

NEWSLETTER



HELLO & WELCOME!

Spring is in full bloom here at Carers Plus Yorkshire! We are so excited to share what everyone has been up to so far this year. Read on to find out what we have planned for Parent Carers in Ryedale!

IN THIS ISSUE...

CHARITY WALK | THE ONE TWENTY | CEO WELCOME



CONTENTS

CEO WELCOME	04 & 05
ADULT CARER SERVICE	06
YOUNG ADULT CARERS	07
YOUNG CARER SERVICE	08
CARERS WEEK	09
HOME FROM HOSPITAL	10
OUR NEIGHBOURHOOD	11
THE ONE TWENTY	12
RESTOLOGY	13
VACCINES	14
EMPLOYMENT PROJECTS	14
VETERANS	15
VOLUNTEERS	16
NORTHALLERTON CHARITY NIGHT	16
CARER CONNECTIONS	17
<i>UPCOMING</i> - SCAFELL PIKE WALK	18
<i>UPCOMING</i> - PARENT CARERS RYEDALE	19
CLIENT FEEDBACK	20
GALLERY	21

Hear from our CEO, Elizabeth

Hello!

I became the CEO in 2009 (*of Scarborough and Ryedale Carers Resource*) but joined in 2002 as part of the adult carers support team. I feel very privileged to have been part of this wonderful charity for so long and to have helped design and develop services for the benefit of the people we support.

I am very passionate about supporting unpaid family carers, they are a hidden army of **providers of unpaid care**, saving the Government billions of pounds each year. Carers deserve to have a life of their own and an acknowledgement of the unwavering support they provide to those they care for. The Charity is pivotal in enabling carers to continue to care and have a voice – we provide services that connect carers together, build friendships and reduce social isolation and loneliness. We also understand the impact of the cost-of-living crisis is having on us all and how this is affecting our communities especially those with caring responsibilities.

Many of you will be aware we provide not only adult and young carer support, but a community offer including Home from Hospital, Employability projects, Veteran support, social groups and more. CPY also provides services in outreach hubs in Scarborough, Whitby and Ryedale. We also have our outreach space, The One Twenty, in the heart of Eastfield.

I feel proud that we now support nearly 4000 clients annually and we work hard to keep the charity relevant to the needs of our clients. Part of my role also includes ways to provide long term sustainability. We have a dedicated Board of Trustees that give their time voluntarily to ensure we meet our constitutional aims and objectives by providing the best services to all our clients. Their support is pivotal to the success and long term focus of Carers Plus Yorkshire

Best Wishes

Elizabeth

Welcome!

It has been a while since I have written to you all and I wanted to express how proud I am of the achievements of the charity over the last couple of years as we are now fully embedded as Carers Plus Yorkshire across North Yorkshire and the East Riding.

I am an unpaid carer for my mother who has dementia and extreme frailty, my sister and I are her primary carers and we both have other jobs, which can be very difficult to juggle at times. Therefore, I appreciate the difficulty in accessing services as well as understanding the emotional and physical impact it can have on you.

I want to ensure that my voice is heard and my experiences are shared, and all those carers and vulnerable people we support are at the forefront of both health and social care agendas.

My work with unpaid carers and families of all ages is part of what drives me to keep working hard, we need to keep unpaid family carers high on the political agenda. It could happen to any of us, and we need to have an accessible network of high-quality support to provide information, advice and emotional support that is free for those that need it the most.





ADULT CARER SERVICE

The adult carer service has been as busy as ever in the first few months this year! Teresa and Jacky from the team have both been out and about this month! Teresa *Joined the Dementia Discussion* at Quakers house in Scarborough, hosted by Dementia Forward. Jacky supported the *Our Neighbourhood* team at our Monday

Meet Up @ Helmsley group and was on hand to answer any questions that unpaid carers had. Shelly, who covers Northallerton, attended a charity night in aid of Carers Plus Yorkshire – read more about this on page 16! In Bridlington, our carer groups remain popular with new faces attending. Please check our events page on the website to see details of all our groups.

