

NEWSLETTER



HELLO & WELCOME!



As the colours of autumn settle in, we reflect on the positive strides we've made together within the last quarter. We recently gathered for a productive team day where ideas flourished, and collaboration brought us closer to our goals. We're excited to carry this momentum forward in the coming months!



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NEW SERVICES | VETERANS AWARD | DROP INS

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ADULT CARER SERVICE

This year we have seen a steady increase in referrals for unpaid carer support, and CPY recognise that often access to advice, information and guidance can be limited at a time that its needed. It is hugely important that we can offer this provision at the right place and right time for unpaid carers within our communities.

In the coming weeks, please keep your eyes peeled for a timetable of 'Carer Drop In's' that will be offered across the CPY geography of Scarborough, Whitby, Ryedale, Hambleton & Richmondshire.

These sessions will be hosted by our experienced advisers, who will be on hand to offer impartial information, advice and guidance. Our advisers recognise that often unpaid carers required a confidential, safe and quiet space to discuss the impact of caring, away from the home and the person who they care for. Creating accessible appointments in localities will offer this support, without the need for long term provision.

These scheduled appointments are being introduced to reduce the waiting time for personalised carer support.

There will be appointments available across a range of caring roles, including specific drop ins for parent carers, veterans, memory loss & dementia, mental health and financial hardship, fuel poverty & income maximisation.

To be offered an appointment in our community spaces you will be required to complete an adult referral form, which can be found on our website or alternatively by calling the office. Once we have received your referral you will be booked for an advice line call, and your 'drop in appointment' can be booked over the telephone at a venue, date and time that is convenient.





YOUNG ADULT CARERS

We recently had the pleasure of taking some of our incredible YAC's on a thrilling wall-climbing adventure at The Street. The excitement was palpable as they embraced the chance to try something completely new, pushing themselves both mentally and physically. One of our YACs even went head-to-head in an epic climb-off against Nicky from the Young Carer team — who do you think reached the top first?! It was a close call!

This day wasn't just about climbing walls, but about breaking through personal barriers, stepping out of comfort zones, and showing the world the true strength of their resilience. These moments remind us of the power of perseverance and the importance of taking a breather from daily caring responsibilities.

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

The Young Carer team had a fabulous summer with our young carers! They enjoyed a trip to Duncombe Park. Young carers from Hambleton, Richmondshire, Scarborough, Whitby and Ryedale all got together to enjoy a birds of prey display, made bird boxes, learnt lots about historic battles and played games. Friendships were made – the day was well and truly enjoyed by all who attended. They have also enjoyed wellbeing walks and picnics.

Autumn is here and the team are super busy setting up and running lunch hubs in schools, continuing with regular youth sessions and enjoying seeing young carers within their school setting. The team will be present at secondary school open nights and freshers days so keep your eye out if you can see us and come and say hello!

There are some exciting plans for Halloween and Christmas which we will look forward to sharing with you in the next newsletter!





HOME FROM HOSPITAL

The Home from Hospital service continues to remain very busy across all areas. Referrals are mainly from the hospitals, but we also encourage self-referrals from people who have been discharged but once home, find they are unable to manage. You can self-refer by visiting our website or calling our office. We are also working with the GP surgeries in the Ryedale and Hambleton districts, contacting discharged patients to check to see if our support is needed.

Some of the Home from Hospital team visited the fantastic new Urgent and Emergency Care Centre at Scarborough Hospital prior to its completion, pictured above. One of our Home from Hospital Co-Ordinator's, Laney, had a great day promoting our services at the Evron Centre in Filey, pictured right.

The Home from Hospital service is for anyone 18+ returning home after a stay in hospital. This short-term service can help with things such as collecting prescriptions, essential food shopping and helping to access appropriate support





OUR NEIGHBOURHOOD

The Stepping Out group in Scarborough have continued to join for a walk and talk every week, whatever the weather! Volunteers lead these gentle well being walks, ideal for anyone 18+ who would like to meet new people, get out in the fresh air and have the support of others.

The Not Just Me group at Kirkham Close, Whitby enjoyed a fantastic trip out with Wet Wheels in June. The weather was lovely, and everyone thoroughly enjoyed themselves with some even get to steer the boat! The group have also enjoyed a Yorkshire Day quiz, reminiscing about food (butterscotch Angel Delight being a favourite!) and a trip to the Lobster Hatchery. Crafting continues with lots of knitting and crocheting for blankets to give to those in need over the winter and poppies for the Royal British Legion.

Heart and Craft in Kirkbymoorside, Helmsley and Cayton have been

trying lots of different crafts, including lino printing, watercolour self-portraits in the style of Sir Quentin Blake and making wire flowers. It has been great to see individuals absorbed in what they are doing but also being part of a group that are there for each other. Our thanks go to Rural Arts for providing these sessions in partnership with Carers Plus Yorkshire.

