

NEWSLETTER



HELLO & WELCOME!

As we enjoy the start of the warm summer days, we are thrilled to share the latest updates, news and stories from Carers Plus Yorkshire. This quarter, we have celebrated various awareness weeks, welcomed a new Trustee, and received a new award. Let's dive right in!

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Meet our newest co-opted Board member!

My name is Dorree Gallie and I am your newest Trustee!

"I first became aware of Carers Plus Yorkshire when I attended a Veteran's/Carers Coffee Morning and was introduced to Alison who is the Veteran's Lead.

At that time I had been an unpaid carer for my husband (Alistair) for many years who unfortunately passed away in October 2023, and though I had heard of Carer's Plus Yorkshire I was unaware of what they could provide or help me with. I was soon enlightened and during the time my husband was in hospital, and then the hospice, I came to rely on Alison's support followed by Elaine in her capacity of Home from Hospital. In fact, Alistair did not return home but I was well prepared in the hope that he would.

I am a Listening Volunteer, Mentor and a former Trustee at Samaritans of Scarborough. I have been a volunteer for the past 30 years and played many roles over that time, namely a Deputy Director, Trainer, Interviewer, Speaker, Fundraiser and Shift Leader.

I have also trained as a Relate Counselor and eventually opened my own business where I worked with McCain's quite a lot for about 15 years. I decided to close my business when Covid began.



I mentioned earlier on about meeting Alison at a Veteran's Coffee Morning – I was there as I served in the WRNS for six years and I am therefore a Royal Navy Veteran and a member of the Royal Naval Association.

Perhaps I ought to mention as well that, my mother had Alzheimers for many years eventually ending up in care for the last 12 years of her life so I've had a fair bit of experience in unpaid caring roles.

Finally, from what I have learnt over recent years and the support, advice and help I have had from Carers Plus Yorkshire, it leaves me in no doubt as to what a very worthwhile organisation this is. I am very proud to be the newest co-opted Board member."



ADULT CARER SERVICE

During Carers Week, we teamed up with Haxby Group Scarborough to help raise the awareness of Unpaid Carers with their patients and staff. This involved delivering our Carers Champion Training to staff teams during their protected learning time and hosting a stand in reception to provide information, advice and guidance to patients who may be an unpaid carers to a friend, family member or a neighbour.

Our relationship continues beyond Carers Week with Haxby Group Scarborough, and we are delighted that we will be hosting monthly in-person appointments and drop-in's at the surgery.

One of our Carer Advisers will be on hand to discuss patients unpaid caring roles, how it impacts them and how CPY and the surgery can support them. This begins on 3rd Wednesday of every month from 17/07/24. Appointments are from 9:30am -12:30noon & Drop-in 1pm to 2:30pm. For any queries, call Haxby reception after 10am on 01723 360835.

During Carers Week we had many Care for a Cuppa group taking place as well as Carer Adviser drop-ins at our Monday Meet Up at Helmsley and Haxby Group Scarborough. The Northallerton Referrers Breakfast was lead by Laura and had a great turnout!

At The One Twenty, our outreach community space in Eastfield, Rachel ran a session of our Carers Champion Training. Jodie and Kristy also hosted the Carers Week Celebration!





YOUNG ADULT CARERS

YAC's are young people aged 16 –30 who care unpaid for a family member or friend with an illness or disability, mental health condition or an addiction.

Do you know of anyone who may be a Young Adult Carer?

YAC's ambitions in life shouldn't be halted because of their caring responsibilities. This personalised service will therefore help with things such as providing impartial information, overcoming personal barriers and maximising income. As well as providing opportunities such as income training, learning and work opportunities.



SELF REFERRAL FOR THOSE 16+

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



SCAN ME!

FEEDBACK!

"You have helped me very much on a personal level and you have helped me discover more of myself and helped me help myself more than anything! You're so refreshing and such a kind person and anyone who has the pleasure of knowing you is more than lucky!! Thank you for everything, seriously, thank you!"



YOUNG CARER SERVICE

One of the Young Carer Reps (previously YC Ambassadors) wrote the below piece for her English speaking assignment. She wanted to share it with everyone. **This is her voice . . .**

“You’ve heard of a young carer right? But do you actually understand the life of a young carer?”

In 2021 they said that there are round 120,000 young carers in the UK at the ages on 5 – 17. People my age have a swiftly going life, not saying perfect but swiftly, but as a young carer our life doesn’t go as easy. I have been a young carer to my older brother, it has led to so many mixed emotions.

