

Contact York Carers Centre on **01904 715490** or **enquiries@yorkcarerscentre.co.uk**

# York Carers Centre news

Autumn 2018

Issue 84

## Missing out? Know your rights

**Friday 30 November 2018** is Carers Rights Day; a national campaign to help carers know their rights and what help is available in their local community.

This year we are pleased to be able to give carers the chance to meet and talk about their rights with York's two MPs; Rachael Maskell (MP for York Central) and Julian Sturdy (MP for York Outer).

The day will run from 9.30am to 2.30pm at the Priors Street Centre, with talks with MPs between 10 and

11.30am, followed by lunch and a chocolate tasting workshop!

Please book via **01904 715490** or **enquiries@yorkcarerscentre.co.uk**

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## **Celebration of carers**

In June we acknowledged the vital contribution carers make to our families, communities and to society through celebrating national Carers Week. As well as awareness stands, Hubs and a delightful afternoon tea, we held an open morning for carers, professionals and members of the public to come and meet us to find out what we do. It was even featured on York's own tv channel, That's York!

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**Help us keep up to date. Please let us know if your details change. Call us on 01904 715490 or email enquiries@yorkcarerscentre.co.uk**

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# An invitation

York Carers Centre would like to invite you to our Annual General Meeting (AGM) on **Thursday 27 September 2017** at **6pm**. The meeting will be held at York CVS, 15 Priory Street, York, YO1 6ET. This is a chance to come and meet staff, trustees and volunteers and find out more about our work.

We will have a guest speaker and take pleasure in sharing with you our successes and achievements over the last year; celebrating our work with inspirational and dedicated carers.

Everyone is welcome and refreshments are available.

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## Legal clinic with Crombie Wilkinson

On **Wednesday 14 November** Crombie Wilkinson Solicitors are offering their popular legal clinic. Carers are able to have a free 30 minute appointment to get advice

on wills, probate and power of attorney at their York city centre offices. Please phone us on **01904 715490** to book your appointment. If you wish to instruct a solicitor following your appointment this will be at your cost.

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## Carers Advice Line

Do you need information or advice about your caring role or for the person you care for?

If you have any questions or you would like to know about:

- Benefits for carers or disabled people
- Community Care, including; accessing support for the person you care for, adaptations and aids, services and support groups
- Disability Rights
- Carers Rights
- Your caring role and employment rights

Call York Carers Centre Advice Line on **Wednesday evenings, 5 to 8pm, 01904 715490** to speak with **Andrew** or **Shirley**.

# York 50+ Festival

The York 50+ Festival aims to reduce levels of loneliness in the city among the older population by bringing people both young and old together through a programme of diverse and engaging activities and events. It runs from **21 September to 7 October**. To find out more you can visit [www.yorkassembly.org.uk](http://www.yorkassembly.org.uk) or phone **01904 202293**.

York Carers Centre will be at the pre-festival Information Fair on **Wednesday 5 September** at Tang Hall Community Centre, **9.30am to 12.30pm**.

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## Accessible parking

When it comes to having a day out or just needing to pop into York for something, the issue of where to park concerns many people. It becomes even harder if you have to factor in Blue Badge places or spaces accessible for larger disability vehicles.

Several carers brought this matter to the attention of the Assistant Director for Social Care, Michael Melvin, at our Carers Week afternoon tea.

Michael has taken up the issue on our behalf with Parking

Services and they are happy to meet with carers to discuss any problems carers have found regarding accessible parking. If you have had trouble with a vehicle that doesn't fit into car parks due to height restrictions, or similar challenges, please contact us on **01904 715490** or **enquiries@yorkcarerscentre.co.uk** by **Friday 14 September** and we can arrange a meeting with Parking Services.

In the meantime the City of York Council has a colour coded map on their website showing which car parks and streets you can park on with your Blue Badge [www.york.gov.uk/info/20102/parking\\_permits/1806/blue\\_badge\\_parking\\_in\\_york/1](http://www.york.gov.uk/info/20102/parking_permits/1806/blue_badge_parking_in_york/1)

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# Incontinence pads on supply

Incontinence pads might seem like a small issue to some, but they can have a huge impact on the lives of those people who use them and on their carers. It has been brought to our attention by a number of carers that a

change of supplier of incontinence pads has brought about a series of problems.

