

York Carers Centre News

July to September 2019

Issue 87



Funding for York's young carers

We're delighted to have received funding from BBC Children In Need for a summer holiday activity programme for York's young carers over the next 3 years. The project will enable children aged 5 to 18 to have fun and build friendships, confidence and self esteem. To know more about our young carer service please get in touch on **01904 715490**.

Photograph courtesy The Press/ photographer: Frank Dwyer

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A warm welcome to York Carers Centre

The trustees and staff of York Carers Centre extend an invitation and warm welcome to our **Staff Marketplace and Annual General Meeting on Wednesday 25 September 2019.**

Timings:

- **3pm until 4.30pm: York Carers Centre Staff Marketplace.** Carers and professionals are welcome to drop in without booking, and join us to meet our team, learn what each of our services offer, ask questions about caring and enjoy free refreshments.
- **Annual General Meeting.** The trustees welcome you to this session which will follow the staff marketplace on Wednesday 25 September. Exact timing to be confirmed. To help us to plan numbers please get in touch to let us know that you would like to attend the AGM.

Venue: The Main Hall, CVS, Priory Street, York

More information: Please call us on **01904 715490** or email **enquiries@yorkcarerscentre.co.uk**.

Visit our website for news and events

www.yorkcarerscentre.co.uk

Get information and advice

Carer Breaks Marketplace

Drop into this free event and get information and advice from a range of organisations who can help you to take a break, for example a day trip or holiday away.

When: Wednesday 26 June from 10.30 to 12.30am.

Where: Quaker Meeting House, Lower Friargate, York.

Advice at Explore

Drop in to one of our carer advice sessions at Explore libraries for IT **explore york** support from the Explore team, as well as careers guidance and general advice on your caring role from York Carers Centre staff and volunteers.

- **Tuesday 16 July, 10am to 12pm** at Explore Acomb, Front Street, Acomb, York, YO24 3BZ.
- **Monday 23 September 10am to 12pm** at Explore Burnholme, Mossdale Avenue, York, YO31 0HA.

Drop In For Advice

Drop in to speak face to face with our team for information and advice on your caring role, on **Thursday 19 September from 10am to 12pm** at Copmanthorpe Recreation Centre, Barons Crescent, Copmanthorpe, York, YO23 3YR.

Take a break at our Wellbeing Hub

When you spend a lot of your time caring for someone your own needs can be forgotten. Sessions at our Wellbeing Hub are designed to support you to look after your own health and wellbeing. To book onto the sessions below please contact us on **01904 715490** or **enquiries@yorkcarerscentre.co.uk**.

Bitesize Cookery

Cookery and nutrition sessions for carers who would like to learn basic cookery skills, using delicious and affordable foods to benefit health and wellbeing.

When: 12 to 2pm Tuesday 2 and 9 July.

Where: Tang Hall Community Centre, Fifth Avenue, York, YO31 0UG.

Mindfulness Skills for Caring and Coping

A 4 week course to learn about mindfulness skills in a supportive environment, and experiment with using the skills in daily life. With facilitators Susie MacKenzie and Ali Gear.

When: 10am to 12pm on Tuesday 10, 17, 24 September, 1 October.

Where: Quaker Meeting House, Lower Friargate, York YO1 9RL.

Carers Hubs and Carers Café

Our Carers Hubs and Carers Café are a friendly place for you to drop in, meet with our staff and fellow carers and take a break from your caring role. We have hubs across the community in Haxby and Acomb as well as the Carers Café in York city centre.

Drop in to any or all of the hubs, with no need to book. You are also welcome to bring the person you care for and free refreshments are provided.

- **The Carers Café is the first Wednesday of the month** from 10 to 11.30am at St. Sampson's Centre, Church Street. Carers of all ages are welcome. Upcoming dates are 3 July, 7 August, 4 September.
- **Haxby Hub is the third Thursday of the month** from 10 to 11.30am at Costa Coffee, Haxby . Upcoming dates are 18 July, 15 August and 19 September.
- **Acomb Hub is the fourth Wednesday of the month** from 10 to 11.30am at the busy Lidgett Grove Community Café, Wheatlands Grove. Upcoming dates are 24 July, 28 August, 25 September.

Regular carers groups

Substance Misuse Group

A regular group for carers affected by someone else's substance misuse, it meets on the **third Wednesday of the month 1.30 to 3.30pm** in the Community Room at Tesco, Askham Bar. If it's your first time attending please contact us on **01904 715490** and we can welcome you to the sessions with an initial 30 minute appointment.

York Mental Health Carers Group

This group is run in partnership with charity Rethink Mental Illness York Group and is for anyone who cares for someone with mental ill health. It meets on the **second Wednesday of the month from 7 to 9pm** at 30 Clarence Street, York and is for carers only. There is no need to book, although if it's your first time attending please contact us on **01904 715490** and we can welcome you to the sessions.

