

Autumn/Winter Edition



Staffordshire
Together for Carers
Service

Carers' Newsletter



Welcome
to the
23rd

Staffordshire
Together for Carers
Service Newsletter

n|compass
towards a **brighter** future

 **Staffordshire**
County Council

NHS
Staffordshire and
Stoke-on-Trent
Integrated Care Board

n-compass is registered in England & Wales as a Registered Charity No. 1128809 and as a company limited by guarantee No. 06845210

Welcome to our 23rd Newsletter – How Time Flies!

As we say goodbye to the summer months and welcome the darker evenings, we want to remind you that we are here for you. Whether you join us at one of our Coffee & Chats sessions or come along to a Walk & Talk, you'll always receive a warm welcome.

Our Coffee & Chats provide a relaxed and friendly atmosphere where you can meet others, share experiences, and enjoy a chat over a cuppa. We look forward to seeing both familiar and new faces at our upcoming events.

As the year draws to a close, we would like to take this opportunity to wish you all a Merry Christmas and a Happy New Year. We would also like to thank each and every one of you for your continued support throughout the year. Your support means so much to us, and we look forward to seeing you in 2027!

We would also love to welcome new members to our Carers Forum and Staffordshire Carers Partnership Board where you can have your say and help us shape services, so they truly reflect what carers need. Your voice and experience really do make a difference.

In addition, we are pleased to introduce a new volunteering role, Fiends of Staffordshire Together for Carers, which you can read more about later in this newsletter. We would be delighted to hear from anyone interested in getting involved.

Finally, we would really value your feedback on the activities you would like to see in the future. We are here to support you, listen to you, and work alongside you every step of the way.

Wishing you well,

**Staffordshire Together for Carers
Service team.**

**Your Information,
Your Voice**

How We Use and Protect Your Data

At N-Compass, we want you to feel confident about how we use your personal information and how you can raise any concerns.

We're always clear that:

- All calls are recorded for training and monitoring
- We are a confidential service and won't share your information without your consent - unless we believe you or someone else is at risk
- As we're funded by the local authority, we may be asked to share information about registered carers to help them plan and improve services

By registering with us, you agree to this.

To help you understand more:

- Our Privacy Policy explains how we collect, use and protect your personal data, and your rights under the law
- Our Complaints Policy outlines how to raise a concern and what you can expect from us
- You can read both policies on our website: www.n-compass.org.uk

Staffordshire Together for Carers Service offers

- 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
- Training and skills development
- Support to develop emergency and contingency plans and support to plan for your future
- 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
- Volunteering opportunities as 'Friends of Staffordshire Together for Carers'

Working in Partnership with:



Contact Us Today

We welcome and value your feedback, comments, and suggestions. There are various ways that you can get in touch. The details are included below:



Opening Times:

Monday to Friday 9.00am to 5.00pm



Telephone: 0300 303 0621



General Email: enquiries@staffordshiretogetherforcarers.org.uk



Activity Booking: activities@staffordshiretogetherforcarers.org.uk



Website: www.staffordshiretogetherforcarers.org.uk



Address: FREEPOST Staffordshire Together for Carers Service



[@staffordshiretogetherforcarers](https://www.facebook.com/staffordshiretogetherforcarers)

We hope you find this Newsletter interesting, please do let us know if you no longer wish to receive it or have changed your address and we will update our records.

You can also access our...

Contingency Guide

We offer carers a range of support options to help you plan for an emergency or future event through our contingency guide. None of us know what is around the corner, and having an emergency plan in place can bring peace of mind that, should you be unable to provide care for the person you care for, their needs are documented and the people identified as replacement carers know what to do. Contingency planning is about planning for the future. This can bring peace of mind and ease the worry about how your loved one will be cared for should you no longer be able to do so. This could be for various reasons, including not being well enough to provide care, needing to move away for college or university, or simply deciding that you do not want to provide care anymore. An Information and Support Officer will talk you through this guide and help you complete it to ensure you have peace of mind in your caring role. For more information, please visit: <https://www.n-compass.org.uk/get-support/carers/staffordshire-together-for-carers-service/contingency-planning/>

Carers Community Network

Carers Community Network Platform

This is a virtual community where you can meet other carers, share ideas and experiences. We currently have over 2,000 active members who are looking forward to connecting with you! It only takes a minute to sign up. *Please be aware, that to access the Carers Community Network Platform, you will need to be invited.



Please contact the Service Access Team on **0345 688 7113** who will be happy to support you with this.

You will just need to provide them with your name and email address.

Facebook

Please 'Like' and 'Follow' our Facebook page - <https://www.facebook.com/ST4CS>, or search for Staffordshire Together for Carers Service.

To get up to date information on our activities, events and other useful information, please join our private group for adult carers

<https://www.facebook.com/groups/1644398985765072>



Volunteer With Us



Staffordshire Together for Carers Service has several volunteer roles designed to support carers to give back to their community. If you are interested in hearing more, we would love to hear from you!

Please call **0345 0138 208**
or email volunteering@n-compass.org.uk



Do you prefer the written word to telephone? 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!

If you are a carer and would like to take advantage of this free service, please contact Ian on **07710 171832** or email volunteering@n-compass.org.uk





Friends of Carers

A New Volunteer Opportunity

At the Volunteer Hub, we're excited to introduce a new volunteer role designed especially for former carers who would like to stay connected and continue supporting others.

We understand that when a caring role comes to an end, it isn't always easy to let go — caring is a huge part of who you are. Friends of Carers is a great opportunity to use that experience, stay connected and make a difference in a way that feels right for you.

As a 'Friend' of Staffordshire Together for Carers, you will play a valuable part in local Coffee & Chats and events, offering a friendly face, a listening ear and peer support to carers in a relaxed and welcoming environment.

What Does This Role Involve?