Issues reported include:

- The new pads are thinner, smaller, rougher and not absorbent. The pads do not contain leaks from stress incontinence let alone manage double incontinence.
- They rub at the sides and one cared for person is complaining of being 'in pain'. This carer has spent a year getting rid of pressure sores from a hospital stay her mum had and is worried they will come back due to the unsuitable pads.
- They tear, do not fit correctly and are uncomfortable.
- A three month supply arriving all at once not only creates a storage issue but due to the inferior quality is used quickly resulting in people having to wait for further stock.
- The leaking issues are so bad that many cared for and carers have been unable to leave the house - badly affecting their quality of life and mental wellbeing.

The York Teaching Hospitals NHS Foundation Trust have been contacted about this and they say there had been a

prior consultation through the Incontinence Service but appreciate that carers may not have been able to attend. The Incontinence Service propose to meet with carers and product suppliers on **Tuesday 28 August 1.30 to 3.30pm**, to go through the issues and apologise to anyone who has experienced problems. This will be held in Classroom 3 in the Administration Block at York Hospital. You do not need to stay for the whole two hours.

If you are interested in attending this meeting please tell us on **enquiries@yorkcarerscentre.co.uk** or **01904 715490**.

Any carers who are having issues please phone the continence service phone number **01904 724363** but if the response is not adequate please let us know.

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# Carer Information

## Support Programme

The Alzheimer's Society are running a free four week course for carers and family members of people with dementia. The course covers understanding dementia,

support and care, legal and money matters and coping day to day. It runs on **Thursdays 10am to 12pm** from the **13 September** for four weeks in Osbaldwick. York Carers Centre will be offering an additional session on **11 October** on mindfulness. The course will be repeated in November. To book please contact Alzheimer's Society on **01904 567701**.

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# Art auction for better mental health

York Mind and Rethink York Group are co-hosting the popular annual fundraising exhibition and auction at the City Screen Gallery on Coney Street.

During October original donated artworks will be displayed and silent bids taken. At the end of the exhibition works are sold to the highest bidder and all proceeds split equally to benefit the two charities mental health support work in York.

Since the first collaborative art event in 2016 over £3,500 has been raised to support local people living with mental

health problems. The fundraising exhibition is a great way to find an original piece of artwork all donated by professional and amateur artists, whilst helping local charities.

York Mind supports around 2000 people in York every year who are living with mental health conditions. Rethink York Group supports both mental health service users and carers through a variety of activities, including the York Mental Health Carers Group run jointly with York Carers Centre.

Anyone wishing to know more about the art auction can get in touch with **Holly Bilton** from York Mind by calling **01904 404940** or emailing **[holly.bilton@yorkmind.org.uk](mailto:holly.bilton@yorkmind.org.uk)**

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**Keep up to date with York Carers Centre**

**Follow us on Twitter on [www.twitter.com/yorkcarers](http://www.twitter.com/yorkcarers)**

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# Access at York Museums Trust

York Museums Trust's Access Team are looking for more volunteers to help develop new ideas and activities to ensure their venues are as accessible as possible to everyone as part of their Access Focus Group.

The group meets every two months across their venues and talk about specific items such as bookable events, downloadable resources, upcoming exhibitions or how best to get information across to the public.

The next meeting will be in October on a Thursday or Friday between 2 and 3.30pm.

The Access Team will arrange for group members to look round the venue where the meeting is being held, either before or after the meeting.

The Access Team would particularly like to have the voice of those with dementia and autism represented but value the contributions from anyone with experience of additional needs either personally or as a carer.

If you are interested in going to the next meeting or being

part of the group, please get in touch with **Sarah Mortimer**, leader of the team,  
[sarah.mortimer@ymt.org.uk](mailto:sarah.mortimer@ymt.org.uk).

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## Adult Carers update

We hope you have coped with the summer heat this year. Our events certainly benefitted from the sun shining, particularly our afternoon tea at the Marriott Hotel where carers were able to sit in the gardens and enjoy some lovely treats. The gardens are a real haven of tranquillity! In the last newsletter we provided information about some Good Grief sessions; these went really well and we hope that there will be more opportunities to attend future sessions. Do let us know if this is something you would be interested in.