On one hand I am proud of being a young carer, being able to care and make my family proud, but on the other hand it’s filled with worry and anxiety, worrying about if he is going to be okay, if someone treats him wrongly or even if he gets hurt. It has a massive impact on us young carers. If something has happened that day or at home then coming into school with that in our minds it can be hard.

Anyways, let’s get past the sad stuff and talk about what the young carers group does and how it impacts. Young Carers is a group that provides and offers young carers a chance to make new friends and to give a break for their caring situations at home. As well as a safe space to talk about any young career issues, it also means young carers need time out to be young people .

The impact of being a young carer can make people feel good about themselves and proud of the useful skills they learn. Young carers take on caring responsibilities not just occasionally but as a part of everyday life, often a long period of time. This mean that they miss out of opportunities and living their young lives. Some even struggle educationally as they have things in their minds and can’t focus on schools work and some feel isolated or alone. 1 in 3 say that they are left out or by themselves, not being able to talk to anyone, but that’s why there are groups out there for this to help give you the support that you need. Even if you don’t have a group to go to there will be websites and information to know what to do, you will be able to ask questions without being judged or laughed at and talk about anything you want .

So, my main message to you is respect young carers, no matter how long they’ve been a young carer for, how old they are, how many people they care for, no matter how serious or easy you think their life is as you will never really know.

We are just adolescents taking on an adult’s job, could you do it?

Thank you for listening.”



Young Carer Worker, Nicki, made a trip to Media City in Manchester on her holiday and couldn’t resist a photo opportunity with Pudsey!



Nicki’s position is funded by BBC Children in Need.



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. Do recognise any of the team?

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.

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!

"Thank you so much you helped me get what we needed for dad now he is getting older, its nice to know the service exists"

FEEDBACK FROM CLIENTS . . .

"I am so grateful you have been able to get my shopping so I don't have to rely upon my family as much"

"My worker was really knowledgeable and able to help find other places who could help me"





OUR NEIGHBOURHOOD

In Scarborough, Mindful Photography delivered two group sessions and also offered a telephone option for those who couldn't access the group. There was some wonderful feedback from clients and an amazing exhibition of photographs at The Street. Carers Plus Yorkshire staff also had a training session and enjoyed being able to put what they learnt into practice. Thank you to Seechange for funding the project.

Heart and Craft in partnership with Rural Arts in Cayton, Helmsley and Kirkbymoorside continues to deliver on so many levels, enabling carers to access some 'me' time, learning new skills with or without their cared for.

Kirkham Close Community Centre, Whitby held a fundraising day on the 30th May. It was a lovely day, bringing people together and our thanks go to Whitby Community Choir for once again keeping us entertained. It was great to be part of

the Whitby Mental Health and Wellbeing event at the rugby club which was well attended by organisations and the public and we hope will help spread the word about our services.

In Ryedale, Tea and Toast at Pickering has continued to thrive. Malton Tea and Toast has seen a newly decorated centre at Rainbow Lane. Both venues have enjoyed sessions in craft and adult learning. Monday Meet Up @ Helmsley has been able to offer parent carer, adult carer and veteran support and a regular group of people now attend for coffee and some interesting conversations!

Stepping Out Scarborough our wellbeing walk group continues to meet every Tuesday and are now beginning to enjoy some better weather. We are grateful to our Walk Leader Volunteers who make everyone welcome.

WIDER SERVICES – EMPLOYABILITY PROJECTS



RISE2THRIVE

Rise2Thrive is a support programme for adults in North Yorkshire who are currently out of work and have barriers to engaging with employment.

Through the programme, individuals receive tailored 1-2-1 advice, mentoring and employability support and have access to specific interventions designed to help break down barriers. This combination of support is designed to improve people's health, confidence, skills, circumstances and ultimately their employability, moving them closer towards a position where they are thriving in their life and in work.

Rise2Thrive is funded by the UK government through the UK Shared Prosperity fund (UKSPF). The programme began mid-May 2024 and initially runs to the end of March 2025 with the possibility of continuation funding.



50 Not Out

The 50 Not Out project is an exciting new project for unpaid carers or people who feel lonely or socially isolated and would like to get together with others to have some FUN while learning something new.

This could be learning how to budget, doing a sewing bee, learning about nutrition and how to cook or even something in the health and wellbeing section such as mindfulness or relaxation.

If you are looking to get back to work or start your own business, then learning a new skill or becoming a volunteer or even gaining a qualification such as a first aid course could be a great starting point for you to get you on the way to achieving your aspirations.