- Making tea and coffee is an important part of helping people feel welcome and comfortable. A friendly smile and a quick chat while you prepare drinks can make a big difference.
- Chat and connect with carers in a friendly, informal way
- Offer peer support based on lived experience
- Take part in activities at Coffee & Chats and events
- Support the Volunteer Hub team when needed

Getting Started - Our Simple Onboard Process

To make sure everyone feels supported and confident in the role, we have a short onboarding process. The whole process takes around one hour in total.

If this sounds like something you'd enjoy, we'd love to hear from you.

For further information please contact:

caz.gotham@staffordshiretogetherforcarers.org.uk



Carers' Coproduction

Carers' Forum

At our January Carers' Forum, members agreed to award five small grants. These were to Burton & District Mind, Nannie Beans workshops, Chase Nature Connection, MHA Communities South Staffordshire to develop a carers' group in Burntwood and Ride into Spring with Gartmore Riding School.

If you would like to join the Carers' Forum which meets quarterly and help shape future services for carers, we would love to hear from you! We are delighted to tell you that representatives from our Carers' Forum now also sit on the Staffordshire Carers' Partnership Board.



If you would like to join or find out more information, please email Caz.Gotham@staffordshiretogetherforcarers.org.uk



Staffordshire Carers Partnership Board

Are you, or have you been, an unpaid carer in Staffordshire?

The Carers Partnership Board, comprising of carers and professionals, meet monthly and are responsible for developing, delivering and monitoring the priorities for carers in Staffordshire.

We are actively seeking carers to join the board to ensure that the carers' perspective is central to these discussions.

If you would like to find out more, contact natalie.jones@staffordshiretogetherforcarers.org.uk

Looking after someone?

Access
FREE online
resources
for carers

N-Compass with Carers UK

N-Compass, in partnership with Carers UK, has launched the Digital Resource for Carers—a dedicated platform offering support, information, and advice for carers. Covering a wide range of topics, from health and emotional wellbeing to financial guidance, the platform is designed to assist carers in every aspect of their role. It also features Jointly, our care coordination tool that helps carers organise and manage their caring responsibilities more effectively.

Our digital products and online resources are available to carers and include:

E-Learning & Videos

Practical learning and guidance for carers



Jointly

Care co-ordination app



Free publications

Guides and information from Carers UK



More Support

Helpful resources, tools and links to local services



Visit **carersdigital.org** and use code **NCOMPASS** to create a free account and access online resources.



Support and Information for Carers

- Online or over the phone

Having the right information at the right time can make a big difference when you are caring for someone. We want to make sure carers can access support in a way that works for them. Whether you prefer getting information online or over the phone, there are free resources available to help you in your caring role.



Need information over the phone?

Carers UK has a free telephone information service for unpaid carers who do not use the internet. By calling **0800 888 6999**, you can listen to recorded information about:



help with finances
and household costs



caring for someone
with a specific
health condition



looking after
yourself



ways to access
further help
and support.



The service is free to call and available whenever you need it. Please note that this is a recorded information service and is not a helpline or crisis service.

Activities and Events

Welcome to our latest carers' activities programme. We have a varied programme of events running from October to December, from our regular Coffee and Chats and Walk and Talks to our one-off events and training. We would love to hear your comments about our activities – what are you looking forward to, what have you attended, and what would you like to see organised in the future?

Please email: activities@staffordshiretogetherforcarers.org.uk for further information or to give feedback!

Walk and Talks

Come and join us for a gentle walk and a catch-up with a well-deserved cup of tea/coffee at the end!
The person you care for is welcome to attend our Walk and Talks with you.



Westport Lake Visitor Centre

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

Tuesday 13th October
1.00pm - 3.00pm

Wolseley Bridge Visitor Centre

Wolseley Bridge
ST17 0WT

Tuesday 10th November
1.00pm - 3.00pm

National Arboretum

Croxall Road
Alrewas
Burton-upon Trent,
DE13 7AR

Thursday 3rd December
1.00pm - 3.00pm

To book a place on any of our walk and talks, please contact Caz Gotham on **0300 303 0621** or email activities@staffordshiretogetherforcarers.org.uk

**If the weather is bad these may be subject to change*



Coffee & Chats

Come and Meet Other Carers whilst Enjoying a Cuppa!

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 cup of tea or coffee and a biscuit (or two!).



Training and Activities

We are pleased to continue offering training and activities as part of some of our Coffee and Chat sessions to share information and/or skills that may be of use to you in your caring role.



Training session and speakers will be scheduled for
10.00am / 11.00am - 12.00 / 12.30pm
to allow for a drink and a chat first!

Please see the Coffee and Chat information and training on pages 14 and 15 for information regarding training and speakers.

There is no need to book a place for these, but if you would like to talk to someone before you attend or would like further information, please contact us on **0300 303 0621** or email **activities@staffordshiretogetherforcarers.org.uk**

