

Newsletter

30

AUTUMN • OCTOBER 2025

YEARS



AUTISM REALITY EXPERIENCE
BUSINESS CHARTER
PURPLE POWER MONTH

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Welcome to our last Archive Edition

Hello!

and welcome to the final archive edition
of the Carers Plus Yorkshire newsletter this year!

As we move through the final quarter of the year, we reflect on 30 years of achievements and impact. It has been a privilege to reflect on the past and revisit the milestones, people, and moments that have shaped who we are today. Through our archive newsletters, we've shared stories from the early days, remembered the incredible individuals who built and grew the organisation and reflected on how far the world of unpaid caring has come since 1995.

This year has also been full of opportunities to come together, celebrate and raise both vital funds and awareness. From our *A Mamma Mia Evening!* in April, *£30 for 30* in June, and *Purple Power Month* this October. We are also grateful to the individuals and business' who have come together and taken on their very own challenges to support us, each event has been a reminder of the strength and generosity that surround us.

To everyone who has been part of our journey this year, whether you've shared your memories, supported an event, volunteered your time, or simply followed along, we want to say thank you. Your involvement has made this anniversary not just a look back, but a powerful reminder of why we do what we do.

As we near the end of our 30th Anniversary year, we do so with a deep sense of gratitude and optimism. Over 30 years, Carers Plus Yorkshire has grown with purpose and impact. The next 30 promise even more, empowering carers, amplifying voices and providing the support needed to thrive.

Here's to the next chapter and to everyone
who will be part of it!

Conor Sharp

Senior Admin, Marketing & Comms



Focus Carer: From The Archives

FOCUS CARER

The Newsletter of the Carers Information Network
SCARBOROUGH - WHITBY - RYEDALE

Issue No 1 May '92

Welcome to the first edition of 'Focus CARER'. This newsletter is especially for people who are looking after, or helping to look after, an elderly person at home. Its main purpose is to bring you regular information about services - both local and national - which may make your job as a carer a little easier, and hopefully help you feel less isolated.

It is also hoped that YOU will use the network to feed-back your views on services and your ideas of how they could be improved. Let us know if you would like to see articles on specific matters relating to caring. Remember - it's YOUR newsletter, get as much as you can out of it!

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Focus Carer

The Newsletter of the Carers Information Network Scarborough - Whitby - Ryedale Issue 7/ Winter 1993

"LET US BE CHILDREN" PLEA BY YOUNG CARERS

THOUSANDS of children across the country are caring for their disabled parents, grandparents or siblings at home. Many are alone in undertaking anything from basic household tasks to full nursing care. The effects on children of acting as carers on a long term basis have until now been largely unrecognised and undocumented.

But, things are beginning to change. Several recent research studies - most notably in Nottingham and Merseyside - and conferences have highlighted the very serious and urgent needs of young carers.

The Carers National Association hosted a conference on the issue last month which attracted professionals from throughout the country. A number of young carers and ex-carers also spoke movingly of their own experiences and pleaded for others in similar situations to "be allowed to be children".

So, why are young carers asking for more support? Many might assume that neighbours, friends, and other family members would ensure that they do their fair share of the caring and that statutory support services would be involved.

Urgent Needs

However, research indicates that informal and formal support networks are extremely limited. Many young carers remain hidden because their families do not ask for professional help for fear of their child being "taken into care".

The responsibility of caring can have serious effects on a child's personal, emotional, social and educational development. Poor school attendance amongst young carers is common.

Scarcely resources and lack of information mean there is little incentive for families to ask for help. The media portrayal of children as "angels" or "victims" often reinforces the pressures felt by disabled parents.

Practical Support

So, what sort of support are young carers asking for? Recent research based on interviews with young carers and ex-carers has indicated several key areas of need:

- Above all, "someone to talk to" who has empathy and understanding.
- Information - about services, care planning, benefits, their relatives' condition etc.
- Contact with other young carers, possibly through groups or "buddying" schemes.
- Sensitivity to their situation and to the stigma which may accompany it.

• Practical support services tailored to their own needs as children.

Young carers do have rights under present legislation which they may not always be aware of. The NHS and Community Care Act 1990 entitles carers of any age to ask Social Services for a separate assessment of their needs, and to take into account their own willingness and ability to act as a carer.

