October - December 2025

Carers Newsletter

York Carers Centre
Free Support for Unpaid Carers

Celebrating 30 years of York Carers Centre. Join us as we reflect on our journey and look ahead to a bright future supporting unpaid carers in York.

What's On? | **Carers Rights Day** | **Christmas**

01904 715 490 enquiries@yorkcarerscentre.co.uk

In This Issue

Contents

In this issue	Page 2
What's On?	Pages 3 to 4
Carer Groups	Pages 5 to 11
Training & Volunteers	Page 12
Young Adult Carers	Page 13
Young Carers	Pages 14 to 15
Family Work	Page 16
Fundraising	Page 17
Hospital Work	Page 18
Advice Line	Page 19

Welcome to our Autumn 2025 Newsletter

I hope those of you who joined us for our AGM in September enjoyed the evening. The Annual Report is now available on our website.

As the year winds down, this season can feel both joyful and overwhelming - especially when caring for someone. With Christmas approaching, remember to take time for yourself. Rest isn't a luxury; it's essential for carers who give so much.

This newsletter covers everything happening from October to December, including workshops, support groups and seasonal activities. I hope you enjoy the read and find an activity to get involved with. Don't forgot to 'save the date' LOVE January festival in 2026.

Sharron Smith, CEO.

Carers Rights Day

Join us for Carers Rights Day

Carers Rights Day is a national event to raise awareness about the rights and entitlements of unpaid carers. It's about ensuring that those who care for others get the recognition, support, and guidance they deserve.

To mark this important day, we are inviting carers to join us for tea and cake at our **'Carers Information and Advice drop-in.'**

This is a great opportunity to connect with our team as well as legal, financial, and social care professionals who will be on hand to offer advice and answer your questions.

Topics we'll cover include:

- Lasting Power of Attorney, Wills and Trusts
- Welfare Benefits
- Paying for Care
- Understanding Social Care
- Carers Assessments of Need
- Balancing Work and Caring Responsibilities
- Support for Parent Carers
- Resources for Young Adult Carers

When: Thursday 20 November, 10 - 2pm

Where: Friends Meeting House, Friargate, York YO1 9RL

We're here to support you and help you navigate your role as a carer.

No need to book - just drop in! We look forward to welcoming you.

What's On?

Financial Advice Clinic

Andrew Mence, Wren Sterling, is running a free Independent Financial Advice clinic for carers.

When: Wednesday 19 November, 10 - 4.30pm
Where: York Carers Centre, Stonegate Room, 17 Priory Street, York YO1 6ET

To book email events@yorkcarerscentre.co.uk or 01904 715 490.

York Minster Christmas Tree Festival

We're delighted to join the York Minster Christmas Tree Festival (29 November – 6 January 2026). The festival is free for York residents (with proof of address) and open to all throughout the festive season.

Adult Carers Annual Survey

We're sharing our Adult Carers Annual Survey to understand how we can better support you. It only takes a few minutes, your responses are anonymous, and your feedback will shape future services. Plus you can win a £20 Amazon voucher!

The survey is now open to Adult Carers (18+) only. Complete the survey by **Friday 31 October** for a chance to enter our prize draw (just leave your email at the end if you'd like to enter.)

Creative Workshops
Exploring Loss and Grief

Our creative workshops are continuing, and we'd love for you to join us. We will be using creative writing, art, music and performance to explore feelings of grief and loss.

Matt from Next Door But One theatre group will be facilitating the workshops, and we welcome all loss experiences; from bereavements to changes in identity, the loss of a relationship, the loss of a job and everything in-between. You are welcome to come to one or both workshops. Each workshop will have a different theme, and our staff will be on hand to support and join in.

"I had to have a mask to be able to leave the house this morning and coming here today I've been able to pull the mask down. I'd have never been able to write about what I have without coming here."

When: Tuesdays,
10.30 - 12.30pm
21 October and 18 November.
Where: York Theatre Royal,
St Leonards Place,
York YO1 7HD

Everyone who attends a workshop is invited to join us for the Pantomime on Tuesday 16 December, 10am.

Please book through Eventbrite by searching for York Carers Centre and selecting the event and date you'd like to attend or email us at events@yorkcarerscentre.co.uk or call us on 01904 715 490.

*****Please note these sessions are for carers only.*****

Christmas Wreath Making

Join us to create your own festive Christmas wreath, while enjoying a hot drink, a mince pie, and good company.