Coffee & Chat Calender



Cannock Chase	Pye Green Community Centre, Meeting Room 1, Bradbury Lane, Hednesford, WS12 4EP	10.00am to 12.00pm	3rd Tues of the Month	Tues 27th October (<i>Managing Stress by Changes</i>)	Tues 24th November	Tues 15th December - <i>not last Tuesday</i>
Lichfield	Beacon Park Village Lower Sandford Street, Lichfield, WS13 6JN	10.00am to 12.00pm	1st Tues of the Month	Tues 6th October (<i>AbilityNet</i>)	Tues 3rd November	Tues 1st December
Tamworth	St Peter's Church & Community Centre Hawksworth, Silver Link Road, Tamworth District, B77 2HH	10.00am to 12.00pm	3rd Wed of the Month	Wed 21st October (<i>Managing Stress by Changes</i>)	Wed 18th November	Wed 16th December (<i>AbilityNet</i>)
East Staffs	Waitrose Community Room Trinity Road, Uttoxeter, ST14 8AQ	1.00pm to 3.00pm	3rd Tues of the Month	Tues 20th October	Tues 17th November (<i>in cafe</i>)	Tues 15th December (<i>in cafe</i>)
	Burton Library, Room 1, 1 High Street, Burton, DE14 1AH	10.00am to 12.00pm	Last Fri of the Month	Fri 30th October	Fri 27th November	Fri 4th December - <i>not last Friday</i>
Newcastle under Lyme	Bradwell Community Education Centre, Riceyman Road, Newcastle-under-Lyme, ST5 8LF	10.00am to 12.00pm	Last Thurs of the Month	Thurs 29th October	Thurs 26th November (<i>Managing Stress by Changes</i>)	Thurs 10th December - <i>not last Thursday</i>
Staffs Moorlands	Daisy Haye Retirement Village, Ball Haye Road, Leek, ST13 6AU	10.00am to 12.00pm	2nd Wed of the Month	Wed 14th October	Wed 11th November (<i>Managing Stress by Changes</i>)	Wed 9th December
	Cheadle Fire Station, Ashbourne Road, Cheadle, Staffordshire, ST10 1HF	10.00am to 12.00pm	1st Tues of the month	Tues 6th October	Tues 3rd November	Tues 1st December
Stafford	Cup a Cha, 4-5 North Walls, Stafford, ST16 3AD	10.00am to 12.00pm	1st Tues of the Month	Tues 6th October (<i>AbilityNet</i>)	Tues 3rd November	Tues 1st December
South Staffs	Trinity Methodist Church, Histons Hill Codsall, Wolverhampton, WV8 2ER	10.00am to 12.00pm	1st Wed of the Month	Wed 7th October (<i>AbilityNet</i>)	Wed 4th November	Wed 2nd December (<i>Managing Stress by Changes</i>)



Training for Carers

Changes Wellbeing - Managing Stress

Managing stress - Key aspects of the training is: Looking at Stress - Caring for others starts with caring for ourselves. This session provides practical tools to help you recognise unhelpful patterns, develop more balanced thinking, and make small, positive changes that support wellbeing and resilience. We will look at:

- ☒ Understand what stress is and why it happens
- ☒ Explore how stress builds using the Stress Container model.
- ☒ Recognise their own stress triggers and warning signs.
- ☒ Learn practical strategies to reduce and manage stress.

St Peters Church & Community Centre

**Wednesday 21st October
10.00am - 12.00pm**

Hawksworth, Silver Link Road,
B77 2HH

Pye Green Community Centre

**Tuesday 27th October
10.00pm - 12.00pm**

Meeting Room 1 Bradbury Lane,
Hednesford, WS12 4EP

Bradwell Community Education Centre

**Thursday 26th November
10.00pm - 12.00pm**

Riceyman Road,
Newcastle-under-Lyme, ST5 8LF

Daisy Haye Retirement Village

**Wednesday 11th November
10.00am - 12.00pm**

Ball Haye Road, Leek, ST13 6AU

Trinity Methodist Church

Wednesday 2nd December, 10.00am - 12.00pm

Histons Hill, Codsall, WV8 2ER

AbilityNet Training

Tech unlocked; break down the mystery of technology and online media!

AbilityNet will be attending your group session and will be available to help you to get the most out of your device. We support people with the everyday challenges of using technology. We can show you how to use your devices, access accessibility settings, use the internet, connect to people and many other day to day uses of your phone, tablet or computer.



Tuesday 6th October

10.00am - 12.00pm

Cup a Cha, 4-5 North Walls,
Stafford, ST16 3AD

Wednesday 7th October

10.00am - 12.00pm

Trinity Methodist Church,
Histons Hill, Codsall,
Wolverhampton, WV8 2ER

Tuesday 16th October

10.00am - 12.00pm

Beacon Park Village, Lower Sandford
Street, Lichfield, WS13 6JN

Wednesday 16th December

10.00am - 12.00pm

St Peter's Church & Community Centre,
Hawksworth, Silver Link Road,
Tamworth District, B77 2HH

There are lots of resources at your fingertips please visit:

<https://abilitynet.org.uk/-for-carers-service/contingency-planning/>

Do You Have a Contingency Plan?

Have you thought about what would happen if you were suddenly taken ill or needed to go into hospital?

If not, why not join us for an **online session** where we can support you to put a contingency plan in place. Having a plan ready can give you peace of mind and help ensure the person you care for is supported in an emergency.

Ahead of the session, we will endeavour to post out:



A Contingency Plan
Template



A Lions
Message in a Bottle



An Emergency Card

This Session Will Take Place Online

Thursday 5th November 10am - 11am

Join details will be shared in advance

If you would like to take part in this online session, please email:

caz.gotham@staffordshiretogetherforcarers.org.uk

and a link will be sent.

For more information about contingency planning, please visit:

<https://www.n-compass.org.uk/get-support/carers/staffordshire-together-for-carers-service/contingency-planning/>

Zoom Activities for Carers

Our Zoom sessions are very informal, grab a cuppa and join us for some fun, chat with staff and meet other carers prior to the activity if there is one. If you have not already used Zoom and want to learn more about the platform, please visit <https://zoom.us/join> for further information.

Distance Reiki

Weekly

Every Wednesday 2.00pm - 3.00pm

(Last session before Christmas will be 16th December and will resume 6th January 2027)

Feeling stressed, overwhelmed or out of balance? Discover the profound healing potential of Reiki, a gentle yet powerful Japanese technique that can help you. No matter what you're facing, Reiki can offer support. Whether you're seeking relief from chronic pain, emotional distress or simply want to enhance your overall well-being.



Seasonal Flow Yoga

Weekly

Every Wednesday 6.15pm - 7.30pm

(Last session before Christmas will be 16th December and will resume 6th January 2027)

Seasonal Flow Yoga is designed to align you to the changing energies of nature and the seasons. It's a practice that improves physical strength and flexibility, giving balance, harmony and an enhanced sense of well-being. It's a great antidote to the stress and anxiety of modern life. The practice is suitable for beginners.

