



Newsletter




**ONE
IN EIGHT**
people are
now providing
unpaid care



Welcome
to the **12th**

Staffordshire
Together for Carers
Service Newsletter

Welcome to the 12th Staffordshire Together for Carers Service newsletter

It has been lovely to see so many of you recently at coffee and chats, activities and training sessions.

We have also enjoyed getting out and about on Carers Rights Day to raise awareness of and identify carers and share the support that is available to them across Staffordshire. We are also delighted to partner with North Staffordshire Combined Healthcare's Wellbeing College to pilot a new workshop Am I A Carer? to identify carers who may not recognise themselves as such.

We are pleased to have a wellbeing offer again for carers to kick off the year to hopefully give carers a well-deserved treat and a bit of me time. We also have carers breakfasts, walk and talks, our usual coffee and chats as well as training sessions. We do hope that something here will support you in your role as a carer. If there is anything you would like to see us plan and deliver for carers, please do get in touch. Our service is for you, and we

always welcome feedback and ideas about what else we can do to support carers. We would welcome further carers to join either our Carers Forum or the Staffordshire Carers Partnership Board to further support, influence and co-design services for carers across Staffordshire. See page 7 for further details.

Please see the last section of this newsletter for information about what we have been up to with young carers across Staffordshire.

Wishing you well,
Staffordshire Together for Carers Service team



**Staffordshire
Together for Carers
Service**

Contact Us Today

How to get in touch

Address: **FREEPOST Staffordshire Together for Carers Service**

Website: www.staffordshiretogetherforcarers.org.uk

Email: enquiries@staffordshiretogetherforcarers.org.uk

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

Telephone: **0300 303 0621**

Opening times: **Monday to Friday 9.00am to 5.00pm**

Meet the Team



Cathryn Rayner
Service Manager

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



Jane Carpenter
Team Leader

Jane supports the Carers Service staff and manages the daily workflow of the adult service ensuring adherence to service 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



Michelle Hough
Carers Information and Support Officer

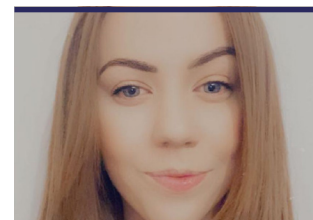


Leanne Pentelow
Carers Information and Support Officer



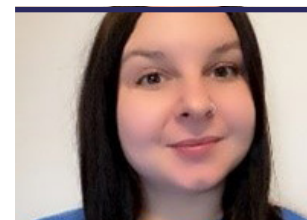
Judith Beizsley
Carers Information and Support Officer

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.



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.



Siobhan McKinney
Young Carers Practitioner

Siobhan's role is to improve the health, wellbeing and safeguard the interests of children and young people adversely affected by their caring roles through the delivery of tailored, child centred support.



Catherine Morris
Young Carers Support Worker

Catherine's role is to support and coordinate our activities for young carers and deliver some of our school's programme for young carers.

Our Service for Adult Carers

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
- 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 Carers Help and Talk (CHAT) Line
- Carer Champion Training for professionals
- Volunteering opportunities as 'Friends of Staffordshire Together for Carers', including volunteering for the CHAT Line



Carers registered with us can access:



Carers Help and Talk (CHAT) Line

Do you sometimes feel like you just need to pick up the phone and talk to someone? Do you feel like you would benefit from a listening ear, the chance to offload, emotional support or just a friendly chat? You can call our Carers Help and Talk (CHAT) Line and speak to one of our volunteers. Our CHAT Line is available 24 hours a day, but if your call is not immediately answered by one of our volunteers, please try calling again at a different time.

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

Working in partnership with



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 page, <https://www.facebook.com/ST4CS/>, or call 0300 303 0621 before setting out.



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.

If you are a carer and would like to take advantage of this free service, please contact Ian Leadbeater on email: volunteering@n-compass.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 well-being, 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. We currently have over 1000 active members looking forward to connecting with you! To access the Carers Community Network, please contact our Service Access Team on **0300 303 0621**, who will support you with this.

