

Autumn Edition 2023



Staffordshire
Together for Carers
Service

Newsletter



**ONE
IN EIGHT**

people are
now providing
unpaid care



Welcome
to the **11th**

Staffordshire
Together for Carers
Service Newsletter

n|compass
towards a brighter future

 Staffordshire
County Council

NHS
Staffordshire and
Stoke-on-Trent
Integrated Care Board

Welcome to the 11th Staffordshire Together for Carers Service newsletter

Summer has been and gone with variable weather! We hope that you have managed to get out on the nicer days and enjoy some sunshine and lighter evenings.

We have had a busy Summer, working with Staffordshire County Council and the Integrated Care Board to support carers to have their say on the new carer's strategy for Staffordshire, supporting carers at our usual Coffee and Chats, Walk and Talks and events, and supporting over 100 young carers through activities to gain respite from their caring role.

We have also welcomed two new staff members to our team, Leanne Pentelow and Judith Beizsley, as Carers Information and Support Officers. We are delighted to have them on board to support carers across the South and East of Staffordshire.

This newsletter, the last one for the year, details what we have on offer for carers. It includes wellbeing workshops with Changes, Planning for the Future sessions with Alzheimer's

Society, a carers breakfast in Tamworth and our usual Coffee and Chats, Walk and Talks and Zoom sessions.

We do hope that something here will support you in your role as a carer. Our service is for you, and we always welcome feedback and ideas about what else we can do to help you. Please see the last section of this newsletter for information about what we have been up to and are planning for young carers.

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

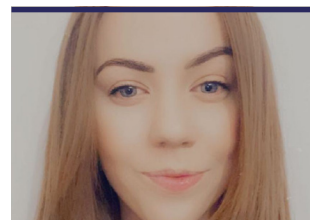


Leanne Pentelow
Carers Information and Support Officer



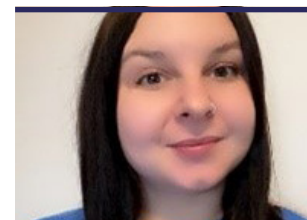
Judith Beizsley
Carers Information and Support Officer

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 wellbeing, particularly during challenging times.

It only takes a minute to sign up, then head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have over 1000 active members who are looking forward to connecting with you!

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 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 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 June 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.

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



Changes Health & Wellbeing are excited to be working as part of the wraparound support for Staffordshire Together for Carers Service. Changes are here to support the mental wellbeing of children, young people and adults with caring responsibilities.

One-to-one support:

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

Online wellbeing Workshops:

Join our Carers Wellness Coach in these online workshops to improve your understanding of the different elements of wellbeing and how to manage your wellbeing positively. We offer:

Emotional Literacy

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

Thursday 12th October 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
- Depression
- Anxiety
- Healthy and unhealthy thinking patterns
- Recognising when we are experiencing unhealthy thoughts so we can combat them with our wellness tools.

Thursday 7th December 10.30am–3.30pm

Being Assertive

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

Thursday 19th October 5.30pm–7.30pm

Thursday 23rd November 1.00pm–3.00pm

Self-Esteem

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

Thursday 16th November 5.30pm–7.30pm

Thursday 21st December 1.00pm–3.00pm

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.

All online workshops are delivered via Teams. Please click [here](#) to join any of the Adult Workshops. For further information, call/text Jess/Lydia on 07874865954.

On The Horizon Counselling

Counselling enables people to address issues that may be preventing them from fulfilling their everyday activities. It provides a safe space to talk about themselves, which can be challenging for a lot of carers.



Our new partner for this year, On the Horizon Counselling, offers up to 10 counselling sessions for carers across Staffordshire. These sessions can happen face-to-face or remotely and provide carers with a confidential space to talk to a qualified professional about their caring experiences and their struggles. They work in a variety of approaches which are tailored to the carer's specific needs.



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:

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

Monday 2nd October
11.00am to 12.30pm

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

Thursday 30th November
11.00am to 12.30pm

Cannock
Venue TBC

Friday 8th December
11.00am to 12.30pm

Planning for the Future

The Planning for the Future workshops, 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 these workshops will have a focus on Dementia, other carers are very welcome to attend to learn from the areas relevant to their caring role.



