

Newsletter

30

WINTER • JANUARY 2025

YEARS



**Christmas Festivities
Board Appointment Updates
Birthday Celebrations**

CONTENTS

ARCHIVE EDITION WELCOME	05
PICTURES FROM THE ARCHIVES	06
SAVE THE DATE	07
ADULT CARER SERVICE	08
YOUNG ADULT CARERS	09
YOUNG CARER SERVICE	10
HOME FROM HOSPITAL	11
OUR NEIGHBOURHOOD	12
EMPLOYABILITY PROJECT - RISE2THRIVE	13
THE ONE TWENTY	14
RESTOLOGY	15
VETERANS	16
BRIDLINGTON CARERS	17
VACCINATIONS	17
CARER CONNECTIONS	18
COST OF LIVING FOR CARERS	19
DIGITAL INCLUSION	20
BOARD UPDATES	21
FEEDBACK	22
GALLERY	23

Welcome to our first Archive Edition



Hello!

and welcome to this very special archive edition of the Carers Plus Yorkshire newsletter!



Carers Plus Yorkshire is thrilled to be celebrating its 30th Anniversary! That's 30 years of supporting unpaid carers, campaigning for their rights, and empowering individuals and communities. To mark this incredible milestone, we are hosting a series of exciting events and activities throughout the year to raise vital funds for those we serve. We warmly invite everyone to join us for professional and personal challenges, games, and celebrations. If you would like to donate, please scan the QR code above - every contribution is greatly appreciated!

One of our special projects this year is recreating a patchwork blanket. We are inviting clients, volunteers, and staff - past and present - to contribute a 7x7 inch square. At the end of the year, these squares will be sewn together to create a new patchwork blanket to proudly hang alongside the original one made in 1995. We're aiming to gather contributions from across Scarborough, Whitby, Ryedale, Hambleton, Richmondshire, and East Riding, so let your creativity shine!

We're also opening our archive edition newsletters to everyone. If you have stories, memories, or anecdotes from years gone by, we'd love to hear from you. Your contributions could be featured in this year's special editions, helping us celebrate our history together.

For those who may not know our story, here's a brief history. Scarborough & Ryedale Carers Resource was established as a charity and company limited by guarantee in 1995. In 2018, we expanded our services to include a community provision known as My Neighbourhood. In 2021, Hambleton and Richmondshire Carers Association joined us, leading to our rebranding as Carers Plus Yorkshire.

Conor Sharp

Senior Admin, Marketing & Comms



Pictures from the archives

In each archive edition, we will journey through our history, showcasing memorable moments captured in photographs.

The image below is from the Scarborough & Ryedale Carers Resource office in Pickering in August 2000. Staff and volunteers prepared the Autumn issue of Focus Carer (right) to be sent out to unpaid carers living in Scarborough, Whitby & Ryedale!



Focus Carer launched in May '92 and by '96 reached over 600 unpaid carers!



The idea to design a blanket as part of our 30th celebrations and bring the whole geographic region of CPY together came about when we we found 2 blankets at our Northallerton Office that were created by Hambleton and Richmondshire Carers Association in 1995! Also, what appeared to be a cross stitch pattern featured on the front cover of Focus Carer 2005 Winter issue, as part of the 10th anniversary of Scarborough and Ryedale Carers Resource.

SAVE THE DATE!
FRIDAY 11TH APRIL 2025

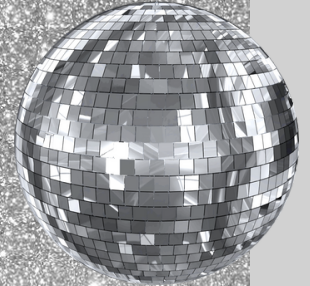


From the Greek coast to
the East coast..

**Carers Plus Yorkshire
celebrating 30 years**

Proudly Presents

A MAMMA MIA EVENING!



SPONSORSHIPS

'cause somewhere in the crowd there's you!

