

Summer 2022



Staffordshire  
Together for Carers  
Service

# Newsletter



**ONE**  
**IN SIX**

people in the  
UK are Carers



Welcome  
to the **6<sup>th</sup>**

Staffordshire  
Together for Carers  
Service Newsletter

# Welcome to the 6th Staffordshire Together for Carers newsletter.

We hope this newsletter finds you safe and well. Hopefully by now, the summer should be in full swing, and we should all be enjoying some lovely sunny days. It has been lovely to see so many of you at our Coffee and Chat sessions, Walk and Talks and our training sessions. It was absolutely fabulous to see so many of you at our events to celebrate Carers Week. What a lovely time we have had!

This edition of our newsletter details the many activities that we have arranged for you during July to September as well as lots of other information and details of other services carers can benefit from. As ever, we are expanding our range of activities available to you alongside our regular monthly Coffee and Chats, this newsletter sees the introduction of pottery painting and alpaca trekking amongst other things, as a chance to access respite from your caring role. Alongside other carers, taking part in an activity will have a positive impact on your mental and physical wellbeing.

This quarter, we are proud to launch our bespoke First Aid training for carers. Our plan is to hold one training session per month and move the sessions around the county so please keep an eye on future newsletters if there is not one in your area just yet. Our trainer is one of our very own volunteers, Kerry. Kerry is also a full-time carer so is well experienced in the needs of carers as well as a qualified First Aid trainer. We are also pleased to offer training around mental health. The subjects we are covering this quarter are based on the feedback gathered from you and we are proud to link in with Evolving Mindset to deliver this training. Evolving Mindset have many years' experience of delivering training around mental health and we look forward to developing this offer for you as the months go on.

**Please note** that whilst Staffordshire Together for Carers Service does our best to print accurate information; times, dates and venues may be subject to change. Every care has been taken in the publication of this newsletter. However, Staffordshire Together for Carers Service will not be liable for inconvenience caused as a result of inaccuracy or error within these pages. The information contained in this newsletter is for general information only and does not constitute advice on personal health or any other matter.

We continue to work very closely with Staffordshire County Council who can carry out the statutory carers assessments and between us aim to ensure that carers are receiving the right support at the right time. If any carer reading this has not already had a statutory carers assessment, please contact Staffordshire Cares on **0300 111 8010** or [firstcontactcarers@staffordshire.gov.uk](mailto:firstcontactcarers@staffordshire.gov.uk)

Please see the last section of this newsletter for information about what we offer for young carers.

We do hope that you enjoy reading this newsletter and find it helpful and informative. We would love to get your feedback about this newsletter and our service. You can send this to our Freepost address which is Freepost STAFFORDSHIRE TOGETHER FOR CARERS SERVICE or email it to [enquires@staffordshiretogetherforcarers.org.uk](mailto:enquires@staffordshiretogetherforcarers.org.uk)

**We look forward to hearing from you!**

**All at Staffordshire Together for Carers Service**

Working in partnership with



**Contact Us Today**

## OTHER WAYS TO GET IN TOUCH

You can contact our Carers Line on **0300 303 0621** between 9.00am and 5.00pm Monday to Friday. Our Carers Line is staffed by a team of knowledgeable and skilled Service Access Advisors who can help with your enquiry, transfer your call to, or take a message for any member of our team. All calls are charged at a local rate.

You can text: **07786 201226**

You can contact us via email at:  
[enquiries@staffordshiretogetherforcarers.org.uk](mailto:enquiries@staffordshiretogetherforcarers.org.uk)

You can contact us via Online Chat at:  
[www.n-compass.org.uk/our-services/carers](http://www.n-compass.org.uk/our-services/carers)

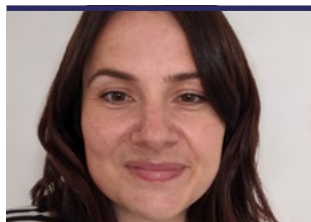


## Meet the Team



**Helena Tranter**  
Service Manager

Helena leads on the development and operation of the service and is the point of contact for commissioners, partners and other professionals. Helena monitors the quality and performance of the service and ensures the service achieves its outcomes.



**Cathryn Rayner**  
Team Leader

Cathryn supports the Carers Service staff and manages the daily workflow of the team ensuring adherence to service targets and agreed policies, procedures and systems.



**Caz Gotham**  
Community Development & Partnership Officer

Caz works across whole communities, including community groups, the voluntary sector, statutory and private partners to identify hidden carers, support their registration with the service and grow and provide a local network of wrap around support.



**Lisa Burrows**  
Carers Information and Support Officer

The role of the Carers Information and Support Officer is to proactively identify carers and provide them with information, advice and support including supporting them to access services, peer support and short break opportunities to reduce the impact of their caring role.



**Michelle Hough**  
Carers Information and Support Officer

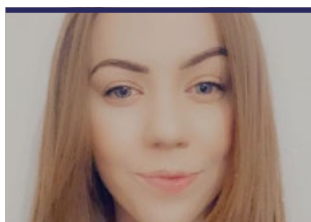


**Jane Carpenter**  
Carers Information and Support Officer



**Sarah Brown**  
Young Carers Practitioner

Sarah's role is to improve the health, well-being and safeguard the interests of children and young people adversely affected by their caring roles through the delivery of tailored, child centered support.



**Katie Lloyd**  
Family Carers Practitioner

Katie's role is to provide young and adult carers with information and support including access to other support services, peer support and short break opportunities in order to reduce the impact of their caring role.



## Staffordshire Together for Carers Service offers:

- Support to access an assessment of your needs called a 'statutory carers assessment'. Staffordshire County Council can undertake the assessment and develop a support plan based on your needs
- A dedicated support worker who will help you to identify actions to improve your wellbeing
- One-to-one and group-based support
- Information, advice, and guidance on a range of matters relevant to your caring role
- Support to access community resources, networks, and services
- Support to take breaks from caring, including befriending and peer support
- Support to develop emergency and contingency plans and support to plan for your future
- Training and skills development
- Newsletters four times per year detailing local groups, activities, and training
- Online Carers Community Network for carers to connect with other carers and talk about topics most important to them
- A 24/7 volunteer staffed Carers Help and Talk (CHAT) Line
- Volunteering opportunities as 'Friends of Staffordshire Together for Carers', including volunteering for the CHAT Line

**Carers registered with us can access:**

Do you look after someone who could not manage without your support?

Did you know you can talk to a sympathetic and supportive Volunteer about caring, your feelings and your interests or everyday events?

You don't need a reason to ring other than simply to connect with someone.

**Carers Help and Talk (CHAT) Line**

**CALL**  
**Staffordshire**  
**Together for Carers Service**  
**0330 022 9297**  
Lines are open 24/7  
365 days a year

## Carers Help and Talk (CHAT) Line



Are there times when you want to talk but feel that there is no one to talk to? Don't suffer in silence, call the Carers Help and Talk (CHAT) Line. All calls are answered by volunteers who can offer understanding with regards to the common challenges faced by carers. The CHAT Line is available for carers who are registered with us 24 hours a day, 7 days a week, 365 days a year. In the event that a volunteer is not immediately available to answer your call, please do try again. Our CHAT Line also now offers regular calls to registered carers. You will be matched with one of our trained volunteers who will call you every week for as long as you like, for a friendly chat. If this is something you are interested in and would welcome a weekly call from one of our volunteers, please contact our Service Access Team on: **0300 303 0621** or email: [enquiries@staffordshiretogetherforcarers.org.uk](mailto:enquiries@staffordshiretogetherforcarers.org.uk)



Our digital Carers Community Network is a virtual community where you can meet other carers, share ideas, experiences, sources of information, and support each other. You will be able to talk about the issues that are most important to you and share some of the tips that have helped you manage your wellbeing, particularly during challenging times. It only takes a minute to sign up, then head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have over 1000 active members who are looking forward to connecting with you! Once you are in, please read the Carers Community Network Terms of Use and Privacy Policy and The Mighty Network Terms of Use and Privacy Policy. Each time you use the Network you are agreeing to all these Terms of Use and Policies. To access the Carers Community Network, please contact our Service Access Team on **0300 303 0621** who will support you with this.



Please have a look at and "like" and "follow" our Facebook page [@staffordshiretogetherforcarers](https://www.facebook.com/staffordshiretogetherforcarers).

