

focus carer 91

The newsletter of Scarborough & Ryedale Carers Resource

Autumn 2017

AGM 2017 “In our own Words

Tuesday 10th October, 10.00am
at Emmanuel St Johns Church,
St Johns Road, Scarborough

Carers share their ideas and
experiences in their own words

Join us for our AGM with Bacon Butties, Coffee and presentations in words and video

New projects at Carers Resource widen views of the carers role

Elizabeth McPherson - Chief Officer

We have had a very busy year again with new projects and events taking place. In this issue of Focus Carer you can read about the work we have been doing over the last few months from the launch of our new Young Adult Carer Video, #WeCare Campaign, on our Young Carers Youth Council, our work with supporting carers on the Action Towards Inclusion project and how we delivered a very successful Mindfulness Course and lots more.

Can I also bring your attention to pages 6 and 7 about a fabulous story of a carer supporting her daughter with Downs Syndrome and then her husband with Alzheimers Disease. This is a very moving article of her time as a carer and well worth a read.

Please take part in our annual survey on pages 9 and 10, this is your chance to give feedback on the service you have received from Carers Resource and to say what other service will help you in your caring role.

We also invite you to join us at the AGM on Wednesday 10th October in Scarborough. We have a very exciting agenda with both Young Carers and Adult Carers telling their own stories and sharing their caring experiences.

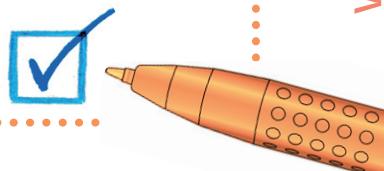
Also on offer will be bacon or egg butties to enjoy with a nice cup of tea or coffee. All we ask is that you let us know if you are coming so we know how many to cater for. You can do this by completing and returning the top section of the reply page at the back of this newsletter – send it together with your completed survey!

I would like to encourage you to become a member of Carers Resource, it costs nothing, but is important to the organisation to have a strong membership – more about this on page 11. You can become a member by completing the middle section of the reply page.

I look forward to hearing from you soon.

Take part in our Carers Survey (pages 7 & 8)

Share your ideas with us and return the survey by Freepost





Members of the Carers Resource posse rounded up for photos at the Carers' Family Fun Day!

Carers Week 2017

In June we had an amazing week helping spread the word about carers as part of national Carers Week. It was great to see so many carers come along to the awareness events and activities that we ran. The cowboy themed Carer's Family Fun Day was the finale and ended the week on a real high. A big thank you to everyone who supported the day and made it go with a bang! How will we follow it next year...?

National Dementia Carers Day

10 September 2017

National Dementia Carers Day

Look out for Scarborough and Ryedale Carers Resource teaming up with Scarborough Alzheimer's Society. We'll be raising awareness for National Dementia Carers Day which takes place on Sunday 10th September. Come along and have a chat about our services and pick up some useful information – watch our website for more details..

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Join us for Bacon Butties, Coffee
and presentations in words and
video

- Update on Young Carers service including #wecare campaign video
- A Young Carer, Kitty, talking about her role in the North Yorkshire Youth Parliament
- Update and video on Young Adult Carer project
- A Carers Story – from one of our adult carers



A group of Young Adult Carers meet some interesting challenges at Carlton Lodge

Young Adult Carers – the Video!

We are pleased to share our brand new Young Adult Carers Video which has gone live on our website (www.carersresource.net/young-adult-carers.html). This video was part of a longer running project, 'In our own words', where Young Adult Carers were encouraged and supported to share their experiences of being a family carer and their views on the Young Adult Carers Project.

Part of the video project involved bringing groups of carers together through targeted activities like creative craft days and a trip to Carlton Lodge for some 'team building' exercises! Another big part of the project was supporting some Young Adult Carers to attend specially facilitated 'Open Days' at a couple of Universities that Carers Resource are working alongside. We have been jointly working with education providers on how they might better support carers on campus and how we might best support carers to attend university.