CARERS WEEK

For Carers Week, 10th-16th June, we are running a session of our **Carers Champion Training** at our outreach space, The One Twenty, Eastfield from 17.00 – 18.30 on Monday the 10th June. You are invited to book via our website.

To book bespoke training for your organisation, business or team please contact rachel@carersplus.net or call the office on 01723 850155 and ask for Rachel. More on page 9.





YOUNG ADULT CARERS

As part of Young Carer Action Day, YAC worker Kerrie, delivered a Roadshow spanning Scarborough, Whitby AND Ryedale – all in 1 day!

Kerrie hosted a professionals breakfast at Scarborough TEC, a lunch at The Old Lodge in Malton and late afternoon Pizza at Kirkham

Close in Whitby, with Pizza Pals CIC. The Roadshow seen CPY link with over 40 professional organisations and it has helped to raise the profile of Young Adult Carers. It is so important that organisations link and work together to understand what we do and how we can support YACs. The Roadshow has also led to us delivering unpaid carers awareness talks to NY Police, Early Help, Safeguarding NHS and The Haxby Group, to name just a few!

SELF REFERRAL FOR 16+

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





YOUNG CARER SERVICE

The Young Carer team continue to support as many young carers as possible. We have been visiting schools to talk to staff members and students in assemblies to raise awareness of how to identify young carers. We plan to visit many more schools in the coming months. *Please get in touch if you would like us to visit you!*

We love seeing young carers at the school lunch hubs and youth hubs. In Hambleton and Richmondshire, we have one youth hub in Colburn and one in Northallerton each month.

We now have a venue in Scarborough that we hold regular groups for the young carers we support. The young carers love hanging out together relaxing, crafting and baking! Young carers must be in service to attend.



Over the Easter holidays some of our young carers met in Northallerton to complete a first aid course. We are so proud of each and everyone of them who listened, learnt new skills and now feel confident they could help someone in an emergency.



Carers Week

10th – 16th June 2024

Carers Week is upon us and although we celebrate and champion the work of Unpaid Carers every day of the year, this week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and our communities. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support through Carers Plus Yorkshire and other network partners.

This year the theme is **Putting Carers on the Map** and we want to help increase the visibility of unpaid carers among politicians, employers, schools, colleges and throughout our communities.

During Carers Week, we are delivering our **Carers Champion training** far and wide – There is still time to sign up!

What we offer;

- Training to increase your knowledge on carers and what support is available locally
- Tools and resources to use and share with colleagues and within your community
- Ongoing support through our network of Carer Champions



We are looking for enthusiastic and motivated individuals to join our team of Carers Champions. Our short training session will give Champions the knowledge and confidence they need to help support carers in their workplace or community. By raising awareness we hope they will better recognise the challenges unpaid carers face and help them access the support they deserve.

To book bespoke training for your organisation, business or team please contact rachel@carersplus.net or call 01723 850155. As an **individual** you can book onto our Carers Champion Training taking place at our outreach space, The One Twenty, Eastfield from 17.00 – 18.30 on Monday the 10th June. You can book via our website.



HOME FROM HOSPITAL

The Home from Hospital service continues to be very busy with referrals reaching over 550 for the first quarter of the year!

We all hope we can manage when we are discharged from hospital, but sometimes it is not the case so we are here to help you make that transition back into home life.

We are able to assist both the patient and the unpaid carers to get the help and support they need, when they need it most.

The service covers North Yorkshire and East Riding of Yorkshire. It is available to anyone 18+ that has had a recent stay in hospital, day procedure or A&E admission. Referrals must be made within 10 days of discharge. Patients, friends, family or professionals can make a referral, with permission.

