

The Newsletter of York Carers Centre

York Carers Centre, 17 Priory Street, York, YO1 6ET

Tel: 01904 715490 Email: enquiries@yorkcarerscentre.co.uk

Please visit our new website www.yorkcarerscentre.co.uk



York Carers Centre Staff

Dates for your diary

Every Tuesday until 15 December – Talkback Carers Writing Group (see back page for further details)

23 November – York Carers Forum open meeting – Personalisation presentation

4 December – Carer's Rights Day

15 December – Carer's Christmas Social – York Carers Centre

10 & 17 December – Art Sessions – York Art Gallery

See further information about these dates and events in the newsletter...

Improved access to the Carers Centre

In response to feedback from carers we are piloting offering drop-in sessions and extending our telephoning opening hours.

We have extended our telephone opening hours to 9.00am-5.00pm Monday to Thursday. You will almost always be able to talk directly to staff, however the appropriate member of staff will ring you back if they are not in when you call. All the direct dial numbers are still available.

From January 2010 until the end of June 2010, we are going to hold a regular drop-in session for adult carers (including parent carers) from 11.00am – 3.00pm every Friday. You will be able to visit and have a drink, a chat, access our advice service, look at our extensive leaflet section and browse and loan books.

The office will be closed over Christmas from 3.30pm on 24 December to 4 January. In the event of an emergency please ring the Emergency Duty Team on **0845 034 9417** or if you are registered with the Carers Emergency Card Scheme please ring Warden Call on **01904 645000**

If you require this leaflet in a different format e.g. large print, audio cassette, Braille or a different language please contact 01904 715490

News from the Carers Strategy Manager November 2009

City of York Council's customers will find it quicker and easier to get access to homeless and social services from this autumn.

From October, customers will be able to speak to dedicated front line teams, individually specialising in Housing Options, Adult Social Services and Children's Services. This means customers will be able to speak to the right person at the first point of contact, avoiding unnecessary transfers and the need to repeat information.

The new contact details for adult social services, children's social services and housing options will be:

Adult Social Services – Initial Assessments and Safeguarding Team

Team which responds to requests for information about adult social services; provides initial community care assessments and provides front line response for all concerns where a vulnerable adult may need protection.

Telephone: **01904 555111** Email: adult.socialsupport@york.gov.uk

Children's Social Services – Referral and Assessment Team

Team which responds to referrals about children where complex needs or child protection concerns may be indicated and assesses or investigates the child's circumstances to determine if they are in need of support services, or protection measures if at risk or significant harm.

Telephone: **01904 551900** Email: childrens.socialcare@york.gov.uk

Housing Options Team

Team which provides detailed and comprehensive housing advice for customers.

Telephone: **01904 554500** Email: housing.options@york.gov.uk

The Customer Advice Centre will remain at 10-12 George Hudson Street for any customers wishing to speak face to face to an advisor about either Adult Social Services or Housing Options.

Children's Services has a reception point at Ashbank, Shipton Road, where customers can speak to an advisor or alternatively a secure phone is available in the Customer Advice Centre to connect to the Referral and Assessment Team.

Frances Perry – Carers Strategy Manager

Personalisation and Adult Social Services

Personalisation means looking at supporting people in a way that gives them more control over their support. This is a big change in the way that support will be offered to people and there will be changes in the way Social Services work.

City of York Council is part of a national pilot to introduce this to people. This is called Total Transformation with City of York Council being given support from a national organisation called 'In Control', who are supporting a number of Local Authorities across the country.

Ralph Edwards from City of York Council will be attending York Carers Forum's open meeting to give a presentation on this on 23 November at 10.30 am. All welcome.

Saving Gateway - what it is and who qualifies?

From 2010, there will be a new Government supported cash saving scheme called the 'Saving Gateway'. It's for people of working age who are on lower incomes, and aims to help kick-start a saving habit. The government will add 50 pence for each £1 saved into Saving Gateway accounts. You will qualify for an account if you get certain benefits or tax credits.

You will be able to open a Saving Gateway account if you get any of the following:



- Income Support
- Incapacity Benefit
- Severe Disablement Allowance
- Tax credits – if you have an income below £16,040
- Carer's Allowance (you must be in receipt of the allowance, not just have an underlying entitlement)
- Jobseeker's Allowance
- Employment Support Allowance

How the account will work

When the scheme launches in 2010, if you qualify for an account, you will be sent a letter of invitation, an information booklet and a list of Saving Gateway providers by HMRC. You will be able to take your letter to any approved Saving Gateway provider and open your account.