At the time of writing we are preparing for the Bridlington trip on Wednesday 29 August. There are a couple of places remaining for any last minute bookings. Please contact the office.

The Carers Action Group has raised some important issues recently, such as problems with the new incontinence

pads supplier (p.6). The next meeting is **Wednesday 12 September 10am to 12pm** followed by lunch. If any carers would like to attend, please do get in touch.

## **Substance misuse support group**

The group for carers affected by someone else's substance misuse meets on the **third Wednesday** of the month **1.30 to 3.30pm** in the Community Room at Tesco's, Askham Bar. If this is your first visit to the group please ring **01904 715490** to book an appointment with the facilitator before the group.

On the **19 December** there will be a mini-marketplace with relevant organisations offering advice and information.

## **York Mental Health Carers Group**

In partnership with Rethink York Group, this group is for those caring for someone with mental ill health. It is on the **second Wednesday** of the month **7 to 9pm** at 30 Clarence Street. There is no need to book, although if you have not been before please contact **Lowra** on **01904**

715490.

## Carers Café

An opportunity to meet other carers and chat to a Carer Support Worker. Carers Café is on the **first Wednesday** of the month, **10.00 to 11.30am**, at the new venue of St. Sampson's Centre, Church Street, YO1 8BE. No need to book and the person you care for is welcome. The venue is accessible and free refreshments are provided.

## Carers Hubs

Our Hubs are a place for carers to drop in, meet with staff and fellow carers, and have a break from their caring role.

**Acomb Carers Hub** meets on the **second Monday of the month** at Acomb Methodist Church, **1 to 2.30pm**.

In August we enjoyed using the summer house and gardens at the church for the Acomb Hub so we will be exploring using it more in future.

**Haxby Carers Hub** meets on the **third Thursday of the month** at Costa Coffee, Haxby, **10 to 11.30am**. We would love to hear from you if you would like to be a volunteer

at any of our Hubs to welcome carers and support staff.

At the December Hubs we will be having some festive treats.

We have a new programme of workshops for our **Health and Wellbeing Hub** for the autumn. These will be at the Friends Meeting House, Friargate, YO1 9RL on the following **Mondays, 10am to 12pm:**

**Monday 15 October** Seated T'ai Chi with Fran Haggerty

**Monday 22 October** (10am to 12.30pm) Wellbeing Mini-Marketplace with reflexology, aromatherapy, clay play and acupuncture tasters, and information and advice stalls.

**Monday 29 October** Seated yoga with Suzi Blackburn

**Monday 5 November** Mindfulness with Mark Willis

**Monday 12 November** Talk and Walk with the Rowntree Society

Please book onto the Health and Wellbeing Hub sessions (except for the Mini-Marketplace which is a drop in event) via **[enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)** or **01904 715490**.

We are continuing to pop up in different areas of the city in various places, refreshments available, no need to

book:

**Wednesday 26 September, 10 to 11.30am** at the Spearehead Community Café, Spearehead Hall, St. Mary's Church, Church Lane, Strensall, YO32 5XU. We will be joined by Dementia Forward.

**Thursday 25 October, 10 to 11.30am** at Chapelfields Community Association, Sanderson Court, Bramham Avenue, YO26 5DX. We will be joined by York Neighbours.

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# Thank you!

In June we held a celebration with our volunteers to say thank you for all their invaluable support. It was also a chance for new people to come along and find out more about volunteering with us. Thanks to Caroline MacDonald at Tesco's for supporting this event.

# Young Carers update

Summer is the busiest time of year for the Young Carers Service. Supporting over 140 young carers we've had a whole programme of summer holiday activities.

We have been getting lost at York Maze, eating at Pizza Hut playing Foot Golf and Crazy Golf, seeing animals at Beetle Bank Farm and Lotherton Hall, and enjoying lots of rides at Lightwater Valley.

The summer holidays are often a hard time for young carers and their families so it is great to see so many smiling faces on our trips! The trips are funded by kind donations and really make a difference to young carers lives. If you would like to make a donation towards young carer activities please get in touch.