If you or someone you know is aged between 50-64, then this is for you. Our aim is to make learning fun by getting together with like minded people and making new friends whilst learning something new. This project is funded by the UK government through the UK Shared Prosperity fund (UKSPF).

THE ONE TWENTY, EASTFIELD



TheOneTwenty_



The One Twenty

As you may well know The One Twenty is an outreach space for Carers Plus Yorkshire, open to all the community!

The One Twenty is building momentum with new sessions starting very soon . . .

- Adult Learning delivering *Food is Fuel* and *Food For Wellness* on 12th July & 19th July.
- *Budgeting and Bingo* from 15th July. Budgeting starting 3.30pm and Prize Bingo from 5pm
- *Family Hub with Coast Tuition*, weekly on a Tuesday from 16/07, 3pm to 5pm
- *Community Sowing Bee* from 22/07, 10am to 12pm

We are also continuing with the popular Breakfast For All and Craft Club with Beach Hut Creations! If you have any suggestions for groups or would like to hold a group, please speak to one of the team!



Kristy is the Community Adviser based at The One Twenty

Staff attended the Eastfield Summer Fair, which was a huge success in raising awareness of our services and promoting The One Twenty. They also took a survey along to find out what people would like to see at The One Twenty, which saw family activities and entertainment deemed very popular. We continue to gain feedback from partners and local organisations with our steering group.

Restology



Jodie has been busy promoting our Restology project over the last few weeks across various locations from Leyburn to Scarborough and several places in between!

It's been great to raise awareness of Restology and really useful to receive your feedback on potential concessions. This month there has been some amazing offers added to the project, including details on Forest Live events.

Do keep an eye on our Restology webpage for updates. And if your reading this as a current or previous client of CPY and don't have our free Restology Card please do get in touch! We can also send out offer's info via post.





VETERANS

In April, Stephen Joseph Theatre offered us concession tickets as a group which is great for those who are alone or need assistance.

In May, Veterans Lead, Alison, visited the Royal Naval Association branch meeting in Scarborough to chat about the support CPY can offer. She also attended a Health and Well-being Day at RAF Leeming for Veterans and their families. They were particularly interested in CPY Parent Carer support as most are far away from their own family network.

In June, Alison attended the 80th DDay anniversary with a group of veterans. CPY held the first Friendly Forces Group in Bridlington. We have been supported by the

Bridlington Veterans Coffee Morning Club to find hidden carers and offer assistance as well as enjoying a social gathering at the Crown Building.

The following week, as it was Carers Week, the Scarborough Friendly Forces had a talk about Restology with cards given out by our project Lead Jodie. The group also had a visit from Social Prescribers from Haxby Group Scarborough. There was tea and cake available and ALSS kindly gave Veterans a lesson in water colours.

For Armed Forces week, we attended a Veterans Drop-in event on Reserves Day at Haxby Group Scarborough and the following Day at Brook Square Surgery. Saturday was Armed Forces Day. It was a fabulous day on the sea front.



BRIDLINGTON CARERS

Care for a Cuppa | Tea & Toast at The Coast |
Feel Good Friday | Friendly Forces

The monthly unpaid carer groups continue to grow in popularity each month. The Care for a Cuppa group learned Spanish with an unpaid carer, who kindly volunteered to teach the group.

Some were keen to try their hand at a game of pool, on our new pool table, (which was very kindly donated).

There is now also a book swap table, for carers to take a book of their choice and then exchanged once read, this has become a popular talking point over a nice cuppa!

There is some exciting things planned for future groups, including more Spanish lessons, visits from Specsavers Home Visit Team, East Riding *Your Money* team and a doodle workshop. This workshop offers carers the opportunity to have their very own design/doodle artwork copied onto the windows of the Crown Building by a professional window artist, for all to see.

Now the warmer weather is here, carers are hoping to get their hands dirty by potting some plants and seeds to display around the Crown Building.

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

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.

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

LET'S GET BETTER.

VOLUNTEERS

Volunteers Week (3rd to 9th June) was celebrated right across Carers Plus Yorkshire! It was an important chance to recognise, celebrate and thank our incredible volunteers!

Volunteer training and a Thank you Tea Party took place, bringing together many Volunteers from across the organisation.

They shared their personal stories and their journeys so far! Volunteers included Walk Leaders, Crafting, Befriending and Catering - to name just a few!

