

focus carer 89

The newsletter of Scarborough & Ryedale Carers Resource

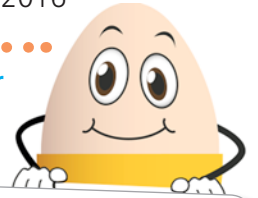
Autumn 2016

AGM 2016

Wednesday 26th October, 10-11am



Come and join us for our Best Breakfast and AGM at Whitby Coliseum
See details on page 6



Wed 26th
October 2016
10-11.00am
(see page 6)

Carers Resource - growing in strength to meet the needs of carers of all ages

Elizabeth McPherson - Chief Officer

Welcome to the annual Focus Carer newsletter for 2016. Well what a very good year for Scarborough and Ryedale Carers Resource, with successful funding applications and the ongoing development of the Young Carer Service, including our new Starfish project funded by BBC Children in Need. We also have a really experienced Adult Carer Support team, delivering Carers Assessments and Carer Wellbeing Checks as well as a specialised Young Adult Carer Support worker who provides a holistic service to 16-35 year olds including parent carers.

All our current services have grown in strength over this last year with a very determined and dedicated staff team whose aim is to ensure carers are at the heart of everything we do. We want to ensure carers receive the help they need to continue with their caring responsibilities but also stay well in themselves through times that can be very stressful and isolating.

We have a small but dedicated team of volunteers who provide regular support across all parts of the service. The current Trustee Board also give their time freely to ensure this organisation meets the needs of carers locally. I would like to acknowledge all their support and time they give to SRCR and thank them on behalf of the staff team and carers.

Our AGM this year is based around Britain's Best Breakfast which is The Carers Trust initiative to help support more unpaid carers and give them a break from their caring role. We want to encourage people to wake up to the issue of caring as well as coming along to meet the staff and have a

breakfast bun with us.

The Young Carer Council will be premiering their #WeCare campaign – more about this on page 5.

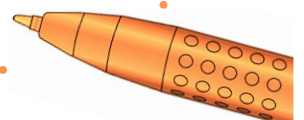
We hope to see as many of you as we can on the 26 October in Whitby. Find details of the AGM above and on page 6.

I continue to be very excited about the future of SRCR and the work we are now able to provide in supporting both young and adult carers. Please check out our website, Facebook and Twitter pages (@elizmcp1). We are here to support YOU unpaid family carers. If you have any concerns or want to discuss your current caring role please contact SRCR, we are a free confidential service and we will do our best to help.

www.carersresource.net

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

Share your ideas with us and return the survey by Freepost



Carers Resource News - Adult Service

Carers wellbeing the focus of our 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 and 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.

With funding kindly provided by Ryedale Lions and the Rotary Club of Filey, we have regular **Cuppa and Wellbeing Groups** running at the Friends Meeting House in Pickering and at Spring Cafe in Hunmanby; providing carers with an opportunity to drop in, relax, make new friends and have some quality time for themselves. More recently we have been offering sessions in Scarborough at the Stephen Joseph Theatre which have proved very popular. Whilst informal and carer led, an **Adult Carer Support Worker** is on hand at each session to answer any questions or provide information.



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Connecting with Carers Resource

Phone: 01723 850155

e-mail: staff@carersresource.net

www.carersresource.net

 @srcr1  @elizmcp1

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Cuppa & Wellbeing Groups Autumn Dates

Filey & Hunmanby

at the Spring Café, Hunmanby, 10.00am - 12.00 noon
Thursdays, September 22nd; October 20th; November 24th

Pickering

at the Friends Meeting House, Pickering, 10.00am - 12.00 noon
Wednesdays, September 21st; October 19th; November 16th

Scarborough Cuppa Club

Stephen Joseph Theatre, Scarborough, 10.00am - 12.00 noon
Wednesdays, September 21st; October 19th; November 23rd



- Cuppa -
& Wellbeing Groups



Young Adult Carers
SCARBOROUGH AND RYEDALE CARERS RESOURCE

Young Adult Carers

A great first year for 'new' Young Adult Carers

The first year of the new Young Adult Carers project has passed and we have enjoyed a great deal of success with the service. Most of you will know that this Young Adult Carers project was built on the success of the previous project, however there have been some pretty big changes in the way in which we support carers.