Laughs, Advice, Fun, Friendship and Support (LAFFS) groups have continued throughout the summer with games outside, cooking (and eating!) and arts and crafts.

The Ed De Nunzio foundation kindly donated funds to help with the purchase of school uniforms for young carers moving up to secondary school. In June we were invited

by POM flying club to take a short flight in some of their lightaircraft at Humberside airport.

Some young carers had to face their fear of heights but it really was a great day. You can find out more about our work at [www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk) or by contacting Liz on **01904 715490**.

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# Young Adult Carers update

We have had a fantastic summer, with plenty of outdoor activities including strawberry picking in June, a stall at the Dragon Boat race in July and a whole centre trip to Bridlington in August. It's been great to see and meet people attending our events. We always love to hear your thoughts and feedback, so please do get in touch if you have any new ideas, or comments on what we have offered recently.

In other news, Clare Middleton joined the Young Adult Carer team in July, working two days a week. Clare has a wealth of experience in supporting people and is doing

1:1 work for the service, so a number of you will have met her already. Although her main focus is 1:1's, she might sneak into a few of the trips, so make sure you say hi when you see her! Coming up, we'll be holding another committee meeting, going along to a fireworks event in November and having our annual Christmas meal in December. This year the committee have voted for a traditional carvery, so look out for more details to come! For more information on the Young Adult Carer service, contact **Jess** on **01904 715490, 07572 139379** or **[jess.tomori@yorkcarerscentre.co.uk](mailto:jess.tomori@yorkcarerscentre.co.uk)**

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## **York in Recovery Summit**

York Carers Centre held a stall at the York in Recovery Summit event in July, an event to promote and celebrate recovery from addiction. One of our volunteers gave a talk to 200 people and another carer talked about her journey with her son's addiction and how she is now responsible for the guardianship of her 17 month old granddaughter. All this gave the audience of York in Recovery an insight and better understanding of the support York Carers

Centre offers to carers, as well as the experiences of those closest to those with, or in recovery of, an addiction.

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# Mission in Taiwan

**By Hsiang-Lan Liu (Echo)**

In 2014, I came to the UK to visit drug-related organisations for my mission- helping drug addicts in Taiwan. I visited York Carers Centre and attended several events with Sam [Ferguson, former Substance Misuse Worker]. This trip inspired me in many ways, the ideas and experiences I brought back to Taiwan were very useful. We even set a York area in our office to share information with our visitors.

I set up Helping Drug Addicts (HDA) Mission in 2011 hoping to help Taiwan's drug addicts. I found that drug issues were not very well-known in Taiwan society. People did not care much for drug addicts. My first goal was to gain people's attention so they can have more understanding about drug issues. Looking forwards HDA Mission plan is to work with relevant organisations and institutions, workers and agents, as well as the general

public, in seven areas:

- ☐ Information sharing and publicity for public education
- ☐ Information library and archive
- ☐ Bespoke training courses
- ☐ Pastoral care
- ☐ Research and publication
- ☐ Discovering and collection of resources
- ☐ Introducing and exploring new models and methods

This work is currently unique in Taiwan. Thank you!

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# A fresh vision for mental health

Out of Character theatre company formed in 2009 as a group of artists and performers comprising of people who use or have used mental health services, as well as students and volunteers. Their new production 'In/Hospitable' is all about different visions of the future of mental health care for York, and it debuted recently in York to an overwhelming response. There is now a project

being developed based on the play - A Fresh Vision for Mental Health in York.

Out of Character will be holding workshops, using material and themes from the play, with groups who have an interest and expertise in how mental health care will develop in York over the coming years. Carers will be a valuable part in this, and Out Of Character would like to find out carers views through creative and interactive exercises. It will be a very dynamic process because ideas from carers would then be integrated into future versions of the In/Hospitable play. We will be hosting an evening theatre workshop along with Out Of Character, just for carers, taking place in late September at the new Spark:York. Contact York Carers Centre on **01904 715490** to know more or register your interest in taking part.  
**<http://outofcharactertheatre.squarespace.com>**

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**Visit our website for the latest news and events**

**[www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)**

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# Dance and dementia

The York St. John Dance and Dementia project invites people living with dementia, their friends, family members and carers, to participate in dance and creative movement sessions in our beautiful dance studio. The project is led by experienced dance artists and is suitable for all ages and levels of ability. Sessions are free and take place on **Wednesday** afternoons from **1.30 to 2.30pm** (refreshments available afterwards).