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 knows what is around the corner, and having an emergency plan in place can bring peace of mind that, should you be unable to provide for your cared-for person, their needs are documented, and the people identified as replacement caregivers 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.

Carers Forum and the Staffordshire Carers Partnership Board

We are delighted to tell you that representatives from our Carers Forum now sit on the Staffordshire Carers Partnership Board and are directly involved in monitoring the Board's delivery of the Carers Strategy for Staffordshire 2019–2023, 'All Together for Carers'. We would like to take this opportunity to thank them for giving up their precious time and for putting the voice of Staffordshire carers at the heart of service development. More information about the Carers Strategy can be found at 'Our strategy for carers', Staffordshire County Council. The Carer Forum met in October to consider the latest round of applications to the Carer Grant Fund. The Forum also provides feedback about our services, what is working well and what could work better, and brand-new ideas for us to consider and action! If you would like to join the Carers Forum or the Carers Partnership Board, which meets quarterly and help shape future services for carers, we would love to hear from you!

Contact Caz.Gotham@staffordshiretogetherforcarers.org.uk for more information.

Annual Survey

As part of our commitment to improving the service we provide, we would be grateful if you would provide feedback on any of the support you have accessed from Staffordshire Together for Carers or our service generally, by completing our annual survey. The feedback you provide is anonymous and is integral to shaping our services.



We would be grateful if you can submit your response by **31st March 2024**. Thank you! Click [here](#) to access the survey or scan the QR code or contact us to send you a copy

Caz.Gotham@staffordshiretogetherforcarers.org.uk

Call: **0300 303 0621**

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. 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.

We offer personalised advice and support on:

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

Potteries
MoneyWise



citizens
advice

Staffordshire North
& Stoke-on-Trent.

Changes Health & Wellbeing



One-to-one support:

Our one-to-one support for carers provides personalised information, techniques and understanding of well-being, self-esteem and the link between thinking, feelings, and behaviour over 6 weekly sessions. These sessions offer various tools to aid in healthy behaviours and regulate emotions.

Online wellbeing Workshops:

Join our Carers Wellness Coach in these 2-hour online workshops to improve your understanding of the different elements of well-being and how to manage your well-being positively. If you would like to access any of these workshops, please use the link below or for further information, call/text Jess/Lydia on 07874865954. Join Zoom Meeting

<https://us02web.zoom.us/j/84553031627> Meeting ID: 845 5303 1627

Emotional Literacy

- The key functions of our emotions
- Effective communication
- Recognising and managing your feelings/emotions to improve your social and personal interactions

Thursday 4th January 1.00pm–3.00pm

Thursday 15th February 5.00pm–7.00pm

Thursday 7th March 1.00pm–3.00pm

Motivation

- The key functions of our emotions
- Effective communication
- Recognising and managing your feelings/emotions to improve your social and personal interactions

Thursday 11th January 5.00pm–7.00pm

Thursday 08th February 1.00pm–3.00pm

Thursday 14th March 5.00pm–7.00pm

Self-Esteem

- What is self-esteem?
- What causes low self-esteem?
- Characteristics of low self-esteem and recognising this in yourself.
- Tips on improving your self-esteem.

Thursday 25th January 5.00pm–7.00pm

Thursday 22nd February 1.00pm–3.00pm

Thursday 28th March 5.00pm–7.00pm

Being Assertive

- What is Assertiveness?
- Why is assertiveness important to your mental wellbeing?
- Where does non-assertive behaviour come from?
- Your personal rights

Thursday 18th January 1.00pm–3.00pm

Thursday 29th February 5.00pm–7.00pm

Thursday 21st March 1.00pm–3.00pm

Wellbeing one day course

During this one day course we will discuss different symptoms/situations that can negatively impact upon your mental wellbeing and how to manage and improve your wellbeing, including:

- Stress
- Anxiety
- Depression
- Healthy and unhealthy thinking patterns
- Recognising when we are experiencing unhealthy thoughts so we can combat them with our wellness tools.