Connecting with Carers Resource

Phone: 01723 850155
e-mail: staff@carersresource.net
www.carersresource.net



The whole project was a massive success and everyone involved took a lot of learning and reflection away. We hope that the final video gives you a good insight into some of the work that we do with young people. We would like to reach as many Young Adult Carers as possible so if YOU can support in any way, either by making a donation to the service, linking in with us or even just 'like', 'comment' and 'share' the video on your social media platforms it will make a huge difference. Happy Viewing!



At work filming the new YAC video



Recent ATI Participants accessing wellbeing activities provided by our intervention partner Rural Arts.

Action Towards Inclusion

The Action Towards Inclusion (ATI) is a £7.4 million project happening over the next 3 years in York, North Yorkshire and the East Riding.

Carers Resource has secured some of the funding as part of this country-wide initiative. With the aim of supporting carers who are over 18 in Scarborough, Whitby and Ryedale. We aim to support carers to develop new skills and interests and build future aspirations as well as identify opportunities for personal development.

As part of the project we are working alongside a wide variety of local partners and organisations, to help carers identify and work towards their own goals, be this returning to work, training or education. If you would like further details please contact Dawn at Carers Resource.

With the support of our friends...

We are always amazed at the support we receive from community groups, businesses and individuals – with their support and generosity we are able to provide enrichment activities and experiences for our carers.

Over these most recent months we have welcomed the support of Malton and Norton Rotary Club, Whitby Endeavour Rotary Club, McDonalds Scarborough, Scarborough Foundation, Sainsburys, Scarborough Lions, Scarborough Mere Committee, Scarborough Footgolf to mention a few... Our programme of targeted activities are designed to support young and adult carers with personal development as well as offer some respite from daily routine.

Thank you to everyone who supports us – we really do appreciate it!





Members of the Young Carers Youth Council enjoying some down time

#wecare moving apace...

The Young Carers Youth Council has been working really hard to continue their efforts promoting their #wecare campaign. Now the campaign is set to have a tremendous boost with the professional filming of their presentation thanks to the support of Whitby Endeavour Rotary Club and Bradford University.

The short film is due to be released in September and will be used across schools in the Scarborough, Whitby, Ryedale area to help raise awareness of young carers, particularly in the minds of the professionals they meet on a daily basis. The right help and support, offered at the right time, by the right people is so important to our young carers; the work of the Youth Council will go a long way to getting this support right the first time.

Adult Carers' Service

Our dedicated adult carer support team continue to offer wide ranging support and advice across the locality as well as a listening ear! As a resource we welcome many carers who are new to our service, but we also receive contact from many who already know us well and have a new situation or query needing assistance.

Helplines offered each week have increased and alongside home visits we have developed a variety of outreach sessions. These are held at local libraries, GP surgeries or in a private, comfy corner here at our office in Snainton and aim to ensure that carers obtain advice and information as soon as possible in the most convenient location.

Our free Carers Wellbeing checks have proved useful in enabling carers to chat through how their situation is affecting their emotional and physical health and to explore backup plans and wider services that could be useful. Carers are able to share this information with their GP surgeries to make surgery staff more aware of their needs and to highlight their current circumstances.

We thank local carer Chris Cawley for sharing her story with us – in her own words

Does she look like your other daughter?

Does she look like your other daughter? Strange question! Seen through bleary post delivery eyes my little 7lb 4oz bundle with a wrinkled face looked exactly like her sister just minutes after her birth two years earlier. Yes she does!

Oh!

Why? We just wondered – but they knew exactly why they had asked the question – her nose, her eyes. Their experience told them this baby was different...

My tears flowed in the early morning greyness that enveloped the single room I had been allocated, alone with a little alien sleeping peacefully next to me in her cot. Here was a new life totally dependent on me. Here was my daughter and she was perfect.