Lichfield Fire Station

Birmingham Road
Lichfield
WS13 6HU

Wednesday 8th November
11.00am–12.00pm

Daisy Hay Retirement Village

Ball Hay Road
Leek
ST13 6BW

Wednesday 11th of October
11.00am–12.00pm

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 October to December, 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 10th October
1.30pm–3.30pm

Wolseley Bridge
Meet outside the Visitors Centre
Wolseley Bridge
ST17 0WT

Tuesday 21st November
1.00pm–3.00pm

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

Thursday 7th December
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 **0300 303 0621** or email Caz.Gotham@staffordshiretogetherforcarers.org.uk



Coffee and Chats

Venue	Time	Dates				
Bella's Community Café	The Lightworks 75 Market Street Hednesford Cannock WS12 1AD	10:30am – 12:30pm	Wednesday 25th October	Wednesday 29th November	Wednesday 20th December	Last Wednesday of the month
Lichfield Community Fire Station	Birmingham Road Lichfield WS13 6HU	10:00am – 12:00pm	Wednesday 11th October	Wednesday 8th November	Wednesday 13th December	2nd Wednesday of the month
HOT Community Café	Sacred Heart Church Silver Link Road Tamworth B77 2EA	10:30am – 12:30pm	Wednesday 11th October	Wednesday 8th November	Wednesday 13th December	2nd Wednesday of the month
The Vintage Tea Emporium	8 Market Place Uktoxeer ST14 8HP	10:00am – 12:00pm	Tuesday 17th October	Tuesday 21st November	Tuesday 19th December	3rd Tuesday of the month
Burton Library	High Street Burton-on-Trent DE14 1AH	10:00am – 12:00pm	Friday 27th October	Friday 24th November	Friday 15th December	Last Friday of the month
Bradwell Community Education Centre	Riceyman Road Newcastle-under-Lyme ST5 8LF	10:00am – 12:00pm	Thursday 26th October	Thursday 30th November	Thursday 21st December	Last Thursday of the month
Daisy Haye Retirement Village	Ball Haye Road Leek ST13 6BW	10:00am – 12:00pm	Wednesday 11th October	Wednesday 8th November	Wednesday 13th December	2nd Wednesday of the month
Cheadle Fire Station	Ashbourne Road Cheadle Staffordshire ST10 1HF	Please note new date and time: 1:00pm – 3:00pm	Friday 6th October	Friday 3rd November	Friday 8th December	1st Friday of the month
Cup a Cha	4-5 North Walls Stafford ST16 3AD	10:00am – 12:00pm	Tuesday 3rd Oct	Tuesday 7th November	Tuesday 5th December	1st Tuesday of the month
Codsall Community Cafe	Wolverhampton Road Codsall South Staffordshire WV8 1PX	10:00am – 12:00pm	Wednesday 4th October	Wednesday 1st November	Wednesday 6th December	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.



Carers Breakfast

The Bole Bridge
8 Bolebridge Street
Tamworth, Staffordshire, B79 7PA

Thursday 12th October, 10.00am

Let us treat you to a carers breakfast.



Mini Afternoon Tea and Reminisce: Relive and Recall

Brampton Park,
Newcastle-under-Lyme,
Newcastle, ST5 0QP

Thursday 14th December, 12.00pm – 3.30pm

Join us for a scrumptious afternoon tea followed by a workshop to discuss, reminisce and offer the opportunity to share experiences and recall treasured memories.



Corn Dolly Workshop at The Museum of Cannock Chase

Museum of Cannock Chase,
Valley Road, Cannock, WS12 1TD

Friday 10th November, 11.00am – 1.00pm

Join us to enjoy the traditional art of corn dolly weaving and learn two simple crafts: A countryman's favour using the compass plait followed by a ten-straw weave to make a glory braid. Both are suitable for beginners.