When: Tuesday 2 December, 1–3pm
Where: Oaken Grove Community Centre, Oaken Grove, Haxby, York YO32 3QW

When: Wednesday 3 December, 1-3pm
Where: St Andrew's Church Hall, Church Lane, Bishopthorpe, York YO23 2QG

Please book through Eventbrite by searching for York Carers Centre and selecting the event and date you'd like to attend or email us at events@yorkcarerscentre.co.uk or call us on 01904 715 490.

Please book just one session so that everyone has the chance to join, as spaces are limited.

Crafty Social

Do you enjoy crafting or have a small unfinished project you'd like to complete?

Want to connect with other carers while getting creative?

Join us for a relaxed, informal craft group where you can work on your own project alongside fellow crafty carers.

If you don't have a project but still want to join in, we'll be making decorations for our York Minster Christmas Tree with craft supplies kindly donated by York Craft Cinema Club.

Come along and get creative with us!

Refreshments will be provided.

When: Wednesday 19 November, 2 - 4pm

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

Please book through Eventbrite by searching for York Carers Centre and selecting the event and date you'd like to attend or email us at events@yorkcarerscentre.co.uk or call us on 01904 715 490.

Carer Groups

Carers Connect

We run two friendly and inclusive social groups each month, designed especially for unpaid carers. These groups offer a safe, welcoming space to connect with local people who understand the challenges and rewards of caring.

Our Carer Support Workers and volunteers are on hand to listen, offer advice, and chat. If you're not yet registered with us, don't worry - you can easily sign up on the day.

You can bring the person you care for or come on your own. There is no need to book.

Haxby

When: Wednesdays,
1 – 2.30pm
29 October, 26 November and 17 December.

Where: Oaken Grove Community Centre, Haxby, York YO32 3QW

Acomb

When: Tuesdays,
1.15 - 2.45pm
14 October, 11 November and 9 December.

Where: The Willow Room, The Gateway Centre, Front Street, York YO24 3BZ

"I didn't know what to expect but came along because I had questions around getting care at home. My question was answered with such helpful detail, and I spent the rest of the time chatting with other carers. Everyone was so welcoming and friendly. I'll come again next month!"

Carers Action Group

Have Your Say

The Carers Action Group brings together unpaid carers, our staff, and professionals from local organisations to listen and act.

This group offers an opportunity for you to share your experiences, raise the issues that matter most, and influence the support available to carers in York.

Ashley Watson from The Good Mental Health Project will be joining our next group to share insights on the Five Ways to Wellbeing.

We'll also be discussing carers' experiences with GP practices, and we'd love to hear your views.

When: Wednesday 12 November,
10 - 1pm (includes lunch)

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

Please book through Eventbrite by searching for York Carers Centre and selecting the event and date you'd like to attend or email us at events@yorkcarerscentre.co.uk or call us on 01904 715 490.

Please let us know you are coming so we can arrange lunch.

Mental Health Carers Group

This group is for anyone caring for someone with a mental health condition. It offers a chance to take a break from your caring role, connect with others who understand, and share experiences in a supportive environment.

New members are always welcome. The group is run in partnership with Rethink Mental Illness York Group.

When: Wednesdays, 7 - 8.45pm

Wednesday 8 October
'Stigma Around Mental Health and Carers'.
There is no need to book, just drop-in.

Wednesday 12 November
Rebecca Elliott (Local Area Co-ordinator) and Jamie Edwards (York Mind), discussing the role of Social Prescribers.
There is no need to book, just drop-in.

Wednesday 10 December
Festive Wreath Making & Christmas Party.
This is a very popular event, so please book early by emailing **lindsey.foster@yorkcarerscentre.co.uk**

Where: Friends Meeting House, Friargate, York YO1 9RL

Carer Groups

Wellbeing Group for Mental Health Carers

This group is for anyone supporting someone with a mental health condition. It's a chance to focus on you - to unwind, meet others who understand, and enjoy wellbeing-focused activities in a supportive setting.

When: Tuesdays, 6.15-8.15pm
28 October – Peer Support
25 November – Nordic Star Making
30 December, 3–4pm – Peer Support

Where: 30 Clarence Street, York YO31 7EW

If you're joining a mental health group for the first time, please email **lindsey.foster@yorkcarerscentre.co.uk** to arrange a welcome call before the group. You can also email to be added to the Mental Health Carers mailing list.

Substance Misuse & Gambling Carer Support Group

If someone else's drug or alcohol use or gambling is impacting your life, you're not alone. We run supportive, non-judgmental groups for anyone affected by these issues.

