

WINTER EDITION

CARERS PLUS YORKSHIRE'S OFFICAL NEWSLETTER

carers
plus
YORKSHIRE



WELCOME

Welcome to the New Year 2022 edition of the CPY newsletter! This edition sees us celebrating new opportunities for Carers in Bridlington, applauding the efforts of volunteers throughout 2021 and a whole range of events and workshops for everyone to participate in.

As we reflect on 2021, we remain truly grateful to those who support Carers Plus Yorkshire and as such we would like to take this opportunity to say a big thank you to all partner organisations and donors that have supported and worked alongside us.

Whilst the pandemic is certainly not over yet, we would like to reassure you all that we will continue to provide support and guidance to carers by whichever means possible, with the safety of our staff and clients being paramount.

IN THIS EDITION:

SERVICES SPOTLIGHT

02

CARERS PLUS CONNECT

03

CONTACT US

06

SERVICES SPOTLIGHT - HIDDEN CARERS IN BRIDLINGTON

This edition's spotlight is on our new free support service for unpaid Carers aged 18+ in Bridlington.

Carers Plus Yorkshire will be working alongside key partners including East Riding Carers Centre, East Riding of Yorkshire Council's Health and Wellbeing Team and the HEY SMILE Foundation. The service helps people to recognise that the incredible role they play when supporting someone at home, or the help they give a neighbour or friend, is vitally important. Many of us will be 'hidden carers', supporting someone without thinking about it; we are keen to let people know their support and caring responsibilities really do matter, and when they need some support themselves, there is a service for them too!

What Does the Service Provide

The service focusses on keeping Carers connected socially, offering some time to focus on their needs; time to talk, laugh and learn with and from other Carers in the area.

Caring can be a very isolating experience; the service works with Carers to develop support opportunities that help to reduce the impact of loneliness and isolation and to create a network of support around the home, family and Carers.

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>

Once the referral has been received, a member of the team will contact the carer to discuss their caring role, and chat through how we could support.

To find out more, please contact karen.rowe@carersplus.net or call 07710 887536.



Karen is the dedicated Carer Engagement Adviser for Bridlington, bringing lots of enthusiasm and knowledge to the role.

Karen said: " I am so pleased to be able to lead this new role! Many people may be 'hidden carers', supporting someone without thinking about it; and I am keen to support carers by developing support opportunities that help to reduce the impact of loneliness and social isolation. This new service focuses on keeping Carers connected socially, by offering them some time to focus on their needs; time to talk, laugh and learn with and from other Carers in the area".

Partner organisation spotlight

It is with great thanks to Help for Health and the SMILE Foundation that we are able to offer this fantastic service in Bridlington.



CPY CONNECT 18+

Regular events

Welcome to a range of different outreach opportunities in the community. This is an area of growth and development for the organisation in 2022 so please watch this space in terms of an outreach opportunity happening close to you. In developing more of these hubs we intend to bring information, advice and support out into the community. At present, many of the spaces run as 'cuppa clubs' but they are already more than a social and welcoming place to share coffee, laughter and friendship - they already provide peer support, respite and an opportunity to speak with a Carer Adviser about anything important to you!

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 the first Friday of every month from 10am -12pm. For more info and to book, contact jacky@carersplus.net

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

Hambleton (Please contact karen@carersplus.net for more info or to book)

Northallerton Cuppa Club - find us on the first floor in the café, grab a coffee and have a good catch-up from 10.00am to 11.30am in Barkers Department Store, High Street Northallerton every second Monday of the month.

Thirsk Cuppa Club - restarts on Tuesday 1st February (every first Tuesday of the month thereafter), 2.00pm to 3.30pm, in the back of the Garden Centre coffee shop.

Richmondshire (Please contact karen@carersplus.net for more info or to book)

Leyburn Cuppa Club - join a group of carers for a cuppa and a chat at Leyburn Arts Centre on 6th January 10am - 12pm and every 1st Thursday of the month thereafter.

Richmond Methodist Church - Join us on the second Thursday of every month month starting on 10th February, 1.00pm to 3.00pm at Richmond Methodist Church, Richmond.



Upcoming workshops and events

Scarborough

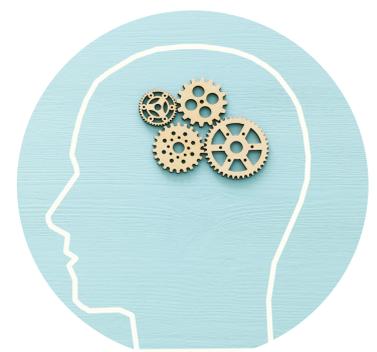
Fraud and Scam prevention - PC Anna Wilkinson is delivering a Fraud and Scam prevention workshop at Hutton Buscel Village Hall on Wednesday 16th February from 10am until 12 noon. Please contact jacky@carersplus.net for further details or to book.

Access all areas!