CLIENT FEEDBACK

'Thank you for your support, I was nervous about how I would manage once I was discharged as I live alone. Knowing someone would contact me and even call to see me was very reassuring'

'I did not know what I was entitled to and what help/social activities were available for me. You gave me so much information and helped to refer me for aids and help that I needed. What a wonderful service'





OUR NEIGHBOURHOOD

Kirkham Close, Whitby has been as busy as ever! Activities have been varied and there has been lots of laughter. Clients have taken part in watercolour painting, soup and smoothies with Carole from Adult Learning, crochet with Violet from Flash Company Arts and even had a visit from Anthony Bellekom talking about producing *The Archers*! There has been Easter baking, board games and quizzes with Sue - with plenty more being planned.

We have partnered with Rural Arts to launch new *Heart and Craft* sessions, enable new crafts to be tried including fused glass, enameling, decoupage and ceramics. In all the groups it has been a pleasure to see everyone supporting each other and new friendships flourish.

Scarborough based groups, Stepping Out and Street Social continue to be as popular as ever!

In Ryedale we have *Monday Meet Up @ Helmsley*, where carers, cared for and anyone who may feel isolated or lonely can come and socialise and speak with one of our advisers.

We also have *Chair Exercise and Tea & Toast* running at Rainbow Lane, Malton. This is alongside the *Tea & Toast* group we also run at Ings Garth, Pickering! These groups are open to anyone 18+ who would to socially connect within the community.



THE ONE TWENTY, EASTFIELD



TheOneTwenty_

As many of you now know, The One Twenty is based in the **heart of Eastfield**, (*in the old cafe at the top shops*). The One Twenty is an **outreach space** for Carers Plus Yorkshire, open to **unpaid carers** and the **wider local community**. Feel free to pop in for a coffee during Eastfield Marketplace on the last Saturday of the month!

We have many established groups here including the popular **Craft Club with Beach Hut Creations, Breakfast for All** and **Stepping out @ The One Twenty**. In the near future we are hoping to hold various social nights. If you have **any suggestions** for groups please get in touch by emailing admin@carersplus.net

We also have **Carers Champion Training** taking place for **Carers Week** on Monday 10th June from 17.00 to 18.30 (*see page 9*) People are invited to book this via our website or by calling 01723 850155.

DID YOU KNOW - **Anyone** can rent The One Twenty at only £25 per 3 hour session. The space comes with a fully equipped kitchen and disabled access toilet.



Kristy - Community Engagement Adviser

I have been based at The One Twenty for nearly 1 month now and I can see a progression already with the groups we have running. The reach of our services is beginning to improve and it excites me to welcome new people here and get to know everybody. Momentum is really building in Eastfield and I am really looking forward to the future and continuing to work with the local community.



Restology



CLIENT FEEDBACK

'The massage I gained really brought back the importance of looking after me... it made me realise how much I needed it... an hour out now and again is so important!'

'We had a few hours together visiting the cafe in the market and took a tram down to the sea front for a cheeky hot chocolate... often we are so busy living we forget to enjoy where we live too'

Well what can we say...

Our Restology project continues to grow with some new businesses setting some fabulous pledges of support.

The project is not just about promoting savings or highlighting accessibility but it's also about helping us to shop locally and support some amazing businesses on our doorstep!

We have more special pledges and exclusive offers available this month which feature on the Restology page on our website – do keep an eye!

We love to hear your feedback about pledges you've accessed as well as any business areas that would be useful to have included as part of our project. And remember as a client of Carers Plus Yorkshire, if you haven't already gained your free Restology card – do get in touch!

VACCINES

Measles is more than just a rash. It is very infectious and cases are on the rise.

If you are not protected and have even passing contact with someone with measles, the chances are you will be infected too.

There is no treatment or cure for measles but the MMR vaccine protects you against this dangerous disease.

Getting vaccinated isn't just for children. It is important at any age, particularly if you have a weakened immune system or a long-term health condition. So if you are not fully vaccinated, make contact with your practice to catch up on any missing vaccinations

For more information on vaccines visit:
humberandnorthyorkshire.org.uk/vaccinated/



EMPLOYABILITY PROJECTS

50 Not Out project

50 Not Out is a project that aims to support Carers aged between 50-64 living in Scarborough & Whitby.

The project will support unpaid Carers to enable them to combine their caring responsibilities with paid work, get back into work or to re-train and upskill.

