

Yee Ha!

Scarborough & Ryedale Carers Resource

focus carer 90

The newsletter of Scarborough & Ryedale Carers Resource

Summer 2017



Rootin' Tootin'

Carers Resource Family Day!



C'mon down and join us!

Saturday 17th June, 2017

Snainton Village Hall, 10.00am - 2.00pm

Lasso a Top Prize on the Tombola!

Wild West Theme . Fancy Dress

Prizes Galore! Face Painting

Outdoor & Indoor Games

Chill-out Zone for 'weary critters'



The 'milky bars' canteen lunch is on us!

But please let us know how many of your posse are coming! 01723 850155

So what are you waiting for...

Gather up your family posse and race on down!

Sorry! No transport available.





Carers Week Events 10th – 18th June

SATURDAY 10th JUNE

- 9.30-2.30pm Raising Awareness Stand at Scarborough Brunswick Centre**
Come along and meet the Young Carers Council and find out more about our support for carers across Scarborough, Whitby & Ryedale.

MONDAY 12th JUNE

- 11.00-1.00pm Carer Awareness Stand at Whitby Sainsbury's Supermarket**
Come along and find out more about carers support available in Whitby.

Coventry University Carers Open Day

An opportunity open to all carers who would like to come along to the University for a tour and to ask questions about Higher Education. Contact us to find out more.

TUESDAY 13th JUNE

- 10.00am Young Carers Awareness Activities with pupils at Wheatcroft School, Scarborough**
- 12.30pm Awareness event for pupils and teachers Caedmon College, Whitby**
- 1.30-2.30pm Mindfulness & Relaxation Taster at Wreyfield Drive Methodist Church, Scarborough**
All carers welcome. Practical ways to be calmer & reduce stress. Learn to take care of your self. No need to book, just turn up.

WEDNESDAY 14th JUNE

- 2.00-4.00pm Open Carer Helpline: Have a question?**
Carers are welcome to ring in & speak in confidence to a Support Worker about their caring role & what support they are entitled to. Call us on 01723 850155
- 4.30pm Ryedale Young Carers Evening**
at the Ryedale Hub. Contact us for more details.

THURSDAY 15th JUNE

- 8.00-9.30am Referrers Breakfast: The Street, Scarborough**
For all professionals who work with carers to come along, meet the team & hear about our changes in carer support services. Places are limited so please contact us to book.
- 4.15pm #Wecare Presentation (Young Carers) at Lindhead School, Scarborough**
to the school Governors & Staff.

FRIDAY 16th JUNE

- 8.30-11.30am Raising Awareness Stand – McDonalds, Scarborough**
Come & see us to find out more about carers. Also meet Julian who's been created by our young carers.

SATURDAY 17th JUNE

- 10.00-2.00pm Carers Family Fun Day – Snainton Village Hall, Snainton**
Western Fancy Dress, Games for all the family. All carers and their families are welcome to come along for free. See page 1 for more information.





They were such a pleasure to be with and so very inspiring. Reading my own children's high school newsletter recently I noticed a section dedicated to young carers and I thought of you and your campaigns. Keep up the good work and give my warmest regards to the kids.'

The trip was part of a wider commitment made to the Young Carers Youth Council by Stronger Communities, NYCC.

Young Carers Youth Council To Parliament and back

Over the Easter holidays eight members of the Young Carers Youth Council embarked on a trip to London; their mission to find out more about how 'voice and representation' is managed at the highest level in the land. In just 48 hours we had the most fabulous, action packed trip to the city ever – a first for many of those attending.

We landed in London to the announcement Teresa May wanted to call a general election, little did we realise this would lead to us sat in the House of Commons watching history in the making as Parliament voted and confirmed 8th June would be the date! We navigated tubes, saw some truly magical things in the Palace of Westminster, squeezed in a debate with our MP Robert Goodwill, learnt how laws were made, received a wave from Boris, the London Dungeons, the Eye and a Greek restaurant too!

The 2 days went by far too fast but we were so proud of the group – they were fabulous – for many it was a huge learning curve, but they delivered for us, representing the organisation exceptionally well.

The icing on the cake for us was receiving this feedback from Parliament building staff:

'We are not in the habit of giving feedback the other way around and this is only the second time I have done so in 6 years. I cannot help but say that your Young Carers group was one of the nicest, most genuinely interested, excited and engaged group of young people I have ever shown around Parliament (and the majority of groups are nice and excited, so that's really saying something!!)

Carers Voice

We are supporting this project as part of the national organisation Carers Trust, it is an opportunity for carers to feed in their views to strategic bodies.

The 'Carers Voice Project' through Carers Resource has recently lobbied local CCG's to highlight the importance of identifying carers early so they get the support and information they need.

If any carers are interested in being part of the 'Carers Voice Project' please do contact the office on **01723 850155.**

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David Jackson



Young Adult Carers
SCARBOROUGH AND RYEDALE CARERS RESOURCE

For the majority of young people, turning 16 is an exciting time when they begin to spread their wings and start to think about how they will fulfil their aspirations and dreams for the future. For Young Adult Carers, however, this can be a time of great anxiety and worry as the services and support they have accessed may no longer be available to them. For many, their responsibilities as carers and the lack of support they receive will be limiting their future life chances. This is why we are working very hard to provide tailored support to Young Adult Carers and support to overcome some of the issues that may be holding them back.