Carers Action Group

This is a meeting for carers who want to see change and meet with local decision makers to influence and improve services. New carers would be welcome to the group who meet in a city centre venue and enjoy a light lunch together. Please get in touch for more information on **01904 715490**.

New mental health carer drop in

In conjunction with York Mind's Health and Wellbeing Activities programme we are offering a new monthly drop in for mental health carers from July. These sessions will be run by our Carer Support Workers and are for carers only. Carers can get information, advice and an opportunity to talk to others.

The sessions will provide an informal, supportive atmosphere and will be tailored towards:

- People who are caring for younger people in transition between child/adolescent mental health services and adult mental health services.
- People who are in the early stages of caring.
- People who are caring for someone in crisis.

For information about these drop in sessions, and the full York Mind Health and Wellbeing Activities programme please contact York Mind on **01904 643364 or **www.yorkmind.co.uk** .**



If you would like to speak to our team about whether you might benefit from these sessions please contact us on **01904 715490** or **enquiries@yorkcarerscentre.co.uk** .



Adult Carer Support Team News

From Sharron Smith- Adult Team Lead

It's been a busy few months as always, here are some of the things we've been doing in the adult carer support team:

- Following up the issues raised by carers at our Carers Rights Day event in November with the MP for York Outer Julian Sturdy.
- Working with the University of York to ensure their student nurses training improves their understanding of carers.
- Hosting a 'campaigning workshop' for carers run by the national Carers Trust.
- Planning a full calendar of events for Carers Week.
- Supporting the Carers Action Group and their engagement with City of York Council in drafting a new Carers Strategy for York which will be out soon.

We've also been running our regular evening advice line, carers hubs, café, support groups and helping carers complete Carers Assessments. We've hosted Carers Wellbeing Hub sessions including creative writing, goal setting and cookery classes, all designed to support carers to maintain their own physical and mental wellbeing.



Young Adult Carer News

From Jess Tomori -Lead Young Adult Carer Worker

The Young Adult Carer service continues to grow, with new people registering all the time. We've had some fantastic

opportunities come our way. Two young adult carers were selected for a project called 'Your Once in a Lifetime Opportunity' (YOLO). This involved a funded trip to Kenya, helping at an orphanage, installing solar power systems and going on safari - truly life changing experiences.

Closer to home, the Alan Bott Charity provided a fantastic day out to Whitby, complete with a speed boat ride and fish and chip lunch. Everyone enjoyed it, and it was brilliant for carers to be able to invite their children and the people they care for too.

We're in full swing with the Mental Health and Resilience Wellbeing programme, having completed workshops on managing exam stress and low mood and anxiety. The next phase running until September includes horse riding, quad biking and outdoor laser tag. Get in touch if you're a young adult carer and would like a place.

On a sadder note, we're saying goodbye to Clare Middleton, one of our Young Adult Carer Support Workers. She's been a great asset and will really be missed by all.



Young Carer Team News

From Amy Copeland- Lead Officer for Young Carers

We've had a busy few months running regular youth groups, and planning some exciting trips.

We visited York University which was a great opportunity to introduce the young carers to higher education.



Making a 'timeline washing line' at the University of York

In half term young carers enjoyed trips to Laser Quest and bowling.

York City Football Club provided football session at our young carers youth group. The sessions promoted fitness in a fun and interactive way, providing young carers with sport as well as educational, social and healthy lifestyle opportunities.

Relax Kids York also delivered a series of workshops to support the children's resilience and give them tools and techniques to manage their emotional wellbeing.

Flower Power



Young carers had a fantastic June youth group session with local social enterprise Flower Power, making posies of fresh, scented flowers grown organically from seed here in York.

All the children enjoyed the sensory experience of getting creative with the flowers, as well as having the opportunity to give a beautiful gift to their families when they got home.

Flower Power told us “We had such a lovely time and were so pleased that the children seemed to enjoy it so much. What a lovely group they were”.

We hope to be able to offer a similar session to adult carers in the future, watch this space for more details. To know more about Flower Power’s work in York, follow them on social media @flowerpoweryork or email sara@flowerpoweryork.co.uk.



Carers Assessments of Need for carers of children under 18

The aim of a carer's assessment is to give you a chance to tell social services about the impact of caring on your life. Also how it affects your ability to achieve the outcomes you want, such as having time for yourself, maintaining employment and your own physical and mental health. The assessment may result in you receiving services or direct payments to meet your own needs.

Social Services should be using the assessment to identify any help you need and whether you are your child's only carer.