The programme will work with Carers in a 1:1 and group setting and offer the chance of learning new skills, connecting with others and much more!

This project is funded by the UK Government through the UK Shared Prosperity Fund.

*New applications for **RISE** are currently closed – please keep an eye out for updates.*

MEASLES CASES ARE RISING

NHS

THE MMR VACCINATION ISN'T JUST FOR KIDS

Whatever your age, make sure you protect yourself by keeping up to date with your vaccinations.



LET'S GET BETTER.



VETERANS

We are excited to announce that a Friendly Forces Group is now opening in BRIDLINGTON! We will meet the first Friday of the month at the Crown Buildings, Quay Rd 1330-1530 starting 07 June 2024. We are looking forward to making connections with Veterans and other organisations in Bridlington.

We are firmly embedded in the community in Scarborough with a Friendly Forces group at Gallows Close, meeting every second Thursday of the month 1330-1530. Join us for Tea & Cakes, crafts and activities or just a bit of chat and banter. We also run a Veterans Tea & Toast group at The One Twenty, Eastfield. This group meets every other Tuesday 1000-1100 and is

often attended by Eastfield's local Councillor, who can help with residents' queries.

So far this year the Veterans group members have made calendars in January and Easter cards in March at the craft sessions. Water colours are due in May! 24 Veterans enjoyed an Easter afternoon tea at Beach Hut Creations in Scarborough Market and 12 Veterans had a trip to SJT to watch Northanger Abbey.



VOLUNTEERS

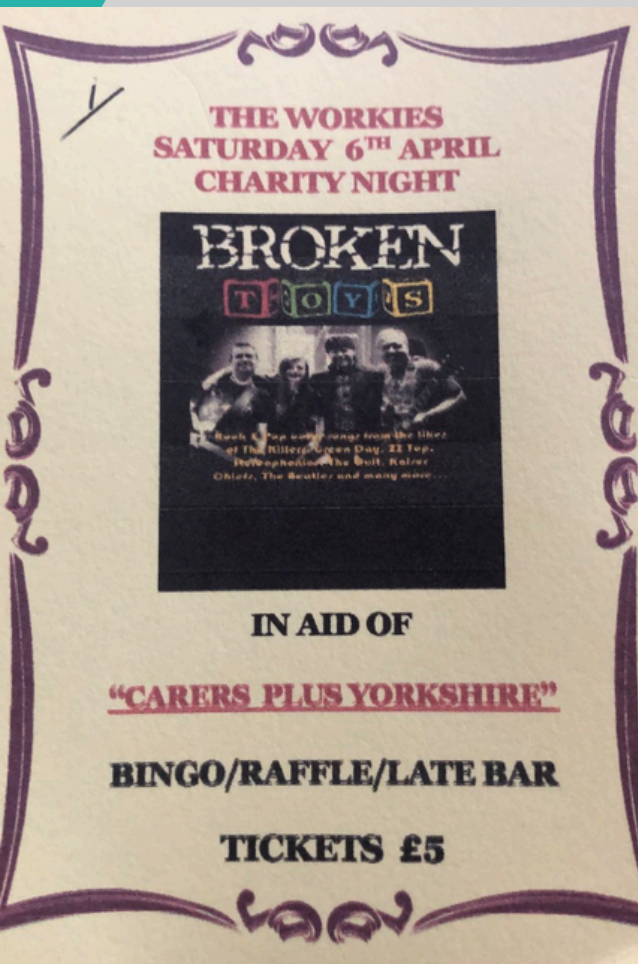
Would you be interested in volunteering to support unpaid carers and others in the community? Whether you want to upskill for employability or training, fancy building up your confidence, or simply want to give back to your community, we are here to help you develop and learn new skills.