The Tea Party was attended by Carers Plus Yorkshire CEO, Elizabeth and Trustee, Edith. In speeches delivered by both, they highlighted the importance of volunteers to the organisation and gave thanks to each and every one of them.

Kathryn also held a volunteer drop in at The One Twenty, Eastfield. She enjoyed meeting lots of potential volunteers!



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. Kathryn (pictured) is the Volunteer Lead for Scarborough, Whitby & Ryedale. Heather (on page 18) is Volunteer Lead for Hambleton and Richmondshire.

Volunteers pictured with Carers Plus Yorkshire CEO, Elizabeth and Trustee, Edith, at the Tea Party.



CARER CONNECTIONS

We're excited to announce some fantastic updates on the efforts the *Carer Connections* team has been making to support the community in Hambleton and Richmondshire.

It has a busy few months on the Carers Connect project. To celebrate Carers Week we took a group of carers to Thornborough Henges for a guided tour which was kindly gifted to us from English Heritage. The carers who attended had lots of questions about the history and origins of the Henges for our very knowledgeable guide and enjoyed an hour of respite, even in the wind and rain! We then retreated to a local café for a hot cup of tea to warm us up and a chat about what we thought Thornborough Henges was originally used for. Thank you, English Heritage, for a wonderful trip.

We have also had visitors from other local and national charities to our Care for a Cuppa groups in the last few months including Callum from Mind, Jill from Dementia Adventure, Jacob from Specsavers and Zoe from Dementia Forward. All who provided valuable information about the services they provide that can help to support carers and the person that they care for.

The team has been out and about promoting Carers Plus Yorkshire at various community events including Broadacres community days in Thirsk and Easingwold, IDAS coffee morning, Cuppa Connects in Bedale, Thirsk and Leyburn and a community event at RAF Leeming. If you see our stall please pop along and say hello.



Client Feedback

from our *Care for a Cuppa* groups

"Its friendship and camaraderie with people who become friends - walking into the room we all know we are all in a similar boat. We don't have to say anything, its just very comforting to know"



"Sometimes you have lots of people and professionals coming and going within your home or for appointments but this group feels a real static support"



"When I talk to other friends outside of this group about how I'm feeling, no one truly understands what its like to carer for someone with dementia till you have been there and lived it. It's a different world. I've learnt so much from coming along here, things no one tells you. I've also learnt through my (caring) journey, that I don't cope well these day, this group gives me a real strength"

News & Upc

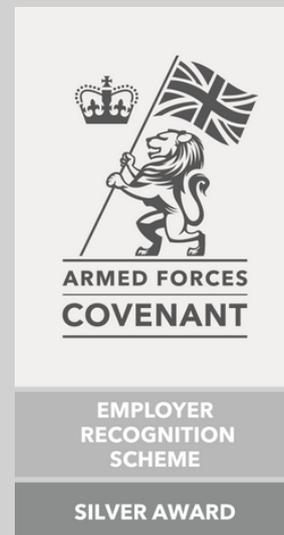
INCOME MAXIMISATION

We are excited to announce that we will soon have an Income Maximisation worker who will work with unpaid carers to ensure carers are accessing all the benefits and services they are entitled to. They will offer advice on benefits, energy efficiency as well as raising awareness on CO2 safety and priority services.

This new role will offer a dedicated income maximisation advice line as well as offering advice and guidance at our groups and at drop-in sessions. This project is being delivered with our Carers Trust, of who we are a network partner. More information to follow once the project is ready to start.

ARMED FORCES COVENANT

We are proud to announce that we have been awarded a Silver in the Defence Relationship Management (DRM) Employer Recognition Scheme!



Carers Plus Yorkshire are delighted to celebrate this wonderful news and take pride in supporting the Armed Forces Community.

* * * * *



coming!

FUNDRAISING WALK!

On Saturday 18th May, Carers Plus Yorkshire staff, friends and family took on Scafell Pike, the highest mountain in England! All to raise funds to support unpaid carers and those with vulnerabilities in the local community. Thankyou to everyone who donated and took part! The total raised was an amazing ...

£1082.75



DIGITAL INCLUSION

We have recently received funding from UKSPF Digital Inclusion to develop a range of opportunities to get access to and support in using digital technology. We will have a range of tablets and laptops that will be used in groups and drop-ins to support any service users who wish to learn more about using digital technology.

Maybe you want to learn how to set up an email account, how to search for something online or access an online course? We will offer opportunities and support whatever your current level of knowledge and confidence. Some of our staff will be trained as digital leaders and will be on hand to help and support you.



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