Thursday 1st February 10.30am–3.30pm

Wellbeing Peer Support:

Provided via Teams, our unique peer support groups reinforce learning from our workshops in a supportive environment.

Wednesdays 4.30pm–6.00pm or Fridays 10.00am–12.00pm. To access the peer workshop, please call/text Jess/Lydia on 07874865954.



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 or refresh your skills.

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:

Burton Library Room 1
High Street, Burton-up-Trent, DE14 1AH

Friday 26th January
11.00am–12.30pm

Codsall Fire Station
Duck Ln, Codsall, Wolverhampton WV8 1HU

Monday 19th February
11.00am–12.30pm

Rising Brook Fire Station
Hesketh Rd, Stafford ST17 9NF

Monday 11th March
11.00am–12.30pm

Planning for the Future

The Planning for the Future workshop, delivered by Alzheimer's Society, will cover Stages of Dementia, Capacity, Lasting Power of Attorney, Advanced Care Decisions and Advanced Statements, and End of Life care and planning.

Although this workshop will have a focus on Dementia, other carers are very welcome to attend to learn from the areas relevant to their caring role.



Cannock
Cannock Fire Station
Old Hednesford Road,
Cannock,
WS11 6LD

Tuesday 6th February
11.00am–12.30pm

Newcastle Under Lyme
Jill Clewes Academy
Riceyman Road,
Bradwell,
Newcastle under Lyme
ST5 8LF

Thursday 25th January
11.00am–12.30pm

To book a place on any of our training events, please contact Caz Gotham on 0300 303 0621, or email Caz.Gotham@staffordshiretogetherforcarers.org.uk

Activities for Carers

Welcome to our latest carers' activities programme. We have a varied programme of events running from January to March, from our regular Coffee and Chats and Walk and Talks to our one-off events. 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 Caz.Gotham@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!

Westport Lake Visitors Centre

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

Tuesday 9th January
1.30pm–3.30pm

Wolseley Bridge

Meet outside the Visitors Centre
Wolseley Bridge
ST17 0WT

Tuesday 20th February
1.00pm–3.00pm

National Arboretum

Meet at the entrance
Croxall Road
Alrewas, Burton-upon Trent,
DE13 7AR

Thursday 7th March
1.00pm–3.00pm

Coffee and 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!) If you have never been to a Coffee and Chat before, don't worry, everyone was a 'first timer' at some point! A friendly member of our team will be there to greet you and offer a warm introduction. 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 n **0300 303 0621** or email Caz.Gotham@staffordshiretogetherforcarers.org.uk



Coffee and Chats

Venue	Time	Dates
Happy Jacks Community Café, (formally Bella's) The Lightworks 75 Market Street Hednesford Cannock WS12 1AD	10.30pm–12.30pm	Wednesday 31st January Wednesday 28th February Wednesday 27th March Last Wednesday of the month
Lichfield Community Fire Station Birmingham Road Lichfield WS13 6HU	10.00am–12.00pm	Wednesday 17th January Wednesday 14th February Wednesday 13th March 2nd Wednesday of the month
HOT Community Café Sacred Heart Church Silver Link Road Tamworth B77 2EA	10.30am–12.30pm	Wednesday 10th January Wednesday 14th February Wednesday 13th March 2nd Wednesday of the month
The Vintage Tea Emporium 8 Market Place Uttoxeter ST14 8HP	10.00am–12.00pm	Tuesday 16th January Tuesday 20th February Tuesday 19th March 3rd Tuesday of the month
Burton Library Room 1 High Street Burton-up-Trent DE14 1AH	10.00am–12.00pm	Friday 26th January Friday 23rd February Friday 22nd March Last Friday of the month
Bradwell Community Education Centre Riceyman Road Newcastle-under-Lyme ST5 8LF	10.00am–12.00pm	Thursday 25th January Thursday 29th February Thursday 14th March Last Thursday of the month
Daisy Haye Retirement Village Ball Haye Road Leek ST13 6AU	10.00am–12.00pm	Wednesday 10th January Wednesday 14th February Wednesday 13th March 2nd Wednesday of the Month
Cheadle Fire Station Ashbourne Road Cheadle, Staffordshire ST10 1HF	1.00pm–3.00pm	Tuesday 2nd January Tuesday 6th February Tuesday 5th March 1st Tuesday of the month
Cup a Cha 4–5 North Walls Stafford ST16 3AD	10.00am–12.00pm	Tuesday 9th January Tuesday 6th February Tuesday 5th March 1st Tuesday of the month
Codsall Community Cafe Wolverhampton Road Codsall South Staffordshire WV8 1PX	10.00am–12.00pm	Wednesday 3rd January Wednesday 7th February Wednesday 6th March 1st Wednesday of the month