Local Projects

Furthermore, the 1989 Children Act emphasises a 'child-centred' approach and requires the delivery of services to "children in need" by local authorities.

Carers National Association Young Carers Project, funded by the Department of Health, recommends that local authorities should include young carers within their children in need priorities for implementing the Children Act, and within their Community Care plans, and initiate multi-agency collaboration in planning and delivering services for them.

The Association has a Young Carers Worker, Sylvia Heal, who can be contacted on 071 490 8898.

She can provide specific advice to young carers, put them in touch with others in a similar situation, and also produces an Information Pack and Newsletter especially for young carers.

Locally, the Kings Fund Carers Project aims to raise awareness of the needs of young carers and hopes to work with local organisations to address the needs which have already been identified elsewhere.

If you are interested in this issue, or if you are or have been a young carer yourself, please contact Philippa Hare at Malton Hospital 0653 693041.

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Focus on respite care

Funding long-term care

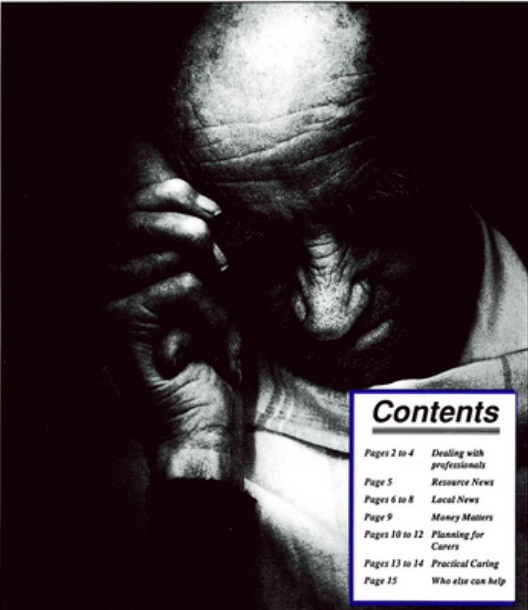
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Focus Carer

Issue 14/ Autumn 1995

Focus Carer is for all carers of older or disabled people in Scarborough/Whitby/Ryedale



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FOCUS

CARER

ISSUE 45

Autumn 2003

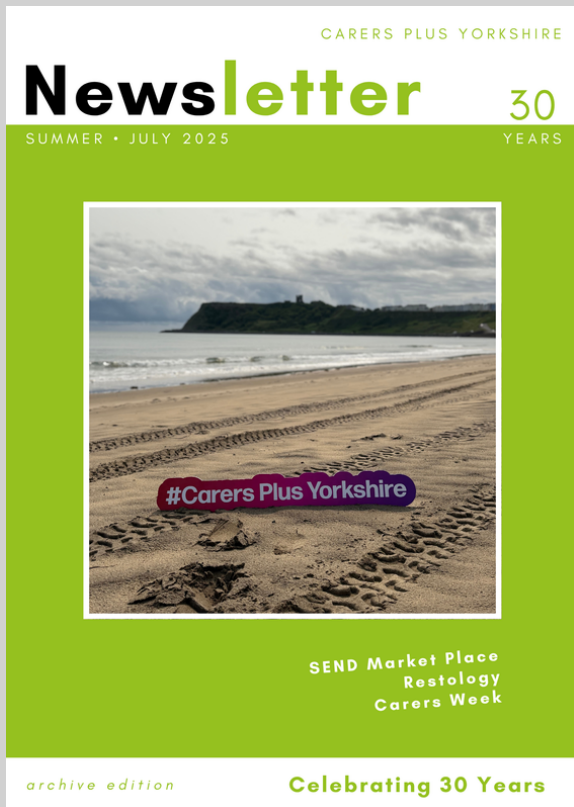
Focus Carer is for all carers and people working with carers in Scarborough/Whitby/Ryedale
Produced by Scarborough and Ryedale Carers Resource - your local Princess Royal Trust Carers Centre



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CPY Newsletters 2025 Archive Edition's



In Memory of John Suddaby

John joined the Board of trustees just over 8 years ago after a persuasive discussion with Elizabeth at their regular Business network meetings. John was already aware of the charity as he had previously accessed support while caring for his mother who had Dementia.