What the law says

Parents of disabled children have strengthened rights to an assessment of their needs under the Children and Families Act 2014.

Under the act local authorities must assess parent carers if:

- It appears to the authority that the parent carer may have needs for support, or they
- Receive a request from the parent carer to assess the parent carer's needs for support.

How to get a parent carer assessment

You can ask for a parent carers assessment by contacting your child's social worker or the Children's Advice and Assessment Service on **01904 551900** or email **childrensfrontdoor@york.gov.uk**.

Other sources of information and support

York Parent Carer

Forum are the

parent/carers forum for

children and young people aged 0-25 with a disability or additional need who access services in York. To find out

more or to join, visit **www.yorkparentcarerforum.org.uk**

or ring **07751 828369**.

YPCF

YORKPARENTCARERFORUM.ORG.UK



Would you prefer to receive this newsletter by email? Please get in touch and tell us if so

**York
Carers
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enquiries@yorkcarerscentre.co.uk



We Care

Supporting people with learning difficulties
and disabilities.

We Care is a North Yorkshire Police scheme designed to support anyone who is vulnerable and may need help when they are out and about in York. Anyone who joins the free scheme as a member is equipped with a 'help me' card containing their important support contacts, which can be presented to people, shop staff or police if that member is in need when out and about. The police securely store key details about each member to enable them to offer support when needed.

To join the scheme or for information contact

WeCare@northyorkshire.pnn.police.uk or

We Care scheme c/o PCSO Justin Piercy, North Yorkshire Police, Athena House, Kettlestring Lane, Clifton Moor, York, YO30 4XF.



Be part of the Rethink community

Did you know that you can join Rethink Mental Illness as a member, giving you access to events and a monthly magazine? Find out more on

www.rethink.org or by calling **0121 522 7007**.

Homeshare York

**Are you a carer who could do with some home support?
Would you be willing to share your home?
If so, Homeshare York could be for you.**

The new Homeshare York scheme matches an older homeowner with a younger person in a homesharing arrangement for mutual benefit.

The homeowner is provided with 10 hours of support and companionship a week by the sharer, in exchange for a room in their home. The support could be practical tasks like cleaning, gardening or shopping.

Homeshare gives an older person or couple (where one or both are carers) the opportunity to continue living independently, whilst providing accommodation to a young professional or mature student.

Whilst Homeshare York is a not for profit service, there is a monthly fee for both parties for administration and support. For information please call Toria Morris, Homeshare Coordinator, on **01904 552898** or email **homeshareyork@york.gov.uk**.

Declare Your Care

The Care Quality Commission (CQC) is calling for people to speak up about their experiences of care. New research shows that people regret not raising concerns about their care or that of a loved one, and those who do raise concerns may see quick improvements in the standard of care.

The CQC advice on how to complain about poor care:

- Contact the care provider; by law all care services must have a complaints procedure.
- If you are unhappy with the response there are further steps you can take such as contacting the relevant ombudsman.
- Contact the CQC. This information helps protect others from having the same experience.

To speak to the CQC call **03000 616161** or visit www.cqc.org.uk/sye to share your care experience. Join the conversation on Instagram and Twitter using the **#DeclareYourCare** hashtag.

 **York
Carers
Centre**

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

www.yorkcarerscentre.co.uk

Paying for residential care

In the last newsletter we focussed on care charges at home, this time the focus is on paying for residential care.

Care homes fees can be funded in one of the following ways:

- the council funds some or all of the care
- the person being cared for pays all the care costs
- the NHS may contribute all or some of the care costs

When will the council pay for a care home?

To decide if someone is eligible for financial support, the council will first carry out a needs assessment to determine if there is eligible need. If so, the council will next carry out a financial assessment.

What is the financial assessment?

This looks at capital and income to determine how much someone needs to contribute towards their care costs. Only the capital and income of the person requiring care can be taken into account. Joint accounts are generally treated as an equal split. If they receive a private or occupational pension and have a partner still living at home, 50% of this will be disregarded from the income assessment.

Capital Thresholds

There are thresholds for savings and assets above which people will need to pay for care:

- **Less than £14,250:** entitled to support from the council. No contribution from capital but they will be expected to contribute from any income.
- **More than £14,250, but less than £23,250:** Contribution towards the cost of care: £1 for every £250 of savings between limits ('tariff income') in addition to a contribution from income.
- **More than £23,250:** responsible for paying their own care home fees.

The value of the person's home will be taken into consideration unless someone still lives there, who is either their partner or a close relative who has a disability or is over 60.

People in a care home will contribute most of their income, and once all eligible income is taken into account, a Personal Expenses Allowance of at least £24.90 a week must be left. This is to pay for personal items such as toiletries, haircuts and clothes.