On there you can find out more about services for both adult and young carers. We will keep you updated with activities and events across the county on our page and will also ensure that any changes or news are posted. There are also closed Facebook groups for adult and young carers who are registered with us. To join, just search 'Staffordshire Together for Carers' or 'Staffordshire Together for Carers – Young Carers'





Staffordshire Together for Carers Service offers volunteer roles designed to support carers who want to give back to their community. For more information about volunteering with our service please contact us.

Please email: [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)



Do you prefer written words to emails, texts and video-calls? Would you like to be matched to a trained volunteer who would then exchange hand-written letters with you once a month using good old-fashioned pen, paper, and The Post Office! This service might provide a bit of support for you at a time of loneliness, or it could simply provide a much-needed boost to your wellbeing. The Volunteer Hub at n-compass will provide a freepost reply envelope with each letter you receive, so you will not have to pay postage. The Volunteer Hub administer the freepost re-direction, so that the addresses for both you and the volunteer are kept confidential and un-shared. You are free to write about whatever you feel is appropriate (weather, TV, events, poetry, books, sport, etc) and your communications will remain private (unless the volunteer has a safeguarding concern).

If you are a carer and would like to take advantage of this free service, please contact Neil Sladen on [07902 703028](tel:07902703028) (Mon-Wed) or email [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)



A group of our volunteers have been working very hard on creating our latest edition of 'My Sunshine Pack' – a selection of activities, recipes to try, puzzles to work out and easy reads and ideas for you to enjoy in your own time in the comfort of your own home. We have designed our activities with carers in mind who are unable to access our online support groups and activities at this time, but still want to keep connected and involved with what we are doing!

My Sunshine Pack is available on our Staffordshire Together for Carers Service website page or if you would prefer a hard copy or a copy emailed to you, please email [enquiries@staffordshiretogetherforcarers.org.uk](mailto:enquiries@staffordshiretogetherforcarers.org.uk) or call [0300 303 0621](tel:03003030621). We would love to hear from you too. If you have any suggestions for activities to be included in future editions of My Sunshine Pack, or would like to write something for us, please let us know by emailing [admin@n-compass.org.uk](mailto:admin@n-compass.org.uk) or calling [03450 138208](tel:03450138208).

Enjoy! My Sunshine Pack Team

## Carers Forum

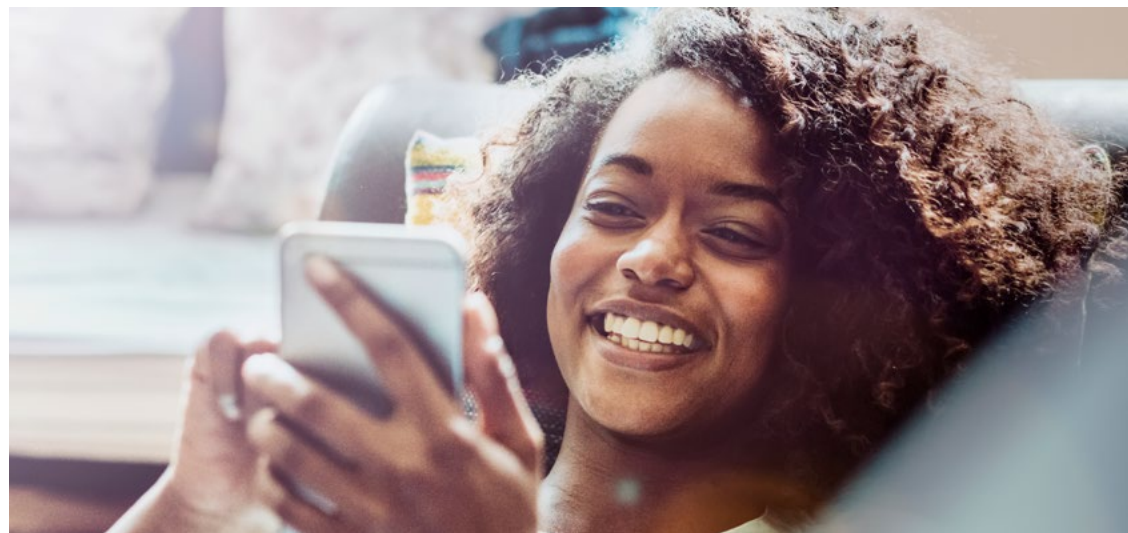
The Carer Forum met in March to consider the latest applications for the Carer Project Grant Fund. The Forum was pleased to approve an application from Gartmore Riding School to offer equine therapy sessions during Carers Week and an application from Burton Mind to run a pilot session to determine the need of support for people with caring responsibilities showing the tell-tale signs and symptoms of mental health problems, such as anxiety and depression, with evidence of emotional exhaustion. We have already had some exciting applications for the Forum to consider at their next meeting which will be held on 20th September via Zoom.

Remember though, our Carers Forum meet not only to discuss the grant applications but also to feed back about our services, what is working well and what could work better as well as brand new ideas for us to consider and action! This service is here to support you so it is vital we find out what you think.

If you would like to join in and help shape future services for carers, we would love to hear from you!

## Text Magic

Your feedback is vital to the development of our service. Once your period of one-to-one support has been completed with your Carers Information and Support Officer, it would be great if you would agree to us sending you a text asking you about our service. It is only a couple of questions, but your answers would be fundamental in how we shape the future of the service. When you are asked to take part, please remember we are here to support you and we need to know if what we have delivered has helped you in your caring role. Once your one-to-one support is completed that does not mean you can no longer benefit from accessing the comprehensive wrap around service we have, you would be most welcome to join us at groups and engage with the services offered by our partners for as long as you wish.



## Carer Passport Scheme

The Staffordshire Together for Carers Service Carer Passport Scheme is now live. Once you are registered with The Staffordshire Together for Carers Service you will be offered a Carer Passport ID Card. This is a card you can keep in your purse or wallet and that can be used to access a range of discounts and/or added extras being offered to carers by a host of local providers who wish to demonstrate their appreciation of the excellent care being provided by you.

Local providers are starting to sign up to the Carer Passport Scheme and have committed to showing their appreciation by offering a discount within their organisation and/or a little added extra such as a free cup of tea when you buy a slice of cake. Participating organisations will display the window sticker above. To benefit from the offer simply present your Carer Passport when paying at organisations that are displaying the window sticker. If you are registered with Staffordshire Together for Carers Service and have not already received a Carer Passport, then please get in touch on **0300 303 0621**.



## Information for Professionals

Does your work bring you into contact with any unpaid carers or do you have some carers on your staff team? If so, Staffordshire Together for Carers Service offers carer awareness briefings.

### The aim of the briefing is to:

- Help you to identify carers
- Help you to understand the needs of carers
- Help you to understand how important carer health and wellbeing is
- Increase your knowledge about what support is available to carers through Staffordshire County Council, the Staffordshire Together for Carers Service and other organisations who support carers
- Help you support your staff to navigate referral pathways
- Briefings are currently being delivered virtually via Zoom and MS Teams with hopefully a face-to-face offer coming soon. To request a briefing, please contact Staffordshire Together for Carers Service on **0300 303 0621** or [enquiries@staffordshiretogetherforcarers.org.uk](mailto:enquiries@staffordshiretogetherforcarers.org.uk).

The preferred pathway for accessing our service is via Staffordshire County Council. Carers can then undergo a statutory carers assessment and then be referred on to us, by their Social Care Assessor who has carried out the carers assessment, with recommendations for support. This ensures that carers needs are met across our services and reduces the need for carers to repeat their story.

To contact Staffordshire County Council to access a statutory carers assessment:

Staffordshire Cares on **0300 111 8010** or [FirstContactCarers@staffordshire.gov.uk](mailto:FirstContactCarers@staffordshire.gov.uk)

## Partners

### Potteries Money Wise

#### Managing your money with Potteries MoneyWise Advice appointments

It's a worrying time as we see our bills rising and media reports of more rises to come. Staffordshire Together for Carers is funding Potteries MoneyWise to provide carers across Staffordshire with help and advice on managing their money well.

Sometimes it can be difficult to talk about money especially if you are not managing. But by talking it through, and agreeing what steps you can take, we hope to improve your wellbeing and your financial situation.

Our Advisor is available for individual appointments between 9.00am – 5.00pm, Monday to Friday. Once the appointment is booked, it usually takes place on the phone. However, we can also offer video calls or in-person appointments in your local area.