The project is led by Senior Lecturer Elaine Harvey and was developed as part of her research into movement, embodiment and selfhood. It has been running successfully for over two years and is now looking to expand its membership. If you are interested please contact **Elaine Harvey** on **07881 922343** or email **e.harvey@yorks.ac.uk**.

# Employment support for carers

The Work and Health Programme is commissioned by the Department of Work and Pensions (DWP) to help you find and keep a job if you are out of work.

Carers are eligible to apply to the programme as they are included in the Early Access priority group.

Subject to certain selection processes, this programme provides personal support to:

- Identify your employment needs
- Match your skills to work that's available
- Put you in touch with employers
- Find long-term employment
- Get training to help you find work
- Help you to manage health problems to reduce their impact on work

You do not have to be on benefits to qualify for the programme.

## **How to apply or for further information**

If you are in receipt of benefits you can ask your work

coach if you are eligible for the programme. If you don't have a work coach, you can go to your local Jobcentre Plus and ask to speak to a work coach about the Work and Health Programme.

York Carers Centre is a signposting organisation for the Work and Health Programme. If you are not in receipt of benefits and are interested in applying to the programme or want further information please contact **Shirley Monteith** our Advice Worker by calling **01904 715490** or emailing [shirley.monteith@yorkcarerscentre.co.uk](mailto:shirley.monteith@yorkcarerscentre.co.uk).

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# York Medical Group are Carer Friendly

York Medical Group are the latest employers to implement policies and practices showing their commitment to helping carers among their staff balance their employment and caring roles. They have been awarded our Carer Friendly Employer status and in July Communications Officer **Emma Keef** went along to

present their charter (pictured below). If you have an employer you think would be interested in becoming Carer Friendly please contact **Emma** on [emma.keef@yorkcarerscentre.co.uk](mailto:emma.keef@yorkcarerscentre.co.uk) or **01904 715490**.

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# Welcome to Live Well York

Voluntary sector partners and local people have worked alongside the City of York Council to create a website that provides good quality information and advice related to health and wellbeing. The site hosts and promotes many opportunities for adults in York to enjoy healthy, active and independent lives.

The website is now live at [www.livewellyork.co.uk](http://www.livewellyork.co.uk) and is currently in its soft launch phase of development. This means that the team behind Live Well York are eager to welcome your feedback on the site, what is working well and what needs to be improved before it moves to the next phase of development. Currently the site hosts

information including:

- **Community Activities Directory**

Over 385 community activities (and growing) taking place across York that can be searched using multiple filters including “where” is the activity, “who” is the activity for and “what” type of activity it is.

- **Community Events Calendar**

A calendar of community events across York, searchable using filters and visible month by month.

- **Information and Advice**

Over 80 informative pages split across 10 sections ranging from Health and Wellbeing through to Carers, Volunteering and Getting Out and About.

- **“My Information Booklet”**

Customisable feature allowing you to add any activity, event or information page to a booklet that can be printed or emailed to you to read later.

The upcoming additions to the site will include further improvements to the “My Information Booklet” and a

new Service and Products Directory to capture and promote the fantastic health and wellbeing related services available across the city.

The Live Well York team are particularly keen to hear your feedback on the Carers Information and Advice pages. You can use the feedback button or the smiley faces rating system available on each page. For more information about Live Well York or if you would like to be added to the mailing list to be involved in the development of the site please contact **Craig Waugh** on **01904 551006** or **[craig.waugh@york.gov.uk](mailto:craig.waugh@york.gov.uk)**

# Contact us

**Call us on 01904 715490 between 9am and 5pm, Monday to Thursday and 9am to 4.30pm Fridays**

**Email us: [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)**

**Visit our website: [www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)**

**Follow us on Twitter: <http://twitter.com/yorkcarers>**

**We are based near Micklegate in York at 17 Priory Street, York, YO1 6ET**

York Carers Centre is an independent body that helps unpaid carers in York find the support they need. We are a network partner of Carers Trust.

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