We are enjoying great success with supporting carers to access further training, volunteering positions and ultimately supporting them back into work. Many Young Adult Carers that have accessed the project have learned new skills and gained new qualifications. We have also been working closely with carers to support them in making important choices regarding their education and employment options.

We have a solid presence in the colleges and higher learning institutions in Scarborough and are working with pastoral teams to improve on campus support for carers with things like drop-in sessions and carer awareness days. We are also helping to improve the health and wellbeing of carers by providing wellbeing checks and helping carers to engage with their peers through targeted activities and events.

We will continue to raise awareness and uncover hidden carers to give them a voice so that their issues are heard, but it is also the responsibility of other helping professionals to ensure that these young people don't remain hidden and can access the best support possible to enable them to fulfil their dreams.



David with 2 volunteers Grace and Shannon at YAC focus group

Action Towards Inclusion

Action Towards Inclusion is a project supporting people who are facing all sorts of barriers in returning to work, training or education. This is a fantastic opportunity to take advantage of free training courses, but it is time limited so make sure you don't miss out. If you have any ambitions to further your personal knowledge get in touch and we may be able to help you.

Action Towards Inclusion is a £7.4 million project happening over the next 3 years in York, North Yorkshire and the East Riding. It is part of the national Building Better Opportunities programme and is jointly funded by the Big Lottery and European Social Fund.



Carers' Cuppa and Wellbeing Groups

These friendly groups are going from strength to strength. Contact the office on 01723 850155 for dates in your area.

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Whitby Awareness and Support

Originally initiated by Sue at Sleights surgery, this is a group of organisations whose aim is to identify Carers and raise awareness of support available for them and their families, particularly focussing on Young Carers. Caedmon College have hosted the meetings and have already held one 'Awareness and Support' event. Another is being planned for 6th July. If you're a carer in the Whitby area you may want to go along to see what help is available.

Carers Resource Young Carers Service have created a Young Carers Hub which has been possible due to funding from the 2 Ridings Community Foundation. The Hub has provided a safe space for Young Carers to try activities that they may not have access to normally. It's also very much their space to talk to peers who understand their role. We are very proud of one Young Carer who was nominated for and won the Young Stars 2017 The Borough Childrens Award.



Carers Resource Young Carer Workers trying relaxation under hot towels at the Hub!

Sleights & Sandsend Medical Practice have recently received an 'Outstanding' in their recent CQC inspection. They have stated that their work with carers was an integral part in gaining this. Thanks also to the staff at the practice for donating their fundraising to Whitby Young Carers – a trip to Newcastle in the summer holidays is on the cards!

We'd like to thank all the organisations in Whitby who are involved in this initiative, particularly Sue at Sleights and Hazel at Caedmon College. We look forward to continuing our work together and providing more support for Carers.

Mind Full, or Mindful? *Mindfulness Based Living*

Leading such busy lives, on top of being a carer, can cause havoc on our physical and emotional life. Stress, anxiety, worry, anger, resentment, back ache, headaches, constant illnesses all can be attributed, to some extent, to our busy lives and not taking the time for us. But it doesn't have to be like that. You don't have to take hours each day to meditate, go to the gym, do yoga, or be by yourself. That might be what works for you and you may be able to do that, but can you do it every day? But you can do simple things in a short space of time that can help calm your racing mind and help you get through the day in a more peaceful, less stressful way.

The technique which can help with this is called Mindfulness. We have just started an 8-week Mindfulness Based Living course for Carers, in conjunction with St Catherines Hospice who are kindly providing a room and refreshments. This has proved extremely popular and carers attending are finding it very useful.

We hope to secure funding to put on another course in the future. If you would be interested in attending this, please get in touch to express your interest.

Contact the office on **01723 850155**.

A word from our Chief Officer

Elizabeth McPherson

Where does the time go! We have been supporting adult carers for over 22 years and for the past 3 years Young Carers as well. The work we do is becoming more known locally and support provided to carers is increasing year on year.

The work I do at Carers Resource is often unseen, I'm the strategic lead for the organisation and work with local authorities, regional and national organisations to get recognition and support for carers and the amazing work you all do.

One of my roles is to be involved in the North Yorkshire Carers Strategy meetings. This is where I can ensure carers issues are recognised and supported at regional and national level. No one should have to care alone and we want to make sure that you know what your rights are and where to access vital support.

If you have any caring issues you think the 'powers that be' should be addressing, get in touch. The Carers Voice Project (page 3) is an ideal way to get your voice heard.

Recent fundraising and donations

Some amazing things have happened because of the extra funding we have received from a range of organisations. We are very lucky to have this support and appreciate every amount received. In the past year donations or small grants from local organisations have enabled us to offer carers such things as:

- Going for Gold day, an aspirational event where Young Carers spent time with a Paralympian and other high achievers
- A full course of Mindfulness sessions
- Cuppa and Wellbeing Groups in Scarborough, Pickering, Filey/Hunmanby and the Whitby area
- #WeCare campaign – a performance written and delivered by Young Carers
- Some fun activities for Young Carers including trips to pantomimes and the trampoline park

If you would be willing to organise a fundraising activity to support our local family carers please get in touch with us on: **01723 850155** or jodie@carersresource.net We are always grateful for any donations, large or small, we are not a national charity.

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.

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