Adult Carers Special Events

Please pre-book our one-off events, as most have limited numbers, and some need to be booked in advance. All events are free for carers registered with Staffordshire Together for Carers Service. Please note that our special events are for carers only, unless otherwise stated, due to capacity and our commitment to ensure carers get a well-deserved break from their caring role.



Pottery Painting

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

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.

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)

Thursday 18th January 1.00pm–3.00pm



Carers Breakfast

The Picture House, Bridge St, Stafford ST16 2HL

Thursday 22nd February 10.00am–12.00pm

Langans Tea Room, Burton House, George St, Burton upon Trent, Burton-on-Trent DE14 1DP

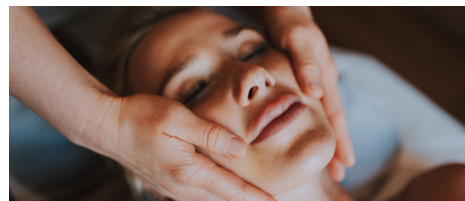
Friday 15th March 10.00am–12.00pm

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

Carers Time Out and Treatment

To brighten the winter months, we are again offering relaxing treatment for carers, to give you the chance to unwind and have a bit of 'me time'. These offers can be booked to take place at a time most suitable for you during January to March.

To book one of these treatments, call **0300 303 0621** or email Caz at Caz.Gotham@staffordshiretogetherforcarers.org.uk to get information on how to book your session.



Lotus Blossom Holistic & Beauty Therapies



Carers can select from:

- A relaxing back massage or
- A reflexology session

These lovely relaxing treatments can be provided in Burton and surrounding areas.



Pampering at the Retreat



The Retreat,
81 – 83 Mill Street, Leek, ST13 8EU

For this fantastic offer carers can select from:
two relaxing treatments

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

No need to decide now, you can decide on the day of your appointment.



Relax Holistics

Union Street, Cannock, WS11 0BY

Carers can select from one of the following 45 minute to 1 hour treatments:

- Reflexology
- Full body massage
- Swedish and deep tissue massage
- Aromatherapy massage
- Acupressure massage
- Reiki
- Back/neck massage
- Relaxing



Zoom Activities for Adult 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 already used Zoom and want to find out more about the platform, please go to <https://zoom.us/join> for further information simply visit the links on each of the meetings to join.

Weekly Zoom Sessions

*Some sessions may be subject to change.

Distance Reiki*

Every Wednesday
2.00pm–3.00pm

Zoom Link:
<https://us02web.zoom.us/j/81351943140?pwd=eMZZV3RsM052M0IQOE5yNWMxWnMwZz09>

Meeting ID:
838 2535 1303
Passcode: **733641**

Seasonal Flow Yoga*

Every Wednesday,
6.15pm–7.30pm

Zoom Link:
<https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDmrcnp1Ky82Zz09> Meeting ID:
892 6497 0582

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

Yoga Nidra*

Every Thursday 7.00pm

Zoom Link:
<https://us06web.zoom.us/j/87080076510?pwd=S09MZZ2lzMmNKSU5KSkdMeDRvVEF2UT09> Meeting ID:
870 8007 6510

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

Monthly Zoom Sessions

Mental Health Support Group

Last Wednesday of the month,
11.00am–12.00pm

A monthly online session to meet other carers caring for someone struggling with their mental health and access peer support, further information and signposting led by one of our Carers Information and Support Officers.