Our team of volunteers and staff love what they do. No session is the same and no matter which role you choose, we're sure you'll have lots of fun meeting some fantastic people whilst supporting our cause.

Current Volunteers have a fantastic *Volunteer Thankyou Tea Party* to look forward to next month!



If you would be interested in volunteering with Carers Plus Yorkshire please email admin@carersplus.net or call 01723 850155 or complete the online referral form.



NORTHALLERTON CHARITY NIGHT

The Working Men's Club Northallerton held a hugely successful charity night in April, raising £1300 for Carers Plus!

There was a raffle of generous donations from local organisations and a session of Bingo. The event was well attended by friends and members of the club. The band, Broken Toys, kept everyone entertained!

Our thanks go out to John, Yvonne, Sylvia and all the committee members for all their hard work in pulling the event together and supporting us.

CARER CONNECTIONS

We're thrilled to share some exciting updates on the work that the *Carer Connections* team has been doing to support our community in Hambleton and Richmondshire.

New Venture: Dementia Friendly Café with Dementia Forward

We are proud to announce our new collaboration with Dementia Forward in Colburn, Richmondshire. Starting Wednesday the 1st of May we will be running a monthly Dementia Friendly Café. This café aims to provide a safe and supportive environment where carers and their loved ones can come and enjoy a healthy, home-cooked lunch together at an affordable price. Additionally, attendees can seek ad hoc advice from visiting organisations, if desired. We look forward to creating a warm and welcoming space for everyone involved.

Broadacres Community Days

We are excited to participate in the Broadacres Community Days throughout Hambleton and Richmondshire this summer. These events aim to connect residents with local services and supports available to them. We invite you to come along, say hello and learn more about how we can assist you in your caring role. Details on our participation locations will be advertised on our website and social media platforms.

Celebrate Carers Week with Us!

In recognition of the incredible work that carers do, we are celebrating Carers Week this year by offering three FREE guided tours to carers around historic abbeys in North Yorkshire. These tours are being run in association with English Heritage and will provide carers with a well-deserved moment of respite. Keep an eye on our social media channels for details on how to sign up for these exclusive tours. Hurry, as spaces are strictly limited!



Upcom

FUNDRAISING WALK!

On May 18th, we will be challenging ourselves and taking on Scafell Pike, England's highest mountain!

Any donations would be greatly appreciated to raise funds to support local unpaid carers and others through the Home from Hospital service and wider community support.



**DONATE
HERE:**



ing!

PARENT CARERS RYEDALE

RYEDALE we are bringing our Parent Carer talks to you!

Over the next couple of months, Kerrie will be joined by various guest speakers throughout Ryedale.

Kerrie will be making an appearance at our *Monday Meet Up @ Helmsley* group on **13/05** to answer any questions you may have prior to talks.



PARENT CARER TALKS

SENDIASS Talk - 23/05, 10am to 1pm

Talbot Hotel Malton

We will be joined by Claire Leonard. SENDIASS is a service for parents and carers of young people aged 0-25 with special educational needs and/or disabilities (*SEND*). They offer impartial advice and provide the information you need to make your own choices.

PDA Talk - 06/06, 10am to 1pm

Venue TBC

Pathological Demand Avoidance (PDA) talk with Frances Simpson.

Kerrie will also be joined by James Koppert (*pictured above*). James has a diagnosis of ADHD, is a parent of a child with neurodiverse conditions and has worked with schools and parents to develop strategies to support children and young people to develop positively around ADHD and Autism.

ADHD Talk with James - 13/06, 10am to 1pm

Talbot Hotel Malton

This is a general talk about the understanding and challenges of parenting ADHD.

Autism Talk with James - 27/06, 10am to 1pm

Talbot Hotel Malton

This is a general talk about the understanding and challenges of parenting Autism.