Virtual Carers Connect - an opportunity for carers to meet up virtually every month to chat, have fun and share experiences. 19th January is a session on Adult Learning Courses, 17th March is a floral demonstration. For more info, contact jacky@carersplus.net

The challenges of Parenting ADHD - An informal, interactive chat to develop strategies to deal with parenting children under 18 with a diagnosis of ADHD. Takes place on January 13th on Zoom. Contact kerrie@carersplus.net for further details.

Understanding Autism - February 15th at 10am on Zoom. Contact kerrie@carersplus.net to find out more.



CPY CONNECT 8-18

Upcoming workshops and events

Scarborough

Superhero School - For any Young Carers aged 11 or under to aid the transition from Primary school to Secondary school. 1 session per week for 6 weeks, commencing February. Sessions will take place at The Summit, Scarborough. Contact helen@carersplus.net for more information.

Fire Station - Young Carers are invited to visit the Fire Station on 26th February to understand about the role of the fire service and how to keep their homes safe in a practical, hands on session. For more information, contact helen@carersplus.net

Finding My Brave - Young Carers are invited to The Summit, Scarborough on Wednesday February 23rd to meet other Young Carers and to build on their confidence, resilience and leave them feeling empowered. The session will take place from 1pm - 6pm.

Ryedale

Pickering Pantomime - Limited tickets available to see the Dick Whittington panto at Kirk Theatre on January 23rd. Contact helen@carersplus.net to find out more.

Fire Station - Young Carers are invited to visit the Fire Station on 22nd February to understand about the role of the fire service and how to keep their homes safe in a practical, hands on session. For more information, contact helen@carersplus.net



Regular events

Scarborough

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

George Pindar School - 25th January 12.30 - 2pm

Overdale Primary School - 20th January 12 - 1pm

Young Carer Youth Club - "2nd Wednesday of every month, with a different "theme" each month. 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! 1st Tuesday of the month, restarting on Tuesday 1st February 5 - 7pm at Romanby Village Hall. For more info and to book, contact marion@carersplus.net

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

Thirsk School - 2nd Tuesday of each month - Lunchtime

Richmondshire

Chill Club - A safe space to chill, chat and have fun! 3rd Tuesday of the month 5 - 7pm at Colburn Village Hall. For more info and to book, contact marion@carersplus.net

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

Risedale School - 17th and 24th January - Individual appts.

PARTNER ORGANISATIONS UPDATE



An interview with.....

Nicola Woosnam - Volunteer

I had the pleasure recently of speaking with Nicola to gain a greater insight into the world of volunteering, its impact on individuals and communities as a whole. Working behind the scenes at Carers Plus Yorkshire, I'm always in awe of the time, dedication, and commitment volunteers just like Nicola give so selflessly to help with the wider work of the Charity.

Here is a snapshot of our interview:

Nicola has had such a varied life; spending 10 years working as a prison chaplain, training as a secretary, being a trustee for a small charity working with prisoners/ex-prisoners and their families amongst other things! Nicola now spends a lot of her time volunteering in her local community, volunteering for the NHS and providing assistance at local surgery Vaccine Clinics.

Nicola's volunteering journey began when she received a text message from a local farmer at the beginning of the pandemic – it was suggested that a local network was needed to ensure nobody was left isolated in their local rural community as COVID restrictions and lockdowns kicked in.

Nicola and a small team of volunteers began immediately; they visited the local supermarket, buying essentials to keep those most in need, safe and stocked-up. They collected prescriptions for people, ran small errands, delivered food parcels to families struggling while schools were not open, and very importantly, kept those potentially isolated more 'connected' during the early lockdowns.

Nicola officially became a volunteer village co-ordinator with NYCC after a few short weeks, when she realised the pandemic was not going anywhere quickly.

Nicola has since taken up another valuable volunteering role for the NHS, alongside continuing to support those in her local village. The NHS role sees Nicola spending time with patients at Malton hospital, providing them with some comfort and company during their hospital stay. Throughout lockdown, Nicola and the other NHS volunteers were the only social company the patients received – a key part of the recovery process! Some of the patients Nicola visited just needed someone to chat to about hobbies and interests, or just to sit quietly with someone, or even say a prayer.

For those spending a longer time in hospital, the patients were able to build a new friendship with their volunteer; they looked forward to seeing them on a weekly basis and visiting soon became a welcome part of their hospital stay. Nicola and other volunteers often spent time helping patients to overcome technology barriers and connecting patients virtually with their families through the use of tablets and mobile phones.

Outside of her volunteering work, Nicola is a keen wildlife photographer and enjoys being able to relax in the great outdoors, be that alone or taking her dogs for a long walk in the peaceful countryside. Nicola also enjoys running and has recently completed Tough Mudder - I am still unsure as to where she finds the time and energy!!

When asked if she had any plans to slow down in the near future, Nicola smiled and said she would be guided by her Faith, but to watch this space - I expect we will continue to see great things from Nicola

If you would be interested in a volunteering role, please contact communities@carersplus.net

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