All the phone calls had been made – you have another beautiful granddaughter and then they were re-made – life might not be quite as straight forward as we had planned. She may take longer to learn how to do things but she is beautiful. Amid all the tears of self pity a few stern words to myself – stop being stupid and get on with it, she is your daughter.

As the greyness gave way to bright June sunlight I was stronger – stronger than the doctor whose shaking hands and voice explained there may be a problem, stronger than my visitors who beneath their cheery greetings were unsure of how to react.

Now will you be taking your daughter home with you? Pardon? The last little boy like this was abandoned here at the hospital, his Mum went home without him.

Standard Trisomy 21 – Three weeks later there it was in a brief, matter-of-fact letter. The blood test confirmed the diagnosis spotted by the midwife. Any hope they might all be wrong faded with the words Standard Trisomy 21.

Stares and comments. I tried to be generous and put it down to a lack of understanding. My toddler with long hair in bunches, wearing her little pair of red glasses and a bright smile did not deserve to be stared at. I decided the only way was to stare back at the starers but I had no answer for the farmer's wife who told me the runt of the litter was always put down!

Yes we can take her into the Reception class said the life changing Headteacher and the Chair of Governors at a local Infant School, but she will need a 1:1 support assistant. Yes said the person approached to be that 1:1. Yes said the Local Authority. Yes said the Headteacher of the Junior School, her sister is already with us and we would be delighted to have her and her 1:1. Yes said the Headteacher of the local Comprehensive School and her 1:1 of course.

What a compliment when you are told that a Comprehensive School has learned so much from your daughter.

No one could have predicted what the future held, the support from family and friends, her own friends, her academic progress, a C grade in GCSE Art, the swimming, success at a specialist college and now living away from home as independently as possible with carers support, travelling alone to work placements and sending texts home saying she is back safe and sound, oh and please could Mum top up her mobile.

Disney. Not Paris but Florida to swim with Dolphins. It had been on her personal plan for some time. The holiday of a life time with a carer and Calvin the dolphin posed perfectly for the photo to prove it.

Ready – the car is always filled with petrol and ready to go. Your daughter went to the shop and hasn't come back yet is a phone call you dread, or I've missed the bus, or I'm on the bus but it is going the wrong way, or I washed my cardigan in the washer with my mobile in the pocket. Her carers are superb but as parents you never switch off from your caring role.

Our family life has been different but the qualities brought to it by our daughter are priceless. Her kindness and caring nature and her love of life shines out from her smile from morning to night. She doesn't like raised voices or aggression, she never bears a grudge and always sees the best in everyone and, unlike many... the world owes her nothing.

Meeting the Queen – yes she has done that too. It is no good being a proud parent if you can't boast just once in a while.

Eyes – if only I could meet the person who, nearly 33 years ago spoke to me as I waited outside a shop with my daughter in her pram. If only I could say thank you to her for changing my life. Amid all the gloom of those early days the lady in question looked into the pram and complimented me on my daughter's beautiful almond shaped eyes.

Another letter in the post – just two words confirming the diagnosis – Alzheimer's Disease, your husband has mild Alzheimer's.

Look this wasn't in the plan. It's not how we envisaged our retirement. Overnight I have become a Carer.

Zero, nothing, emptiness. It can't be correct, they must have got it wrong but I know we are only fooling ourselves and after forty one years wonderful memories are slowly fading away. As yet there is no cure.

How am I going to get through this? There has always been someone to share the problems.

Enter Carers Resource and Carers Support. Enter a kind volunteer to go out walking. You are not on your own, there is someone to share your new challenging problems.

Is this really happening? Tomorrow everything will be back to normal won't it.

Make the most of every day because, sorry, tomorrow won't be back to normal.

Every day is precious. There are new memories to be made for the grandchildren, happy times with Grandpa.

Remember the good times together, enjoy good times to come and don't forget to keep...

Smiling like your daughter.