John was a very well liked, caring and passionate Trustee who gave his full support and backing to all those within the charity. He was very respected by all his fellow trustees and staff and an integral part of the team. John later became the Vice-Chair and treasurer before agreeing with the full backing of trustees to become the Chair in November 2024.



In August 2025 we received the most shocking news, John had passed away very suddenly, it was unexpected and heart-breaking for his family, friends and all at Carers Plus Yorkshire.

His time as Chair coincided with our 30th year anniversary and John was definitely up for celebrating this milestone, raising funds and awareness to support unpaid carers. This was his passion to help make a difference to those with caring responsibilities. Starting with his first big event our Mamma Mia 30th Celebration night in April, and what a night that turned out to be, raising over £4000! Providing free tickets for carers to attend was very important to John as wanted to give back to carers and recognise how hard it is at times to be a carer.

John's legacy

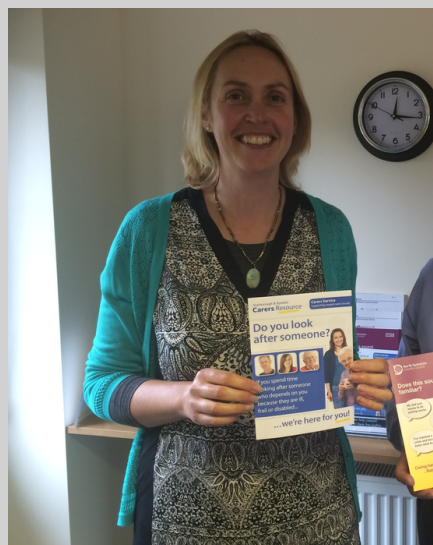
CPY will ensure John's legacy continues to focus on raising the profile of carers and their vital role in society. John had been a dedicated and passionate advocate for carers, with a strong desire to raise awareness and increase recognition of their contributions within the community. John's commitment to supporting unpaid carers was unwavering as he recognised the sacrifices carers make every day as he had done when looking after his mother over many years.

In Memory of Claire Rodway



In loving memory of Claire Rodway who sadly passed away at the start of October. Claire not only worked within our carers team once from 2015 for 3 years but twice, returning again in 2019 for another 3!

Claire was a beautiful soul with a deep connection to the voluntary sector. Her passion for supporting unpaid carers and mindfulness made her a very cherished part of our team and she will be sadly missed by all who knew her.





ADULT CARER SERVICE

The immersive autism experience day was designed to help neurotypical individuals, including school staff and parent carers, better understand the sensory challenges faced by neurodiverse individuals, particularly those with autism or ADHD. The event was divided into two sessions: a morning workshop for school staff and an afternoon session for parent carers and families. The aim was to foster empathy, improve understanding of sensory triggers, and encourage open discussions on supporting neurodiverse individuals in both educational and home environments.

Morning Workshop for School Staff

The morning session was structured as a workshop for school staff from the Scarborough area. Participants engaged in an immersive experience where they were required to complete basic tasks while being exposed to sensory stimuli that simulated the experiences of neurodiverse individuals. This activity was designed to help staff identify potential sensory triggers in their classrooms and understand how these might affect students with autism. The workshop also highlighted the importance of recognising and addressing the needs of young carers and siblings of neurodiverse individuals, as well as the broader impact of caregiving responsibilities on families.

Feedback from School Staff

Teaching staff provided significant feedback following the workshop. Many expressed that **the experience was eye-opening** and emphasised the importance of all schoolteachers participating in similar training. Some staff members **admitted they were previously unaware of the existence of young carers** and the challenges faced by siblings of neurodiverse individuals. As a result, there was a **strong request for additional training**, including **carers champion training**, to help staff better identify and support young carers and neurodiverse students in their classrooms. The feedback underscored the **need for increased awareness and resources** to create a more inclusive and supportive educational environment.

Afternoon Workshop for Parents and Families

The afternoon session was structured as a conference-style workshop aimed at parents and families caring for a child with autism. The immersive experience was designed to replicate a home environment, allowing participants to gain insight into the sensory challenges their child may face. This included understanding how sensory sounds and other environmental factors can impact a child's ability to follow instructions. The workshop provided an opportunity for families to reflect on their child's experiences at home and in wider family settings. The immersive nature of the session evoked strong emotional responses, including anxiety, but also facilitated meaningful discussions among participants.