You will then be able to save as much as you like into your account for two years, with a top limit of £25 a month. At the end of the two years the government will add a reward of 50 pence for each £1 you've saved.

Don't worry if £25 sounds too much - every £1 you save will earn you an extra 50 pence. And you will be able to withdraw your savings should you need to without affecting the government reward you have earned up to that point. Remember, you'll only be able to open one Saving Gateway account per lifetime, so make sure you open one at a time that's right for you.

Carers Rights Day – Friday 4 December 2009 Caring for your Income and Pension

The focus of this year's event for Carers Rights Day is pensions. We will be having information stalls at Sainsbury's Monks Cross and the Co-op in Haxby from 10.00am – 3.00pm, as well as a stall at York Hospital. York Carers Forum have organised an Information Café 'Money Matters', at St. Michael Le Belfrey Church, York, YO1 7HH, between 10.00am – 4.00pm where we will also have a stall.

York Carers Forum are also arranging a foot parade through the streets of York to raise carer awareness in the city.

We hope to see you at one of these events!

Keeping Warm

Now the colder weather is upon us and the nights are drawing darker our thoughts turn to keeping warm through the winter months. There are 2 initiatives which we would like to highlight.

The first is under the government keep warm keep well scheme. There are grants available to have loft insulation, draught proofing, cavity wall insulation, hot water tank insulation, gas or oil central heating and conversion of solid fuel open fires to glass fronted fires. The grant is up to £2700 and you need to be in receipt of certain benefits which include means tested benefits and Attendance Allowance and Disability Living Allowance.

We have the application form or you can call **Warm Front on 0800 316 6011**.



Hotspots

The second initiative, Hotspots, works hand in hand with Warm Front and is run by the Energy Saving Trust. They are a one stop **referring agency** for information on home insulation and heating grants, benefits advice and can refer you for a home fire safety check from the Fire Service. One simple card is filled out to state what area you need help with and they will sort the rest out for you.

You can get these cards from us or call them directly on **0800 512 012**

Caring with Confidence

This is a **FREE** course for carers, which aims to make a positive difference to carers and the people they care for, by improving their health and well-being. This is done by providing support for carers through sessions, designed by carers for carers, where they can learn skills, get advice and information, talk and share experiences.

The course can be done at home via self study, online or at local group sessions. We can arrange local group sessions in York. Please contact Helen Mackenzie on **01904 715497** if you are interested in this or visit www.nec.ac.uk/caringwithconfidence or call **01223 400 393**

Learning for Living

Learning for Living has changed its name.... this is now known as a **Certificate in Personal Development and Learning for Unpaid Carers.**

We spoke to the carers who had participated in the course this year and the feedback was very positive, everyone said that they would recommend the course to other carers.

“The course has been brilliant, the teachers and all the people on the course are very friendly. It has given me more confidence to learn more, excellent course. Thank you!” A Carer 2009

This is a City and Guilds approved course held at York College. It builds on the skills that carers and former carers have developed in their caring roles. It helps to promote confidence and could lead on to further study or a return to paid employment.

The course ran successfully earlier this year and will run again starting **29 January 2010**. The course is held every Friday 10.00am - 2.30pm at York College (term time only).

Help with the cost of the course and some expenses are available and will be assessed on an individual basis.

For more information and an application form please contact York College on **01904 770400**, email enrolment@yorkcollege.ac.uk or visit the website www.yorkcollege.ac.uk or contact York Carers Centre on **01904 715490**

Demand for places is expected to be high so if you are interested please apply as soon as possible.

You need to register your interest again for this course if you applied before.

Young Carers Page

Young Carers Revolution

Young Carers Revolution are getting on with the branding of their group, and are applying for funds to create a film. Keep up to date on our blogspace:

<http://youngcarersrevolution.blogspot.com/>.

Schools work

The schools project has been going for a couple of months now but we still need your input. We want to know how we can help you in schools? Would you like a drop in at lunch times? What do you want teachers to help you with? Please talk to Liz.

Big Draw

The 6 sessions we've had so far, in partnership with CYC Community Arts Team have been fantastic, from drawing on pants to painting with chocolate (we have nothing to show for that session as we ate it all afterwards!) October half term will see 2 days where both adults and young carers are coming together to continue the big draw, show off their work so far, and have a go with the Illuminate York equipment. We will be producing a publication which celebrates all the work done on this project, to be available from December.