The first appointment takes up to an hour, where we find out what help you need and gather some details about your financial situation. Then we can give you our best advice and explain how we can help. Our Advisor will stay in contact whilst we work through the actions from the advice. We can stay in touch by post as well by phone and email.

We'll be able to advise you on whether you are entitled to any benefits and if you are receiving the right amounts. This might include Council Tax Support, Carers Allowance, Personal Independence Payment, Attendance Allowance, and State Pension. We can explain how to make a claim and help and guide you through the forms you'll need to complete.





We'll encourage you to follow the actions from our advice, but if you are not able to manage phone calls or complete forms, we'll help with these whenever we can.

We know that when you're caring for someone or several people managing their affairs can be difficult, so we'll guide and advise you about your rights and responsibilities.

We'll check if you're on the best energy price. Then we'll discuss whether there are energy and water discount schemes you could be on and grants you could be eligible for.

We may explore charitable grants to help with unexpected events such as the washing machine or cooker breaking and being beyond repair.

We'll talk through your budget making sure you know about payment plan options for health care and bills. We can look at how to access emergency household, food & fuel support. We can also discuss suggestions for saving money, energy efficiency, or finding good deals.

We can help if you are struggling with debts; this might be with our Advisor, or we may need to refer you elsewhere for more expert help.

If there is a more specialist organisation that can help you, with your permission, we'll contact them and explain what you need. Then you don't have to start your story from the beginning.

We understand that caring for someone can mean that your time is limited. If you lose touch with us and you want more help, just get back in touch and we'll offer further advice or guidance.

Potteries MoneyWise wants to help you feel more confident in managing your money and face financial challenges with the right advice. For more information about appointments, contact Staffordshire Together for Carers Service on **0300 303 0621**.

Potteries MoneyWise is part of Citizens Advice Staffordshire North and Stoke on Trent.

## Changes Health & Wellbeing

Changes Health & Wellbeing are excited to be working as part of the wraparound support for Staffordshire Together for Carers Service. Changes are here to support the mental wellbeing of children, young people and adults with caring responsibilities. Changes' innovative cognitive and holistic approach, will provide a menu of tailored support that will help individuals to identify and build upon strengths, build resilience, improve self-esteem and wellbeing through setting and achieving personal goals.

### Our range of service elements are:

#### Initial Assessments:

All new clients will receive a one-to-one telephone assessment, where a 10-point Wellness Action Plan will be developed, identifying the needs and wants of the client and offering a menu of support.

#### Wellbeing Workshops:

Age appropriate groupwork, which provide information, techniques and understanding of wellbeing, self-esteem and the link between thinking, feelings, and behaviour. These sessions aim to provide a range of tools to aid healthy behaviours and regulate emotions.

#### Peer Support:

Age-appropriate group work. Provided via Zoom and face-to-face, our unique peer support groups are structured and steeped with our 12-step recovery programme. These groups reinforce learning from our workshops within a supportive environment.

#### Training and Volunteering Opportunities:

16+ opportunities. OCN accredited training that will enable carers to support other carers within peer support groups or through providing wellbeing training.

#### Social Opportunities:

Online and face-to-face activities to bring people together in a supportive environment with their peers.

**For more information about this service please contact Staffordshire Together for Carers Service on **0300 303 0621**.**



## Coffee and Chats

### Come and meet the team!

It has been amazing to have our Coffee and Chat sessions up and running and these will continue alongside all of our other activities that we have planned. These sessions are an opportunity to meet and chat with other carers, speak to a Carers Information and Support Officer and take a well-earned break from your caring role whilst enjoying a free tea or coffee and a biscuit (or two!) If you have never been to a Coffee and Chat before, don't worry! Everyone has been a 'first timer'. A friendly member of our team will be there to greet you and offer a warm introduction.



## Coffee and Chats

Venue	Cannock Chase District Avon Business and Leisure Centre Off Avon Road Cannock WS11 1LF	Lichfield District The Hub at St Mary's St Mary's Market Square Lichfield WS13 6LG	Tamworth District HOT Community Café Sacred Heart Church Silver Link Road Tamworth B77 2EA	East Staffordshire District The Vintage Tea Emporium 8 Market Place, Uttoxeter. ST14 8HP	East Staffordshire District Room 2, Burton Library High Street Burton-on-Trent DE14 1AH
Time	12.00pm – 2:00pm	10.00pm – 12:00pm	10.30pm – 12:30pm	10.00pm – 12:00pm	10.30pm – 12:30pm
Dates	Wed 20th Jul	Wed 13th Jul	Wed 13th Jul	Tues 19th Jul	Fri 29th Jul
	Wed 17th Aug	Wed 10th Aug	Wed 17th Aug	Tues 23rd Aug	Fri 26th Aug
	Wed 21st Sept	Wed 14th Sept	Wed 14th Sept	Tues 20th Sept	Fri 30th Sept

Venue	Newcastle under Lyme District Bradwell Community Education Centre Riceyman Road Newcastle-under-Lyme ST5 8LF	Staffordshire Moorlands District Daisy Hays Retirement Village Ball Hays Road Leek ST13 6BW	Staffordshire Moorlands District Cheadle Fire Station Ashbourne Road Cheadle Staffordshire ST10 1HF	Stafford District Cup a Cha 4 – 5 North Walls Stafford ST16 3AD
Time	10.00pm – 12:00pm	10.00pm – 12:00pm	10.00pm – 12:00pm	10.00pm – 12:00pm
Dates	Thurs 28th Jul	Wed 13th Jul	Tues 5th Jul	Tues 5th Jul
	Thurs 11th Aug	Wed 10th Aug	Tues 2nd Aug	Tues 9th Aug
	Thurs 29th Sept	Wed 14th Sept	Tues 6th Sept	Tues 6th Sept

Please note that due to capacity and our commitment to ensure carers get a well-deserved break from their caring role, our coffee and chats and special events are for carers only, unless otherwise stated.



## A stroll, a cuppa and a catch up

Come and join us for a gentle walk around some of the most beautiful parts of Staffordshire. There will be plenty of time to catch up over a cup of tea too.

### Westport Lake Visitors Centre

Westport Lake Road, Longport, Stoke-on-Trent, ST6 4RZ

Tuesday 12th July 2022

Tuesday 9th August 2022

Tuesday 13th September 2022

1.30pm to 3.30pm

### Wolseley Bridge Visitors Centre

Wolseley Bridge, ST17 0WT

Tuesday 19th July 2022

Tuesday 20th September 2022

1.00pm to 3.00pm

### Chasewater Innovation Centre

Brownhills, WS8 7NL

Tuesday 16th August 1.00pm to 3.00pm



## Activities for Carers



For this fantastic offer carers can select from one of the following:

- Two relaxing treatments
- A relaxing treatment and a two-course lunch
- A relaxing treatment and a scrummy afternoon tea

**The choice is yours!**

We have teamed up with The Retreat in Leek to offer carers a relaxing treat that can be booked to take place during July to September. For the treatments, carers can choose between a relaxing leg and foot massage or a relaxing arm and hand massage or both if you cannot decide! No need to worry about what to choose in advance, as you can make up your mind on the day.

Carers are required to book this activity as we are sure these sessions will book up incredibly fast. Call **0300 303 0621** to book your session.



Once again, we are delighted to offer carers the opportunity to receive a relaxing treatment from Rebecca at Lotus Blossom to help carers unwind and have a bit of 'me time'. Carers can have either:

- A relaxing back massage
- A reflexology session

Rebecca has many years' of experience, supporting carers and knows exactly how to release those knots. These lovely relaxing treatments can be provided in Burton and surrounding areas.

Carers are required to book this activity as we are sure these sessions will book up incredibly fast. Call **0300 303 0621** to book your session.



### Pottery Painting

Come and unleash your inner artist and join us for a Pottery Painting Tea at The Hub at Codsall Hive. Spend a couple of hours painting either a toast plate, regular mug or cereal bowl and enjoy a hot drink and a delicious cake from the daily selection.

**Thursday 15th September 2022**

**1.00pm to 3.00pm**

**The Codsall Hive  
17a Church Road,  
Codsall,  
WV8 1EA**

Parking is available in the village in the public car park near the Co-Op or the small free car park behind Lloyds pharmacy (accessible by the service road between Fitzgerald's dry cleaner and the Codsall Fish Bar)



### Alpaca Trekking

Join us for a one-hour trekking experience down a bridal path in the beautiful Staffordshire countryside and feed the alpacas in the yard

The alpaca is a species of South American camelid mammal. It is similar to, and often confused with, the llama. However, alpacas are often noticeably smaller than llamas.

