



Newsletter



**ONE
IN EIGHT**

people are
now providing
unpaid care



Welcome
to the **13th**

Staffordshire
Together for Carers
Service Newsletter

Welcome to the 13th Staffordshire Together for Carers Service newsletter

We kicked off 2024 with activities including pottery painting alongside our usual coffee and chats and online groups. We have also spent the first part of the year planning, heading to the end of our third year we wanted to take this opportunity to reflect, use feedback gathered throughout the year and speak with carers to inform our planning for April 2024 onwards. You may therefore notice a revised offer for carers including training and speakers in coffee and chats. Having piloted adding training sessions and speakers to our coffee and chat sessions in two areas for the past six months we are pleased to roll this out to more coffee and chat sessions. We are also continuing to work in partnership with Alzheimer's Society to deliver Planning For The Future sessions which we are delighted to be continuing this Spring.

Carers Week is approaching in June, and we are looking forward to hosting information stands and special events for carers to mark this special week. 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

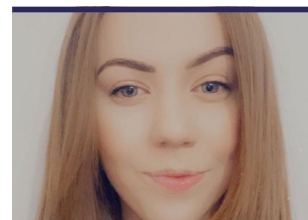


Leanne Pentelow
Carers Information and Support Officer



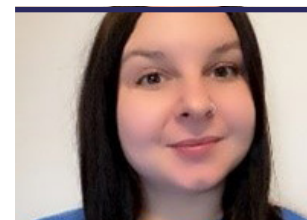
Judith Beiszley
Family Carers Practitioner

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.



Andrew Johnston
Young Carer Support Worker

Andrew'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.

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

Our Carers Forum met in January 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 which meets quarterly and help shape future services for carers, we would love to hear from you!

We are delighted to tell you that representatives from our Carers Forum now also sit on the Staffordshire Carers Partnership Board, see below for further information.

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

Staffordshire Carers Partnership Board

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

The Carers Partnership Board, comprising of carers and professionals meet quarterly and are responsible for developing, delivering and monitoring the priorities for carers in Staffordshire. **We are actively seeking carers to join the board to ensure that the carers' perspective is central to these discussions.**

If you would like to find out more, contact cathryn.rayner@staffordshiretogetherforcarers.org.uk.

We are also seeking to appoint a new Chair for the Staffordshire Carers Partnership Board for April 2024-March 2025. This role would involve chairing a quarterly online meeting, and meeting with a colleague prior to this meeting to discuss an agenda and attendance at the Disability and Neurodiversity Partnership Board three times a year. Support will be provided for you to carry out this role. If you would like to find out more about this opportunity please email Cathryn Rayner at cathryn.rayner@staffordshiretogetherforcarers.org.uk.



Partners

Potteries Money Wise

Managing your money with Potteries MoneyWise Advice appointments.

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

Carers Week

We would like to invite carers to celebrate Carers Week with us at the following events.



Breakfast with special guests

Join us at a local coffee and chat for some breakfast treats and special speakers/activities.

Tamworth

Wednesday 12th June
10.00am - 12.30pm

Hot Café, Sacred Heart Church
Silverlink Road, Tamworth,
B77 2EA

Leek

Wednesday 12th June
10.00am - 12.30pm

Daisy Hays Retirement Village
Ball Hay Road, Leek,
ST10 1HF

Lichfield

Wednesday 12th June
10.00am - 12.30pm

Lichfield Garrick Theatre,
Castle Dyke, Lichfield,
WS13 6HR

Walk & Talk and Cream Tea

Join us for a lovely walk around the National Arboretum followed by cream tea.

Thursday 13th June - 1.00pm - 3.00pm

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

Carers Online Quiz

Join us for a fun filled catch up and quiz

Tuesday 11th June - 6.00pm - 7.30pm

Zoom Meeting: <https://us06web.zoom.us/j/88602704414?pwd=TbGTJQgOeZ0aG8oZCcckl5ufpuzKL9a.1>

Meeting ID: 886 0270 4414
Passcode: 848365

Or scan the QR Code with
your phone camera.



Information Stands

We will be holding Information stands at The Royal Stoke and Stafford County Hospitals as an opportunity to see what our service offers and a chance to register with us if you haven't already.