Yoga Nidra

Weekly

Every Thursday 7.00pm

(Last session before Christmas will be 17th December and will resume 7th January 2027)

Yoga Nidra is a guided meditation that helps to relieve stress, reduce tension, and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional & mental health.



Scan Here

To access any of our Reiki, Seasonal Flow Yoga or Yoga Nidra sessions on Zoom please click the link here, visit: <https://forms.office.com/e/xqudEKkPNO> or scan the QR code to complete the short booking form and we will provide the Zoom Link. The reply is not automated and may take a couple of days to reply with the Zoom link. The Zoom link will then remain the same each week.

For further information or support please email: activities@staffordshiretogetherforcarers.org.uk



More Zoom Sessions



Carers' Wellbeing Peer Support Drop-In

Weekly

Every Friday 10.30am - 11.30am .

*Last session before Christmas will be 18th December
and will resume 8th January 2027*

Delivered by Fiona, from Changes, this weekly wellbeing drop-in is a chance to access peer support in a safe space to explore wellbeing and coping strategies.

To access this session on Zoom please **click here**
or email **activities@staffordshiretogetherforcarers.org.uk**
and complete this short booking form
and we will be in touch to share the Zoom Link

Evening Coffee and Chat

Monthly

Last Tuesday of the month 7.00pm - 8.00pm

No session in December

Join other carers in this monthly online session to have a chat and a coffee and share thoughts and ideas and have a general chat with others.



To access this session on Zoom please **click here**
or email **activities@staffordshiretogetherforcarers.org.uk**
and complete this short booking form
and we will be in touch to share the Zoom Link

Adult Carer Special Events



You asked. We listened. We did!!!!

All our one of events have limited spaces
and will be on a first come first served basis.

To book any of our special events, please contact us on **0300 303 0621**
or email activities@staffordshiretogetherforcarers.org.uk

Georgie's Cruise with Fish & Chips

Join us for a scrumptious fish and chips and 2-hour narrow boat trip on the beautiful Staffordshire and Worcestershire Canal. Alongside the canal with beautiful views and enchanting wildlife. We are sure this trip is going to be very popular and will be on a first come first served basis, so to secure your place!



Parkgate Lock

Teddesley Road,
Penkridge,
Stafford, ST19 5RH
Friday 16th October
12.00pm

The Pottery Cave Lichfield

Join us at the Pottery Cave Studios at Curborough Hall Countryside Centre. Choose from their fantastic range of Ceramics for you to paint. Enjoy a refreshment & cake too!!



Curborough Countryside Centre

Lichfield, WS138ES
Wednesday
25th November
12.00pm - 2.00pm

Festive Meal at The Britannia

Join us as we celebrate the festive season with a delicious festive meal and great company.



Bradwell

Bradwell Lane, Porthill,
Newcastle-under-Lyme,
ST5 8JR
Friday 11th December
12.00pm - 2.00pm



Exciting Announcement

New Grant Funding Activities Now Available for Carers

We are delighted to share some exciting news. We are proud to announce a new range of Grant Funding Activities designed to support and benefit carers within our community.

These grants aim to recognise the vital role carers play and help improve wellbeing, reduce isolation and offer opportunities for personal growth and respite. Through this funding, we hope to provide carers with access to meaningful activities, resources and support that make a real difference in day-to-day life.

What the Grant Funding Activities Offer:

- Opportunities for wellbeing and self care
- Funding for activities that promote social connection and personal development
- Support for hobbies, training or experiences that may otherwise be difficult to access
- Enhanced resources to assist carers in their caring role

We believe that carers deserve recognition, access to positive experiences and opportunities to focus on their own wellbeing. This funding is part of our continued commitment to honouring and uplifting those who give so much of themselves to support others.

Thank you for everything you do.

We look forward to supporting you through these new grant-funded opportunities.



Applications are open and if successful, we are able to offer funding to help your project for up to twelve months. As funding is limited and allocated on a first-come, first-served basis, we encourage early applications.

For more information, please visit:

<https://supportstaffordshire.org.uk/staffordshire-together-for-carers-community-grants/>

Or Contact: consultancy@supportstaffordshire.org.uk



Carers Wellbeing Partnership

We're growing a Carers Partnership that really understands and celebrates the diverse needs of carers. By teaming up with organisations that offer counselling, digital support, wellbeing sessions and fun leisure activities, we can now bring you even more support, new things to try and even better experiences.

All created with carers' wellbeing at the centre.

Working with



**Staffordshire
Together for Carers
Service**

YESS Counselling

Your Emotional Support Service (YESS) is a Mental Health and Wellbeing charity supporting adults, young people and children, based in Uttoxeter, operating throughout Staffordshire.

We offer a variety of modalities including talking therapies, art psychotherapy dance movement psychotherapy, drama psychotherapy and mindfulness.

All our therapists are members of a therapeutic professional body and YESS is an organisational member of **BACP (British Association for Counselling and Psychotherapy)** and an accredited organisation of **NCPS (National Counselling & Psychotherapy Society)**.

The client is at the centre of everything we deliver at YESS, and our support is tailored to the individual needs of our clients.

Our service of counselling for carers offers the opportunity for carers to focus on themselves. A supportive, safe and confidential space is offered to allow the client to explore and understand their thoughts, feelings and behaviour about their situation, themselves and the person they care for. The therapist can also help the client find their own solutions and learn new coping strategies.



Potteries MoneyWise

Managing your money with Potteries MoneyWise Advice appointments. Staffordshire Together for Carers is funding Potteries MoneyWise to provide carers across Staffordshire with help and advice on managing their money. Potteries MoneyWise wants to help you feel more confident in managing your money and face financial challenges with the right advice.

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, during which 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 keep in touch by post as well as by phone and email.