The immersive experience led to a deeper understanding of the sensory and emotional challenges faced by neurodiverse children. Parents and families reported gaining a better awareness of dysregulation and the difficulties their child may encounter in both home and social environments. The session encouraged open and constructive conversations about how to better support neurodiverse children in their daily lives. Participants expressed appreciation for the opportunity to engage in this experience, which they found to be both enlightening and impactful.

Family Feedback

Head – what did you learn from the session?

- I will look deeper into everything learnt, I will be more observant, more aware.
- Gave an insight into how difficult it must be to follow instructions with this level of over stimulation

Heart – how did the session make you feel?

- Everyone should get the chance to experience it
- It would be amazing to have these opportunities in schools for staff & families to understand and experience.
- I felt emotional after experiencing it

Bag – what is your one take away from the session?

- The need for Carers Champion Training in schools
- We have a SEN classroom and would love a bus to come to school (St Martins)
- Need to find opportunities and ways for children to help them identify their role as a young carer and to share their feeling and everyday experiences with others in similar positions.

**COMING NEXT: THE IMMERSIVE DEMENTIA EXPERIENCE
LOOK OUT FOR MORE INFORMATION COMING SOON!**

Carers Plus Yorkshire Launches New Business Carers Charter!



Carers Plus Yorkshire is proud to announce the launch of its **brand-new Business Carers Charter**, designed to help local employers **recognise** and **support** the unpaid carers within their workforce.

Across the UK, **1 in 7 employees balances their job alongside unpaid caring responsibilities** – often for a family member or friend who is ill, disabled, or elderly. This hidden workforce plays a vital role in society, yet the impact of caring can be significant: higher stress levels, absenteeism, and lost productivity are common **challenges for both employees and businesses alike**.

The new CPY Business Carers Charter **aims to change** that. It encourages employers of all sizes to take simple, flexible steps that **make a meaningful difference** to carers in their workplace.

Join us for the official launch!

The Business Carers Charter will be officially launched on Carers Rights Day – Thursday 20th November at Scarborough Rugby Club.

Businesses, organisations and workplaces are invited to attend either a Breakfast Meet or After Work Meet. Booking is essential – please book via the website or contact Kerrie to secure your place: admin@carersplus.net | 01723 850155.

Why sign up?

By signing up to the Charter, businesses and organisations can:

- Show leadership and be recognised as a carer-friendly employer.
- Boost productivity by reducing stress, absenteeism, and staff turnover.

What you commit to

By joining the Charter, employers pledge to:

- Recognise and value unpaid carers within their workforce.
- Offer flexible working, carer's leave, or other practical support.

What you'll receive

Those signing the Charter will gain:

- A Business Carers Charter Certificate to display in the workplace.
- Training opportunities – including bespoke sessions on carers' rights and how to recognise and support unpaid carers at work.

YOUNG ADULT CARERS

You may know Kristy from her work across our services – she's now joined our YAC team! Here's what she has to share:

I'm thrilled to share that I've recently started a new role working with young adult carers, and it's already been such a rewarding experience. Supporting these incredible individuals as they balance their own goals alongside their caring responsibilities has given me a fresh sense of purpose and inspiration. Every day brings new opportunities to listen, learn, and help create positive change. I'm truly excited for what the future holds in this role and look forward to growing alongside the amazing young people I have the privilege to work with.

SELF REFERRAL FOR THOSE 16+

YAC's did you know if you are 16+ you can now self-refer without parental consent!



SCAN ME!



TAKE 5: KRISTY'S SELF-CARE TIPS FOR YACS

- **Pause** – take even 10 minutes a day just for you.
- **Connect** – stay in touch with friends who understand your caring role.
- **Plan** – break tasks into small, manageable steps.
- **Move** – short walks or stretches help reduce stress.
- **Reach Out** – ask for help and support when you need it.



YOUNG CARERS

Each day behinds the scenes our young carers continue to make a difference to those who they care for. We continue as a team; to be proud of all our young carers who we have the privilege to support on a 1:1 basis in school or through our clubs and activities.

In July, some of our young carers joined Nicki and Tammy our young carer workers to enjoy some much-needed time away from their caring role to connect with nature at Duncombe Park. Laura and Charlene had a lovely day at Easby Abbey with some young carers alongside the team from Youth Voice where they created some poetry and songs. The young carer reps also met up to discuss adapting the leaflets with their own voices and wording.