Stafford County Hospital

151 Weston Rd, Stafford, ST16 3SA
Monday 10th June - 10.00am - 2.00pm

Royal Stoke University Hospital

Newcastle Road, Stoke-on-Trent, ST4 6QG
Tuesday 11th June - 10.00am-2.00pm

Activities for Carers

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

Please email Caz.Gotham@staffordshiretogetherforcarers.org.uk for further information or to give feedback!

Walk and Talks

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 April
1.30pm–3.30pm

Wolseley Bridge Visitors Centre
Wolseley Bridge
ST17 0WT

Tuesday 21st May
1.00pm–3.00pm

National Arboretum
(Meet at the entrance)
Croxall Road, Alrewas,
Burton-upon Trent, DE13 7AR
(including cream tea to celebrate
Carers Week)
Thursday 13th June
1.00pm–3.00pm

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

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!). Having piloted delivering training sessions and speakers to our coffee and chat sessions in 2 areas for the past 6 months following consultation with carers, we are pleased to roll this out to more coffee and chat sessions to share information and/or skills that may be of use to you in your caring role. This means that some venues for coffee and chat sessions have changed to allow us a more appropriate space for this to happen. Training sessions and speakers will be scheduled for 11.00am to allow for a drink and a chat first! Please see the coffee and chat information and training on pages 11 and 12 for information regarding training and speakers.

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



Coffee and Chats

| | Cannock Chase | Lichfield | Tamworth | East Staffs | East Staffs |
|-------|---|--|---|---|--|
| Venue | Pye Green Community Centre Meeting Room 1 Bradbury Lane Hednesford, WS12 4EP | Lichfield Garrick Theatre Castle Dyke, Lichfield, WS13 6HR | St Peter's Church & Community Centre Hawksworth Silver Link Road Tamworth, B77 2HH | Wilfred House Centre 37 Carter Street Uttoxeter, ST14 8EY | Burton Library Room 1 High Street Burton-up-Trent, DE14 1AH |
| Time | 10.00am–12.30pm | 10.00am–12.30pm | 10.00am–12.30pm | 10.00am–12.30pm | 10.00am–12.30pm |
| Dates | Tuesday 23rd April (First Aid session at 11am) | Wednesday 10th April | Wednesday 10th April (First Aid session at 11am) | Tuesday 16th April | Friday 26th April |
| | Tuesday 28th May | Wednesday 8th May | Wednesday 8th May | Tuesday 21st May | Friday 31st May |
| | Tuesday 25th June | Wednesday 12th June (Wellbeing activity at 11am) | Wednesday 12th June | Tuesday 18th June (Wellbeing activity at 11am) | Friday 28th June (Planning for the Future session at 11am) |
| | Last Tuesday of the month | 2nd Wednesday of the month | 2nd Wednesday of the month | 3rd Tuesday of the month | Last Friday of the month |

| | Newcastle-under-Lyme | Staffs Moorlands | Staffs Moorlands | Stafford | South Staffs |
|-------|---|--|--|--|--|
| Venue | Bradwell Community Education Centre Riceyman Road, Newcastle-under-Lyme, ST5 8LF | Daisy Haye Retirement Village Ball Haye Road, Leek, ST13 6AU | Cheadle Fire Station Ashbourne Road, Cheadle, Staffordshire, ST10 1HF | Cup a Cha 4-5 North Walls, Stafford, ST16 3AD | Trinity Methodist Church Histons Hill, Codsall, Wolverhampton, WV8 2ER |
| Time | 10.00am–12.30pm | 10.00am–12.30pm | 10.00am–12.30pm | 10.00am–12.30pm | 10.00am–12.30pm |
| Dates | Thursday 25th April | Wednesday 10th April | Tuesday 2nd April | Tuesday 2nd April | Wednesday 3rd April (Planning for the Future session at 11am) |
| | Thursday 30th May | Wednesday 8th May (Wellbeing activity at 11am) | Tuesday 7th May | Tuesday 7th May (Planning for the Future session at 11am) | Wednesday 1st May |
| | Thursday 27th June | Wednesday 12th June | Tuesday 4th June | Tuesday 4th June | Wednesday 5th June |
| | Last Thursday of the month | 2nd Wednesday of the month | 1st Tuesday of the month | 1st Tuesday of the month | 1st Wednesday of the month |



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.



