

focus carer 87

The newsletter of Scarborough & Ryedale Carers Resource

Summer 2015



Celebrating our 20th Anniversary!

Carers Resource is 20 years old this year! From humble beginnings in one room at Malton Hospital, Carers Resource has grown into the successful, independent organisation it is today. Since 1995 we have supported 6875 carers throughout Scarborough and Ryedale. The call for the service has grown over the years and with cuts to statutory services and the introduction of the Care Act, we are predicting we will be busier than ever in the future.

Carers Resource has evolved with the times, though our core values of supporting carers with correct information and advice has never changed.

Inviting you to our Celebration...

To celebrate the 20th anniversary we are holding a special **Afternoon Tea at Snainton Village Hall on Wednesday 12th August at 2pm**. You are invited to join us for a cream tea and some musical entertainment.

Please let us know if you would like to attend by... emailing us: staff@carersresource.net call us on: 01723 850155 or return the reply form on page 6.



1995-2015

Our new Website

Our website has had a total makeover. We hope it is clearer to read and easy to use. You will also find that it is fully responsive, making it easy to use on smart-phones and tablets. Take a look, we'd welcome your feedback - good or bad!
www.carersresource.net

Advance notice of our AGM

*This year's AGM will be held in Ryedale on the afternoon of **Wednesday 7th October**. Venue will be confirmed in next Focus Carer. We are planning a short presentation on the Care Act and how it may affect you.*

Pub Quiz Date on 20th August

*Friends of Carers Resource are organising a **Pub Quiz on 20th August** – at the The Sun Inn, Westgate, Pickering. Come along either with your own team or teams can be made up on the night.*

*A **paper quiz** is currently in circulation, find them in your local shops, only £1 each! The winner will be announced in September.*

Elizabeth McPherson - Chief Officer

Taking a view of Carers Resource in 2015

I have been with SRCR for over 13 years now, initially on the front line giving direct support to adult carers, and now in my role as Chief Officer from 2009 focusing on the strategic and financial direction of the charity.

I have seen the effects of government policy changes on carers on a daily basis, most recently with the introduction of the Care Act 2014 and Children and Families Act. Both pieces of legislation have a big impact on carers and how we deliver services. The first stage of the new bill gives all carers a right to an assessment and I hope the demand is high to ensure all carers receive services appropriate to their needs. In 2016 the second stage comes into play which focuses on paying for care. A £72,000 cap will be brought in. There have been a lot of questions and concerns around paying for care and as yet we have not received the answers.

Through our collaborative partnership with Hambleton and Richmondshire Carers Centre we secured the contract from NYCC to deliver Carers Information and Advice Services for both Adult and Young Carers support services for the next 3 years and possibly beyond.

We have brought together under one roof both the young carer and adult services. We are now able to work with young carers through the transition period into adulthood and can support them to make the right choices, whether it is around more support to help them care or finding work, going onto further education or university. We can support them on their journey in a way that is beneficial to their own situation and their caring responsibilities.

The Adult Service continues to develop – we have seen the staff team expand from 3 to 5 part time workers. New projects are coming onboard – working with Young Adult Carers (16-35) funded by the Big Lottery Fund starting in August 2015. We are delivering 'Carer Wellbeing Checks' as well as more

Carer Assessments funded by NYCC. I want to expand the 'core service' we deliver to both adult and young carers, as this works and makes a real difference to carers lives.

We have been very fortunate to have support from Moneyweb who raised over £5,000 last year after putting on a fundraising event 'It's a Knockout' to help provide money to support Young Adult Carers to go on activities, group events and training. They are planning another fundraising event this year – look on our website for further details in July. We have received small amounts of funding from the Lyons, Rotary and the local NFU, all gratefully received and they really help to provide carers with various opportunities/activities, which we are unable to afford within our current resources.

We have a small but dedicated Board of Trustees who give a lot of their time to ensure SRCR's strategic and financial direction and carer services are second to none. We always have vacancies on the Board for anyone with appropriate skills to support and enhance the work of the charity.

I am very excited about the future of SRCR and the work we are now able to provide in supporting both young and adult carers. We have a new look website, a facebook page, twitter accounts @SWRcarers as well as my Chief Officer twitter page @elizmcp1 (please follow). We are here to support 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.



Elizabeth McPherson

Latest news of our current services and new projects

VitruCare - an exciting new health initiative

Great news! – we have a dedicated support worker, Lindsay, for the Whitby area. She will be introducing VitruCare which is an exciting new way of providing support for adult carers connected to surgeries in the area (Springvale, Danby, Egton, Sleights, Staithes).

VitruCare is an interactive, internet tool that allows carers to input information about their own health direct to their GP. The carer can invite anyone involved in their care role onto their own page – similar to social media, eg: cared for person, support worker, family member. The tool can record how the carer feels, what their issues and priorities are, track their progress towards achieving things that are important and remain in contact with healthcare professionals. It is not, however, a replacement for the emergency and urgent care services, but gives carers a choice.