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

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=emZlV3R5M052M0lQOE5yNWVMxWnMwZz09>

Meeting ID: **813 5194 3140**

Password: **940735**

Yoga Nidra*

Every Thursday 7.00pm

Zoom Link: <https://us06web.zoom.us/j/87080076510?pwd=S09MZ2lzMmNKSU5KSkdMeDRvVEF2UT09>

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

Seasonal Flow Yoga*

Every Wednesday 6.15pm–7.30pm (no session 27th December)

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

Meeting ID: **892 6497 0582**

Password: **030426**

Monthly Zoom Sessions

Mental Health Support Group

Last Wednesday of the month, 11.00am–12.00pm

A monthly online session to meet other carers who are 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://us06web.zoom.us/j/83687555756?pwd=ejdXQ0xnK0lzbUIZM05PT3VjdytYdz09>

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=bXA0bHhOUmNZeUJZkNEtUVVZrQT09>

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 wellbeing 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 deadlines are:

Friday 6th October 2023

Friday 5th January 2024



A poster for 'FREE ZOOM CRAFT SESSIONS FOR CARERS'. At the top, two blue hands with red hearts are shown. The text 'FREE ZOOM CRAFT SESSIONS FOR CARERS' is in red and black. Below this are logos for 'Community Ventures' and 'Staffordshire Together for Carers Service'. The main text says 'Craft Sessions Every Wednesday' with 'resources delivered to your door' in blue. It lists dates 'Wednesday 4th October - Wednesday 29th November' and times '6:00pm - 7:30pm'. It also provides contact information: 'To confirm your interest call Gill 07792121455 or Lisa 07792120541'. At the bottom, three blue hands with red hearts are shown.

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 wellbeing 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 wellbeing 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 wellbeing – all the health and wellbeing support we offer, i.e., physical health, mental health, financial wellbeing and social wellbeing. 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 wellbeing.

How to sign up:

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

- In the organisation drop down boxes, please choose Commissioned Services and Volunteers.
- In the employee number box add your name and state you are an Unpaid Carer.
- 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 from 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, and is also available to 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 establishing a partnership with CareFree. Carefree offers an annual one to two-night short break away (with breakfast) for unpaid carers. The breaks are all across the UK and cost just £25 in admin fees. You can take a companion with you (but not the person you care for) so you can take a break from your caring role to help with your health and wellbeing.

You must be over 18 and care for someone for 30 hours a week; the breaks include your accommodation and breakfast; you must be able to provide respite for the person you care for and pay for extra expenses (travel, other food etc.) 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

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 1:00 pm - 3:00 pm

Haughton
Haughton Village Hall - ST18 9EZ
2nd Thursday of every month 7:00 pm - 9:00 pm

Rugeley
Lea Hall Club - WS15 2LB
The Davy Room Sandy Road, Rugeley.
3rd Friday of every month 7:00 pm - 9:00 pm

Hednesford
St John's Church Hall - WS12 3DZ
Hednesford Road, Heath Hayes.
Last Monday of every month 7:00 pm - 9:00 pm

For more information please contact any of the Trustees:
Daphne/Richard: **07939 505455** Michael: **01785 663596**
Dave: **07974 983459** David: **07968 848120**

www.themasegroup.com

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



FREE Carer Training sessions for people caring for someone with dementia

13th October 2023 10:30am – 1:30pm: What is Dementia?

20th October 2023 10:30am – 1:30pm: Planning for the Future and Medication used for Dementia including Antipsychotics

27th October 2023 10:30am – 1:30pm: Person-Centred Care and the role of an Admiral Nurse

Spaces are limited. Please email enquiries@approachstaffordshire.co.uk to book or for more information call 01782 214999



All sessions are at Newcastle Community Fire Station

Newcastle Community
Fire Station
Knutton Lane
Newcastle-under-Lyme
ST5 6ET

01782 214999
enquiries@approachstaffordshire.co.uk
www.approachstaffordshire.co.uk



Approach Staffordshire



ApproachStaffs

Registered Charity No. 1151038

STAFFORD & DISTRICT CARERS HOLIDAY TRUST



Registered Charity 1191031



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



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

Everyone at the charity is unpaid.