**Staffordshire
Together for Carers
Service**

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:

Pye Green Community Centre
Meeting Room 1, Bradbury Lane,
Hednesford, WS12 4EP

Tuesday 23rd April
11.00am - 12.30pm

St Peters Church & Community Centre
Hawksworth, Silverlink Road, Tamworth,
B77 2HH

Wednesday 8th May
11.00am - 12.30pm



Moving and Handling of People

Join us for this training session where we will be covering assisted walking, assisted seating (including in and out of cars) and falls.

Asda Community Room
Queensway, Stafford, ST16 3TA

Tuesday 2nd April, 11.00am - 12.30pm

Planning for the Future

The Planning for the Future workshop, delivered by Alzheimer's Society within our coffee and chat sessions, 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.



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

Wednesday 3rd April
11.00am - 12.30pm

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

Tuesday 7th May
11.00am - 12.30pm

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

Friday 28th June
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

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 click the links on each meeting to join, or type in the Meeting ID and passcode.

Weekly Zoom Sessions

*Some sessions may be subject to change and any changes will be communicated via email.



Distance Reiki with Jo Fellows

Every Wednesday 2.00pm–3.00pm

Feeling stressed, overwhelmed, or out of balance? Discover the profound healing potential of Reiki. A gentle yet powerful Japanese technique that can help you melt away stress and anxiety leaving you feeling calm and centred. Experience a holistic healing that addresses your body, mind, and spirit, creating a sense of peace and well-being. During these sessions carers can relax in their own home while Jo guides you through a healing experience.

“It’s lovely to connect with everyone and then drift off in my own world to the sound of Jo’s voice. The session has a huge positive impact on my mental and physical wellbeing.” **Carer**

Zoom Link: <https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM052M0lQOE5yNWxWnMwZz09>
Meeting ID: **813 5194 3140**
Passcode: **940735**



Seasonal Flow Yoga with Jo Thorne

Every Wednesday 6.15pm–7.30pm

Seasonal Flow Yoga is designed to align you to the changing energies of nature and the seasons. It’s a practice that improves physical strength and flexibility, giving balance, harmony and an enhanced sense of well-being. It’s a great antidote to the stress and anxiety of modern life. The practice is suitable for beginners and experienced yogis. Seasonal Yoga combines yoga with elements of the traditional practices of Tai Chi and

“I am already experiencing the mental and physical benefits from the yoga and meditation.” **Carer**

Zoom Link: <https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDmrcnp1Ky82Zz09>
Meeting ID: **892 6497 0582**
Passcode: **030426**



Yoga Nidra with Maxine Reid

Every Thursday 7.00pm

Yoga Nidra is a special type of guided meditation that puts you into a particular state of consciousness. It helps to relieve stress, reduce tension, and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional & mental health.

“For me Yoga Nidra ticks all the boxes - it’s relaxing, there’s a sense of community and belonging and an empathy for our situation as carers without having to explain everything.” **Carer**

Zoom Link: <https://us06web.zoom.us/j/87080076510?pwd=S09MZ2lzVmNKSU5KSkdMeDRvVEF2UT09>
Meeting ID: **870 8007 6510**
Passcode: **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 are led by one of our Carers Information and Support Officers.



Zoom Link: <https://us06web.zoom.us/j/83687555756?pwd=ejdXQ0xnK0IzbUIZM05PT3VjdYtYdz09>

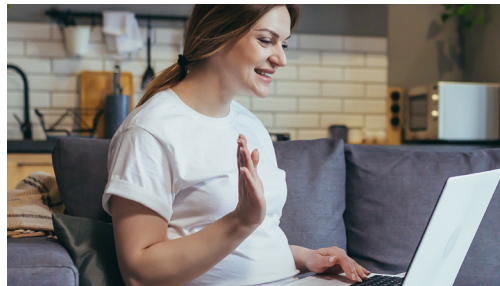
Meeting ID: 836 8755 5756
Passcode: 949388



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
Passcode: 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 deadlines are: • Friday 5th April • Friday 5th July • Friday 4th October

Please see below for some of the projects we have funded.