In August, we showcased our Roadshow to allow our young carers to come and join in some creative activities and see their young carer

worker. The young adult carers met up for a great afternoon bowling together.

In September, we saw the return of our Chill Club to the to the Summit. The Summit is a popular venue with our young carers where they have the opportunity to play games and connect with each other and their young carer workers.

In October, our young carers got the opportunity to 'unlock the power of their mind'. An inspiring workshop to support focus and resilience.

It has been wonderful to see so many young people continuing to attend the Young Carer school hubs across Scarborough, Whitby, Ryedale, Hambleton and Richmonshire schools.

Any young person 8+ can be referred into service with parental consent and anyone over the age of 16 can self-refer. It's been a wonderfully busy summer, and we look forward to sharing other news in the next newsletter.

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 are also seeking a Home from Hospital Co-ordinator to work across Scarborough, Whitby and Ryedale as required.

The role is to support patients at their point of discharge from hospital, helping them to maintain their independence by providing a range of short-term support within the home. (No personal care involved). *This role is maternity cover, fixed term, beginning January 2026. Please visit our website for more information.*



WE'D VALUE YOUR FEEDBACK!

As part of our **on going commitment** to improve the support we offer at Carers Plus Yorkshire, we're inviting everyone who has been referred to us or **received support this year** so far to share their anonymous feedback about their experience with us.

Your thoughts will **help us** shape and enhance our services for carers in the future. Completing the feedback is **entirely voluntary**; please don't feel under any obligation, especially if circumstances have changed for you or your caring role.

Please **scan or click the QR code below** to share feedback. This is 100% anonymous. If you'd prefer a paper version, we're happy to send one along with a freepost envelope. Please contact us to arrange this.



STAYING HEALTHY, INDEPENDENT & CONNECTED

Kirkham Close Community Centre has had a new lease of life with the recent installation of colourful tiles, brightening up what was a dull exterior. Every tile is unique, designed by participants from the community, under the guidance of artist, Jacqui Barrowcliffe. On the 6th September we joined together to admire everyone's creativity and celebrate with singing from Whitby Community Choir. Our thanks go to Jacqui for her inspiration and expertise, Beyond Housing for the funding, Rural Arts support workers for helping individuals create their tiles and to Nigel Barron for the installation. Carers Plus Yorkshire are proud to work from the centre, bringing people together to support and empower each other.

Our Not Just Me group has been writing song lyrics with Flash Company Arts and had a session of BSL with Chris. Lots more exciting sessions are in the planning! In Good Company @ Kirkham Close (previously craft) gives the opportunity for people to join together to socialise, craft, play games, garden. Both groups open to anyone 18+. Don't forget there is also a chair exercise session available, come and enjoy the music and get some exercise.

Friendship and fun! Recent Heart and Craft sessions have literally had people in knots! Macrame was difficult for some, but a revelation to others who have found the technique absorbing and allowed them to be 'in the moment'. Creative opportunities have given carers time to recharge, learn together and socialise.



MEET HELEN: ADULT OUTREACH WORKER (UNPAID CARERS AND COMMUNITY)

A warm welcome to Helen! Discover what she's most excited about in her new role.

I've worked in both the voluntary and private sectors in Scarborough for over 30 years (probably nearer 40, but don't tell anyone!) and have always admired the incredible difference CPY makes in people's lives.

I'm thrilled to start my new role within this amazing organisation, supporting carers and the wider community through social groups that bring people together to share, learn, and enjoy time for themselves. Many of the groups include learning a new skill, focusing on wellbeing, or simply having a laugh.

What makes this role so rewarding is that no two days, or people, are ever the same and seeing someone grow in confidence and friendship is the best feeling in the world! I hope to build on the fantastic work already happening by providing caring, inclusive groups that meet the needs of local people now and in the future.

I'm excited to continue being part of such a supportive organisation and to work alongside a real compassionate team, all united by one purpose - 'The Care of Another'



PURPLE POWER MONTH!

This year, as you know, Carers Plus Yorkshire is celebrating 30 years of supporting unpaid carers, age 8+, who dedicate their time to caring for family, friends or neighbours. These unpaid carers often juggle family life, work or education and financial pressures, all with very little recognition or support.