If someone qualifies for help with costs:

- The council **must** ensure that at least one option is offered within a person's personal budget, this is the standard rate the council set for residential care. If no suitable accommodation is available at the standard rate, the council must arrange care in a more expensive setting and adjust the budget accordingly.
- Only when a person actively chooses a more expensive accommodation can a 'top-up' payment be sought.
- If the person doesn't want to, or has difficulty selling their home they can request a long-term loan known as a deferred payment agreement.

- If someone permanently moves into a council funded care home and has less than £23,250 capital the council must ignore the value of their property for the first 12 weeks.

If they don't qualify for help with costs:

- The individual will be expected to self-fund their care.
- If assessed as having eligible care needs, people are still entitled to ask the council for help with arranging care. The council may give advice on suitable care providers, or help to arrange a contract with a care provider. They may charge an arrangement fee for this support.

When do the NHS contribute to residential care costs?

- NHS Continuing Healthcare funds people who need ongoing health care outside of hospital if they have complex medical care needs due to disability, accident or a major illness. They must be assessed by the NHS as having a 'primary health need'. If eligible, the full cost of the care home fees are covered.
- NHS-funded Nursing Care is also available in nursing homes for people assessed by the NHS as requiring nursing care. The NHS pays a flat rate of £165.55 per week directly to the care home towards the cost of this nursing care.

Neither of these forms of funding are means tested.

For advice on residential care charges contact **Shirley Monteith, Advice Worker** on **01904 715490** or **shirley.monteith@yorkcarerscentre.co.uk**.

Visit www.ageuk.org.uk for information guides on paying for residential care.



Your views on patient transport

Do you care for someone who uses NHS-funded transport?

If so, Yorkshire Ambulance Service NHS Trust would like to hear from you. The information gathered will be used to make improvements to the quality of the service you receive. If you'd be willing to share your experiences, good or bad, please register your interest on **01924 584148** or **yas.PTsmessages@nhs.net** You'll be contacted to invite you to complete a short survey, attend a focus group or discuss your thoughts over the phone, depending on your preference.

Advance Decisions Assistance

An Advance Decision or 'living will' is a document in which you set out your end-of-life choices. It is designed for when you can no longer communicate these choices. Advance Decisions Assistance are a charity working to raise awareness of Advance Decisions and to help people complete them. They also provide training for GPs and other professionals. To know more about Advance Decisions or to make steps in completing one **contact Advance Decisions Assistance on 01768 775566.**

Activity volunteers needed

Do you have any time to offer during the summer holidays? Could you help out on trips for young carers, giving them a break from caring?

Volunteering with our young carer service is a great way to support young people in York, build your skills and have fun as part of our friendly team.



We're looking for 5 or more volunteers to support our young carer summer holiday activity programme. No experience is necessary, just enthusiasm, whilst we provide training, expenses and a DBS check.

The summer programme runs from 22 July to 31 August, and we ask for a commitment of 2 or more day trips or activities during this time.

If you are interested, or would like to know more about the summer holiday schedule, we would love to hear from you. **Please contact Amy on 01904 715490 or amy.copeland@yorkcarerscentre.co.uk .**

Donations and Thanks

Our grateful thanks go to organisations and carers who have made donations towards our work supporting carers.

- BBC Children In Need funded our young carer summer activity programme.
- Feoffees of St Michael's Spurriergate have funded our new mental health Carer Support Worker.



- The Pears Foundation, via the Carers Trust, are funding the Mindfulness for Caring and Coping course.



- Alan Bott Charity funded the Whitby young adult carer trip.
- Hobmoor School donated funds raised at a non uniform day.
- Lush donated handmade gifts.



Whitby boating

- Anytime Fitness donated Easter eggs for young carers.
- Flower Power York offered the session for young carers.

Last but not least, we thank our volunteers who offer their time and skills to help carers in York.

Opening hours and out of hours help

Our opening hours:

9am to 5pm Monday to Thursday

9am to 4.30pm Friday

We are closed for the bank holiday on Monday 26 August.

If you need urgent help when we are closed:

- Adults should contact City of York Council's Customer Access and Assessment Team on **01904 555111** or email **adult.socialsupport@york.gov.uk**.
- Children and young people should contact City of York Council's Advice, Assessment and Early Intervention Service on **01904 551900** or email **childrensfrontdoor@york.gov.uk**.
- If these teams are unavailable contact the Council's Emergency Duty Team on **01609 780780**.

Please let us know if your details change



Call us on 01904 715490 or email enquiries@yorkcarerscentre.co.uk

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of this newsletter

Contact us



01904 715490 9am to 5pm Monday to Thursday
9am to 4.30pm Friday



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17 Priory Street, York, YO1 6ET
registered charity number 1127644

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