**Monday 21st September**

**1.00pm to 2.00pm**

**Knightley Alpaca Trekking  
Grange Road,  
Gnosall,  
Stafford  
ST20 0JU**



### Afternoon Tea and boat trip with Georgie's Cruises

Join us for a scrumptious afternoon tea and 2-hour narrow boat trip on the beautiful Staffordshire and Worcestershire Canal. The afternoon tea will consist of finger sandwiches and a selection of cakes alongside the canal with beautiful views and enchanting wildlife.

We are sure this trip is going to be very popular so to secure your place, please contact us on 0300 303 0621.

**Thursday 21st July**

**12noon to 2.00pm**

**Parkgate Lock  
Teddesley Road  
Penkridge  
Stafford  
ST19 5RH**



## Regular Zoom Activities for Carers

Our Zoom sessions are very informal, grab a cuppa and join us for some fun, chat to staff and meet other carers. If you have not already used Zoom before and want to find out more about the platform, please go to <https://zoom.us/join> for further information or simply visit the links on each of the meetings to join in.



### Zoom: Weekly Sessions

#### Quiz

**Every Tuesday 11.00am to 12.30pm**

To join this Zoom session please use the link or the meeting ID and password below

Zoom Link: <https://zoom.us/j/94919752910?pwd=OVY5L2VzamovcXRzcGxTVdVoRExmQT09>

Meeting ID: **949 1975 2910** Password: **544401**

#### Evening Coffee and Chat

**Every Tuesday 7.00pm to 8.00pm**

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link: <https://zoom.us/j/95950538168?pwd=WlUvdmlJR1lyM2ExUE5XN1VLRzdjUT09>

Meeting ID: **959 5053 8168** Password: **559497**

#### Distance Reiki

**Every Wednesday 2.00pm to 3.00pm**

**(no sessions on 7th September or 3rd August)**

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link:

<https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM052M0lQOE5yNWMxWnMwZz09>

Meeting ID: **813 5194 3140** Password: **940735**

#### Seasonal Flow Yoga

**Every Wednesday 6.15pm to 7.30pm**

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link:

<https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDMrcnp1Ky82Zz09>

Meeting ID: **892 6497 0582** Password: **030426**

#### General Knowledge Quiz

**Every Wednesday 7.30pm**

To join this Zoom session please use the link or the meeting ID and password below

Zoom Link: <https://zoom.us/j/92248677156?pwd=ZlJabIR3OGJnOXg4TTBBc3dYeVpwdz09>

Meeting ID: **922 4867 7156** Password: **269978**

#### Yoga Nidra

**Every Thursday 7.00pm**

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link:

<https://us06web.zoom.us/j/87080076510?pwd=S09MZ2lzVmNKSU5KSkdMeDRvVEF2UT09>

Meeting ID: **870 8007 6510** Password: **455916**

### Zoom: Fortnightly Sessions

#### Frank's Walk a Mile Club

**Fortnightly Tuesdays 1.30pm to 2.15pm**

Walk a mile in the comfort of your own home with our fitness instructor volunteer, Frank.

To join this Zoom session please use the link or the meeting ID and password below

Zoom Link: <https://zoom.us/j/93946506425?pwd=OFBDbUZYNnFkaWQ2azhKa1VUZ0dNZz09>

Meeting ID: **939 4650 6425** Password: **513539**

### Zoom: Monthly Sessions

#### Staffordshire online Male Carers Forum

**Every 3rd Thursday of the month 7.00pm to 8.00pm**

Walk a mile in the comfort of your own home with our fitness instructor volunteer, Frank.

To join this Zoom session please use the link or the meeting ID and password below

Zoom Link:

<https://us06web.zoom.us/j/88337972542?pwd=bXA0bHhOUmZyUmNzeUZkNEtUVVZrQT09>

Meeting ID: **883 3797 2542** Password: **898971**

## Training for Carers

### First Aid

Delivered by our very own volunteer and First Aid trainer, Kerry.

It doesn't matter if you are a complete beginner or if you just want to brush up your skills or refresh them. You will also have an opportunity ask any questions you may have about first aid too.

We will cover

- CPR
- How to put someone in the recovery position
- How to deal with bleeds
- How to apply bandages

The sessions will be relaxed, fun and informative and will be held at the following venues:

**Monday 18th July 2022**  
1.00pm to 2.30pm  
Cheadle Fire Station  
Ashbourne Road,  
Cheadle,  
ST10 1HF

**Friday 26th August 2022**  
11.00am to 12.30pm  
Burton Fire Station,  
Moor Street,  
Burton-on-Trent  
DE14 3SU

**Friday 23rd September**  
11.00am to 12.30pm  
Sacred Heart Church  
Silverlink Road,  
Tamworth,  
B77 2EA

To book your  
place please call  
0300 303 0621



EVOLVING MINDSET

YOUR MIND MATTERS

### Mental Health

We are pleased to let you know that we have partnered with Evolving Mindset to offer you specialised mental health workshops via Zoom. Evolving Mindset will be delivering the following workshops:

### Understanding Stress & Anxiety

1.00pm to 3.00pm 15th July 2022

This two-hour online interactive workshop delivered by a registered mental health nurse provides learners with an insight into what stress and anxiety is. They will explore the physical and psychological impacts that anxiety has on people. Evolving Mindset trainers will support you to develop strategies to support someone who is struggling with their own mental health.

### Low Mood & Depression

1.00pm to 3.00pm 23rd September 2022

This two-hour online interactive workshop delivered by a registered mental health nurse provides learners with an insight into what low mood and depression is. This session explores the mind and how difficult periods that we all face can impact mood and functioning. During the session, Evolving Mindset trainers will support you to develop your own ways you can support someone who is struggling with low mood and depression.

### Suicide Awareness

1.00pm to 3.00pm 30th September 2022

This two-hour online interactive training session delivered by a registered mental health nurse will provide you with the skills and confidence to help someone who may be considering suicide. The training involves; How to spot warning signs, how to have a conversation with someone your worried about, Where to signpost to for further support and exploring fears and uncertainty that you may have around providing someone with this support.

If you would like to book a place on any of the online workshops please contact us on  
**0300 303 0621**

Whilst we plan a vast array of training in advance, we do also respond to need. If we see there is a need to be met through training, we will plan accordingly and arrange. Please keep an eye on our Facebook group page and emails for further information and opportunities.





## 'Caring for Adults' - Free online learning through the Open University

"Caring for adults is an introductory course for anyone in a caring role, either paid or unpaid. It builds on what you already know to give you a better understanding of your role as a carer. It also supports your own well-being by giving you some ideas and information about looking after yourself and dealing with stress."

### Course Outcomes are as follows:

- Describe the role and responsibilities of carers
- Recognise some of the basic concepts that will enable a person-centred approach to care
- Identify the different needs of a cared-for person, at different stages of their care
- Understand the impact that caring may have upon carers, and how this might be managed
- Explain some of the legal responsibilities within the caring role

### For further information, please follow the link:

[www.open.edu/openlearn/health-sports-psychology/social-care-social-work/caring-adults/content-section-overview?active-tab=description-tab](https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/caring-adults/content-section-overview?active-tab=description-tab)

## Physical activity for health and wellbeing in the caring role

### Are you a carer? Or do you work with a carer, or know someone who is one?

This free course, Physical activity for health and wellbeing in the caring role, is designed to give an insight into the demands, both physically and mentally, of the caring role and look at how taking part in physical activity can offer benefits to the health and wellbeing of carers.

Given the demands of the caring role, the course also looks at possible ways to start incorporating physical activity into everyday life and reflects upon a number of case studies. By the end of the course you will have gained knowledge about strategies that will help you to understand how to support and improve the wellbeing of either yourself or a carer you know.

### After studying this course, you should be able to:

- understand the physical, psychological, and emotional demands of the caring role, and the associated implications to physical and mental health
- describe the benefits of participation in regular physical activity on the health and wellbeing of carers
- identify a range of physical activity examples to improve, support and maintain individual health and wellbeing.