Dawn is the new host of the Ings Garth Tea and Toast social group. She is ready to brew up some fun for all the lovely folks in Pickering! Mark your calendars for the 2nd and 4th Tuesday mornings of every month at the Ings Garth Community Centre, Pickering from 10 am to 12 pm.

If you're feeling a bit lonely or isolated, Dawn's got a warm welcome and a cozy cup of friendship waiting just for you! Come join the laughter and good vibes!

WIDER SERVICES – EMPLOYABILITY PROJECTS

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.

Below is a picture of participants who recently completed a well being intervention with Thrive Outdoors, one of the intervention partners, in Raincliffe Woods, Scarborough. They were taught wood whittling!



50 NOT OUT

Are you aged 50-64 years old and want to learn new skills in a fun and sociable environment? If so, our 50 Not Out project is the thing for you!

We offer a range of courses and fun learning opportunities within supportive and friendly groups. You can join any of our courses and learning opportunities as well as tailoring some learning to meet your specific interests and needs. Learning opportunities in the next few months include sign language, digital skills and crafting. To find out more contact about the courses we have coming up please contact the office.



THE ONE TWENTY, EASTFIELD



TheOneTwenty_



The One Twenty

As you all know, The One Twenty is an outreach space for Carers Plus Yorkshire, open to all the community! Based in the old cafe at the top shops.

The One Twenty is thriving, with a diverse group of people attending regularly. The energy has been fantastic, creating a welcoming and vibrant atmosphere that everyone enjoys. It's wonderful to see so many different faces coming together!

As we continue to grow, we're especially excited about the upcoming Halloween activities taking place here. With the positive momentum we've built, we're looking forward to making it a fun and memorable event for everyone involved!



Rent The One Twenty!

Professionals and external groups can also rent The One Twenty at only £25 per session. Sessions can be morning, afternoon or evening. The space comes with a fully equipped kitchen and disabled access toilet.

Check out the awesome new doodle artwork on our windows! We were lucky enough to have the amazing Charlotte Eldred bring her creativity to life, showing everyone just how friendly and people-focused we are.

The space is all about community, and thanks to her, it now radiates that welcoming vibe! Come see for yourself how we're making The One Twenty a true hub for connection!



Restology



Since our last update we have not only given out nearly ONE HUNDRED free Restology cards to our clients but we have also gained some NEW pledges who are keen to offer our clients special concessions – including Mr E Escape Rooms, Clinical Therapy by Leonie Raven, local bingo sessions as well as climbing wall, yoga sessions and an unpaid carer Pen Pals programme! And of course, not to overlook the amazing businesses who are continuing to pledge their support – do have a look on our Restology page on our website for more details!

By accessing local businesses through provision like our Restology project, we are able to offer powerful support to our local community as well as being able to access exclusive reductions and offers = win-win! *We are also keen to begin expanding our business links in the Hambleton and Richmond areas too, so do get in touch with us if you would like to be part of Restology!*



VETERANS

We continue to grow our groups in Scarborough, Bridlington and Northallerton. Bringing Veterans together for peer support and social interaction, welcoming new members and offering support advice and sign posting to all. We also have regular drop in's in Scarborough market, the IHub at Catterick Garrison and the Apollo Veterans coffee morning events in Bridlington.

This Summer we have also had trips out to Eden Camp for the annual parade, and a joint trip with Age UK to Yorkshire Air museum.. We are happy to say that we had Veterans from all over patch attending. Both places are memorials to those who lost their lives in warfare and remind us all how lucky we are to live the lives we do today. We will Remember them.

On that theme at our next Friendly Forces at Gallows Close, Scarborough we will be adding to the poppy display that we have had in pride of place in Scarborough Market for the last two years. I also want to thank all the lovely ladies who have knitted Poppies for the Poppy Train in Bridlington, and for the Scarborough Poppy Appeal.



You might recall that in June, CPY received the Silver Award in the DRM Employer Recognition Scheme.

Recently, our Veterans Adviser, Alison, attended the Silver ERS Awards event alongside members of the CPY Senior Management team, including CEO, Elizabeth. They are pictured here with Jo Ropner, Lord Lieutenant of North Yorkshire.

We are all incredibly proud of this achievement, supporting the Armed Forces Community going above and beyond the basic pledges to actively implement policies to support armed forces personnel, veterans and their families. We take great pride in supporting the Armed Forces Community.



BRIDLINGTON CARERS

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

We have had a very busy last quarter Bridlington. There was over 100 unpaid carers & families attending the Crown Community building to join in our carer's groups!