The Teapot Carers Coffee Morning

Oak Priory Castle Grove, Abbey Hulton, ST2 8PN
Wednesday, 9.30am - 10.30am

Join us for refreshments to meet and chat with other carers and take a well-earned break from your caring role.



Online craft sessions with Community Ventures

We have also funded Night Owls, an online craft group for carers, where participants receive craft materials beforehand and meet on Zoom for interactive crafting sessions from the comfort of their homes.

"We can't explain to you how much these sessions mean to us both, not only do we make some lovely things, but we also now have a focus and look forward to being able to relax for a short while knowing we have support from the group." Carer



Adult Carers Special Events

Please join us for a one-off special event to learn a new skill or have a treat! To ensure we can plan appropriately please pre book these activities, please be aware that some activities have limited spaces available.

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 Lunch

The Blue Mugge, 17 Osborne Street, Leek, ST13 6LJ

Thursday 18th April, 12.00pm

Join us for lunch and a catch up!



Carers Breakfast

Acorn Inn, 12-18 Tamworth St, Lichfield, WS13 6JJ

Wednesday 15th May, 10.00am

Join us for breakfast and a catch up!



Amerton Glaze Craze Pottery Painting

Amerton Farm & Craft Centre, Stafford, ST18 0LA

Thursday 20th June, 12.30pm

Get creative with us to paint an item pottery whilst enjoying coffee, cake and a catch up!

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

Services 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 £33 in admin fees. You can take a companion with you (but not the person you care for) allowing you to take a break from your caring role and help with your health and well-being. You must be over 18 and care for someone 30 hours a week. The break includes accommodation and breakfast, but you will be responsible for travel and any other meals, and you must provide respite for the person you care for. All bookings are made online, so you must be able to do this or have someone to help.



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

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

The Staffordshire Charity making a difference to local people

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



MASE have become a well-established support network for people living with dementia in South Staffordshire. The groups help reduce the stigma surrounding dementia and brings together people who are coping with the condition, in the hope of removing the social isolation all too often faced by Carers.

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

Cannock - Drop In
St Luke's Church Hall
WS11 1DE
1st Monday of every month
1:00pm - 3:00pm

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

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

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

For more information please call
Daphne: **07933 505455** or Michael: **07807 125722**



www.themasegroup.com

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



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



CARERS EVENT:

Caring in the Community

Join the **Carers Network of UHDB**, as we host an event to celebrate Caring in the Community 2024 at the **Hilton Hotel at St George's Park DE139PD**.

This will take place on
Friday 3 May 2024,
9.30am-3.30pm

- Get detailed information and support
- Free parking, free entry, and an accessible venue
- Free tea and coffee
- Network with other carers, and more!



Staffordshire
Together for Carers
Service

Hilton Hotel, St George's Park, DE139PD

For further information please email: rachel.kirbyg@nhs.net

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](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

Spring Edition 2024



Young Carers

Newsletter



**ONE
IN EIGHT**

people are
now providing
unpaid care

Welcome
to the

13th

Staffordshire
Together for
Carers Service
Newsletter

Dear Young Carers and families,

We launched ourselves straight into 2024 with two theatre trips on the 3rd and 4th of January. We took young carers and some families to see The Nutcracker and Beauty and The Beast and had a fantastic time. We are also worked with Create Arts again during February Half Term, this time to deliver a textiles project with young carers, who were designing their own clothes, bags and hats!

We are very excited to be working with two new partners this term with the addition of two new term time groups, one in Staffordshire Moorlands and one in South Staffordshire. 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



Andrew Johnston
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



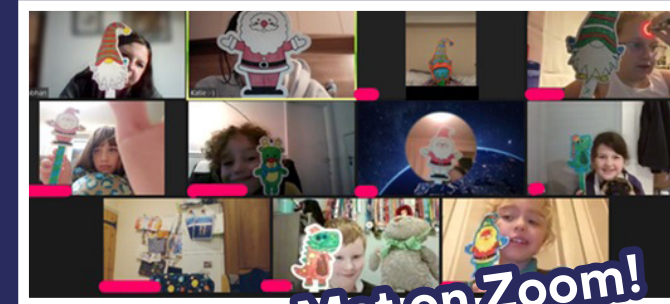
Made pancakes!