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

For more information, please contact

John on 07843 965935

Mon - Fri 10am to 5pm.

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



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

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



Please support us at our 'Go Fund Me' page: https://www.gofundme.com/f/support-holidays-for-unpaid-carers?utm_campaign=p_cf+share-flow-1&utm_medium=email&utm_source=customer

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 & Well-being:
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

Autumn Edition 2023



Young Carers

Newsletter



ONE
IN EIGHT

people are
now providing
unpaid care

Welcome
to the

11th

Staffordshire
Together for
Carers Service
Newsletter

Dear Young Carers and families,

What a busy Summer we have had with young carers – bowling and mini golf, creating music, and making puppets, pizzas and lava lamps! We are delighted that over 100 young carers were able to join us for an activity this summer, giving them a break from their caring role and building new friendships.

In this newsletter you will find details of our after-school activities and things to do during the school holidays, including our first ever Halloween party and a festive trip to the theatre, as well as our well-being offer with our partners Changes and On The Horizon.

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.

www.n-compass.org.uk/our-services/carers/staffordshire-together-for-carersservice

Young Carers Assessments

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



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

If you have recently had a young carers assessment with a Young Carers Assessor at Staffordshire County Council, you will have spoken to them about you and your caring role and then with your consent they would have referred you to us and sent us your carers assessment so we can offer you the best support possible. Within 3 days of your referral being sent to us, one of our team listed above will contact you and your family to explain a bit more about our service and how we can support you. They will also invite you to join in any activities listed further in this newsletter.

What if I haven't had an assessment?

We can support you to access a statutory carers assessment if you haven't already done so by referring you to Staffordshire County Council for an assessment or supporting you to make contact directly. If you would like to speak to somebody at the Council about statutory assessments for young carers please contact:

Young Carers: 01785 278444 General Enquiries: firstcontactcarers@staffordshire.gov.uk

What we've been up to

Played sports!



Made puppets!



Created music!



Played mini golf!



Toasted marshmallows!



Wrote songs!





Young Carers Well-being

We know that caring can affect a young person's well-being. 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

Our new partner for this year, **On the Horizon Counselling**, offers 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 to a qualified professional about their caring experiences and the struggles they are facing.

If you would like to find out more about this offer, please get in touch.



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 years:
4th/11th/18th & 25th September
30th October/6th/13th & 20th November

7-10 years:
2nd/9th/16th & 23rd October
27th November, 4th/11th & 18th December

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 years:
2nd/9th/16th & 23rd October
27th November, 4th/11th & 18th December

7-10 years:
4th/11th/18th & 25th September
30th October, 6th/13th & 20th November

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:

Aged 7-10: Tuesdays, 4.00pm–5.00pm

Aged 11-14: 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 us.

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.

Young Carers Activity Booking
Form - October, November and
December



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

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!

Monday 9th October 4.30pm–6.30pm
Monday 13th November 4.30pm–6.30pm
Monday 11th December 4.30pm–6.30pm

Burton Albion Community Hub, Casey Lane, Burton-upon-Trent, DE14 2ER
Every second Monday of the month in term time.

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.

Wednesday 25th October 4.30pm–6.30pm
Wednesday 29th November 4.30pm–6.30pm
No session in December

Museum of Cannock Chase, Valley Road, Hednesford, Cannock, WS12 1TD
Every last Wednesday of the month in term time.

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!

Wednesday 11th October 4.00pm–5.45pm
Wednesday 8th November 4.00pm–5.45pm
Wednesday 13th December 4.00pm–5.45pm

Chase Terrace Academy, Bridge Cross Rd, Burntwood, WS7 2DB
Every second Wednesday of the month in term time.

Newcastle under Lyme

PLEASE SEE NEW AGES GROUPS AND TIMES FOR THIS GROUP

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!