Potteries
MoneyWise



We offer personalised advice and support on:

- Benefits, including Council Tax Support, Carers Allowance, Personal Independence Payment, Attendance Allowance and State Pension for example
- How to make a claim and support with forms
- Energy tariffs
- Charitable grants
- Budget planning
- Emergency household, food & fuel support
- Dealing with debt

For more information, contact Staffordshire Together for Carers Service on
0300 303 0621.

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

Carefree

Take a short break from your caring role with **Carefreespace.org**

From the 1st January 2026, every carer will be able to book two break per year, one before 30th of June and the second between the 1st of July and the 31st of December. We are delighted to be partnering with Carefree, who offer an annual one-to-two-night short break away (with breakfast) for unpaid carers.

The breaks are across the UK and cost just £38 in admin fees.

You can take a companion with you (*but not the person you care for*) allowing you to take a break from your caring role and help with your health and well-being. You must be over 18 and care for someone 30 hours a week. The break includes accommodation and breakfast, but you will be responsible for travel and any other meals, and you must provide respite for the person you care for. All bookings are made online, so you must be able to do this or have someone to help.

To access this opportunity, please speak to a Carers Information and Support Officer or contact Caz Gotham on 0300 303 0621 or email Caz.Gotham@staffordshiretogetherforcarers.org.uk who will make the referral to Carefree on your behalf.



“
Time and freedom to
be myself again.”

Stefanie, a carer who has used the service

Carefree

Useful Information

Statutory Carers Assessments are conducted by Staffordshire County Council Adult Social care

Am I a Carer?

Many people don't consider themselves as Carers as they might feel it is their **responsibility** to look after someone, think that what they do is not '**officially caring**', or are worried about **what being a Carer actually means**.

However, caring covers **lots of different aspects of support**, not just helping with practical or physical things. Giving emotional support to someone is a big part of it.

Carers might help with...

- ✓ Getting around, inside and outside
- ✓ Cooking, cleaning and tidying
- ✓ Emotional support
- ✓ Giving medicines
- ✓ Personal care, like washing or going to the toilet
- ✓ Making sure that someone is safe
- ✓ Looking after finances
- ✓ Shopping
- ✓ Making sure someone can express their views by going to appointments

Carers Assessments

As a Carer, you have a right under the law to have a discussion with someone from Adult Social Care about your caring role, and to see what support is available.

Carers' Assessments do exactly that!

Don't worry, it is **not** about assessing you in your caring role, or to judge you on how well you are caring for someone. It's there to help you.

What is a Carer's Assessment?

- A Carer's Assessment is an **opportunity to talk to someone** about what can be done to **make life easier for you**, the ways in which your caring role **affects your day-to-day life**, and **what support you might be entitled to**.
- If you and the person you care for agree, this can be done in a '**joint assessment**' where we discuss both of your needs at the same time.
- The Care Act provides **national eligibility criteria** for funded support, but even if you don't meet the criteria, we can still help you with resources and advice.

Where do they take place?

- A Carer's Assessment can take place **over the phone** or **face to face**, wherever suits you best! This might be at your house, a library, or a local café.

What are the benefits of a Carer's Assessment?

Why have one?

- ✓ A Carer's Assessment can help you feel **more supported, less isolated** and **more aware of the help** that is available to you in your caring role.
- ✓ It is chance to **discuss your caring role** and **how it affects your life** and wellbeing.
- ✓ It enables you to be **formally recognised** in your role as a Carer.

What support could I get?

- ✓ **Practical help** with housework or gardening
- ✓ Breaks from caring via **respite care for the person you care for**
- ✓ **Support to improve your wellbeing**, such as access to exercise classes, social activities or education
- ✓ **Advice about benefits**, including Carer's Allowance
- ✓ Information on **local support groups**
- ✓ **Training** and/or **equipment** to help you in your caring role
- ✓ **Emotional support**

The Assessment is free!

- We have a duty to carry out Carer's Assessments **free of charge**.
- As part of the Assessment, we will discuss your eligibility for both funded, and non-funded, support options.

Who do I contact?



Carers of all ages can contact us at any time for a Carers Assessment!



Phone: 0300 111 8010 to call Staffordshire Cares, say you're a Carer!



Email: firstcontactcarers@staffordshire.gov.uk

Adult Carers can also complete a **self-assessment online!**

To go to our Online Platform, visit Staffordshire County Council's website or scan the QR code with your phone's camera to go straight to the form!



Adult Online Self-Assessment!



Useful Information

Benefits Platform

As part of our commitment to providing the best support to unpaid carers in Staffordshire and making sure you feel valued and supported and that your health and well-being is a priority, we are making our reward and recognition offer available to you. Vivup is a new benefits platform, and a one-stop shop for all the health and well-being support we offer.

The three main sections on the platform are:

- **Notice Board of key messages** and social carer-specific offers.
- **Lifestyle savings** - a range of discounts across major retailers and places to eat and drink, including Tesco, Marks & Spencer, Morrisons, Argos, Boots, Pizza Express and Costa Coffee. Plus, access to local benefits from local businesses across Staffordshire.
- **Support and well-being** - all the health and well-being support we offer, i.e. physical health, mental health, financial well-being and social well-being. This section has new information added regularly.
- **Salary Finance has a Money Insights** - Learn platform that can help you to make your money work for you. Check out the financial tips, achieve your savings goals and budget effectively. The Salary Finance Learn Platform provides videos, tools and guides to manage money better.

Sign up and start making savings and learning more about how to manage your health and well-being.

How to sign up:

You can sign up now on Vivup at <https://staffordshire.vivup.co.uk>

1. In the organisation drop down boxes, please choose Commissioned Services and Volunteers.
2. In the employee number box add your name and state you are an Unpaid Carer.
3. Use your personal email address to use Vivup at home or on the go, and get discounts sent directly to your personal email address or your mobile phone/device.

Pension Credit

Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. Pension Credit can also help with housing costs such as ground rent or service charges.