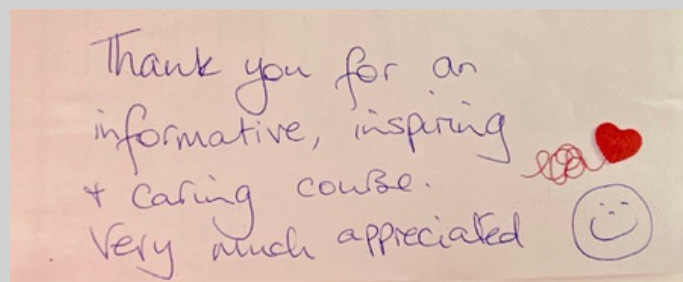
This evening would not be possible without your incredible support. If you know a local business or would personally like to sponsor the event, we'd love to hear from you. Sponsorship opportunities include Welcome Drinks, Balloons, Decorations, and Entertainment, helping us make the night truly unforgettable. We're also producing a programme that will be placed on every table. Advertising opportunities are available at A5: £200, A6: £100 & A7: £25. Additionally, we gratefully welcome donations of raffle prizes. To get involved or for more information, please contact our office. Let's make this event a night to remember!



ADULT CARER SERVICE

Whitby Caring with Confidence Sessions

After a very positive start to our carer training we will be delivering our next Caring With Confidence sessions in Whitby starting on the 31st of January. Running fortnightly the sessions focus on a range of themes carers often ask us about including eligibility for benefits/services, how to bring balance to caring and life as well as some treats along the way! If you would like a place on the free sessions please get in touch. See some feedback from a carer below.



Haxby Group Scarborough

If you are a patient at Haxby Surgery you can now book an appointment with our Carer Adviser, Jacky, to see her right there at the surgery! To book either speak to Amy at Haxby or call the CPY office.

On Carers Rights Day, in November, Head of Operations, Rachel, attended a Parliamentary roundtable. After this took place there was the launch of the Carers Trust Report - Pushed from Pillar to Post.

Rachel said 'It was an absolute privilege to spend the morning at the roundtable with unpaid family carers, and other carers centre's from across the UK. The heart of the conversations with MP's, was related to our work with Carers Trust in the development of the report "Pushed from Pillar to Post" - the reality of carers' rights.

The report highlights that only 20% of unpaid carers agree that the rights they have as a carer help improve their quality of life, and fewer than half surveyed (38%) agreed that they know how to access their rights as a carer in their local area!

At Carers Plus Yorkshire will we strive to 'be heard' and make these changes. To continue to better inform unpaid carers of their rights, and how to access the support available to them. Our aim in 2025 is to further raise the profile of the work we do, the support available, along with championing the amazing, relentless and inspiring role that unpaid family carers play within our communities.'

A copy of the report is available from our website.



YOUNG ADULT CARERS

Young Adult Carers kicked off their first YAC Social in the October half term with an amazing day out in York! YACs enjoyed a relaxing walk through the city's historic streets, soaking up the sights and sharing laughs. It was the perfect chance to unwind, connect, and take a well-deserved break from their caring roles. There was also an exciting axe throwing session held in Scarborough!

UPCOMING

The YACs will be getting together on Wednesday 29th January for a "Chat and Chill" where we will be discussing how they want to shape the YAC group meetings for them. We want YACs to feel they have a say in what they want to do as fun/respite and what they would like to know more about.

SELF REFERRAL FOR THOSE 16+

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



SCAN ME!





YOUNG CARER SERVICE

Our amazing young carers across both patches have been embracing the festive spirit with a variety of fun activities and gatherings in the lead-up to Christmas. From creating beautiful Christmas crafts and baking delicious treats to playing games and dancing their hearts out, it's been a season full of joy and creativity!

Carers Plus Yorkshire was featured on BBC Look North. The segment highlighted the funding we receive from BBC Children in Need and the powerful impact it has on young carers in our local community. Poppy shared her story - a moving example of how this support truly changes young carer's lives. The snippet is available on our website or [click here](#).