As part of our 30th celebrations, we are taking this October as Purple Power Month – raising awareness of the strength and resilience of unpaid carers, as well as raising vital funds for Carers Plus Yorkshire.

We'd love you to join in by hosting your very own Purple Power Day! It could be as simple as wearing something purple in exchange for a small donation, or you might like to add a purple-themed activity such as a bake sale, quiz, or another creative idea of your choice (keeping it safe and legal!)

If you do get involved, please let us know by emailing admin@carersplus.net so we can share your Purple Power Day on our social media. Together, by going purple for unpaid carers, we can shine a light on their incredible contribution and raise vital funds.



RISE2THRIVE TRAILBLAZER



Dawn, Employability Adviser, recently participated in the wellbeing event at Ryedale House in Malton, organized by Malton DWP, to promote the Rise2Thrive Trailblazer initiative.

During the event, she engaged with clients from the job centre, discussing how the project can enhance their employment prospects while also addressing mental health concerns and the challenges faced by caregivers, including accessing support for their caregiving responsibilities.



Rise2thrive participants took part in an Autumn theme mindful craft event and walk, facilitated by our Intervention Partners Mindful Photography UK.

They had a lovely walk in the sun around Peasholme Park in Scarborough, then made some autumn pom pom wreaths.

Everyone that attended gave great feedback, saying it was great to get out the house and do something different.

VETERANS

***Written by Alison Cartwright,
Veterans Lead***

Summer tends to be a quieter time as people are away on holiday. However we have had a few things going on!

In July we moved the Tea and Toast Veterans group to The Legacy Centre at Ashmeade Court. We have now been joined there by the Veteran contingency from Jazz Court. They have a choir, and we are hoping to set something up! We have a good friendly group now, and if anyone would like to join us it is 1000 – 1100 last Friday of the month for tea coffee, toast and the banter!

August 15th was VJ day and we were out at Alma Square for the RBL service of Remembrance. A personal one for me, my own Dad was there wearing his Dads medals. He can clearly remember as a 10 year old my Granddad coming home from Burma after 5 years and not being able to recognise him or understand his tan. It was a difficult war in the dense steaming jungle, everything wet muddy and rotting, diseases like malaria, dysentery, jungle ulcers and the heat. There were snakes, mosquito's and biting insects everywhere a very different war from the one in Europe.

We were less experienced at that time in jungle war fare and didn't really get a break through till 1944 with better tactics learned. There was immense suffering particular the death railway which claimed 100.000 lives. My Grandad never spoke of his personal war effort which speaks for itself really. The VJ day is not as well as attended as VE day which is a real shame. I hope we can get a better turn out next year.

Also in August I attended a Military Communities Exhibition event in Thirsk run by NY Sport which presented the findings of the community conversations that some of you attended. They laid out what they hope to achieve for Veterans, particularly those transitioning to civilian life, and we then had a vision planning session. (And a nice buffet lunch!)



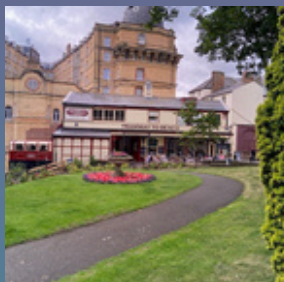
The Veterans Hub in Scarborough goes from strength to strength, we have now joined forces with RBL Scarborough and Filey branch and there are social activities every month as well as the usual drop in. Third Thursday is an evening function at the Railwayman's Club from 1930, next one 16th October for a quiz night, and last Sunday of the month a free buffet at the West Riding Pub 1300 – 1500 with food supplemented by Cooplands. Next one 26 October. The hub is open Monday Tuesday Thursday 1000 – 1600. I am there on a drop in basis, usually on a Tuesday, but essential to book in an appointment if you would like to see me.

On a personal level I finished walking the 30 Peaks challenge with CPY Office Manager, Lily Brown, with a trip up Ben Nevis, and three Peaks in the Lakes in torrential rain and a hurricane!! But we have raised £1400 with the 30 Peaks and a further £1000 from the Yorkshire three peaks so a great return for a good effort!!

Going forward our focus is Remembrance.



