has also been an increase in Parent Carer referrals. In response to this we have a new collaboration with Kick Rexi Out and continue to

work with James Koppert. Our groups are thriving out in the communities in both areas and we have been working with partner organisations and having speakers at group provision to benefit Carers. We have been very busy, out and about, promoting our services at community hubs, fayres, and net-working events to raise awareness of our service, as well as at GP surgeries to find hidden carers.

RYEDALE

Carers Plus Yorkshire invites you to Ryedale Neighbourhood Chat! The event will be held on Monday 25th September from 10am at Kirkbymoorside Library. We are welcoming unpaid carers, anyone experiencing loneliness or isolation and professionals to join us for a morning of chat to get your input on our provisions and services.





YOUNG CARER TRIP TO CARLTON LODGE

The Young Carers from across Carers Plus Yorkshire enjoyed a fun filled outing to Carlton Lodge!

The day involved four different activities including wall climbing, zip wire, archery and raft building.

Each activity pushed the Young Carers out of their comfort zones and helped them build confidence and gain new skills.

We are so unbelievably proud of what the Young Carers achieved. The day started off very quiet but by the end of the day new friendships had been made. It was fantastic to see. Well done to all our Young Carers for trying your best!

YOUNG CARER SERVICE

The service continues to support Young Carers with their caring role. We also help to build on their confidence and resilience to enable them to realise their own potential. Our support also reaches to the families of Young Carers, with a whole family approach being important to us.



YOUNG CARER AMBASSADOR SCHOOLS AND YOUTH VOICE WORK

Following on from Young Carer Action Day (YCAD) in March this year, CPY are proud of how Schools and Youth Voice Work has developed over recent months. We used YCAD as the catalyst to make it a mission to raise the profile of YC in schools within the forth coming 23/24 academic year.

Over the Summer term we targeted school assemblies and staff training, delivering powerful presentations to approx. 1000 young people and training to over 70 school staff.

From this our Youth Voice Group have begun their work on the development of a Young Carer in Schools Charter which provide the locality schools with a basic check list of what they need to be doing in school to better support the needs of carers.

This work is all youth led by our wonderful Young Carer Ambassadors, and the team simply facilitate their information to bring together the change that is needed.

Over the coming months young carers will still meet with the intention of creating a visual footage through social media platforms to be able to present their charter in secondary schools from September.

We recognise that it is the voice and representation of those young people with lived experiences that is so powerful.

We are currently recruiting a team of Young Carer Ambassadors who will develop and take on the role of supporting other young people who may be impacted by caring for someone. They play an integral role in the support offered to their peers in schools and colleges and will support the CPY team in the delivery of assemblies, training & events, as well as mentoring young carers in schools.





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!

NEWS

We are now also able to take referrals from GP surgeries in the Ryedale area which enables us to contact more people to check they are okay on discharge.





OUR NEIGHBOURHOOD

The Our Neighbourhood service continues to help people connect across Scarborough Whitby and Ryedale, although some events have paused over the summer due to holidays, so check our events page to check any changes.

However, our groups and activities are going from strength to strength, and we have had a good Evening Social in Eastfield with some food and games.

The team have started a new project with Mind in both Filey and Whitby supporting older people suffering from mental ill health, or anxiety and depression to be more confident, active and social in a safe setting. Last time, the group made soda bread, scones and cookies - yum!

YORKSHIRE DAY

In Pickering, the team joined the Yorkshire Day celebration event at Ings Garth, and gave out goodie bags, as well as having a lot of interest from people in coming along to our Tea and Toast sessions!



NHS VOLUNTEERS

Humber Teaching NHS Foundation Trust provides a variety of services for people with mental health problems, learning disabilities, addictions and community services.

We are very lucky to have a fantastic team of volunteers at Humber. Our volunteers work hard to improve the services we offer and enrich the lives of Humber patients and service users. We encourage volunteers to join us from all groups and communities.

Our team recruit, train and manage our volunteer help force that enhance and support Trust services.

Our volunteers can work towards gaining the "National Volunteer Certificate" by completing the online Volunteer training and logging 60 hours of volunteering for Humber.



MICROPROVIDERS @ HOME

We are developing a directory of businesses that offer services and a range of support to help people maintain independence in their own home. If you are a business that employs less than 8 people or would be interested in setting one up please contact us about support and assistance.





PARENT CARER CONNECT PEER MENTOR SCHEME

We have a great opportunity for anyone who would like to use their experience to provide peer support, understanding and a listening ear!

Parent Carer Mentors will provide peer-to-peer support over the short term to help other Parent Carers build confidence and networking connections. Contacts could involve telephone calls, online meets, face to face meetings or small group support.

Training is provided such as safeguarding, confidentiality, and GDPR. We can also cover expenses. Mentors can be from any area that we cover but Mentorees must be Hambleton or Richmondshire based.

RISE

The RISE project follows on from the success of Action Towards Inclusion! We have made a fantastic start to the project, supporting participants in dealing with the challenges that have stopped them achieving their goals in the past. This forward looking project relies on the strong relationship between the key worker and participants, with activities provided by a variety of Intervention Partners and through Carers Plus Yorkshire.





CPY TEAM DAY AT NY WATER PARK!

The team have enjoyed an all-staff event at North Yorkshire Water Park where we had an all services update, keeping everyone informed of the organisations work as a whole. We had completed training and group work, followed by some team building exercises

within the water park activities! A really important event for passing on and sharing information, as well as energising the team to continue our hard work.



SPOTLIGHT

Congratulations to our winning team who managed to complete 28/30 puzzles in NY Water Park Puzzle Rooms!



RESTOLOGY

Previously we mentioned Respitality, which came from our colleagues in Scotland. It's a great way we can support our clients to access some of the positives from the local area, whilst at the same time providing support to breakdown barriers such as accessibility or cost.

'Restology' our North Yorkshire version is born! We are building up a pledge wall of some great concessions from local hospitality and entertainment businesses so if you like a bargain and fancy something different please do have a look on our new webpage! If you are a business that would like to make a pledge please contact the office!

THE one twenty

The One Twenty in Eastfield is open with groups currently running! Keep an eye on our socials to see what we have done once all the refurb has been completed!

The One Twenty is serving different parts of the community including families, veterans, and parent carers. The space is also available to rent for sessions.



Client Feedback

SARAH – CARER & VOLUNTEER

"Great to be able to use the Restology on the Central Tramway to go down on to South Bay to while away an hour or two & then to get back up into the town. It's also good for the Stephen Joseph Theatre to enjoy a show. Thank you CPY for the opportunity to be able to do these things with setting up Restology. It's great to be able to do something different!"



EMMA – STEPPING OUT

"Thankyou for organising the Wet Wheels trip. Five months ago I couldn't of imagined going out with new friends & having such a fantastic experience!"



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