We are incredibly proud of everything our young carers have achieved this year and can't wait to see the exciting adventures and activities 2025 will bring. Keep shining, young carers - you're truly inspiring!





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. The team are out and about giving reassurance, help and support. The image above is from HfH Manager, Elaine Hall, on a recent

visit in whitby! We provide information on any services that may be needed to make their transition home as comfortable and stress free as possible. Although it is the summer period, our numbers have increased in all areas. 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.

FEEDBACK

"The support provided was outstanding during what was a very difficult time. Although we only used the actual shopping service twice, Marie called, emailed and sent text messages to ensure the safety, health and well-being of myself and partner. She was professional, empathic, flexible and caring. She went to great lengths to ensure that our individual needs were met quickly and efficiently.

We are both extremely grateful for the support provided by the Home From Hospital Service and specifically the exceptional support provided by Marie – it made such a difference emotionally and psychologically knowing that we were no longer having to deal with the practical but necessary daily living tasks on our own"

From a client who had been in hospital and whose partner had also had a recent operation and their family living out of area.



OUR NEIGHBOURHOOD

Street Social continues to thrive. The group takes place every Friday at 10am at The Street in Scarborough, offering friendly conversations, laughter, and a welcoming space for all. Join to connect with others, explore local resources, and discover free services for Scarborough residents.

Tea & Toast at Ings Gath in Pickering recently indulged in a delightful array of festive activities. Highlights included wreath-making sessions and a wonderful Christmas party, where attendees were serenaded by the exceptional Notable's Choir.

We eagerly anticipate welcoming new members in 2025, with the group convening on the second and fourth Tuesday of each month from 10am to 12pm. Thanks goes to Jenny from Yorkshire Housing who we are collaborating with. A fantastic partnership.

With funding from Beyond Housing, we were delighted to hold a Warm

Welcome @ Kirkham Close, Whitby in November. It was great to see group members join Hope Whitby, Whitby Wardrobe, Beyond Housing, and Reach and Respond for soup, a raffle, and crafting. For our final session of the year in Whitby, Pizza Pals provided delicious Christmas Pizzas while the group enjoyed festive quizzes and singing. Outreach sessions at Whitby Wardrobe and Slipper Social at Pickering Library gave the public and professionals a chance to learn about CPY services. Heart and Craft, in partnership with Rural Arts, continues to offer respite for carers and socialisation for those who may be lonely. In October, Rebecca from Mindful Photography UK ran two sessions at Helmsley Bowling Club and Helmsley Walled Garden, with more sessions planned for spring 2025, culminating in an exhibition at Helmsley Arts Centre. For those in Scarborough looking for an active start to the new year, please join us at Stepping Out, for a gentle stroll that promotes physical and mental wellbeing.

WIDER SERVICES

RISE2THRIVE

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

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.

Feedback from an unpaid carer accessing RISE2THRIVE & Carers Money Matters services

"From the moment Tara and Dawn stepped through my door, they were like friends offering much-needed support and reassurance. They were very knowledgeable in their roles, and I couldn't believe how many different areas they could help with. I have asked for help from other agencies before, but it has always been here's the information now go and look at it for yourself. This has led in the past to feeling overwhelmed and, due to already having a lot on with caring for my disabled son, I haven't then carried on. Tara and Dawn showed me where I could find short courses, and this really helped give me confidence to apply for a course which has given me a boost as it's something for me.



Tara and Dawn also helped me see how much support is out there for carers and, after listening to me and asking what I worry about, they applied for some grants for me and my family. We have been able to have the whole house warm due to a grant for some oil. Normally we must be careful and heat only certain bits of the house, but to have the whole house warm over the Christmas period has really helped my physical and mental health. I have also received a grant for food and clothing vouchers, and these have been a huge help as I often go without clothes so that I can pay for my disabled son to have more clothing. Having these extra funds really has helped take worries away, and I'm still in shock as I had no idea any of this help was out there. The biggest surprise was when Tara emailed to say I had been given a spa voucher. I can't tell you how grateful and excited I am about this. I give myself very little self-care as my time and energy go on looking after my boys both who have extra challenges. Most of all, having the continued support of Tara and Dawn has been amazing. This has been a huge help as being a carer can feel like a lonely role with little outside contact. They have felt like friends, and the support I continue to receive from them is much appreciated."