### For more information and to enrol please go to

<https://www.open.edu/openlearn/health-sports-psychology/physical-activity-health-and-wellbeing-the-caring-role/content-section-overview?active-tab=description-tab>



## Zoom Dementia Carers Training 2022 Tuesday Evenings 7pm starting on 7th June

Session 1 - General Advice and Support Introductory Session

Session 2 - What is Dementia, different types, signs & symptoms, managing care

Session 3 - Delirium, what is this and how to treat it

Session 4 - Medication used for Dementia including Antipsychotics

Session 5 - Lasting Power of Attorney & Advance Planning

Session 6 - Person Centred Care

Session 7 - Care of Carer

Session 8 - COVID-19

Session 9 - Admiral Nurse Q&A

Zoom sessions last for approx. 1 hour, however some can go over this time.

If you would like more information or if you would like the link to join, please email

[enquiries@approachstaffordshire.co.uk](mailto:enquiries@approachstaffordshire.co.uk)



[www.approachstaffordshire.co.uk](http://www.approachstaffordshire.co.uk)



[approachdementiasupport](https://www.instagram.com/approachdementiasupport)



[ApproachStaffordshire](https://www.facebook.com/ApproachStaffordshire)



[ApproachStaffs](https://twitter.com/ApproachStaffs)

## Carers Recipe Corner



### Strawberry Biscuits

#### Ingredients

- 2 cups whole wheat pastry flour (or 1 cup all-purpose flour + 1 cup whole wheat flour)
- 2 teaspoons baking powder
- 3 tablespoons cane sugar
- 1/2 teaspoon sea salt
- 6 tablespoons very cold butter, cut into 1/2-inch cubes
- 1 cup chopped ripe strawberries
- 1/3 cup plain Greek yogurt (see Chef Tips)
- 2 tablespoons milk

1. Preheat the oven to 375 degrees. Line a large baking sheet with parchment paper.
2. In the bottom of a large bowl, whisk the flour, baking powder, sugar, and salt together. Add the butter cubes. Using your fingertips or a pastry blender rub or cut the butter into the flour, until the dough resembles a crumbly meal with some pea-sized pieces of butter. (See Chef Tips if using a food processor for this step.)
3. Add the strawberries and gently toss to coat the strawberries in flour. With a spatula, stir in the yogurt and milk, until mostly absorbed. Knead one or two times to form a dough.
4. Transfer to a lightly floured surface and form into a disc about 2-inches thick. Cut into 8 to 10 pieces. Transfer to the prepared baking sheet.
5. Bake for 12 to 15 minutes, or until the edges are golden and the strawberries have broken down and become juicy. Cool on the baking sheet for 5 minutes, then transfer to a cooling rack. Serve warm or at room temperature. Once cooled, store in an airtight container or freeze.

#### Chef's Tips

If using regular instead of Greek yogurt, omit the 2 tablespoons of milk from this recipe. If you use a food processor for step 2, tip the flour, baking powder salt into the container. Pulse to mix, then add in the cubed butter. Continue pulsing until the mixture resembles fine breadcrumbs — it's fine to have a few small lumps of butter. Pour into a large bowl and proceed with step 3.



### Beef and vegetable casserole

#### Ingredients

- 2 celery sticks, thickly sliced
- 1 onion, chopped
- 2 really big carrots, halved lengthways then very chunkily sliced
- 5 bay leaves
- 2 thyme sprigs, 1 whole and 1 leaves picked
- 1 tbsp vegetable oil
- 1 tbsp butter
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes crumbled
- 850g stewing beef (feather blade or brisket works nicely), cut into nice large chunks

1. Heat oven to 160C/140C fan/gas 3 and put the kettle on.
2. Put 2 thickly sliced celery sticks, 1 chopped onion, 2 chunkily sliced carrots, 5 bay leaves and 1 whole thyme sprig in a flameproof casserole dish with 1 tbsp vegetable oil and 1 tbsp butter.
3. Soften for 10 minutes, then stir in 2 tbsp plain flour until it doesn't look dusty anymore, followed by 2 tbsp tomato puree, 2 tbsp Worcestershire sauce and 2 crumbled beef stock cubes.
4. Gradually stir in 600ml hot water, then tip in 850g stewing beef and bring to a gentle simmer.
5. Cover and put in the oven for 2 hrs. 30 mins then uncover and cook for 30mins to 1 hr. more until the meat is really tender and the sauce is thickened.



# Mental Health & Debt 2022



## Help, info, guidance and support for individuals and carers

By Martin Lewis, Jenny Keefe & Marianne Curphey

**There is a free 44-page PDF booklet supported by Mind, Rethink, CAP UK and others, for people with mental health problems and those caring for them.**

It covers how to handle debts when unwell, work with banks, free debt counselling, specific tips for bipolar disorder or depression sufferers, whether to declare a condition and more.

To download the document, go to:

<https://www.moneysavingexpert.com/credit-cards/mental-health-guide/>

Caring for a loved one who is ill, disabled, or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life. Staffordshire County Council has teamed up with Carers UK to offer carers a comprehensive solution that brings together Carers UK's digital products and online resources with our own information and support for carers onto a single webpage. To get free access to all the products and support resources visit: [carersdigital.org](https://carersdigital.org) and use our free access code: DGTL9462.

### The resource has lots of features including those listed:

- Thinking Ahead: the cost of care and support e-learning developed with The Money Advice Service
- Learning for Living e-learning, supporting carers to recognise their transferable skills gained through caring
- Young Adult carers e-learning, offering advice for carers 18-24 years
- About Me: building resilience for carers: an e-learning resource that helps carers identify and build networks of support and promotes their self-care
- Jointly: Carers UK's care co-ordination app for people sharing care (web, iOS, Android).
- The role of good nutrition when caring for someone: an e-learning course that aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after
- Upfront Guide to Caring: a simple assessment tool to guide people new to caring or seeking support for the first time to navigate the Carers UK website
- Looking after someone: Carers Rights Guide: which helps carers understand their rights as a Carer and where to go for financial or practical help
- Being Heard: a self-advocacy guide for carers: which helps carers develop the skills to self-advocate
- Technology and Care: information and resources on how to access products and services that can help with care and caring
- Our local information and support resources for carers

## Featured Organisations and Services



# Carer Wellbeing Sessions



Friday 20th May at Dougie Mac Hospice 9.30am until 1.30pm  
Monday 11th July at Dougie Mac Hospice 1pm - 5pm



9.30am - 10.00am	10.00am - 11.00am	11.00am - 11.30am	11.30am - 1.00pm	1.00pm - 1.30pm
Coffee and biscuits	Introductory talk from Wendy Mountford Admiral Nurse Clinical Lead	Break with refreshments	Kirsty Cotton Kreative Foundations	Q and A session and wrap up session
Topics to be covered	Gaynor Morton Dementia Support Manager at Approach	Topics to be covered	Kirsty will deliver carer wellness support to enable carers to have the tools to look after themselves	Topics to be covered
Carer Resilience Early Support Advanced Care Planning	Louise Eagle Head of Strategic Alliance for DMH and Approach	Approach Training for Carers Admiral Nurses - what is their role		What is the Strategic Alliance between Approach and Dougie Mac

Keep an eye out for more dates coming soon!

## Carers Listening Service



### A local listening service – just for carers

- 12 weekly 60-minute sessions
  - A named Community Help Associate trained to...
  - ...just be there and listen
  - In person, over the phone or 'virtually'
  - No groups, no responsibilities, no telling you what to do
- Contact your Carers service, Social Prescriber or contact us directly for registration [www.burtonmind.co.uk/contact-us](http://www.burtonmind.co.uk/contact-us)

  
mind  
Burton  
and District

 **Staffordshire  
Together For Carers  
Service**



## Dementia Radio

We are m4d Radio. A group of 5 themed radio stations available 24 hours a day, 365 days a year playing music that evokes memories.

Choose your era below, listen and enjoy...