Went to the theatre!



Designed our own hats and bags!



Met on Zoom!



Watched a pantomime!



Made crafts!



Activities And Groups For Young Carers

Welcome to our activity pages!
Here you will find after-school activities, school holiday activities, parent and young carer events and our Zoom sessions. To book any of our activities, please use **this link** to our booking form or scan the QR code below to complete the short form. Please note that on our holiday activities, places are limited therefore a member of the team will confirm places via message.



School Holiday Activities

May Half Term

Multisport Activity Day

Meet in a group, have time for a chat and catch up, then take part in a variety of multi-sports from Dodgeball to Archery, Obstacle courses to ultimate frisbee!

Location: Westley Rocks Methodist Church, Main Road, Wetley Rocks, ST9 0BG

Date: Tuesday 28th May, 10.30am - 3.30pm

Aged: 6-16 years



Whitemoor Lakes

This May half term we will be running an activity day at Whitemoor Lakes for Young Carers to take part in outdoor activities including abseiling, zip wire and high ropes, to learn new skills, conquer fears and have plenty of fun!

Location: Whitemoor Lakes, Lichfield, WS13 8QT

Date: Friday 31st May, 9.00am - 3.00pm

Aged: 8-17 years



Parent and Young Carer Events

Circus shows

Join us for a trip to the circus, with or without a parent/guardian, to see acrobats, clowns, music and dancing! These special one-off events are for young carers to attend with a parent/guardian to enjoy some quality time together or without a parent to attend with other young carers!

Aged: from 5 years



Wolverhampton

Location: Gospel Oak, Bilston Road, Tipton, DY4 0BZ

Date: Saturday 25th May

Time: 1.30pm or 4.00pm

Stafford

Location: The Octagon, Stafford Enterprise Park, Weston Road, Stafford, ST18 0BF

Date: Sunday 2nd June

Time: 1.30pm or 4.00pm

Tamworth

Location: Tamworth Assembly Rooms, Corporation Street, Tamworth, B79 7DN

Date: Wednesday 5th June

Time: 4.45pm or 7.00pm

Please note tickets are limited to the amount gifted to us by Circus Starr. Please select your preferences on the booking form linked above and we confirm tickets via message.



Zoom Activities



From April our zoom sessions will now run on the 3rd Thursday of the month 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 and a Zoom link will be sent to you. 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

Thursday 18th April, Thursday 16th May,
Thursday 20th June

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 term time
Wednesday 1st May & Wednesday 5th June
4.30pm - 6.30pm
Rising Brook Fire Station, Stafford

After school activities

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



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.

Dates: Monday 8th April, Monday 13th May & Monday 10th June

Time: 4.30pm-6.30pm



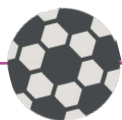
Cannock Chase

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.

Dates: Wednesday 24th April, Wednesday 22nd May & Wednesday 19th June

Time: 4.30pm-6.30pm



Lichfield

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

PLEASE NOTE NEW VENUE AND TIME

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!

Dates: Wednesday 10th April, Wednesday 8th May & Wednesday 19th June

Time: 5.15pm-6.45pm



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, crafts and activities with other young carers in this relaxed, fun session!

Every third Tuesday of the month in term time.

Dates: Tuesday 16th April, Tuesday 21st May & Tuesday 18th June

Time: **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, catch up, and participate in arts and crafts and indoor and outdoor games and activities in these fun sessions.

Every second Tuesday of the month in term time.

Dates: Tuesday 9th April, Tuesday 14th May & Tuesday 11th June

Time: **PRIMARY AGED:** 4.30pm-6.00pm. **SECONDARY AGED** 6.00pm-7.30pm

Staffordshire Moorlands *NEW GROUP*

Location: Westley Rocks Methodist Church, Main Road, Wetley Rocks, ST9 0BG

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

Last Tuesday of the month in term time.

Dates: Tuesday 30th April & Tuesday 25th June

Time: 4.30pm-6.30pm



South Staffordshire *NEW GROUP*

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

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

Every third Monday of the month in term time.

Dates: Monday 15th April, Monday 20th May & Monday 17th June

Time: 4.30pm-6.30pm





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

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

Changes

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

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