Client Feedback

FROM AN ADULT CARER

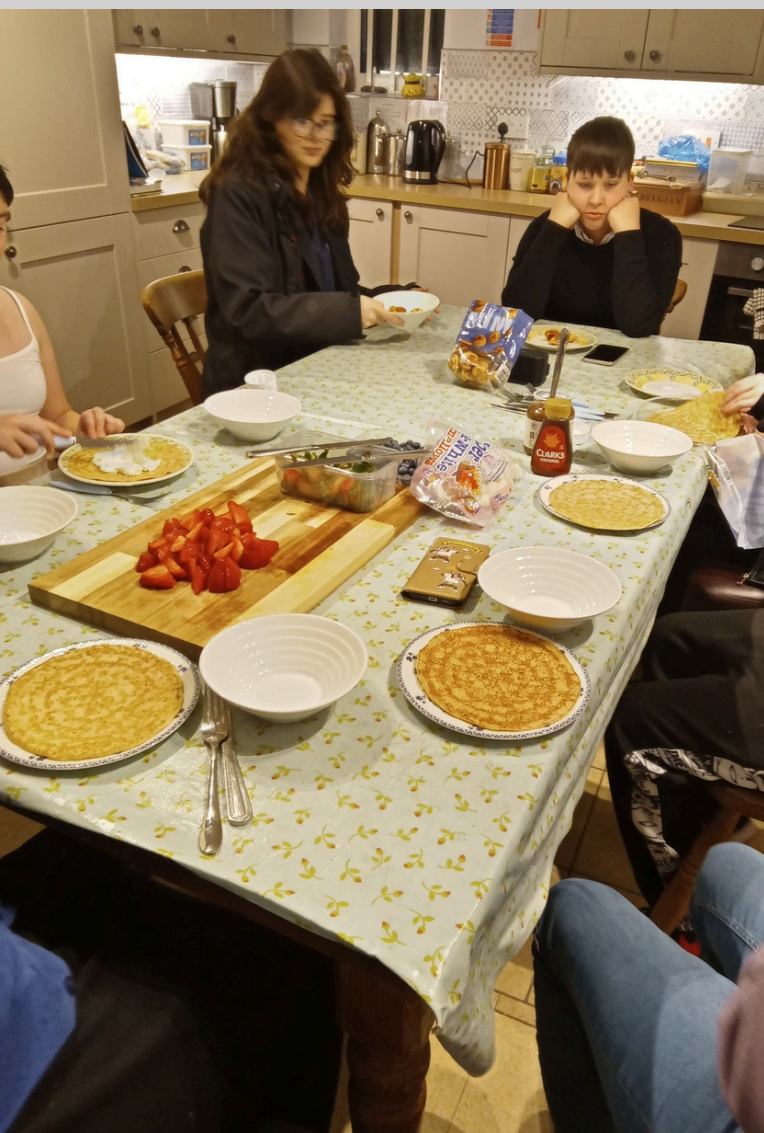
"Joining a carers support service is really important, and a very positive step for me and my wife. I feel a sense of belonging – I'd like more members of ethnic minority communities and migrants to be reached and supported in this way. I know families who are struggling to care for their older parents and family members, and I'd like more carers to know there's help available for them locally."



FROM A VOLUNTEER

"I would just like to add that my feeling comfortable and confident to volunteer is hugely down to your support and guidance – I really do appreciate your emails/ communication and always feel encouraged by your helpful feedback".





Contact Us

**Scarborough, Whitby and
Ryedale Office**

**Carers Plus Yorkshire Ltd
96 High Street, Snainton,
Scarborough, YO13 9AJ**

01723 850155

**Hambleton and
Richmondshire Office**

**Carers Plus Yorkshire Ltd
Unit 2 Omega Business
Village, Thurston Road,
Northallerton, DL6 2NJ**

01609 780872

Visit: carersplus.net **Email:** admin@carersplus.net



@CPYorks



Carers Plus Yorkshire Ltd is an independent Charity and Company Limited by Guarantee.

Charity No. 1046228. Company No. 3042108

Registered Office: 96 High Street, Snainton, Scarborough, YO13 9AJ