Available via the internet <https://m4dradio.com>





Tel No: 01782 214999

### **Carer's Support Group**

**Douglas Macmillan Hospice, Outpatient Unit,  
Barlaston Road, Blurton**

**ST3 3NZ**

**10:30am – 12:30pm**

Tuesday 5<sup>th</sup> July 2022

Tuesday 2<sup>nd</sup> August 2022

Tuesday 6<sup>th</sup> September 2022

Tel No: 01782 214999

### **Carer's Support Group**

**Cheadle Cricket Club, Tean Road, Cheadle, ST10  
1LX**

**10:30am – 12:30pm**

Wednesday 20<sup>th</sup> July 2022

Wednesday 17<sup>th</sup> August 2022

Wednesday 21<sup>st</sup> September 2022

Tel No: 01782 214999

### **Carer's Support Group**

**Salvation Army, Salisbury Street, Leek, ST13 5EE**

**10:30am – 12:30pm**

Tuesday 12<sup>th</sup> July 2022

Tuesday 9<sup>th</sup> August 2022

Tuesday 13<sup>th</sup> September 2022





**M**onthly **A**lzheimer's **S**upport **E**venings

# The Staffordshire Charity making a difference to local people

Supporting Carers on their Dementia Journey



Proud Recipients of  
The Queen's Award for Voluntary Services  
and The British Citizen Award

Winners of SCC  
Dignity in Care Award



Friendly Volunteers • Fun & Laughter • Advice & Support  
Carers Forming Friendships • Information Leaflets  
Buffet & Refreshments • Entertainment

Working in Partnership with

The **Midcounties Co-operative**  
Cannock Chase Regional Community Team



**www.themasegroup.com**

Registered Charity No: 1137193 The Monthly Alzheimer's Support Evening Limited (MASE)

**A warm welcome awaits Carers  
and their cared for at any  
of the following MASE Groups**

## **Cannock - Drop In**

**St Luke's Church Hall - WS11 1DE**

1st Monday of every month  
1:00 pm - 3:00 pm

## **Haughton**

**Haughton Village Hall - ST18 9EZ**

2nd Thursday of every month  
7:00 pm - 9:00 pm

## **Rugeley**

**Lea Hall Club - WS15 2LB**

The Davy Room  
Sandy Road, Rugeley.

Entrance to the right-hand side  
of the main building

3rd Friday of every month  
7:00 pm - 9:00 pm

## **Hednesford**

**Staffordshire University Academy - WS12 4JH**

Last Thursday of every month  
7:00 pm - 9:00 pm



## **The Monthly Alzheimer's Support Evenings (MASE)**

have become a  
well-established support  
network for people living  
with dementia in South  
Staffordshire.

The **MASE** helps reduce the  
stigma surrounding dementia  
and brings together people  
who are coping with the  
condition, in the hope of  
removing the social isolation  
all too often faced by Carers.

**For more information please contact any of the Trustees:**

Daphne/Richard: **07939 505455** Michael: **01785 663596**

Dave: **07974 983459** David: **07968 848120**

The meetings, held once a month, have the feel of a pleasant evening out. There is a buffet, raffle and musical entertainment and people are encouraged to mix and form new friendships in a friendly, safe and understanding environment. There is no charge to attend any of the groups, but donation boxes are available should people wish to contribute to the evenings. Running alongside the party atmosphere however, there is a serious side to the evening. An abundance of information is always available for Carers to let them know about services, resources and benefits available locally. Health Care Professionals are occasionally also on hand to answer any questions and to offer emotional support, if necessary.

The MASE is not core funded and is a group run totally by volunteers who fully support the people attending each month. There are no paid personnel in the MASE and the Trustees work incredibly hard to ensure fundraisers take place throughout the year to make sure the groups can continue.

The success of the MASE is through the hard work and commitment by all involved. This year is the twelfth year that the MASE Charity has been successfully offering its services to Carers and their cared for.





## Network for Carers

The RBL Network for Carers aims to help carers in the Armed Forces community feel less lonely and isolated. These peer-to-peer social groups will connect carers so they can share experiences, build friendships and support one another.

### This network will provide carers in the Armed Forces community with:

- Monthly face-to-face social group sessions, tailored to the interests of the members.
- Virtual social groups if attendance at a local group is not practical.
- The opportunity to have conversations with an RBL representative to find out how they can best be supported.
- Sessions held at a range of venues with an Armed Forces connection such as local military museums and the National Memorial Arboretum.

Funded by



### How to register

If you're interested in attending one of our groups, or volunteering for them, please visit [rbl.org.uk/networkforcarers](http://rbl.org.uk/networkforcarers) to register your interest.

If you have any questions or require more information, please contact the team at [networkforcarers@britishlegion.org.uk](mailto:networkforcarers@britishlegion.org.uk)

## Wellbeing for people who find themselves in the caring role.

Staffordshire and Stoke on Trent Wellbeing Service.

Memory and Dementia Service.

Stress is extremely common within caring roles. We want to help you develop skills and techniques to manage it.

This group is for:

- Carers
- Friends and family of loved ones who require extra support
- Anyone who would benefit from understanding stress within the caring role

If you are interested in this workshop please contact the Staffordshire and Stoke on Trent wellbeing service on:

0300 303 0923

[BUWellbeing@mpft.nhs.uk](mailto:BUWellbeing@mpft.nhs.uk)

**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

mpft.nhs.uk

**mh**  
talkingmatters™

## EH Staffordshire Physical Activity Timetable



**everyonehealth**  
because everyone matters

**FREE** to anyone over 18, living in Staffordshire and have a low level of activity.

We can also offer a **FREE** 12 week Gym Pass

**Please call us to book your place on 0333 005 0095!**

MON	TUE	WED	THU	FRI
Telephone Clinic 09.00-17.00	Avon Business Centre Cannock 09.00 - 10.00	St. Editha's Community Hall, Tamworth 9.00-10.00	Haregate Community Centre, Leek 9.00 - 10.00	Thirlmere Way Community Centre Stafford 09.00 - 10.00
Salvation Army Stafford 10.00 - 11.00	Mansfield House Rugeley 13.00 - 14.00	Walking Football Burton Pirelli with Burton Albion 10.30 - 11.30	Health Walks Tamworth 11.00-12.00	Health Walks Burton area with Burton Albion 10.30 - 12.30
Free 12 week Leisure Centre Pass - Uttoxeter, Burtwood, Lichfield, Burton, Stone, Stafford, Wombourne, Codsall, Penkridge and Cheslyn Hay		Chair Based Exercises (via Zoom) 14.00-15.00	Avon Business Centre Cannock 12.45 - 13.45	
	Couch to 5K Burton Pirelli Stadium with Burton Albion 18.30 - 19.30		Salvation Army Chesterton, Newcastle 14.45 - 15.45	Saturday - Health Walks Tamworth 11.00-12.00

Not sure which class you would like to start with?

Your Physical Activity Specialist will be able to help you select the most appropriate session after your first appointment.

# meditation WITH JO

Join our free weekly mindfulness meditation sessions on Zoom, Mondays at 11am. A great way to promote wellbeing. Please email [sophie.henaughan@brighter-futures.org.uk](mailto:sophie.henaughan@brighter-futures.org.uk) to access a Zoom link. We can't wait to meet you.



**brighter futures**  
HOUSING • HEALTH • HOPE

## STAFFORD & DISTRICT CARERS HOLIDAY TRUST



Registered Charity 1191031



**Supporting Unpaid Carers into much  
needed holidays on a not-for-profit basis.**



SDCHT is a not-for-profit charity run by an Unpaid Carer, who does what he does because, just like you, he 'cares'.

Everyone at the charity is unpaid.

All we ask is that you leave the caravan in the same clean condition as which you will find it.

For more information, please contact

**John on 07843 965935**

**Mon - Fri 10am to 5pm.**

Some form of funding help may be available.  
Please contact your local support group or  
County Council.



This caravan is located at the Haven run Cala Gran Holiday Complex near Blackpool. This unit is a fully adapted disabled accessible caravan.