RESTOLOGY



RESTOLOGY LOCAL OFFERS

Restology Greetings! From Carers Plus Yorkshire's very own concession scheme! We gained some lovely feedback from our self-care focus in the last newsletter, so as Autumn comes we wanted to include an update regarding our **recent Restology offers** from some amazing businesses that are available across patch:

Our Reach & Respond Autumn concession finishes soon! This gives a **FREE 4 weeks** trial of the Reach and Respond Monitoring & Response alarm or Friends & Family package – if interested please do get in touch with us for more details! We have also have an amazing **FREE months access** to a subscription of positive mental health and wellbeing resource library – available to all CPY clients!

NATIONAL OFFERS

We all love a bargain! And money towards positive activities is often the first thing to go when things become tight – we also wanted to highlight some of the **national services, that support carers** and those they accompany at reduced costs. Particularly if those supported are accessing relevant health benefits such as Attendance Allowance, PIP, DLA.

Some examples include:

- The CEA Cinema free carer Concession card
- National Trust properties
- English Heritage sites
- RHS Gardens & Flower shows
- Sea Life Centres (Merlin)
- Merlin Attractions
- Local theatres
- Concerts, festivals and events

A big tip when visiting entertainment and hospitality venues is to check their accessibility information on their website or Jodie's famous quote **'its always worth an ask!'** and check when booking if there are any carer or disability concessions... you never know what you may find!

And lastly don't forget to keep an eye on our **dedicated Restology web page** as we begin to expand our Restology reach... watch this space!!

Jodie Restology Lead



BRIDLINGTON CARERS

Care for a Cuppa | Feel Good Friday | Friendly Forces

This quarter, unpaid carers had the opportunity to take part in craft sessions, pottery painting, origami, making bird and wildlife boxes, designing plant pots & many more therapeutic activities.

At the September *Care For A Cuppa*, we were happy to welcome back Amanda Burke the Dementia/Alzheimer's advisor for a drop-in clinic, she was on hand to offer support and advice to carers and families that are affected by Dementia.

Our key focuses are social and emotional support for unpaid carers, as well as finding hidden carers within our community and all carers are welcomed with tea, coffee, cakes, and a smile.



CARER CONNECTIONS

We continue to run our groups which can be found on the website.

We have started an exciting course with Adult Learning called Building Stronger Communities, we have a group of carers who attend and learn how to do crafts such as candle making, cricut machines, sewing and so much more, and each of us will gain a qualification and learn about sustainability within the crafts we learn which could help with creating small businesses that fit around caring roles.

We have started our caring with confidence course in Catterick for carers with a veteran connection, this enables carers to develop coping strategies in a safe and understanding space, while meeting others who understand what they are going through and feeling with out any judgements.

In the summer holidays we organised for some parent carers to attend Helmsley open air pool for some much needed family time with their children and loved ones in the pool.

We also organised a picnic in a local park, where children were able to play in a safe environment while parents were able to talk with others.

We attended and hosted with he young carer team a family market place in Bedale, where various servie providers attended, this gave families a place to go to speak to various professionals about support for them, their families and their children all under one roof.

We have also created a new carers group in partnership with Ruby Lodge care home, this runs monthly out of the care home for any carer and is kindly hosted by the care home. We are also excited to have health watch, and CAB visiting our groups in Autumn.



CARER MONEY MATTERS

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

Local unpaid carers have secured over £732,755 in financial support with our help!

Since introducing the Carer Money Matters (CMM) service in August 2024, our adviser Tara has been working tirelessly to help carers maximise their income and access the support they are entitled to.

One in four carers experiences financial stress, and our dedicated service is here to make a real difference.

As we head towards the colder months, it's the perfect time to check you are claiming all available benefits and reducing your fuel bills.

If you're an unpaid carer aged 18 or over, you do not have to be the main billpayer to access our support.



Our Carer Money Matters service can support you with:

- Benefit checks and application support
- Advice around special tariffs for energy, mobile phones, and more
- Energy efficiency guidance
- Applying for grants such as NYLAFs and carer grants
- Priority register and locking cooker valve sign-up
- Free CO alarms for those eligible

OUR PARTNERSHIPS THROUGH THE YEARS

To mark our 30th anniversary, we asked our partners to share their thoughts and memories of working with us. Their reflections capture the teamwork and impact that have made the past three decades so special.

Scarborough, Whitby & Ryedale Mind

SWR Mind are proud to have worked alongside Carers Plus Yorkshire for many years, sharing a vision of supporting people in our community to be mentally healthy, connected to their community and get the right advice so they know their rights.