Zoom Link:
<https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDmrcnp1Ky82Zz09> Meeting ID: **892 6497 0582**

Meeting ID:
836 8755 5756
Password: **949388**

Parent Carer Peer Support Group

Every 3rd Thursday of the month,
7.00pm–8.00pm

Join other parent carers in this monthly online session to access peer support and information and signposting led by one of our Carers Information and Support Officers.

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

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

Carer Project Grant Scheme

You may not be aware that we have a Carer Project Grant Scheme. We can offer advice and funding to support individuals and groups who have identified a gap in service for Staffordshire carers but need a little help getting their idea off the ground. Applications will be welcomed three times per year and are reviewed by a panel of registered carers. We have funded all kinds of projects in the last two years, from Carers Knit and Knatter groups, equine therapy, craft sessions, dementia well-being to carers breaks! If you have a great idea for a project that will support local carers but need some advice or funding to get your idea off the ground, we would love to hear from you!

Application 2024 deadlines are: • 5th January • 5th April • 5th July • 4th October



FREE ZOOM CRAFT SESSIONS FOR CARERS

Craft & Wellness Sessions
Every Thursday
Resources delivered to your door

Thursday 1st February - Thursday 21st March
6:00pm - 7:30pm

To confirm your interest
call Gill 07792121455
or Lisa 07792120541

Community Ventures logo and Staffordshire Together for Carers Service logo are present.

Services for Carers

Get the help you need today with our Digital Resource for carers



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 and use our free access code: **DPCN9841**. 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



Benefits Platform: message from Staffordshire County Council

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.



Discounts for Carers

Please see below details of some of the deals and offers that are available to carers, including discounts on everyday items, holidays and much more!

<https://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!

<https://www.mobiliseonline.co.uk/discounts-for-carers> — A guide to all the discounts available to unpaid carers.

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

Carefree

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 £25 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 breaks include 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.

Dementia Adviser Service

Providing personalised support to anyone affected by dementia

Our Local Dementia Advisers provide information, practical support and knowledge about dementia. Our service can be provided over the phone, virtually, face to face or via email to meet your individual requirements.

The support we provide includes

- support and information
- connecting to local groups
- information about diagnosis and support to live well with dementia
- coping techniques and support with everyday living
- discussion of benefit entitlements

Additionally, Dementia Connect telephone support is available 7 days per week
Tel 0333 150 3456

Online support is available through our website alzheimers.org.uk as well as our online community Talking Point

Here for everyone
affected by dementia
alzheimers.org.uk

Get in touch today

staffordshire@alzheimers.org.uk





Monthly Alzheimer's Support Evenings

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)

Approach
Dementia Support

Tel No: 01782 214999

Carers Support Group

St Paul's Church
131 Longton Hall Road
Stoke on Trent
ST3 2EL

2024
Tuesday

10.30am - 12.30pm

Tuesday 2nd January 2024
Tuesday 6th February 2024
Tuesday 5th March 2024
Tuesday 2nd April 2024
Tuesday 7th May 2024
Tuesday 4th June 2024
Tuesday 2nd July 2024
Tuesday 6th August 2024
Tuesday 3rd September 2024
Tuesday 1st October 2024
Tuesday 5th November 2024
Tuesday 3rd December 2024