To find out more and to see if you are eligible, please visit: www.gov.uk/pension-credit





Discounts for Carers

Deals and offers that are available exclusively to carers, including discounts on everyday items, holidays and much more!

discountsforcarers

discountsforcarers.com

Exclusive discounts, offers and codes. Discounts for Carers is a benefit provider for carers, their families and any retired carers. From holidays to car insurance, mobile offers and lots more!

 mobilise
Together we care and thrive

**[www.mobiliseonline.co.uk/
discounts-for-carers](http://www.mobiliseonline.co.uk/discounts-for-carers)**

A guide to all the discounts available to unpaid carers.



Are you or someone you know living with dementia? In South Staffordshire we have a variety of groups which offer stimulation and support.

Cognitive Stimulation Maintenance (Accessed via the Memory Service)

Cognitive Stimulation Therapy (CST) is a group programme for people living with a mild to moderate diagnosis of dementia. CST is a fun programme of activity sessions to improve wellbeing and confidence. The sessions are delivered over 10 weeks.

Carers Information and Support Programme (CrISP)

South Staffs Virtual CrISP provides support and up to date information where carers can share experiences and find out about local and national supporting services. The programme is delivered over 5 weekly sessions and has been designed specifically for Carers, family members and friends of people living with a mild to moderate diagnosis of dementia.

Dementia Voice

Do you want to make your voice heard and influence positive change? Our dementia voice group brings people living with dementia together to discuss their views and impact real change. Sessions are held monthly. You will feel supported and meet others in a similar situation.

Singing for the Brain (SftB)

Singing can improve your brain activity, wellbeing, and mood and is particularly beneficial for those living with dementia. There's no audition; and you don't need to be a good singer! Join us for fun vocal warm-ups and sing a wide variety of familiar and new songs.

Options for SftB sessions:

- Delivered via Zoom (on the computer) Friday mornings
- Face to face in Lichfield Friday afternoons
- Face to face in Wombourne on Wednesday mornings

For further information, please contact our office:

Email: staffordshire@alzheimers.org.uk

Tel: 01543 573936

North Staffordshire and Stoke-on-Trent Dementia Adviser Service



Providing personalised support to anyone affected by dementia

Our local dementia advisers work in partnership with the memory service to provide information, practical support and knowledge about dementia.

The support we provide includes:

- Advice, information and signposting
- Connecting, signposting and referring to local groups
- Information about diagnosis and support to live well with dementia
- Coping techniques and support with everyday living
- Carers information and support
- Discussion of benefit entitlements
- Planning ahead
- Referrals to other appropriate services
- Local Singing for the Brain groups
- Delivery of Dementia Friends sessions to groups / organisations

Our local office number is **01782 358020**. Please leave a message; dementia advisers check the answer machine regularly.

Additionally, our **Dementia Support Line** is available seven days per week on **0333 150 3456**

Online support and our online community Dementia Support Forum, are also available at **alzheimers.org.uk**



Supporting those affected by dementia

We provide support to our local communities in Staffordshire to support the wellbeing of people affected by dementia.



HOW CAN WE HELP?



Carer Advice and Support
1-2-1 Support
Dementia Training
Dementia Group Support
Form Filling Support



www.approachstaffordshire.co.uk



01782 214999



enquiries@approachstaffordshire.co.uk

Dementia Centre, Dougie Mac, Barlaston Road, Stoke-on-Trent, ST3 3NZ

RCN: 1071613



Monthly **A**lzheimer's **S**upport **E**venings

The Staffordshire Charity making a difference to local people

Our 'Tree of Life' explains in simple terms what can happen when someone has Dementia. When the leaves begin to fall from a tree, they never return. In the latter stages of Dementia once early memories start to fade, sadly they too may be lost forever.



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

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
1:00pm - 3:00pm

Rugeley
Lea Hall Club
WS15 2LB

The Davy Room, Sandy Road.
3rd Friday of every month
7:00pm - 9:00pm

Haughton
Haughton Village Hall
ST18 9EZ

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



**Monthly meetings with Fun & Laughter,
Advice & Support, Entertainment & Refreshments**

For more information please call
Daphne: **07939 505455** or Michael: **07807 129722**



www.themasegroup.com

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



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 be supported.
- Sessions held at a range of venues with an Armed Forces connection such as local military museums and the National Memorial Arboretum.

If you're interested in attending one of our groups, or volunteering for them, please visit **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**

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.

Due to ill health, office contact hours are now:

Tuesday & Friday 10am – 5pm.



For more information, please contact:

John on 07843 965935

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

Useful Numbers

Action Fraud	0300 123 2040 or www.actionfraud.police.uk/
Age UK Staffordshire	01785 788477 or www.ageuk.org.uk/staffordshire/#
Arthritis Action	020 3781 7120 or www.arthritisaction.org.uk/
Crime Stoppers	Call: 0800 555 111 or https://crimestoppers-uk.org/
Disability Solutions West Midlands	01782 638300 or https://disabilitysolutions.org.uk/
MIND Helpline Mental Health Advice Line	0330 123 3393 or www.mind.org.uk/
National Domestic Abuse helpline	0808 2000 247 or www.nationaldahelpline.org.uk/
Parkinson's UK	0808 800 0303 or https://localsupport.parkinsons.org.uk/
Rethink — Advice Service	0808 801 0525 or www.rethink.org/
Samaritans	116 123
Staffordshire Women's Aid	0300 330 5959 or www.staffordshirewomensaid.org/
Victim Support	0808 1689 111 or www.victimsupport.org.uk/
Attendance Allowance and DLA +65	0800 731 0122
Bereavement Benefit	0800 151 2012
Carers Allowance	0800 731 0297
Disability Living Allowance (if you were born on or after 8th April 1948)	0800 121 4600
Employment & Support Allowance	0800 055 6688
Job Centre Plus (New Claims)	0800 055 6688
Job Centre Plus (General Enquiries)	0800 169 0310
Maternity Allowance	0800 169 0283
Pension Credit or State Pension General Enquiries	0800 731 0469
Pension Credit (New Claims)	0800 99 1234
Personal Independent Payment (General Enquiries)	0800 121 4433
Personal Independent Payment (New Claims)	0800 917 2222
Social Fund	0800 169 0140
State Pension (New Claims)	0800 731 7898
Universal Credit Full-Service	0800 328 5644



Your Feedback

Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit yourself and other carers e.g. you might like to ask us to offer some specific training or just tell us about an activity you attended and what worked and what didn't work for you. Hopefully together we can make it work!