Online

When: Tuesday 7 October, 6 - 7.30pm
Where: Zoom

In-person

When: Mondays, 12 – 2pm
20 October, 17 November and 15 December
Where: Tesco Extra, Community Room, Askham Bar, York YO24 1LW

To book email events@yorkcarerscentre.co.uk or call 01904 715 490.
If you're new to the group, you will be offered a call with our facilitator, Sam Sollitt, before attending.

Training & Volunteers

Carer Awareness Training

This group training is an opportunity for professionals to learn more about us and the support available for unpaid carers in York.

This training will help to improve your understanding of:
• the role of carers
• the effect this role has on their lives

It's also an opportunity to explore how professionals can:
• help identify carers early
• recognise carers as 'partners' in care
• help carers look after their own health and wellbeing

When: Tuesday 21 October, 10.30 - 12.30pm
Where: Zoom

To book visit https://york.learningpool.com/course/view.php?id=1950

Volunteers

Our Christmas Volunteer Social is a chance for us to thank our dedicated volunteers for their continued support.
We couldn't do it without you!

When: Tuesday 9 December, 10 – 12pm
Where: Bar Convent, 17 Blossom Street, York YO24 1AQ

If you are interested in finding out more about volunteering with us, please **email volunteering@yorkcarerscentre.co.uk or call 01904 715 490.**

Young Adult Carers

Young Adult Carers Social (ages 18 – 25)

Join us on the last Wednesday of the month for a relaxed evening of food, fun, and connection.

5 - 6:30pm - Grab some food from Spark's street food vendors.
6:30 - 8pm – Enjoy activities in the co-working space.
We'll be at the back tables from 5 pm - drop in anytime and stay for as long as you like!

When: Wednesdays, 5 – 8 pm 29 October and 26 November.
Where: Spark York CIC,17 - 21 Piccadilly, York YO1 9PB

Follow @YACsYork on Instagram to see what we're up to or drop them a DM to find out more.

You can also get in touch by emailing enquiries@yorkcarerscentre.co.uk or calling 01904 715 490.

What's coming up?

Our termly drop-in at York St John University restarts in October, offering student carers a chance to connect and others the opportunity to explore the campus.

In November, we'll celebrate with a pre-Christmas Party, and in December we'll visit the York Minster Christmas Tree Festival, where our tree will mark 30 years of York Carers Centre.

Save the date

The **'LOVE January' Festival** returns in January 2026 with the theme **'Wellbeing Through Connection.'**
The festival will see the return of Men's Wellbeing Mondays and door-step drops.

Young Carers

We run youth clubs for young carers aged 5 – 16, with separate groups for primary and secondary ages to keep activities age appropriate.

Primary School Youth Club

When: Tuesdays, 5 - 6.30pm 7 October, 4 November and 2 December (Christmas Party).

Secondary School Youth Club

When: Tuesdays, 5 - 6.30pm 21 October and 18 November.

In December we will be arranging a trip to the Pantomime (oh yes, we will!) in place of LAFFS.

Summer Holiday Activities

Young Carers had an action-packed summer filled with fun and adventures. They enjoyed a trampoline session at Oxygen Activeplay, got creative with den building in Dalby Forest, learned new skills in cooking lessons, and explored the outdoors with bushcraft activities at Wild Things Forest Schools. We also celebrated a special milestone with an event for Year 6 carers as they prepare to start secondary school.

Young Carers

What's next?

This October half term, young carers have been invited to take part in bag-packing at Tesco to help raise vital funds for future activities.
They'll be on hand with smiles and enthusiasm, ready to help shoppers pack their bags while supporting a great cause.

We're also excited to be arranging a fun trip to Ten Pin Bowling for both our primary and secondary groups. Full details will be shared directly with parents/carers soon.

Schools Work

Our secondary school drop-ins are back up and running, with the addition of a new monthly session at York College. Posters with dates and room details will be displayed in schools and at the college, and we'll also share the information directly with parents. These sessions are a great chance for young carers to check in, access support, and connect with other young carers in their school or college community.
To find out more about the Young Carers service please email enquiries@yorkcarerscentre.co.uk or call 01904 715 490.

Family Work

We are starting a monthly drop-in at York College, offering support and information for carers who are studying or working there.

These drop-ins will take place on the first Tuesday of the month.

When: Tuesdays,
11:30 – 1:30pm
7 October, 4 November and 2 December.