Approach
Dementia Support

Tel No: 01782 214999

Carers Support Group

The Madeley Centre
New Road
Madeley
Crewe, CW3 9DN

TOTALLY
STOKED 2024
Wednesday

10.30am - 12.30pm

Wednesday 3rd January 2024
Wednesday 7th February 2024
Wednesday 6th March 2024
Wednesday 3rd April 2024
Wednesday 1st May 2024
Wednesday 5th June 2024
Wednesday 3rd July 2024
Wednesday 7th August 2024
Wednesday 4th September 2024
Wednesday 2nd October 2024
Wednesday 6th November 2024
Wednesday 4th December 2024

Approach
Dementia Support

Tel No: 01782 214999

Carers Support Group

Burslem Cricket Club,
Greyhound Way,
Festival Heights
ST6 3LQ

2024
Thursday

10.30am - 12.30pm

Thursday 4th January 2024
Thursday 1st February 2024
Thursday 7th March 2024
Thursday 2nd May 2024
Thursday 6th June 2024
Thursday 4th July 2024
Thursday 1st August 2024
Thursday 5th September 2024
Thursday 3rd October 2024
Thursday 7th November 2024
Thursday 5th December 2024

Approach
Dementia Support

Dementia Carers Training via Zoom 2024

Every Thursday at 7pm for 9 weeks, each session last approx. 1.5 hours, you can attend all, a few, or just the sessions you require the information on.

25th January
Session 1 - General Advice and Support Introductory Session
1st February
Session 2 - What is Dementia, different types, signs & symptoms, managing care
8th February
Session 3 - Delirium, what is this and how to treat it
15th February
Session 4 - Medication used for Dementia including Antipsychotics
22nd February
Session 5 - Lasting Power of Attorney & Advance Planning
29th February
Session 6 - Person Centred Care
7th March
Session 7 - Care of Carer
14th March
Session 8 - COVID-19
21st March
Session 9 - Admiral Nurse Q&A

If you would like to attend, please email
enquiries@approachstaffordshire.co.uk
and the link to join will be emailed to you closer to 13th April

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 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 to register your interest.

If you have any questions or require more information, please contact the team at networkforcarers@britishlegion.org.uk

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/>

FGM 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

Winter/Spring Edition 2024



Young Carers

Newsletter



**ONE
IN EIGHT**

people are
now providing
unpaid care

Welcome
to the

12th

Staffordshire
Together for
Carers Service
Newsletter

Dear Young Carers and families,

We've spent the last term with young carers at Halloween parties and a film night as well as creating our own animations with Create Arts. We are excited to be doing another project with Create Arts this time in filmmaking with an Easter full of activities including an Easter party, activity days and a trip to the farm! We will have our usual, term time activities across the county and our Zoom sessions.

We would encourage young carers to try our wellbeing courses with Changes and the online peer support groups they deliver weekly to access further young carer peer support. 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

Young Carers Team



Cathryn Rayner
Service Manager



Katie Lloyd
Family Carers
Practitioner



Siobhan McKinney
Young Carers
Practitioner



Catherine Morris
Young Carers Support
Worker

Get in touch

Address: **FREEPOST Staffordshire Together for Carers Service**

Website: www.staffordshiretogetherforcarers.org.uk

Email: youngcarers@staffordshiretogetherforcarers.org.uk

Telephone: **0300 303 0621** Opening times: Monday to Friday 9.00am–5.00pm



Facebook

If you are a 13+ young carer or a parent of a young carer and haven't already, please join our private Facebook group to keep up to date on our service, links to other up to date useful information and see what we've been up to — [Staffordshire Together for Carers — Young Carers](#)



Instagram

We have an Instagram account where we share what we've been up to as well as information and advice for young carers aged 14+. We would like this to be a place where older young carers can support each other and come to know they are not alone!

Find us at <https://www.instagram.com/st4cyoungcarers/>
Please follow, like and comment 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.

<https://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. With your consent, they will have then referred you to us and sent us your carers assessment so we can offer you the best support possible. Within three days of receiving your referral, one of our team will contact you and your family to explain about our service and how we can support you. They will also invite you to join in the activities listed 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 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**

What we've been up to

Dressed Up



Animated a film



Had fun



Had a party



Created characters



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 to complete the short form. A member of the team will confirm places via message.