Tuesday 17th October: *Primary: 4.30pm–6.00pm Secondary: 6.00pm–7.30pm*
Tuesday 21st November: *Primary: 4.30pm–6.00pm Secondary: 6.00pm–7.30pm*
Tuesday 19th December: *Primary: 4.30pm–6.00pm Secondary: 6.00pm–7.30pm*

New Vic Theatre, Etruria Road, Newcastle Under Lyme, ST5 0JG
Every third Tuesday of the month in term time.

Stafford

PLEASE SEE NEW AGES GROUPS AND TIMES FOR THIS GROUP

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!

Tuesday 10th October: *Primary: 4.30pm–6.00pm Secondary: 6.00pm–7.30pm*
Tuesday 14th November: *Primary: 4.30pm–6.00pm Secondary: 6.00pm–7.30pm*
Tuesday 12th December: *Primary: 4.30pm–6.00pm Secondary: 6.00pm–7.30pm*

Thirlmere Way Community Centre, Thirlmere Way (off Wolverhampton Road),
Stafford, ST17 9EJ
Every second Tuesday of the month in term time.



School Holiday Activities

October Half Term

Please see below for our activities for the half term holiday. To book, please use our [booking form link](#). Please be aware that to ensure every young carer gets a chance to access an activity, places are limited in the first instance to one per young carer. We will ask you for your first and second choice on the booking form should spaces be available.

Inspired: Animation Arts

Tuesday 31st–Thursday 2nd November
10.00am–3.00pm

Lichfield, venue TBC

Aged 8-12 years

Join us for this three-day animation project with Create Arts to work with a professional animator to create your own animations!

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

CREATE ARTS ONLINE



Halloween Party

Monday 30th October, 3.00pm–4.30pm

Holmcroft Youth & Community Centre, 22-28 Newland Ave, Stafford, ST16 1NL

Aged 5-10 years

Join us for some Halloween fun with games and a disco!



Halloween Film Night

Monday 30th October, 5.00pm–7.00pm

Holmcroft Youth & Community Centre, 22-28 Newland Ave, Stafford, ST16 1NL

Aged 10-16 years

Join us for a Halloween film screening with friends and plenty of snacks!



Christmas Holidays

THE NUTCRACKER: A CHRISTMAS FAIRYTALE

Thursday 4th January, 2.00pm

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

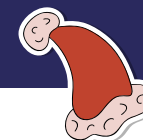
Aged 5+

Join us for a trip to the theatre to take an epic adventure to The Kingdom of Sweets as the New Vic brings to life The Nutcracker: A Christmas Fairytale.

Young carers are invited to attend this special event, either with parents enjoying quality time together, or without parents to have fun with other young carers!



NEW VIC





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 7 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

October

Thursday 12th October

Thursday 26th October

November

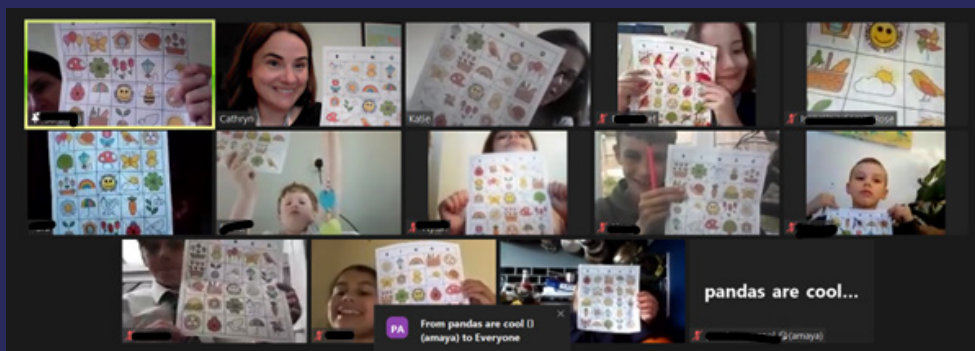
Thursday 9th November

Thursday 23rd November

December

Thursday 7th December

Thursday 21st December



OMG!

13+ Peer support

COOL

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!

Stafford - First Wednesday of the month - 4.30pm-6.30pm

- Wednesday 4th October
- Wednesday 1st November (please note this is in Half Term)
- Wednesday 6th December

LOL