Where: Student Experience Area, York College, Sim Balk Lane, Bishopthorpe, York YO23 2BB

We will also be organising more meetups for parents and family members of young carers.

These meet-ups offer a friendly space to connect with others who understand.

When: Friday 14 November, 10 - 12pm

Where: York College – Inspire Hair and Beauty
*includes a complimentary mini manicure or wash / blow dry and refreshments.

Chris Edeson, Family Worker, offers one-to-one support for families on a range of issues, including emotional wellbeing, accessing grants, and working with schools.

Please email chris.edeson@yorkcarerscentre.co.uk for more information.

COMMUNITY FUND

Fundraising

Musical Afternoon Tea with Duchy Darlings

We're thrilled to be teaming up with York Dementia Forward for a special fundraising event. Join us for a musical afternoon with the fantastic group the 'Duchy Darlings' singing hits from the 1940's, 1950's and 1960's - all in support of two great charities. Includes tea and cake.

When: Wednesday 29 October, 1 - 3pm

Where: Our Lady's Church Parish House, Cornlands Road, Acomb, York YO24 3DX

Tickets are available for only £5.
Book via this link: https://www.dementiaforward.org.uk/event/duchy-darlings/

Contact Dementia Forward: info@dementiaforward.org.uk or 03300 578 592.

Marathon Mayhem

Our staff team is gearing up to take on the Yorkshire Marathon Relay in October to raise vital funds for young carer activities.

Follow their training journey on our social media pages and donate if you can.
https://localgiving.org/fundraising/York-Young-Carers-Fun
Let's cheer them on all the way!

Hospital Work

Extra Discharge Support Service

If the person you care for is in hospital, remember that Bev is here to offer support and guidance.

Meet Bev Knights, Outreach Adviser at York Hospital

Hi - I'm Bev, an Outreach Adviser based at York Hospital, supporting unpaid carers of patients during their hospital stay and, in the weeks, following discharge.

I help unpaid carers navigate the discharge process, speak with professionals, and understand available health and social care support. I offer advice on local services, carers' rights, and benefits, and help connect carers to the support they need. I stay in touch after discharge to ensure ongoing help is in place.

I've drawn on my own experience of caring for both parents with dementia - including managing hospital stays and post-discharge care. I understand how overwhelming this time can be and feel privileged to support carers through it.

To contact Bev, please call 01904 715 490 and our reception team will arrange for Bev to give you a call back.

Alternatively, you can email carersoutreach@yorkcarerscentre.co.uk

Advice Line

Need support outside of office hours? Our Evening Carers Advice Line is open on Wednesdays, 5 - 8pm.

You can speak directly with our friendly, experienced advisers for guidance about:

- Benefits Advice
- Carers Rights
- Paying for Care
- Carer Breaks & Respite
- Blue Badges
- Lasting Power of Attorney
- Support for Carers
- Carers Assessments

When: Wednesdays, 5–8pm

Call 01904 715 490

And don't forget - we're also available as usual during normal office hours.

Carers Discount Card

We're expanding and rebranding the Carers Discount Card and exploring offers like reduced gym memberships and complimentary therapies - but what would you find most helpful?

Let us know which products, services, or treats you'd like to see included - this is your discount card, so let's make sure it works for you.

Please email your ideas to enquiries@yorkcarerscentre.co.uk

Do you know a local business that might join our Carers Discount Card scheme?
To connect us, either share the business's details with us or ask them to get in touch directly. We're always keen to expand our network and offer carers more.

Stay in touch

Stay informed with our monthly e-bulletin, delivering the latest information and news for carers straight to your inbox. To subscribe, email **enquiries@yorkcarerscentre.co.uk** or call **01904 715 490**.

If you no longer wish to receive this newsletter by post, email **enquiries@yorkcarerscentre.co.uk** or call **01904 715 490**.

Please let us know if you need a large print version of our postal newsletter.

If you're unable to access the links in this newsletter, call us on **01904 715 490**. We'll be happy to print the articles and send them to you by post.

York Carers Centre
Free Support for Unpaid Carers

A Network Partner of CARERS TRUST

CITY OF YORK COUNCIL

Humber and North Yorkshire Health and Care Partnership

Contact us

We are an independent charity that helps unpaid carers in York (or caring for someone in York) find the support they need. We are a network partner of Carers Trust.

01904 715 490

enquiries@yorkcarerscentre.co.uk

www.yorkcarerscentre.co.uk

@yorkcarerscentre

@yorkcarers

Registered charity number: 1127644 Company number: 06760783