After school activities

We provide a wide variety of activities for young carers aged 6 to 16, 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.

Burton-upon-Trent

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

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 will contribute to planning the next session and choose from a wide variety of activities, including sports, crafts, arts and cooking!

Every second Monday of the month in term time.

Monday 8th January: 4.30pm–6.30pm

No session in february due to half term

Monday 11th March: 4.30pm–6.30pm



Cannock Chase

Location: Museum of Cannock Chase, Valley Road, Hednesford, Cannock, WS12 1TD

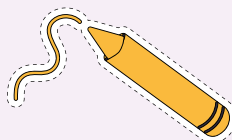
Meet in a group, have time for a chat, catch up, and participate in arts and crafts and indoor and outdoor games and activities in these fun sessions.

Every last Wednesday of the month in term time.

Wednesday 31st January: 4.30pm–6.30pm

Wednesday 28th February: 4.30pm–6.30pm

Wednesday 20th March: 4.30pm–6.30pm



Lichfield

Location: Boney Hay Primary School Chorley Rd, Burntwood WS7 2PF

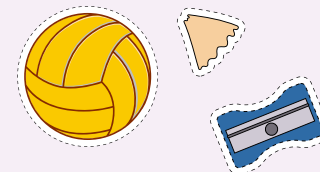
Meet in a group, have time for a chat and catch up, then take part in a variety of multi-sports! Young carers in these sessions will contribute to planning the next session and choose from a wide variety of sports in these active sessions!

Every second Wednesday of the month in term time.

Wednesday 10th Jan: 4.00pm–5.45pm

No session in February due to half term

Wednesday 13th March: 4.00pm–5.45pm



Newcastle under Lyme

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

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

Every third Tuesday of the month in term time.

Tuesday 16th January:

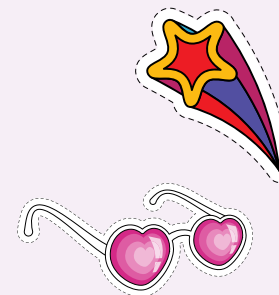
- Primary aged 4.30pm–6.00pm
- Secondary aged 6.00pm–7.30pm

Tuesday 20th February:

- Primary aged 4.30pm–6.00pm
- Secondary aged 6.00pm–7.30pm

Tuesday 19th March:

- Primary aged 4.30pm–6.00pm
- Secondary aged 6.00pm–7.30pm



Stafford

Location: Thirlmere Way Community Centre, Thirlmere Way (off Wolverhampton Road), Stafford, ST17 9EJ.

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

Every third Tuesday of the month in term time.

Tuesday 9th January:

- Primary aged 4.30pm–6.00pm
- Secondary aged 6.00pm–7.30pm

No session in February due to half term

Tuesday 12th March:

- Primary aged 4.30pm–6.00pm
- Secondary aged 6.00pm–7.30pm



School Holiday Activities

February Half Term

Activity Day

Join us for a day of games, crafts and sports!

Location: Burton Albion Community Hub, Casey Lane, Burton-upon-Trent

Date: Monday 12th February 10.30am–3.30pm

Aged: 5–17 years old



Inspired Arts: Filmmaking

Join us for this three-day filmmaking project with Create Arts to work with a professional filmmaker to create your own videos!

You must be available for all 3 days for this project.

Dates: Tuesday 13th, Wednesday 14th and Thursday 15th February 10.30am–3.30pm

Location: Stafford. Venue TBC

Aged: 7–11 years old



Easter Holidays

Easter Activity Day

Join us for a day of creative games, crafts and activities at the theatre!

Location: New Vic Theatre, Newcastle-Under-Lyme

Date: Monday 25th March 10.30am–3.30pm

Aged: 6–12 years old

Easter Activity Day

Join us for a day of games, crafts and sports!