Mindfulness Courses

You may remember in the last edition we reported on the Mindfulness Course which was nearing completion. 10 carers benefited from the course and afterwards gave positive feedback:

"Very interesting, extremely useful and very comfortable. I enjoyed the expertise, thoughtfulness and care shown by trainers and participants alike."

More and more people are realizing the benefits of Mindfulness and we would like to offer the opportunity to more carers. We are applying for funding to enable us to organize further courses, if you would like to book a place on any future sessions please ring the office to register your interest, we will keep your details and let you know when firm plans are made.

Carers Cuppa & Wellbeing Group Pickering



The Carers Cuppa and Wellbeing group has gained another year of funding from Ryedale Lions which has enabled us to continue running the monthly carers group from the Friends Meeting House on Castlegate in Pickering. Its open to all carers and runs every third Wednesday of the month 10am till 12.

It is a pleasant relaxed environment to enjoy a break with a cup of tea/coffee with biscuit and cake and to chat with other carers, not always about Caring. Information is available on many topics relating to the caring role and you may pick up something that might help with a specific issue. We are a 'Drop In' so feel free to pop in between these times.

We realise it can be difficult to get away when you are caring for someone, so give us a ring if you would like to attend and we may be able to look into available sitting services available. Look forward to seeing you.

Carers Survey

Carers Survey and AGM forms
It's easy to return them to us by **FREEPOST**

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As an organisation providing services to both young and adult carers we are very interested to hear your views on how you think we are doing, good or bad! If you are receiving services from us or have done in the past, please take 5 minutes to complete this survey. Your views are important to us and will help us to design services for the future.

1. What is the condition of the person/s you care for: (tick all that apply)

Physical Disability	<input type="checkbox"/>	Learning Disability	<input type="checkbox"/>
Mental Health Issues	<input type="checkbox"/>	Dementia	<input type="checkbox"/>
Visual Impairment	<input type="checkbox"/>	Hearing Impairment	<input type="checkbox"/>
Substance Abuse	<input type="checkbox"/>	Other	<input type="checkbox"/>

2. How many hours of Care do you provide?

1 – 19 hours
 20 – 49 hours
 50 hours or more

3. What age range are you?

0 - 24 25 - 49 50 - 64 65+

4. What age is the person/s you look after?

0 - 24 25 - 49 50 - 64 65+

5. If you have telephoned or emailed Carers Resource, did we answer quickly?

Yes No

6. If you left a message on our answering machine, did we ring you back promptly?

Yes No

7. Was the person who answered your call (Tick all that apply)

Friendly	<input type="checkbox"/>	Polite	<input type="checkbox"/>	Knowledgeable	<input type="checkbox"/>
Helpful	<input type="checkbox"/>	Rude	<input type="checkbox"/>	Unhelpful	<input type="checkbox"/>

8. If we sent or gave information leaflets, was this information:

Relevant	<input type="checkbox"/>	Too much	<input type="checkbox"/>
Not Relevant	<input type="checkbox"/>	Too little	<input type="checkbox"/>

9. If it was arranged for one of our Support Workers to contact you – either by phone or face to face, did you find the Support Worker... (Tick all that apply)

Friendly	<input type="checkbox"/>	Polite	<input type="checkbox"/>	Knowledgeable	<input type="checkbox"/>
Helpful	<input type="checkbox"/>	Rude	<input type="checkbox"/>	Unhelpful	<input type="checkbox"/>