Please call **0300 303 0621** or email: **enquiries@staffordshiretogetherforcarers.org.uk**

Note: If you would like to read any part of this newsletter in large print please call **0300 303 0621** or email **enquiries@staffordshiretogetherforcarers.org.uk** to make your request.

Disclaimer - Please note that whilst we do our best to print accurate information, times, dates, and venues may be subject to change at short notice. Please check our Facebook Group **www.facebook.com/groups/1644398985765072** or call **0300 303 0621** before setting out.

n-compass is registered in England & Wales as a Registered Charity No. 1128809 and as a company limited by guarantee No. 06845210.





Staffordshire
Together for Carers
Service

Autumn/Winter Edition 2026



**Young
Carers**

Newsletter



Welcome
to the **23rd**

Staffordshire
Together for Carers
Service Newsletter

n|compass
towards a brighter future

 Staffordshire
County Council

NHS
Staffordshire and
Stoke-on-Trent
Integrated Care Board

n-compass is registered in England & Wales as a Registered Charity No. 1128809 and as a company limited by guarantee No. 06845210

Dear young carers and families,

Wow! What a summer we have had! The young carers team are thrilled to have been a part of so many amazing day trips, activities and experiences for the young carers. We kicked off the summer with an incredible day trip to the Peak Wildlife Park, we also enjoyed seeing more animals at Amerton Farm. A delicious meal out where we met some new young carers and made friends! Lovely artwork was created at the Glaze Craze Pottery studio, we can't wait to see the final products! We got competitive at the Hurricane Gaming Arena as well as at the outdoor Lazer Combat activity! ASM sports, Burton Albion and the New Vic once again provided us with a full day of fun during the summer holidays. We finished off the summer with a chilled activity for our younger carers with a craft and movie morning after a busy six weeks!

Now we are in September where you have all started new school years, high schools or college, we look forward to hearing about how you are getting on when we meet at our regular young carer's groups. More fun to be had during the October half term and the opportunity to go to the pantomime shows in December. With the festive season soon approaching, the young carers team wants to wish you all a wonderful Christmas and new year!

If you are experiencing any difficulties, please let us know, and together we will look to find you the right support. We hope you can get involved in some of the online and face-to-face activities listed in this newsletter, and as always, we are here if you need any support from us.

The Young Carers team
Staffordshire Together for Carers



Ellie Robinson
Young Carers
Team Leader



Katie Lloyd
Family Carers
Practitioner



Siobhan McKinney
Family Carers
Practitioner

Get in touch

- 🕒 **Opening Times: Monday to Friday 9.00am to 5.00pm**
- ☎ **Telephone: 0300 303 0621**
- ✉ **Email: youngcarers@staffordshiretogetherforcarers.org.uk**
- 🌐 **Website: www.staffordshiretogetherforcarers.org.uk**
- ✉ **Address: FREEPOST Staffordshire Together for Carers Service**

📘 If you're 13+ or a parent of a young carer, join our private Facebook group for updates, info, and more: **www.facebook.com/groups/759879348001578**.

📷 Follow us on Instagram for updates, advice, and support for young carers 14+: **www.instagram.com/st4cyoungcarers**.

Please Like and Follow to get the conversation going!

What We Do

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

Young Carers Assessments



As a young person with caring responsibilities, you have a right under the law to have a chat with someone about your caring role, to see what support is available.

Young Carers' Assessments, with Staffordshire County Council, do just that!

Don't worry, it is **not** about assessing you in your caring role, or to judge you on how well you are caring for someone. It's there to help you!

What is a Young Carer's Assessment?

- A chance **to talk to someone** about what can be done to **make life easier for you**, the ways in which your caring role **affects your day-to-day life**, and **what support you might be entitled to**.

What happens after?

- If you agree, your details will be shared with Staffordshire Together for Carers and they will help to put things in place that might make things easier for you!

Who do I contact?!



Phone: 0300 111 8010 to speak to Staffordshire Cares!



Email: firstcontactcarers@staffordshire.gov.uk

What We've Been Up To...



GLAZE CRAZE



PEAK WILDFIRE





DAYS WITH OUR PROVIDERS



HURRICANE GAMING





AMERTON FARM



LAZER COMBAT!



Activities and Groups for Young Carers

Welcome to our Activity Pages!

Here you will find after-school activities, school holiday activities, parent and young carer events and our Zoom sessions. To book any of our activities, please use [this link](#) to our booking form or scan the QR code below to complete the short form.

Please note that on our holiday activities, places are limited therefore a member of the team will confirm places via message.



Reminder – If we do not receive a completed booking form your name will not be on our register for activities and groups.

Zoom Activities

Our zoom sessions run on Thursdays in term time and we aim to host one every 2 months. These sessions are ideal for young carers aged 5+ years to get involved in activities with other young carers from home. Please use the same booking form linked above to sign up and a Zoom link will be sent to you. A pack of resources will be given/sent out ahead of the session.



Thursday 26th November

PRIMARY AGED: 4.15pm - 5.00pm

SECONDARY AGED 5.00pm - 5.45pm

After-School Activities

We provide a wide variety of activities for young carers aged 6 to 17, with hopefully something to suit everybody. From team games, multi-sports and music, to cooking and crafts! All our activities are young carer-led, which means young carers will contribute to activity ideas and plan future sessions. We ask young carers to select the activity closest to them or the one close by which they like the sound of.



