

AUTUMN EDITION

CARERS PLUS YORKSHIRE'S OFFICIAL NEWSLETTER



WELCOME

Welcome to the Autumn edition of the CPY newsletter! The leaves are turning, the temperature is dropping, and the nights are drawing in, so CPY has lots of information to share about keeping 'Warm & Well' in the coming months.

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 launching 'Respitality', building more warm spaces for you to socially connect with us and others, and most importantly seeing you 'at place' in localities close to you!

One of our really important drives over the next year will be to ensure you feel the services are more accessible by being delivered 'at place'. This is a new buzz word all partners and services seems to be using and simply means you should feel like you can access support closer to home. At Carers Plus we are focusing first on bringing more 'engagement' opportunities (like our Cuppa Clubs and activities) to a town or neighbourhood near you – access to support and our advisory team will naturally come with this opportunity. We know we can't be everywhere but we are making a real effort to build a network of delivery that feels more local.

IN THIS EDITION:

SERVICES SPOTLIGHT

02

CARERS CHAMPIONS

03

OTHER NEWS

04

SERVICES SPOTLIGHT - YOUNG CARERS SERVICE

This edition's spotlight is on the work within the Young Carers Service. Being a Young Carer, you may sometimes feel alone, but our service is here to prove you are never alone! Through our friendly Young Carer Advisers we offer a range of support including one to one support, group learning experiences, meeting like-minded others, a chance to develop new skills, plus support in schools.

What Does the Service Provide

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

We aim to better identify, and provide support for, Young Carers and their families to develop emotionally and physically; as well as being able to take full advantage of opportunities for educational achievement alongside their caring role.

Support in School

We are continually 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.

These 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.

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-under-18s>

Once the referral has been received, a member of the admin team will contact the parent/guardian of the Young carer and book a telephone call to discuss the young persons caring role, and chat through how we could support.

Partner organisation spotlight



Wensleydale School and Sixth Form is the first school in Richmondshire to have a member of staff attend our Carers Champion training. Following on from attending the training in August Mr Foster-Yates will be supporting the monthly school Hub and is working with the Assistant Head and ourselves to make the staff in school more 'Carer Aware'.

A poster has been designed, which includes a photo of Mr Foster-Yates, to be placed around the school so the students will know who to speak to if they need help with their caring role.

We would like to say a huge thank you to Wensleydale School for really embracing working with the Young Carers Team, they're an exemplary model for good practice in supporting and providing a safe space for young carers within school.



THE WENSLEYDALE SCHOOL
& SIXTH FORM
LEYBURN

CARERS CHAMPIONS

Recruitment is underway in schools to identify a cohort of Carer Champions (young ambassadors and school staff who can commit to becoming more 'Carer Aware'). CPY are providing schools and colleges a brief training programme which aims to upskill staff, governors and pupils in their understanding and knowledge unpaid carers.

Our ambitions for Carers Champions goes much further than schools and colleges - we are keen to see a network of Carers Champions building in many different places and spaces.

Carers Champions training is a short training programme (60-90mins) that helps to develop your skills and confidence to become more 'Carer Aware' and as such, start to consider how you can cascade your learning and influence on the environment you work within or share with others. We are keen to identify and support a network of Carer Champions to find their voice and to start to create a greater understanding of the challenges and impact caring can have on our work, social lives and every day lives. Being a Carers Champion will feel different for everyone - what you want to do as a Champion will be personal to you - who you want to influence, what you'd like to change and how you might like to do it, will be different for everyone. Our ambition is to make a difference for those hidden carers who may not know support is out there or to increase awareness in places and spaces that are not currently 'carer aware'.

Why are we doing this?

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.

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



IN OTHER NEWS



Let's talk 'Respitality': Following a visit to a National Carers Conference earlier in the year, the team heard about a new concept called 'Respitality'. We were inspired by the idea and wanted to make sure we explored the potential for implementation at Carers Plus Yorkshire. This has led us to launching a local discussion about the 'power' of respite, and working with you to understand what respite might look like. 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. On Carers Rights Day this year (24th November) we are inviting you to start having the conversation about your 'Right to Respitality'. Join us at the Stephen Joseph Theatre for an afternoon of relaxation, conversation, good food and an amazing cinema experience - please call us to find out more: 01723 850155 and ask to speak to someone about our first Respitality event.

We have launched '**Beating the Squeeze**' in partnership with a series of organisations who would like to support their communities to keep healthy and warm on a budget this winter. In a time when we are all conscious of the rising cost of living, we wanted to bring organisations together who may be able to help a little! These events are open to the public for anyone to drop into...more details can be found in the CPY Connect page of this newsletter. The next event will be in Eastfield at the Community Centre (The Legacy) on the 28th October but don't worry if you are reading this after that date - we are working to further dates in December and January so please keep an eye on our new calendar feature on the website for the next events!!

There is so much going on that we have put everything that you are needing to know in our '**CPY Events Page**'. This can be found by visiting our website www.carersplus.net or by clicking on the link here

Treat yourself

Back by popular demand are our £1 tickets to the Stephen Joseph Theatre for you and your family. We have access to two shows this winter: Constellations and Cinderella. Whilst we can't bring you tickets on a weekend, week days are definitely in the frame.

Constellations (28th October to 12th November): We are confidently informed that Constellations is a beautiful play about the many possibilities that can result from a single meeting. 'A dazzling love story with every outcome'.

Cinderella (2nd December to 31st December): The classic tale with an SJT twist! The twist being a trainee fairy with a wonky wand turns up at the wrong house, utterly lost and eager to please.

Please contact your Adviser or ring the office for more information - tickets go fast so please call us to take advantage of this great offer- if you have never been to the Stephen Joseph before, we promise you won't be disappointed even if it's a trek from a little further afield for you!



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