*The Blackpool Caravan was kindly funded via a much-valued donation from the National Lottery Community Fund.*



Please support us at our 'Go Fund Me' page: [https://www.gofundme.com/f/support-holidays-for-unpaid-carers?utm\\_campaign=p\\_cf+share-flow-1&utm\\_medium=email&utm\\_source=customer](https://www.gofundme.com/f/support-holidays-for-unpaid-carers?utm_campaign=p_cf+share-flow-1&utm_medium=email&utm_source=customer)



# Discounts for Carers

**There are a number of discount and special offer cards for Carers which may be useful to you. Visit each website for more information on the offers...**

Discounts for carers have a huge range of discounts, money-saving deals and vouchers, join for free at  
<https://discountsforcarers.com/>

CarerSmart offer, benefits and discounts to carers and people with care needs  
[www.carersmart.org](http://www.carersmart.org)

Cinema CEA card is an annual card you pay for that gets a carer a free ticket when they accompany the person they care for.  
[www.ceacard.co.uk](http://www.ceacard.co.uk)

Merlin annual pass has a complimentary pass for carers.  
[www.merlinannualpass.co.uk](http://www.merlinannualpass.co.uk)

The National Trust has an Essential Companion card that allows you free entry if you are with the person you care for.  
[www.nationaltrust.org.uk/features/access-for-everyone](http://www.nationaltrust.org.uk/features/access-for-everyone)

The Max Card is a discount card for families who have children / young people (aged 0-25) with additional needs. You can see the offers on their website:  
[mymaxcard.co.uk](http://mymaxcard.co.uk)

The Access Card, it costs £15:00 for three years. This can be used by cared for people that need to be accompanied by their carer so to access different venues.  
 Access Card – Making access easy

## Useful Numbers

**Emergency Services –**  
 Police, Fire or Ambulance:  
 Call: **999**

**NHS:**  
 Call: **111**

**Non-Emergency Services:**  
 Call: **101**

**Action Fraud:**  
 Call: **0300 123 2040**  
<https://www.actionfraud.police.uk/>

**Age UK Staffordshire:**  
 Call: **01785 788477**  
<https://www.ageuk.org.uk/staffordshire/#>

**Alzheimer's Society:**  
 Call: **0333 150 3456**  
<https://www.alzheimers.org.uk/>

**Approach Staffordshire:**  
 Call: **01782 214999**  
<https://approachstaffordshire.co.uk/>

**Arthritis Action:**  
 Call: **020 3781 7120**  
<https://www.arthritisaction.org.uk/>

**Catch22 - Support Services for children**  
 who have been reported missing or  
 children at risk of exploitation:  
 Call: **01782 237106**  
[catch22cse@catch-22.org.uk/](mailto:catch22cse@catch-22.org.uk)

**Changes – Health & Wellbeing:**  
 Call: **01782 413101**  
<http://www.changes.org.uk/>

**Childline:**  
 Call: **0800 1111**  
<https://www.childline.org.uk/>

**Crime Stoppers:**  
 Call: **0800 555 111**  
<https://crimestoppers-uk.org/>

**Disability Solutions West Midlands:**  
 Call: **01782 638300**  
<https://disabilitysolutions.org.uk/>

**FMG Helpline - NSPCC:**  
 Call: **0800 028 3550**  
<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/>

**MIND Helpline – Mental Health Advice Line:**  
 Call: **0330 123 3393**  
<https://www.mind.org.uk/>

**National Domestic Abuse helpline:**  
 (The freephone, 24-hour  
 National Domestic Abuse)  
 Call: **0808 2000 247**  
<https://www.nationaldahelpline.org.uk/>

**North Staffs Mind:**  
 Call: **01782 262100**  
<https://nsmind.org.uk/>

**Parkinson's UK – Staffordshire Branch:**  
 Call: **0808 800 0303**  
<https://localsupport.parkinsons.org.uk/provider/stafford-branch>

**Rethink – Advice Service:**  
 Call: **0808 801 0525**  
<https://www.rethink.org/>

**Samaritans:**  
 Call: **116 123**

**Staffordshire Women's Aid:**  
 Call: **0300 330 5959**  
<https://www.staffordshirewomensaid.org/>

**Switch – LGBT Helpline:**  
 Call: **0330 330 0630**  
<https://switchboard.lgbt/>

**Victim Support:**  
 Call: **0808 1689 111**  
<https://www.victimsupport.org.uk/>



Staffordshire  
Together for Carers  
Service

Summer 2022



# Young Carers

# Newsletter



## ONE IN SIX

people in the  
UK are Carers

## Welcome

to the

# 6<sup>th</sup>

Staffordshire  
Together for Carers  
Service Newsletter



## Young Carers Team

### Dear young carers and families,

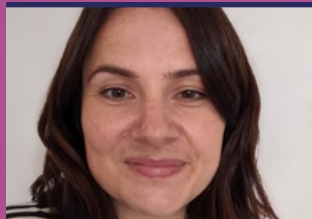
By the time you are reading this we will be coming towards the end of another school term! Another school year done and another summer holiday approaching!

This newsletter outlines our offer of support as well as activities we are offering over term time and during the summer holidays. Our summer holiday activities give the chance for young carers to access respite from their caring role and the chance to spend time with other young carers. We are hopeful that there is something for everyone in the variety of different activities we have on offer. For more details and how to book see page 11.

Whilst we plan a vast array of activities in advance, we do also respond to need. If we see there is a need to be met through group activity or training we will plan accordingly and arrange support, for example an age specific peer support meet up or We Care course in a specific area. We are always open to hear directly from young carers and their families with any ideas you have about what else we can do to support you in your caring role – please get in touch to chat about any ideas you have!

As ever, if you are experiencing any difficulties, please let us know and together we will look to find you the right support. We hope to see you in person or online at one or some of the activities below!

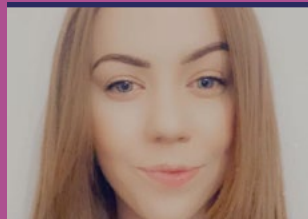
**Young Carers Team**  
**Staffordshire Together for Carers**



**Cathryn Rayner**  
Team Leader



**Sarah Brown**  
Young Carers Practitioner



**Katie Lloyd**  
Family Carers Practitioner

## Service Intro

Staffordshire Together for Carers Service helps to ensure that young carers between the ages of 5 and 18 years old are identified and provided with support in their caring role. We provide support from a dedicated Young Carers Practitioner or Family Carers Practitioner who through one-to-one support can:

- Listen to you and help you and your family to think about what would make a difference
- Give you information about the illness or disability of the person you care for
- Help you get advice and support for the person you care for
- Help you to get in touch with other services
- Help you to access support in school or college
- Help you be listened to and have your voice heard
- Talk to you about ways in which you can take a break from your caring role and have some fun by supporting you to access groups and activities

If you would like to hear more about this support please follow this link to our website and scroll down to watch the video all about our support for young carers.

[www.n-compass.org.uk/our-services/carers/staffordshire-together-for-carers-service](http://www.n-compass.org.uk/our-services/carers/staffordshire-together-for-carers-service)



## Young Carers Assessments

Young carers are entitled to access an assessment of needs called a 'statutory carers assessment'. Staffordshire County Council undertake the assessments and develop a support plan based on your needs.



### What will happen when I am referred in after my assessment?

If you have recently had a young carers assessment with a Young Carers Assessor at Staffordshire County Council, you will have spoken to them about you and your caring role and then with your consent they would have referred you to us and sent us your carers assessment so we can offer you the best support possible.

Within 3 days of your referral being sent to us, one of our team listed above will contact you and your family to explain a bit more about our service and how we can support you. They will also invite you to join in any activities listed further in this newsletter.

### What if I haven't had an assessment?

We can support you to access a statutory carers assessment if you haven't already done so by referring you to Staffordshire County Council for an assessment or supporting you to make contact directly.

If you would like to speak to somebody at the Council about statutory assessments for young carers please contact:

Young Carers: 01785 278444

General Enquiries: [firstcontactcarers@staffordshire.gov.uk](mailto:firstcontactcarers@staffordshire.gov.uk)



**Bronwyn Makin**  
Alternative Education  
Coordinator

### Spotlight on...

#### Bronwyn Makin - Alternative Education Coordinator

Bronwyn Makin is the Alternative Education Coordinator for Burton Albion Community Trust, and a qualified Drama therapist. She runs our activities for young carers in Burton, from crafts to cooking and sports, she keeps our young carers busy! With a background in performing arts and youth work, she likes to help her community get creative and finding different ways to help them. In her spare time, she can be found reading, creating plans with friends, or spending time with her fiancé.

## Changes



We have been working with Changes to develop an online programme for young carers who may need some guidance to cope with difficulties or things that are going on in their lives.

Following a referral from us into this service, each young carer would have an initial wellbeing assessment with the Carers Wellness Coach via telephone/videocall. They would then be invited to a 4-week programme of online wellbeing workshops, one 60-minute workshop per week for 4 weeks with other young carers of a similar age.

Following this, young carers would be invited to online peer support groups. These are a safe place to talk with other young carers who understand the challenges you face.