10. During our contact with you, if we agreed to do something within a timescale, was this timescale met?

Yes No

11. Are you in employment?**If Yes, do you work**Yes No Part Time 16hrs or less Full Time **12. Do you have any aspirations for your future that you would like support with?****If Yes please leave your details below for a member of staff to contact you.****13. Has our support made a difference to you?**Yes No **If yes, can you say how?****14. Would you use this service again****or recommend it to others?**Yes No **15. If you were unhappy with our service, why was this?****16. We are always looking to improve services to Carers, are there any other services you would be willing to pay for to support your caring role, for example, Sibling Support, Domestic Care, Respite, Shopping Support?****17. Can you tell us one thing that we could improve on:-****18. Would you be happy to be contacted in the future, to give your views on carer services?****Please include your contact details.**Yes No **19. Anything else you want to say?****Please complete your contact details here (if you would like us to contact you)****Name****Address****Telephone** **Email****Thank you for completing this form, we appreciate your feedback.****Please return your completed survey to:****FREEPOST RSBA-HSHU-YKZZ****Scarborough & Ryedale Carers Resource,****96 High Street, Snainton, Scarborough YO13 9AJ**



Scarborough & Ryedale
Carers Resource

Would you like to be involved in how Carers Resource is run?

Scarborough & Ryedale Carers Resource is a membership organisation. This means that members vote and appoint Trustees to manage the organisation on their behalf. All potential Trustees must be members of the organisation before they can be nominated and elected at an AGM.

Membership

Show your support for Scarborough and Ryedale Carers Resource by becoming a member. This will entitle you to vote at the AGM and thereby influence the direction and future development of the organisation. Members are entitled to nominate another member to be a Trustee, or stand for nomination themselves. The only commitment of being a member is that in the event of the organisation being wound up, members may be required to contribute £1 to the assets of the organisation. Fill in the membership section overleaf and return to us at the Freepost address shown.

Trustees

The Board of Trustees are responsible for ensuring the organisation is run in accordance with its aims and objectives. The Board meets 6-8 times a year and is made up of people from all walks of life. It is important for some Trustees to be carers or former carers, some also have business and financial skills or experience in social care or community work.

Currently there are vacancies on the Trustee Board, if you have the necessary skills or experience to be a Trustee we would love to hear from you. Contact the Chief Officer, Elizabeth McPherson, on 01723 850155 for an informal chat about what is involved and how to apply.

focus carer

Focus Carer is the newsletter of Scarborough & Ryedale Carers Resource. We always welcome your contributions, letters, news, praise or criticism.

Please contact us at Scarborough & Ryedale Carers Resource,

96 High Street, Snainton, Scarborough. YO13 9AJ

Phone: 01723 850155

e-mail: staff@carersresource.net

web-site: www.carersresource.net

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Please note that whilst every care has been taken to provide accurate information, no responsibility can be accepted for errors and omissions in this newsletter, neither does the inclusion of any resource or service imply any kind of recommendation.

Scarborough & Ryedale Carers Resource is an independent Charity and a Company limited by guarantee. Charity No.1046228. Company No.3042108. We are funded by North Yorkshire County Council, North Yorkshire Clinical Commissioning Groups and several Charitable Trusts.



AGM - Reply Page

Please complete this page and return it to us FREEPOST

**FREEPOST RSBA-HSHU-YKZZ, Scarborough & Ryedale Carers Resource,
96 High Street, Snainton, Scarborough, YO13 9AJ**

**I will be attending the AGM on Tuesday 10th October 2017
at Emmanuel St Johns Church, St Johns Road, Scarborough yes no**

Members not able to attend the AGM are entitled to appoint another person to vote as their proxy. If you wish to appoint a proxy please tick here and we will send you the appropriate form.

I would like to make a proxy vote

Scarborough & Ryedale
Carers Resource

Membership

Membership needs to be renewed annually, so please complete this section.
You will receive a membership certificate.

I wish to apply for membership of Scarborough & Ryedale Carers Resource for 2017-18

Name: _____

Organisation (if any): _____

Address: _____

Phone number: _____

Donations and Gift Aid

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I enclose a donation of £ _____

Please make cheques payable to Scarborough & Ryedale Carers Resource.

Sign and date below if you are eligible to donate via Gift Aid

*I am a UK taxpayer, please claim back the tax I have paid against all charitable gifts made in the last four years and any future gifts I may make including those to Carers Trust.
I understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.*

Signature: _____ Date: _____

Print name: _____