Using this tool will hopefully reduce travel and visits to the GP practice especially with difficulties in accessing transport in very rural areas. Lindsay will introduce carers to VitruCare and help them set up and use it. She will also be able to offer our general support and information service to carers.

New Funding for our Young Adult Carer project!

The Young Adult Carer (YAC) project (18-35) unfortunately ended in December 2014. This project helped over 300 YACs and provided activities, built new friendships and supported with training and work advice.

When the Big Lottery funding finished we had no means of carrying on the project in the same format.

We are very grateful to Moneyweb who stepped into the breach and organised some major fundraising to help us continue supporting YACs.

We are now pleased to announce that the Big Lottery Fund has agreed a further 4 years money which will allow us to not only provide support to Young Adult Carers aged 16-35 in Scarborough and Ryedale, but also to expand the project into Hambleton and Richmondshire. There will be a dedicated worker in both areas to support YACs from late summer this year.



Young Carers

In July 2014 we started supporting Young Carers from 8 years old. We tried to keep the continuity of support to those Young Carers already in the service previously run by Action for Children.

One year on and we are establishing a really good service and numbers of Young Carers accessing support are growing. We have built good links within most secondary schools and are now talking to the primary schools to raise awareness of Young Carers and the issues they face.

We are part of a scheme to help promote the new NYCC Young Carer Cards in schools – if you are a young carer and you haven't got one, speak to your head of year or get in touch with us.

We have organised activity days for Young Carers which give them some time out and a chance to meet others in similar roles. Recent days out have included a trip to Flamingo Land and an outdoor activity day at Carlton Lodge.

We were lucky to receive some funding from the Kirby Foundation to develop our meeting room into a multifunctional room for groups of Young Carers to use, so watch this space for up and coming activities.



Adult carers

Supporting Adult Carers has always been the main service we provide. Although the organisation has expanded and now offers support to Young Carers, we still have a dedicated adult carer support team who continue to offer support and advice as we always have done. In the last few months we have been focusing more on outreach support and have been offering carers appointments at the local libraries as well as our newly decorated appointment room within the office at Snainton.



Support groups

Support groups for adult carers will soon be starting in Filey and Ryedale. We are keen to set up some monthly groups across the area, as we know how much carers gain from meeting others as well as an excuse for tea and cake of course! One of our Support Workers will also be there if you wish to speak to them.

Venues and times still to be confirmed, but keep an eye on our website www.carersresource.net. Details will be published on here as soon as they are confirmed. If you would like to know more or would be interested in coming along please do get in touch with us. We will be looking at the Whitby area next...

Recent staff changes at Carers Resource

We say Goodbye to...

Lately we have said goodbye to 3 members of staff who have come to retirement age.

From the Young Carers team, **Pat Gosling** and **Nigel Mainprize** who have only been with Carers Resource for a short time, but have been involved with Young Carers for many years. We are grateful to them for their invaluable help in transferring the Young Carers service to Carers Resource and keeping the continuity of support to the young carers involved.

Avril Bartlett, Administrator and Volunteer Co-ordinator is also retiring after 14 years at Carers Resource. Many of you will know Avril's voice if you don't recognise her face, as she has probably answered the phone to you when you ring the office. Her cheery personality and willingness to help will be much missed by us all. She has encouraged and supported many volunteers over the years including the Friends of Carers Resource fundraising group, which is a small but active group of volunteers who organise various fundraising activities.

I'm sure you will want to join us in wishing all 3 a very happy retirement!

and Hello to...

We welcome 3 new members to the team:

Lindsay Carrington-Morgan – Adult Carer Support Worker. Lindsay will be supporting carers in the Whitby area.

David Jackson – Young Carer Support Worker. David will be taking over from Nigel and working with Young Carers.

Angie Davison – Administrator and Communications Worker. Angie will be supporting the whole organisation with general administration.



Lindsay Carrington-Morgan



David Jackson



Angie Davison



Pat Gosling



Nigel Mainprize



Avril Bartlett

Fundraising

A BIG thank you to the following for recent donations made to Carers Resource:

Staff at Scarborough Borough Council for holding casual dress day
 Malton & Norton Lions
 Ryedale Lions
 Scarborough Rotary Club
 The Kirkby Foundation
 The NFU (Yorkshire Coast)

Keep yourself on our mailing list

We are undertaking a complete review of the mailing list. You need to let us know if you wish to keep receiving Focus Carer. If we do not hear from you by the end of July, we will assume you do not want the newsletter and your details will be deleted from the mailing list.

Please complete your details below and return to us by FREEPOST :

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

Or phone in your details - 01723 850155

Complete your details here:

Name Telephone

I wish to keep receiving Focus Carer by:

Email - my email address is:

Post - my full postal address is:

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..... Post Code

20th Anniversary Tea Party

I would like to attend the 20th Anniversary Tea Party.

There will be people in my party.



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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
Facebook and/or Twitter



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