This time there is a strong focus on getting carers work ready. We have done a lot of work with carers on developing their skills through volunteering, training and work experience. The age bracket of the project has also changed, we now support carers aged 16 – 35. The partnership with Hambleton and Richmondshire Carers Centre allows us to support Young Adult Carers over a much greater geographical area.

Since the official launch at the Stephen Joseph Theatre back in February, we have been working very hard to develop the project to make it useful and meaningful to the carers who access it for support. We have also had a lot of fun on some of the activities that we have been running! In February we did some of the **Coastival events**, culminating in a walk on the seafront to see the **Polar Quest parade**. In April we attended the **Scarborough Comic – Con** event with a group of older Young Carers where we were all dressed in our finest hero themed outfits! In July we completed a week long **dressmaking course** that provided carers with an opportunity to complete an outfit they designed from scratch and taught them useful skills that will hopefully last a lifetime!

We hope that the project will continue to grow and evolve over the next 3 years and we hope that all carers and professionals can have their voices heard and help to grow the project into the best that it can be by joining our quarterly steering groups.

The date for the next steering group is September 16th at Scarborough Library at 10:30am. For more information please email david@carersresource.net



Top: at YAC's opening event; Middle: the Sew Easy course; Below: YAC members at the Life Sciences Museum; Bottom: in 'role' at Comic-Con!



**Wed 26th
 October 2016
 10-11.00am
 (see page 6)**

f @srcryac

Young Carers Service

The Young Carers service supports young people aged 8 to 18 who have significant care responsibilities for a parent, brother or sister or other family member who has a physical illness, mental health condition or drug and alcohol dependency.

The type of support offered includes one to one meetings along with opportunities to meet other young carers for activities and workshops. Activities are planned to benefit Young Carers in some way, for example learning a new skill, increasing confidence, gaining peer support.

The Young Carers service has a presence in most of the secondary schools and colleges in the area and some primary schools. School hubs are held regularly in some schools, these are open to all Young Carers in that school, see website for a list of schools and hub dates: www.carersresource.net/young-carers-service

We also liaise with schools to promote the use of young carers cards and establish more support from school for the young carer if needed. Strong multi-agency working is valuable in providing the right support for young carers.

After-school Hubs are available in Hunmanby and Whitby areas, a new one will start in Ryedale soon.

All young people who have a caring role are entitled to a young carers assessment which will determine whether their needs can be met by school and other universal providers or if the Young Carers Service is appropriate. The assessment is based on the impact that caring has on a young person and follows the North Yorkshire County Council approved assessment criteria.

Starfish - Young Carers in Action

We have recently started to develop and plan our new Children in Need project Starfish. Claire Robinson, Project worker joined in June and has been working with the team to identify a number of young carers who may benefit from an enhanced Young Carers Service in order to increase their capacity, confidence and resilience to carry on managing the pressures of a home, school and social life.

The project will formally launch with 12 young carers in September, and over the next three years will see up to 50 young people individually

supported to develop their personal talents and interests as well as ensuring they have the right social and emotional support to effectively (and happily) balance their busy lives.

Starfish - an exciting new project for Young Carers.



Starfish
Young Carers in Action





Young Carers Council

Welcome to our Young Carers Council - recently we have started to build a small body of Young Carers who share a passion for spreading the word about Young Carers. Their campaign title is #WeCare

Our Young Carers Council has taken on the challenge to work locally with their peers, to raise the profile and level of 'Voice, Influence and Participation' of the growing number of Young Carers across Scarborough, Whitby and Ryedale. This development has the support and backing of North Yorkshire County Council (see above, Young Carers with local NYCC representatives Cllr. Clare Wood and Cllr. Janet Sanderson).

Vicky Crawford (a Young Carers Council Member) noted: 'Being part of the Council gives me an opportunity to learn new skills and meet new people - especially people who can make a difference to the way Young Carers are understood'. In the coming months the

Young Carers Council are going to be working hard and have already started a dialogue with Robert Goodwill MP, and are developing a schools training campaign to help all school staff better understand the life of a young carer.

Find out more about #WeCare at our AGM

The Young Carers Council are starting the new term with big plans for their #WeCare campaign. Over the coming months they will be taking out their newly developed campaign message to schools and community groups. We have challenged the Young Carers to be ready for the **'Best Breakfast' and AGM on 26th October** where they will make their first formal presentation to a 'real' audience - so thank you very much in advance for being our great audience!