Together, we've supported countless people through life's challenges - combining our strengths to make a real difference whether through pilot projects like "Side by Side peer support" and our Young Person's service, to more recent joint work on Mental Health Transformation, befriending and the new 'Welcare' hubs for young carers. Carers Plus bring a wealth of compassion, creativity, and unwavering commitment to everything they do, and it's been a privilege to partner with them on this journey. Congratulations on 30 incredible years!

Sophie Hall, Chief Executive Officer

Chain Lane Community Hub

I have had the pleasure of working with Carers Plus Yorkshire over many years as a partner, contract manager and consultant.

I have always found them to be a highly professional, dedicated and high quality organisation providing services to one of the most over-looked groups in society.

Congratulations on all that you have achieved and here's to the next 30 years!

Sue Vasey, Chief Executive Officer

Independent Care Group

Working with Carers Plus Yorkshire is an amazing partnership. Not just for the ability to reach out to unpaid carers but also the unwavering support that Carers Plus offer. This commitment is led by the CEO Elizabeth and her passion shines through.

Being able to speak up for those who are otherwise invisible to many and getting their voice heard is such an important role for Carers Plus Yorkshire. Working with unpaid carers of any age is a challenge and yet, Carers Plus Yorkshire do it with aplomb.

In short, this partnership is one that is valued for its humanity, dedication to the cause and leadership.

John Pattinson, Chief Executive



York Carers Centre

Congratulations on being 30 this year! We enjoy being neighbours with Carers Plus Yorkshire, have run joint events in days gone by (when things were simpler!), attend similar meetings and share some of the load of these big meetings across the local patch. Having a consistent voice for carers across the wider patch really helps – knowing we'll all be saying the same things, and campaigning for better for carers means that this works really well. Sharing information and knowledge about systems and changes in health particularly is useful, and being able to learn from specific projects such as the Restology model – having the opportunity to meet with someone, ask all the questions you have and learn from what works and what doesn't is so very beneficial.

As well as this, Elizabeth has been a great support to me taking up the role of CEO for York Carers Centre – she is open and generous, which really helps to feel there is a network of support in place. She has taken the lead on organising regular get togethers which are invaluable as otherwise it is quite a lonely place to be.

Here's to another successful 30 years!

Sharron Smith, Chief Executive Officer

Inspirati

Working alongside Carers Plus Yorkshire has been an incredibly positive experience. We've particularly valued the opportunity to collaborate on staff training and development, where their insight and commitment to quality support really shone through.

It's also been a privilege to engage with board members as part of their evolving journey – there's a genuine openness to learning, growth and partnership that makes working with them both meaningful and impactful. Here's to the continued success of a truly people-focused organisation.

Pauline A. Stewart, Chief Enabling Officer



Communities East Team, North Yorkshire Council

I have enjoyed working in partnership with Carers Plus Yorkshire. CPY have undertaken 'Community Conversations' engagement work with several identified local communities. The CPY trustees and management recently piloted a community-based working approach in Eastfield to fulfil its aims and obligations to carers, provide a wider community offer and to forge stronger partner working. I have found CPY managers and staff to be engaging, helpful and accommodating.

Billa Duggal, Communities Development Officer

North Yorkshire Citizens Advice and Law Centre

Our partnership with Carers Plus is amongst our most critical and enduring. The practical support the charity gives to unpaid carers of any age is a model for our sector. Many congratulations for reaching your 30th year and we look forward to working alongside you for 30 more.

Rachel Allen, Deputy Chief Executive Officer



Client Feedback

we are only One Call Away...



I wasn't looking forward to the telephone call but i was put at my ease quickly. The right kind of questions were asked, interspersed with friendliness and 'chattiness.' At the end of the conversation I felt lighter, and more able to assess my daily goals and personal time within my caring role for my husband.



Had fantastic support from Carer's Plus Yorkshire over the past few years or so. Whether it was just a listening ear or a bit of a positive push. The best move I made was to get in touch with them in the first place.



Carers plus, specifically WORKER, is amazing! WORKER is extremely kind caring and supportive. If for any reason she doesn't know the answer to my question she will find me it. WORKER has been my rock through so much and I cannot thank her enough!



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