Stafford

NEW VIC

Meet in a group, have time for a chat and catch up, then join in with our friends from the New Vic Theatre to act, create and have fun!

Second Tuesday of the month in term time.

Tuesday 13th October, Tuesday 10th November, Tuesday 15th December.

PRIMARY AGED: 4.30pm - 5.45pm

SECONDARY AGED: 6.15pm - 7.30pm

Stafford Family Hub, Faraday Road, Stafford, ST16 3NQ

Newcastle under Lyme

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

NEW VIC

Third Tuesday of the month in term time.

Tuesday 20th October, Tuesday 17th November, (No group in December.)

PRIMARY AGED: 4.30pm - 5.45pm

SECONDARY AGED: 6.15pm - 7.30pm

New Vic Theatre, Etruria Road, Newcastle Under Lyme, ST5 0JG



Cannock Chase

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

AGED 6 - 12

Third Wednesday of the month in term time.

4.30pm - 6.00pm

**Wednesday 21st October,
Wednesday 18th November,
(No group in December)**

**Cannock Chase Family Hub,
Cannock Road, Cannock, WS11 5BU**

AGED 12+

Third Wednesday of the month in term time.

6.00pm - 7.30pm

**Wednesday 21st October,
Wednesday 18th November,
(No group in December)**

**Cannock Chase Family Hub,
Cannock Road, Cannock, WS11 5BU**

Staffordshire Moorlands

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 planning the next session and choose from a wide variety of sports in these active sessions!



Last Tuesday of the month in term time.

(No Group in October), Tuesday 24th November, (No group in December)

4.30pm - 6.30pm

Cheddleton Community Centre Hollow Lane, Cheddleton, Leek, ST13 7LF

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 planning the next session and choose from a wide variety of sports in these active sessions!



Primary Aged

4.30pm - 6.00pm
Wednesday 7th October,
Wednesday 25th November,
(No group in December.)

Lichfield Leisure Centre, Curborough Road, Lichfield, WS13 7RB

Secondary Aged

5.15pm - 6.45pm
Wednesday 14th October,
Wednesday 18th November,
(No group in December)

King Edwards Sports Centre, Kings Hill Road, WS14 9DE

Burton-upon-Trent

Meet in a group, have time for a chat and catch up and then take part in a variety of activities. Young carers in these sessions can split into smaller age groups and contribute to planning the next session and choose from a wide variety of activities, including sports, crafts, arts and cooking!



Second Monday of the month in term time.

4.30pm - 6.30pm
Monday 12th October,
Monday 9th November,
Monday 14th December

Riverside Church, High Street, Burton on Trent, DE14 1LD



South Staffordshire

Take part in arts and craft, woodland adventure and animal care in our young carers group in South Staffordshire based in Baggeridge Country Park. The Breathing Space Hub has lots of outdoor space to explore, animals to interact with, and an indoor cabin for games, crafts and snacks! Young carers will plan future sessions and shape this new group!



Third Monday of the month in term time.

4.30pm - 6.30pm
Monday 19th October,
Monday 16th November,
(No group in December.)

Breathing Space Hub,
Baggeridge Country Park,
Gospel End Road, Sedgley,
West Midlands, DY3 4HB

May take place at Breathing space Farm in Trysull, confirmation sent prior to session.



To book any of our activities, please **use this link** to our booking form or scan the QR code to complete the short form.





Holiday Activities

All Ages

Halloween Chill-Out

Watch a spooky movie whilst enjoying some yummy snacks! We will also have crafts and games to join in with if you choose to.

Ages 5yrs - 11yrs
11.30am - 2.00pm

Ages 12+
2.30pm - 5.00pm

Tuesday 27th October

Lichfield Family Hub, Purcell Avenue, Lichfield, WS13 7PH

All Ages

Rodbaston Animal Experience

Meet a variety of Animal Zone residents with animal handling opportunities. We will also be learning about all the animal, their behaviours and interacting with them. Creating different enrichment items for the animals and joining in with Halloween themed crafts!

11.00am – 3.00pm

Wednesday 28th October

Rodbaston Animal Zone, South Staffs College, Farm Drive, Penkridge, ST19 5PH.

December Pantomimes

We are delighted to say that our young carers and families have the opportunity to attend the Christmas pantomimes again this year. We will be offering 3 tickets per family, as tickets are limited please register your interest on the booking form and we will make contact if we can offer you tickets.

Further information on the show's date, time and location will be sent out as soon as we have confirmation from the theatres!



Young Carers Wellbeing

We know that caring can affect a young person's wellbeing. That's why we, at Staffordshire Together for Carers offer a range of different types of activities for young carers to help them manage their well-being positively.

Counselling

We work with partners to offer up to 10 counselling sessions for young carers across Staffordshire. This can take place face-to-face or online and provide young carers with a confidential space to talk with a qualified professional about their caring experiences and the struggles they are facing.



Changes



We work with Changes, who offer young carers wellbeing support through one-to-one support and group wellbeing workshops.

Kooth

Staffordshire Together for Carers is partnering with Kooth to support Young Carers in Staffordshire aged 10 - 18 (or up to 25 for young people with SEND needs).



Kooth is a website designed for young people to access live-text support from practitioners, explore content, resources and activities, and develop skills to look after their wellbeing. There are articles, podcasts, activities and a pre-moderated online community where you can chat safely with other young people in forums. You can access Kooth by simply creating an anonymous account; no referral form is required. You can use any internet enabled device: a phone, laptop, tablet or desktop computer. Kooth is completely free for you to access.

Please visit www.Kooth.com to create your own free, anonymous Kooth account, or you can scan the QR code.



If you would like to find out more about accessing any of the above wellbeing support, please get in touch.

Please call **0300 303 0621**

or email: enquiries@staffordshiretogetherforcarers.org.uk