Residentials

This year we managed to squeeze a residential for each group into the summer. First the 12-15's had a great time at the Young Carers Festival in Southampton with lots of activities and over 2000 other young carers from all over the country. The 15-18's went to Cayton Bay near Scarborough for a week in August, there was lots of chilling out, some beach rounders and a MONSTER game on monopoly! The last weekend of the summer holidays saw the 8-12's go to Winmarleigh Hall near Preston for 3 days of kayaking, abseiling, quad biking and more! Phew! I'm exhausted just thinking about it.

Volunteers - we need you!

Please help us to run groups for young carers, we need people who can work with young people aged 8-18 and also help with transport! Contact Sharron Smith on York: **715490** for more information.

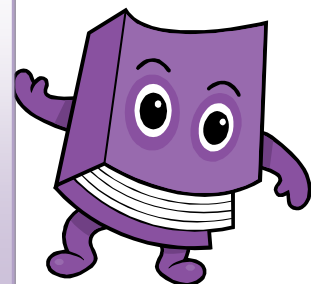
Dates for your diary

Alongside our usual monthly groups, we are planning the following:

Christmas Party – TBC organisers this year are The Girl Guides

4 December 2009 – Carers Rights Day, schools & supermarket awareness

January 2010 - Pantomime Trip



Staff News



Hi. I became Manager of the Carers Centre at the beginning of July 2009. For 9 years I worked as Quality Assurance / Policy Manager at the Family Fund - a UK wide charity helping 50,000 families per year who care for severely disabled children. Before that I was Quality Adviser for the Community Services team within City of York Council, having originally trained and worked as a Housing Officer in Birmingham in the 1990's.

I have two children aged 5 and 6 who keep me very busy!! I do not have much time for hobbies but do love our camper van which made it as far as Morocco the year before last.

I am very excited about this new and challenging role and hope to work closely with carers and other agencies in York to build upon the great work already done by the committed and hard working team. If you have any suggestions about how the centre can develop, I would be really pleased to hear from you.

Linda Stubbs

Hello everyone!

My name is Helen and I'm the new Carer Advice worker here at York Carers Centre.

I am here to offer... advice to carers in particular about education, employment and training needs. So if you would like advice on arranging flexible working hours or are interested in learning or training (from masters courses to massage techniques) then phone me and I'll try to help you. I have links with further and higher education colleges and universities and will be working to raise their awareness of issues which effect carers, as well as supporting carers to continue with their education and address any problems with the colleges. I will also be trying to promote understanding around carer's employment issues with employers in and around York.



I can meet you at home or in the office and help you to identify any training that you might benefit from and refer you to services that should be able to help you in your caring role so that you are more able to develop your career. I can help with C.V. development, job application forms and developing interview skills. I am trialling holding small weekly groups to work on these employment skills.

In addition to this role I also run the service for 18- 25's young adult carers working to support and advise them: we meet for group events to take some time out with other young adults and also some 1:1 support.

Helen Mackenzie



Hi, my name is Alison Shepherd. I am the new Finance Officer for York Carers Centre. I have been working at the Centre since 23 March this year. I have a great deal of experience of working in finance, I have also worked in the charity sector for over 14 years and have gained a lot of experience in how charities are managed.

I am enjoying the challenges to be met by the new charity status. It is a very welcoming office to work in.

On a personal level I love dangly ear-rings and flowers and can usually be seen wearing ear-rings! Although I probably won't have much direct contact with carers, I look forward to meeting you if you come into the office.



York Art Gallery – Art Sessions

A Window on the Gallery

Artist Simon Perriton has created a new artwork especially for York Art Gallery. 'Anonymous Rose' is a dramatic piece, painted on glass, hanging in the stairwell at the gallery. It uses details from a number of portraits in the gallery collection, which have been stencilled and painted onto the back of the glass, building up layers of colour and pattern. The final art work is stained glass with a difference. These workshops will use Simon's work as inspiration: looking for details and patterns around the gallery and using these to create layered panels, which could be hung in a window or on a wall.

Come along and have a go in the relaxed atmosphere of the gallery. Tea, coffee and biscuits will be available. We will ask for a small donation, £3, towards the cost of materials for the session. Every one is welcome. To book a place (you can attend one or both of the above dates) please let us know by ringing the Carers Centre on **01904 715490**

The art sessions will be held on: **Thursday 10 December & Thursday 17 December**
1.30 – 3.30pm at York Art Gallery

Carers Christmas Social

York Carers Centre will be holding a Christmas Social for carers on **15 December 2009**. This will be a good chance for you to meet us, take some time out for lunch and a chat and get into the Christmas spirit!