Location: Burton Albion Community Hub, Casey Lane, Burton-upon-Trent

Date: Tuesday 26th March 10.30am–3.30pm

Aged: 5–17 years old

Easter Party

Join for us Easter crafts and games!

Location: Stafford TBC

Date: Wednesday 27th March 1.00pm–3.00pm

Aged: 5–11 years old



13+ Peer support

13+ aged young carers are invited to join us for these relaxed peer support sessions to meet with other young carers and a Young Carers Practitioner for a catch-up, a drink, and some optional activities! **First Wednesday of the month in the school holidays.**

Location: Stafford

Dates: 7th February and 6th March 4.30pm–6.30pm

Aged: 13+ years old



Zoom Activities

We will continue running Zoom activities fortnightly on a Thursday 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 from home. Please use the same booking form linked on page 6 to sign up. A pack of resources will be given/sent out ahead of the session.

Primary aged 4.15pm–5.00pm

Secondary aged 5.00pm–5.45pm

January: Thursday 18th

February: Thursday 1st and 22nd

March: Thursday 7th and 21st



Young Carers Well-being

Changes

We work with Changes, who offer young carers the following well-being workshops and online support.



Well-being

The Young Carers Well-being course is a 4 week course with each session lasting around an hour. The workshop covers:

- Distressing emotions
- What is mental well-being?
- Healthy and unhealthy thinking patterns
- Self esteem
- Healthy behaviours.

Mondays at 4.30pm–5.30pm

11–14 year olds
January: 8th, 15th, 22nd 29th
March: 4th, 11th, 18th, 25th.

7–10 year olds
February: 5th, 12th, 19th, 26th.

Anger

The Young Carers Anger workshop is a 4 week course with each session lasting around an hour. The workshop covers:

- What anger is
- Anger vs aggression
- Triggers and stressors
- Wellness tools to cope with feelings of anger.

Mondays at 5.30pm–6.30pm

11–14 year olds
February: 5th, 12th, 19th, 26th.

7–10 year olds
January: 5th, 12th, 19th, 26th
March: 5th, 12th, 19th, 26th.

One to One Support

Changes also offer a short course of one-to-one well-being support covering the topics above for young people who prefer not to work in a group setting. This is also delivered via MS Teams.

Well-being peer support groups

Changes also run online well-being peer support groups for young carers to chat with each other about improving their well-being. These run on Tuesdays:

11–14 years old
Tuesdays, 4.00pm–5.00pm

7–10 years old
Tuesdays, 5.00pm–6.00pm

All Changes support is delivered on Microsoft Teams. If you would like to access any of this offer, please contact your Young Carers Practitioner or on **0300 303 0621**.



Please see this fantastic offer in South Staffs for young people delivered by Breathing Space.

To book please follow this link

<https://www.breathingspacetherapeuticservices.co.uk/connect>



The Nest Youth Club

Every Thursday: 4.30pm–6pm

Regular activities include:
Arts & craft, woodland adventure, sports & recreation
Ages 5–11 years

Free Entry

Places must be booked in advance via our website.
Click on the Connect title page and complete the booking form.

Breathing Space Hub
Baggeridge Country Park
Gospel End Road
DY3 4HB

For more information
Email: info@breathingspacetherapeuticservices.co.uk



Performing Arts Group
Every Tuesday 4–5.30pm
Ages 5–16 years

Free Entry

Based at:
The Lydiate Room
Gospel End Road
DY3 4HB

Places must be booked online via our website:
www.breathingspacetherapeuticservices.co.uk
Click on the Connect tab and follow the subheading to book your child's free place.

For more information
Email: info@breathingspacetherapeuticservices.co.uk

Baggeridge Booters Football Team
Under 16's mixed gender team
Training: Friday 4–5pm
@ Bishop Milner RC College Sports Hall

Places must be booked in advance via our website.
Click on the Connect title page and complete the booking form under the subheading!

For more info Email: info@breathingspacetherapeuticservices.co.uk

With thanks to:
COMMUNITY FUND