These groups alternate each week and offer a pocket of time for the carer to have a well-earned break from their caring role, although we do understand that it isn't always possible to leave the one you care for at home without you, so they are always welcome too.

Within the groups we often provide activities, games & crafts, but most importantly, Tea, Coffee & Biscuits, Cake & Company.

At our recent 'Feel-Good Friday' group we made mosaic bamboo coasters, the carers found this very therapeutic and thoroughly enjoyable, and the best part about it was, they got to take them home to give to their loved ones or to keep for themselves.



CARER CONNECTIONS

We have been very busy with the Carer Connections project this quarter. Over summer we held a swimming event for our parent carers, this allowed parents to come together and let their children enjoy the swimming pool without worrying about their children in a busy pool environment. Helmsley outdoor pool was very accommodating, and everyone had a great time. To offer even more support to our parent carers we have teamed up with Daisy Chain to hold a group for parent carers in Thirsk. Along with the new parent carer group we have also started a new dementia inclusive café which we run with Dementia forward, this group is in Richmond and allows the carer to bring along the person they care for. We also have a new group in Colburn which is a generic group this is to bring carers together, meet new people and have some much-needed respite.

We have started an exciting short new course for wellbeing, this offers carers a 6-week programme where they are able to meet others while working on their own wellbeing, the first sessions we have done have been crafting for wellbeing, where our volunteer showed us how to make origami flowers.

We attended a Broadacres community day in Stokesley, where several professionals held information stalls. We held Carers Champion training at Romanby Golf Club, this allows us to spread the word about carers and their needs and enables professionals to be able to spot and support unpaid carers. We also had the lovely Fiona from Dementia Forward attend our Memory loss group in Easingwold where she answered questions and was able to offer advice, guidance, and support to the people there.



NEW SERVICE >>>

COST OF LIVING FOR CARERS (INCOME MAXIMISATION TEAM)

Worried about making ends meet for you or the people you're caring for?

As a carer, we know that your own worries aren't always at the top of your list. But we also know that there are so many other things you're worrying about too. Many of you have told us you're struggling to make ends meet and pay bills on time.

That's why we're here to help make money less of a worry. We want to help you feel more confident about money, for you and the people you're caring for. Our Cost of Living for Carers service can help you understand, and get, the financial support you're entitled to.

We offer free advice on energy saving, benefits and we can help you get on the Priority Services Register with your 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 reconnection if your supply is interrupted. We'll also advise you on practical ways to reduce your energy bills that work for your individual circumstances.

Taking care of others means taking care of yourself. So, please get the help you need to help the people you care for.

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



MEASLES CASES ARE RISING

NHS

THE MMR VACCINATION ISN'T JUST FOR KIDS

Whatever your age, make sure you protect yourself by keeping up to date with your vaccinations.

LET'S GET BETTER.

For more information on vaccines visit: humberandnorthyorkshire.org.uk/vaccinated/

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.

Our Digital Inclusion project offers you the space, time and the support of Digital Champion, to help you navigate the digital world in a safe and supportive space!

You can bring your own device or use one of ours. In December we will be offering dedicated learning sessions on digital basics too. If you'd like to find out more about these courses contact the office. Digital drop ins and learning will be coming soon to the Northallerton area!



Starting 18th October, The One Twenty will be open as a digital drop-in to help you with any of your digital needs. At our digital drop-ins you can be supported to:

- Learn how to use your smart phone
- Sign up and access the NHS app
- Set up an email address
- Learn how to do online shopping safely

Or anything else digital that you'd like help with!



Client Feedback

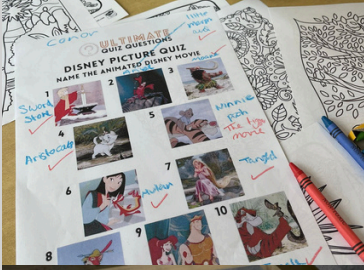
"During this very difficult time Teresa was very supportive and caring"

"Can I just say what a lovely morning Dawn put on at Ings Garth Community Centre this morning and how much the residents enjoyed it, thank you!"



"Lots of people don't see yourself as a carer – I found myself in a position feeling it was my duty to look after everyone but I forgot about me in all of it"

we are only One Call Away...



Contact Us

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and Ryedale Office**

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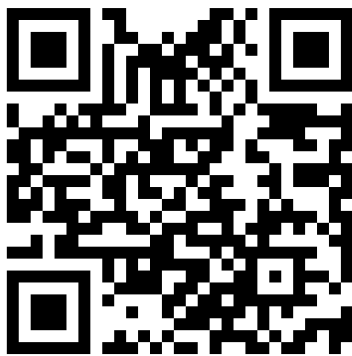
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