So why not join us between 11.00am – 2.00pm. This will be held at our offices at 17 Priory Street, York, YO1 6ET.

A free buffet lunch and drinks will be provided. Please let us know if you would like to come along by ringing on **01904 715490**



Big Draw Campaign

Belongings - This is a publication which has been produced to celebrate the art work done by York Young Carers and York Adult Carers who took part in the Big Draw project during September and October. If you would like to request a copy please ring us on the number above, or why not pick up a copy at our Christmas Social!

A presentation of Georgian York

During the Georgian period York was seen as the social hub of the north, attracting wealthy classes who came to see shows, dance and go to the races. This presentation of Georgian York will take a light-hearted look at the Georgian period as experienced by the Yorkshire Gentry.



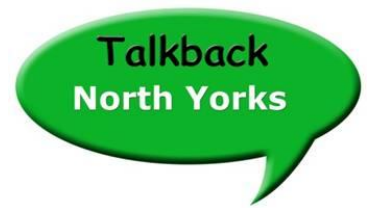
This talk will include a power point presentation and will be given by Chris Dowell at York Carers Centre on **Wednesday 10 March 2010**. The talk will start at **1.00pm** and will be followed by refreshments at 2.00pm. We hope you will be able to join us.

If you would like to attend the talk please ring York Carers Centre on **01904 715490**

BOOKS

In addition to the book of poetry and drawings 'A Thousand Words' which Carers produced in workshops at York Art Gallery last autumn, drawings and poetry by Carers also features in the new book 'Reflections on War'. Both books are available online from www.lulu.com/territoires ('A Thousand Words' is £1.43 per copy + postage or download FREE. 'Reflections on War' is £6.14 per copy + postage or download for £1.25.)

Talkback North Yorks



Talkback is an organisation for and with people with a learning disability. Our years of specialising in this field have also highlighted the importance of supporting family carers to have their own voice.

As part of the funding recently awarded by York Valuing People Partnership Board for people with learning disabilities and carers, Talkback will be offering support to family carers. This is an important time for Carers in York and Talkback wants to work in Partnership with all other agencies involved with family carers. Talkback is committed to giving family carers a voice and supporting them to advocate for themselves so that they can be involved in the planning and delivery of services that affect them and the people they care for. We are presently developing ways of working with carers and would like to highlight some future dates for your diary;

VOICE (Carers of people with learning Disabilities) Writers group – Tell your Story.

When: Tuesday 3 November – Tuesday 15 December

These will be held at York Carers Centre at Priory Street between 7.00pm – 9.00pm.

VOICE (Carers of people with learning disabilities) - Open meeting

Learn about and contribute to the work of York Valuing People Partnership Board for People with Learning Disabilities and Family Carers. Meet and hear from your Local and Regional Carer Representatives

When: Friday 27 November 2009

This will be held at the Bar Convent, Blossom Street, York between 10.00am – 12.00noon (followed by a free lunch)

Open day workshop with free lunch – York Valuing People Partnership Board for people with learning disabilities and their carers. Come and meet Board members, find out what work has been done in 2009/10 and contribute to the development of a work plan for 2010/11

When: Friday 29 January 2010. To be held at the Priory Street Community Centre between 10.00 – 3.00pm (including free lunch)

For further information or to book a place at any of these events please contact Maureen Ryan, Project and Practice development manager. Talkback North Yorkshire. Telephone: **0789 421 3654** or email: maureen@talkback-uk.com

For Sale

Brand new stairlift for sale!

This was installed but has never been used. Standard fitting so can be installed by any qualified electrician. The make is **Minivator** and will carry up to 253lbs in weight. £800 for a quick sale.

For further information please contact Ruth on **07986 122762**

Holidays for carers

Are you looking for a holiday? We have limited access to one or two free holidays per year. We can also help you to look at the different options available and see if there is funding available to help towards the cost of organising your own holiday. Please look out for further information in our next newsletter regarding various holidays being organised in 2010, as well as information on carers holiday experiences. If you would like to talk to a member of staff about this please ring the Carers Centre on **01904 715490**.

Have your say

If you are interested in writing an article for this newsletter please let us know. Send all your ideas to York Carers Centre, 17 Priory Street, York, YO1 6ET or email them to enquiries@yorkcarerscentre.co.uk