Young carers in our Changes service can also access Zoom socials including arts and crafts and Journaling!

If this is something you feel you could benefit from, please get in touch!

### WE CARE

**We Care** is a course we deliver which aims to help young carers understand and manage their caring role and develop a peer support network of other young carers. It covers developing coping strategies for managing emotions around the caring role, providing information and developing understanding about the illness or disability of the person they care for and positive communication skills.

We offer this course in holidays and term time at different locations around the county.

**Please get in touch with us to find out more.**





## Summer Holiday Activities

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Across the summer holidays we have some different age-appropriate activities for young carers to take part in. From activity days to bowling trips to an outward-bound day, hopefully there is something for everybody...

### Summer Activity Days

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## NEW VIC

### Newcastle-under-Lyme

Join us for a fun activity day at the Theatre! There will be plenty of games, arts and crafts and you will create a new character and story!

**Ages 6-14 years**

**Tuesday 16th August 2022**

**10.00am to 3.00pm**

**New Vic Theatre, Etruria Road, ST5 0JG**



### Burton-upon-Trent

Meet in a group, have time for a chat and catch up then take part in a variety of activities on this day from arts, cooking and sports!

**Ages 6-16 years**

**Monday 15th August 2022**

**10.00am to 3.00pm**

**Burton Albion Community Hub, Casey Lane,  
Burton-upon-Trent, DE14 2ER**



### Stafford

Meet in a group, have time for a chat and catch up, then take part in these fun and inclusive music sessions. Take part in a range of activities from lyric writing, singing and music composition and instrument playing.

**Ages 6-16 years**

**Tuesday 23rd August 2022**

**10.00am to 3.00pm**

**Thirlmere Way Community Centre, Thirlmere Way  
(off the Wolverhampton Road), Stafford, ST17 9EJ**



**Beaudesert**  
Outdoor Activity Centre  
Adventure Made Easy

### Let's get outdoors!

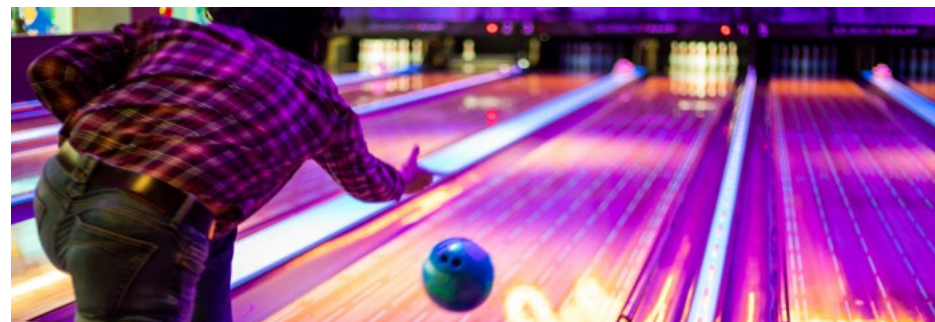
We are offering an adventure activity day at Beaudesert Activity Centre for young carers to take part in outdoor activities to learn new skills, conquer fears and have plenty of fun!

**Ages 6-16 years**

**Beaudesert Park, Cannock Wood, Rugeley WS15 4JJ**

**Thursday 25th August 2022**

**10.00am to 4.00pm**



### Let's go bowling!

Join us for lunch and a game of bowling this summer to catch up and have some fun!

**Tuesday 26th July Festival Park, Stoke-on-Trent ST1 5SP**

**Meet 12noon**

**Wednesday 31st August, Tamworth Castle Grounds, Riverdrive, Tamworth B79 7ND**

**Meet 12noon**

## Other Summer Holiday Activities

There are lots of other activities this summer you can engage in as young carers to access a break from your caring roles and have some fun!



The Holiday Activities and Food Programme (HAF) is a central government initiative that requires all Local Authorities to deliver a programme of inclusive activities including a hot meal over the school holidays for children aged 5–16 years. Staffordshire County Council coordinate these activities and they are available to all young carers.

Please get in touch with us if you would like to access this offer and we will provide you with a code you that will need to register on their website. Registration opens at 4.00pm on 4th July 2022.



The Space programme provides fun activities for 8–17-year-olds during the school summer holiday across Staffordshire and Stoke-on-Trent.

Please keep an eye in our Facebook group (see below) and emails for further information about how to get involved or see <https://staffordshirespace.uk> to find out more.

## Term time activities

These are fun sessions which provide young carers aged 6-16 years respite from their caring role, provide the opportunity to mix with other young carers and take part in activities which have a positive impact on their physical and mental wellbeing and confidence. These Staffordshire Together for Carers Service activities will be provided by different delivery partners and will cover a wide variety of different activities with hopefully something to suit everybody, from team games, multi sports to music, cooking and crafts! All our activities are young carer led which means young carers will contribute to deciding on what they take part in and plan for future sessions. We ask that young carers select the activity closest to them or the one close by which they like the sound of. For information on how to book onto our face to face events please see the QR code and link on page 11.



### Burton-upon-Trent

Meet in a group, have time for a chat and catch up then take part in a variety of activities. Young carers in these sessions will contribute to the planning of the next session and chose from a wide variety of activities including dance, crafts, arts and cooking!

**Every second Monday of the month in term time**

**Monday 11th July 2022 4.30pm to 6.30pm**

**Monday 12th September 2022 4.30pm to 6.30pm**

**Burton Albion Community Hub, Casey Lane,  
Burton-upon-Trent, DE14 2ER**



### Cannock Chase

Meet in a group, have time for a chat and catch up and take part in arts and crafts and indoor and outdoor games and activities in these fun sessions.

**Wednesday 20th July 2022 4.30pm to 6.30pm**

**Wednesday 14th September 2022 4.30pm to 6.30pm**

**Museum of Cannock Chase, Valley Road, Hednesford, Cannock,  
Staffordshire, WS12 1TD**







### Lichfield

Meet in a group, have time for a chat and catch up, then take part in a variety of multi sports! Young carers in these sessions will contribute to the planning of the next session and choose from a wide variety of activities including dance, archery and boxing

**Every second Wednesday of the month in term time**

**Wednesday 13th July 2022 4.00pm to 6.00pm**

**Wednesday 14th September 2022 4.00pm to 6.00pm**

**Burntwood Leisure Centre, High Street, Chasetown, Burntwood WS7 3XH**

## NEW VIC

### Newcastle under Lyme

Meet in a group, have time for a chat and catch up then join in with some drama games and activities with other young carers in this relaxed, fun session!

**Every third Tuesday of the month in term time**

**Tuesday 19th July 2022 4.30pm to 6.30pm**

**Tuesday 20th September 2022 4.30pm to 6.30pm**

**New Vic Theatre, Etruria Road, ST5 0JG**



### Stafford

Meet in a group, have time for a chat and catch up, then take part in these fun and inclusive music sessions. These sessions will be driven by what young carers want to musically experience and cover areas such as lyric writing, singing, music composition and instrument playing.

**Every second Tuesday of the month**

**Tuesday 12th July 2022 4.30pm to 6.30pm**

**Tuesday 13th September 2022 4.30pm to 6.30pm**

**Thirlmere Way Community Centre, Thirlmere Way (off the Wolverhampton Road), Stafford, ST17 9EJ**



## Zoom Activities

We will be continuing to run Zoom activities fortnightly for young carers in term time. These sessions are ideal for young carers aged 5 years + to get involved in activities with other young carers.

### July 2022

**7th July 4.15pm – Crafts**

**21st July 4.15pm – End of term summer party!**

### September/October 2022

During September/October our Zoom sessions will be mixture of crafts and games, when you sign up to the block of sessions you will be sent a link and a pack of resources to use in each session.

**8th September 2022 4.15pm**

**6th October 2022 4.15pm**

**22nd September 2022 4.15pm**

**20th October 2022 4.15pm**

### To book

To book on any of our face to face or zoom activities please fill in our online booking form by scanning the QR code or clicking this [LINK](#)



If you are not already, follow us on Instagram to keep up with what we've been up to and share hints and tips for young carers.

[instagram.com/st4youngcarers/](https://www.instagram.com/st4youngcarers/)



If you have not already, please request to join our private Facebook group for young carers and families registered with us. This is where we post photos of what we've been up to, reminders about activities and further information about our service.

**Staffordshire Together for Carers – Young Carers**