THE ONE TWENTY, EASTFIELD



TheOneTwenty_



The One Twenty

As we bid farewell to 2024, it's the perfect time to reflect on the amazing journey we've shared so far.

This year has been marked by milestones, achievements and meaningful connections. Together, we've accomplished so much, and none of it would have been possible without the enthusiasm, dedication, and support of you and Eastfield's incredible community spirit.

As we step into 2025, we are filled with excitement about the opportunities ahead and what we'll achieve together.

Please keep an eye on our socials and events page on our website for new and upcoming activities!



Are you a professional working locally? We're soon to be offering our drop-in space as a warm and welcoming spot for you to check emails, catch up on work, or recharge between appointments!



RESTOLOGY



June, an unpaid carer for her elderly mother, said, “This scheme is such a good idea – I recently enjoyed a back massage and not only was I able to save money showing my Restology card, it also reminds me of the importance of taking some time out just to recoup”

Saving costs is important at any time of year but can feel particularly difficult in the winter time. Especially when we are maybe more mindful of trying out different things to bring balance to our health and wellbeing. Our Restology project continues to link with businesses to offer local discounts. Recently we have gained some amazing concessions including 50% off yoga sessions which compliments our current offers brilliantly.

The Restology project is free to join for Carers Plus Yorkshire clients and you are able to enjoy a range of concessions at local cafes, relaxation therapy sessions, as well as local entertainment providers.

For details about our Restology offers please do have a look on our website or get in touch with us. We are always on the look out to expand our links with local organisations and if you would like to support our clients to access your business please do give Jodie a call on 01723 850155.

VETERANS

In October, Veterans Lead Alison attended an Open Day at the Evron Centre, Filey, to celebrate the International Day of Older Persons, alongside 18 other organisations offering guidance and support to older individuals, including Veterans. Later, she participated in a Veterans Event in Pickering to explore local resources and identify additional support needs. Veterans groups across the region continue to thrive, attracting members from all three services, the Merchant Navy, and the Coastguard.

November was a busy month for Veterans, with poppy-making initiatives taking center stage. Displays were set up at Scarborough Market and the Gallows Close Friendly Forces group, with free breakfast butties provided for participants. Knitters from Scarborough and Whitby supported Bridlington's annual "Poppy Express" event on LNER trains, while additional poppies were distributed locally by the Scarborough RBL. Friendly Forces also launched a Veterans book club, supported by Reading Force, to encourage connection through shared reading.



December brought festive celebrations across all groups. Northallerton Friendly Forces enjoyed a Christmas dinner at RAF Leeming, with carol singing by local schoolchildren. In Scarborough, wreath-making sessions were held, accompanied by festive treats, while the Tea and Toast group celebrated with a Christmas Breakfast at The One Twenty in Eastfield.

Bridlington Friendly Forces hosted a gathering with hot turkey sandwiches and a Christmas quiz. Scarborough Friendly Forces had a dinner at The Duchess Pub, subsidised by the landlord, an RAF Veteran. To wrap up, the group attended a pantomime at the Stephen Joseph Theatre as part of the Restology Project. December also saw Alison elected to the Royal British Legion committee and receive her King's Coronation Medal in recognition of her service during the King's ascension. Tracie also joins the team in Northallerton as Veterans Adviser.



BRIDLINGTON CARERS

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

Our Bridlington carers groups have been enjoyed by wonderful unpaid carers who come together to have some well-deserved respite from their caring role. They enjoy quality time together with other like minded carers with similar lived experience.

The carers groups have offered carers the opportunity to take part in crafts, doodle workshops, boules, quizzes, and our amazing annual Christmas party and much more, including a cuppa & cakes!



MEASLES CASES ARE RISING



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/



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

CARER CONNECTIONS

It has been a busy few months on the Carers Connections project!

We have reached the end of our first wellbeing sessions for unpaid carers and we had lots of positive feedback. Our group enjoyed their respite from their caring role and trying new crafts with support from our lovely volunteers. We ended the session with a visit to Daisy Doodle Paint a Pot Parlour on Carers Rights Day to paint Christmas decorations.

We have also enjoyed a visit to Northallerton Fire Station with our parent carer group and their children. The Fire Station showed the children all the different parts of the fire truck and allowed everyone a chance to sit in the driver's seat and ask questions. The children then went outside to have a go at using the hose and playing in the water.

We continue to have busy groups with lots of carers attending for peer-to-peer support and information from guest speakers.

We would also like to say thank you to our volunteers for their support at groups and for helping to create crafts for our wellbeing group.



COST OF LIVING FOR CARERS

Available to unpaid carers in Scarborough, Whitby, Ryedale, Hambleton & Richmondshire

We want to help you feel more confident about money, for you and the people you're caring for. Our Carer Money Matters team can help you understand, and get the financial support you're entitled to.

Our service continues to support unpaid carers to complete benefit checks, support in applying for a range of benefits including PIP, Carers Allowance, Attendance Allowance, Universal Credit plus many other benefits, council tax reductions and grants available to unpaid carers*.

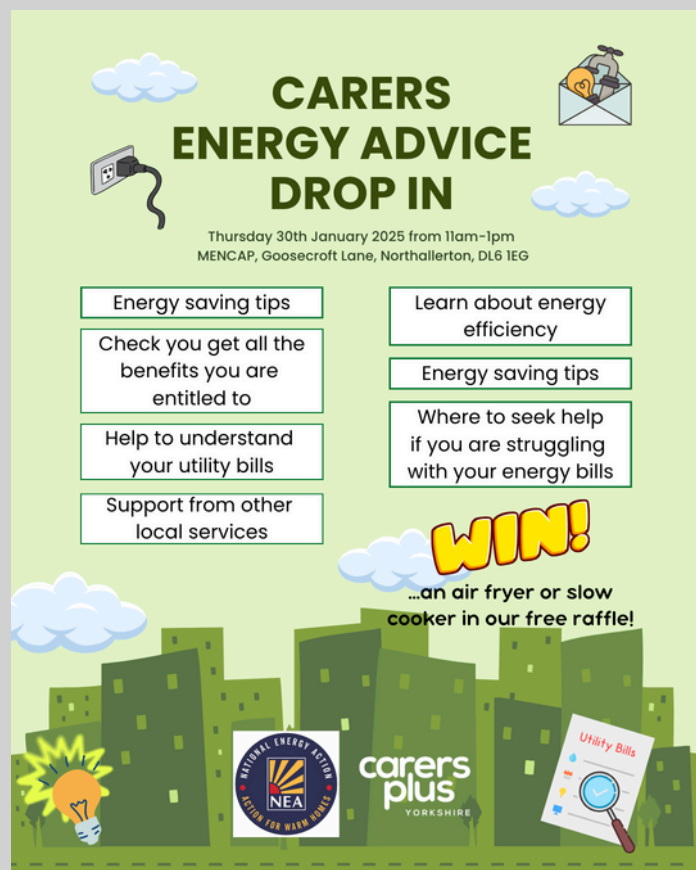
We can also help you get on the Priority Service Register with your energy supplier. This will help you get extra support with things like meter readings, advance warnings of supply interruptions and how to save on cooking and heating. You'll also get priority re-connection if your supply is interrupted. We'll also offer guidance on practical ways to reduce your energy bills that work for your individual circumstances and if eligible you could receive a free Carbon Monoxide Detector.

Our advisers can talk to you about other money matters such as budgeting support, whether it's for you or the people you care for. We understand that balancing caring responsibilities and

finances isn't easy, and we can help you to access the support you need to manage money. The Carer Money Matters advisers offer one to one support or if you prefer not to discuss the details of your finances, they can support you to access the application forms and advise on what information to include whilst you fill in the finer details.

To book a call with one of our Carer Money Matters team please contact the office.

**Not all benefits and services are available to all unpaid carers. Our Carer Money Matter advisers can advise you on your own circumstances.*



CARERS ENERGY ADVICE DROP IN

Thursday 30th January 2025 from 11am-1pm
MENCAP, Goosecroft Lane, Northallerton, DL6 1EG

- Energy saving tips
- Check you get all the benefits you are entitled to
- Help to understand your utility bills
- Support from other local services
- Learn about energy efficiency
- Energy saving tips
- Where to seek help if you are struggling with your energy bills

WIN!
...an air fryer or slow cooker in our free raffle!

Logos: National Energy Action NEA, carers plus YORKSHIRE, Utility Bills



DIGITAL INCLUSION

Digital technology is all around us and as more and more services go online it has never been more important to be competent and confident in using digital technology.

Does technology baffle you or would you like to do more online but don't know how or where to start?

Let our friendly and supportive Digital Champions get you using technology more to make day to day life easier. It could be learning how to re-order your prescription via the NHS app or to complete an online grocery shop to save you heading out in the cold. Whatever you'd like to know, our digital champions are here to help.

We offer a Digital Drop-In at **The One Twenty** on Thursdays, 2pm - 4pm where a Digital Champion will be on hand to support you in using your own device or using our laptops and tablets to get online. It's also a great warm space to work on your own project such as completing a Uni assignment or creating a CV.



Digital Champions in **Hambleton** and **Richmondshire** will be bringing technology to you, offering support and help at some of our Carer Groups plus Digital Drop-ins and learning opportunities coming soon!

BOARD APPOINTMENT UPDATES

We are excited to announce a change in our Board of Trustees. John Suddaby, formerly our Treasurer, has graciously stepped into the role of Chair, allowing Michael Hunt to transition to Vice-Chair. Michael has been on the Board since 2014, providing invaluable support to both the organisation and Chief Executive Officer, Elizabeth McPherson. While Michael felt it was the right time to pass the baton, we are delighted that he will remain a vital part of the Board as Vice-Chair as part of our succession planning.


The role of the Chair is pivotal, involving the leadership of Trustee Board meetings, providing strategic direction and guidance to the board, and ensuring the board functions effectively in its governance and decision-making responsibilities.

John brings a wealth of experience to his new role, having served as a Trustee for over seven years. He has a deep understanding of the organisation and the incredible work of the team and looks forward to supporting them in the future.




Reflecting on his new role, John shared: "Having been a carer for my mum with dementia, I am only too aware of how important it is to have a great support network helping you to care. A proud trustee now for many years, my accountancy and business background has given me a desire to ensure the organisation continues to expand its excellent reputation, has a happy and well-trained staff, and can deliver the multitude of different caring needs that are desperately required in our local communities."

Client Feedback




"I have really enjoyed today's workshop. It has made me slow down and look around me in more detail"

From a Mindful Photography Client



"I thought the day was well organised, the packed lunch was delicious, the trip through the tunnel and to the engine sheds was all organised and a very interesting talk"

From a Care for a Cuppa Client about a trip on NYMR



"You have helped me very much on a personal level and you have helped me discover more of myself and helped me (to) 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!"

Feedback from an unpaid carer who accessed support through the Adult Carer Service

we are only One Call Away...



Contact Us

**Scarborough, Whitby
and Ryedale Office**

**Carers Plus Yorkshire Ltd
96 High Street, Snainton,
Scarborough, YO13 9AJ**

01723 850155

**Hambleton and
Richmondshire Office**

**Carers Plus Yorkshire Ltd
Unit 2 Omega Business
Village, Thurston Road,
Northallerton, DL6 2NJ**

01609 780872

Visit: carersplus.net Email: admin@carersplus.net



@CPYorks



Carers Plus Yorkshire Ltd is an independent Charity and Company Limited by Guarantee.

Charity No. 1046228. Company No. 3042108

Registered Office: 96 High Street, Snainton, Scarborough, YO13 9AJ