Members of our Young Carers Council meet Robert Goodwill MP

Young Carers and YACs in Oxfordshire

Emma Teasdale (Young Carer Transition Worker)

#NHSThinkCarer was the strap line for the weekend of bringing together Young Adult Carers and Young Carers from around the UK, 4 members of staff from NHS England were there to learn from meeting and listening to the young carers. Due to the distance we had to travel, we set off on Friday and stayed in a rather posh hotel in Oxford, taking full advantage of the swimming pool and meeting other Young Carers from Durham.

On the Saturday we went to our base for the weekend, Youlbury Scout Camp outside of Oxford, a beautiful large camping heaven! We were straight at work, answering questions from Dr Pookie Knightsmith about the experiences that being a Young Carer brings, it was a wonderful session, she really is an amazing role model and her influence and sharing of her own personal experiences was amazing. (twitter @pookyh).

Activities were also enjoyed – Jacobs Ladder, 3G swing (both scarily high!), team building exercises, BBQ and a movie to finish off, I eventually gave up and went to bed at 2am, leaving one of our Young Carers in deep discussion with a worker from another area, there was a lot of sharing of experiences from both staff and Young Carers.

Sunday after little sleep, breakfast, another activity, another classroom session this time the young people gave the pharmacist a grilling (the previous day the GP had got it!)

We said our goodbyes, received a goody bag of stuff which put smiles on everyone's faces and began our long journey home arriving safely back in Seamer at 7.30pm, wiser about how good we have it (we appear to do compared to some!) but how far we need to go!! Apparently there may be another weekend in October half term...



Above: Setting off for Oxford and our #NHSThinkcarer weekend.

Below: Fun on the Jacobs Ladder - a head for heights anybody?

Enjoy a Bacon Sandwich and be part of Britains Best Breakfast & AGM

also... the #WeCare Premier by the Young Carers Council



Meet staff & trustees and find out more about Carers Resource.

Please don't forget to complete and return the form on the back page to ensure your breakfast sandwich! All are welcome!

At Whitby Coliseum's James Cook Theatre
Wednesday, 26th October 2016 - 10.00 - 11.00am

Carers Survey

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

We are always looking at ways to develop the service we offer to carers. This is your chance to tell us how we are doing and what services you would like to see in the future. Whether you're new to the service or have been with us a long time, your views are important. Your views can be anonymous, however if you want us to respond to any comments, please write your name and contact details in the box at the end of the survey. Return it free to the address overleaf.

1. What age range are you? 8 - 16 16 - 35 36 - 64 65+

2. Are you...? Male Female

3. How many hours of care do you provide? 1 - 19 hours
 20 - 49 hours
 50 hours or more

4. 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"/>

5. What age is the person/s you look after? 0 - 24 25 - 49 50 - 64 65+

6. If you have telephoned or emailed Carers Resource, did we answer quickly? Yes No

7. If you left a message on our answering machine, did we ring you back promptly? Yes No

8. 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"/>

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

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

10. 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"/>

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

Yes No

12. Has our support made a difference to you?

Yes No

If yes please say how.

13. Would you use this service again or recommend it to others?

Yes No

14. If you were unhappy with our service why was this?

15. Are there any other services you would like us to deliver that you feel would help you in your caring role?

16. Do you have any other comments regarding our service?

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 honesty and feedback. This will help us to continue to develop and deliver our service to all carers throughout Scarborough, Whitby and Ryedale.

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



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 no vacancies on the Trustee Board, but if you are interested and would like to know more about what is involved, please contact the office. We can keep your details for future vacancies as they occur.

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 NYCC (HAS and CYPs), 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 Best Breakfast and AGM on Wednesday 26th October 2016
at The James Cook Theatre, Whitby Coliseum** 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



Membership

Scarborough & Ryedale
Carers Resource

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 2016-17

Name:

Organisation (if any):

Address:

.....

Phone number:



Donations and Gift Aid



I enclose a donation of £

Please make cheques payable to Scarborough & Ryedale Carers Resource.

OR, I would like to make a monthly donation of £

Please send me a standing order form.

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

Please treat this donation and all future donations I make to SRCR as Gift Aid until I notify you otherwise.

Signature: Date:

Print name: