

Summer Edition 2024



Staffordshire  
Together for Carers  
Service

# Newsletter



Welcome  
to the **14<sup>th</sup>**

Staffordshire  
Together for Carers  
Service Newsletter

# Welcome to the 14th Staffordshire Together for Carers Service newsletter

As we head into summer we continue with our revised Coffee and Chat offer which includes activities and speakers as part of these sessions. Last quarter and this summer will see wellbeing and training workshops as well as craft activities attached to our coffee and chat sessions.

In June we celebrated Carers Week with activities for carers including breakfasts, reminiscence session and willow weaving as well as information stands and training for professionals. This summer's programming decisions were informed by our ongoing consultations with carers, resulting in a diverse array of activities.

Our service is for you, and we always welcome feedback and ideas about what else we can do to support carers, if you have any feedback or ideas please don't hesitate to get in touch.

We would also 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 our service and support for 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](http://www.staffordshiretogetherforcarers.org.uk)

Email: [enquiries@staffordshiretogetherforcarers.org.uk](mailto: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](mailto:enquiries@staffordshiretogetherforcarers.org.uk)

### Working in partnership with

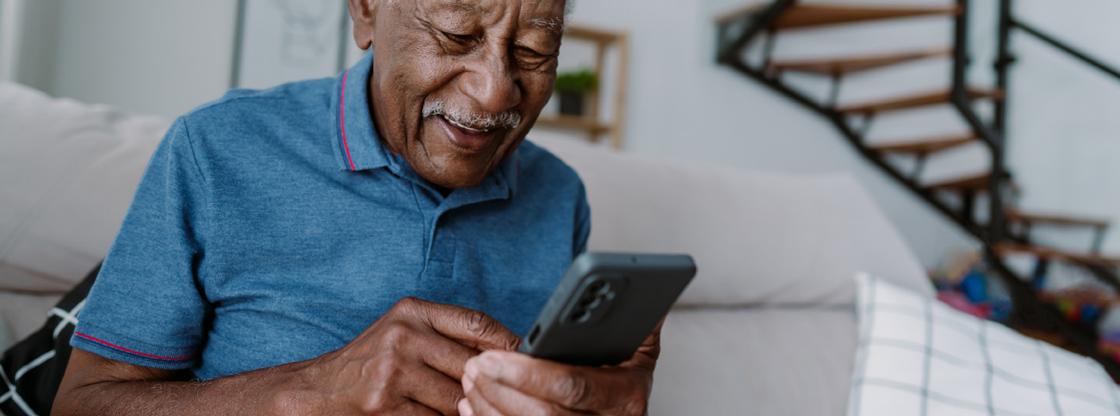


Please note that whilst we do our best to print accurate information, times, dates, and venues may be subject to change at short notice. Please check our Facebook page, <https://www.facebook.com/ST4CS/>, or call 0300 303 0621 before setting out.



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](mailto: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 Coproduction

### Carers Forum

Our Carers Forum met in April 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](mailto: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](mailto: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 Counselling

We are pleased to be able to continue to offer counselling for carers through our new partnership with Your Emotional Support Service (YESS).

YESS are a Mental Health and Wellbeing charity supporting adults, young people and children, based in Uttoxeter, Staffordshire, and operating throughout the Midlands. They offer a variety of modalities including talking therapies, art psychotherapy, dance movement psychotherapy, and mindfulness.

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



If you would like to find out more about this offer, please contact us on [enquiries@staffordshiretogetherforcarers.org.uk](mailto:enquiries@staffordshiretogetherforcarers.org.uk).

## Activities for Carers

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

Please email [activities@staffordshiretogetherforcarers.org.uk](mailto:activities@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! The person you care for is welcome to attend our Walk and Talks with you.

### Westport Lake Visitors Centre

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

**Tuesday 9th July**  
**1.30pm–3.30pm**

### Wolseley Bridge Visitors Centre

Wolseley Bridge  
ST17 0WT

**Tuesday 20th August**  
**1.00pm–3.00pm**

### National Arboretum

Croxall Road, Alrewas,  
Burton-upon Trent  
DE13 7AR

**Thursday 12th September**  
**1.00pm–3.00pm**

To book a place on any of our walk and talks, please contact Caz Gotham on 0300 303 0621 or email [activities@staffordshiretogetherforcarers.org.uk](mailto:activities@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!).



We are pleased to continue to offer training and activities as part of some of our coffee and chat sessions to share information and/or skills that may be of use to you in your caring role. Training session and speakers will be scheduled for 11.00am-12.30pm to allow for a drink and a chat first!

Please see the coffee and chat information and training on pages 12 and 13 for information regarding training and speakers.

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

## Coffee and Chats

|       | Cannock Chase   | Lichfield   | Tamworth  | East Staffs   | East Staffs   |
|-------|---|---|---|---|---|
| Venue | Pye Green Community Centre<br>Meeting Room 1<br>Bradbury Lane<br>Hednesford, WS12 4EP | Lichfield Community Fire Station<br>Birmingham Road,<br>Lichfield, WS13 6HU | St Peter's Church & Community Centre<br>Hawksworth<br>Silver Link Road<br>Tamworth, B77 2HH | Wilfred House Centre<br>37 Carter Street<br>Uttoxeter, ST14 8EY | Burton Community Fire Station<br>Moor Street, Burton-upon-Trent, DE14 3SU |
| Time  | 10.00am–12.00pm   | 10.00am–12.00pm   | 10.00am–12.00pm   | 10.00am–12.00pm   | 10.00am–12.00pm   |
| Dates | Tuesday 30th July   | Tuesday 2nd July  | Wednesday 10th July (Wellbeing Event 11am-12.30pm)  | Tuesday 16th July   | Friday 26th July  |
|       | Tuesday 27th August (Wellbeing event 11am-12.30pm)                                    | Tuesday 6th August  | Wednesday 14th August   | Tuesday 20th August   | Friday 30th August  |
|       | Tuesday 24th September  | Tuesday 3rd September (Silvertime Legal talk 11am)                          | Wednesday 11th September  | Tuesday 17th September  | Friday 27th September   |
|       | Last Tuesday of the month   | 1st Tuesday 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<br>Riceyman Road, Newcastle-under-Lyme, ST5 8LF | Daisy Hays Retirement Village<br>Ball Hays Road, Leek, ST13 6AU | Cheadle Fire Station<br>Ashbourne Road,<br>Cheadle,<br>Staffordshire, ST10 1HF | Cup a Cha<br>4-5 North Walls,<br>Stafford, ST16 3AD | Trinity Methodist Church<br>Histons Hill, Codsall,<br>Wolverhampton, WV8 2ER |
| Time  | 10.00am–12.00pm   | 10.00am–12.00pm   | 10.00am–12.00pm  | 10.00am–12.00pm                                     | 10.00am–12.00pm  |
| Dates | Thursday 25th July  | Wednesday 10th July   | Tuesday 2nd July (Planning for the Future session 11am-12.30pm)                | Tuesday 2nd July                                    | Wednesday 3rd July   |
|       | Thursday 22nd August  | Wednesday 14th August   | Tuesday 6th August   | Tuesday 6th August                                  | Wednesday 7th August   |
|       | Thursday 26th September (Wellbeing event 11am-12.30pm)                              | Wednesday 11th September  | Tuesday 3rd September  | Tuesday 3rd September                               | Wednesday 4th September (First Aid Training 11am-12.30pm)                    |
|       | 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.

### We will cover:

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



**Staffordshire  
Together for Carers  
Service**



This session will be relaxed, fun and informative and will be held at the following venue:

**Trinity Methodist Church**  
Histons Hill, Codsall, WV8 2ER  
Wednesday 4th September  
11.00am-12.30pm

## Look after your emotional wellbeing workshops with Staffordshire Network for Mental Health (Toolbox)

Join us in the second half of some of our coffee and chat sessions to explore wellbeing including:

- Identify your signs and triggers around worry and stress.
- How to build a strong emotional health plan.
- Help you promote your strengths and weaknesses.
- Help to identify and fill gaps around support.



Please find the workshops being held below:

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

**Wednesday 10th July**  
11.00am-12.30pm

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

**Tuesday 27th August**  
11.00am-12.30pm

**Bradwell Community Education Centre**  
Riceyman Road,  
Newcastle-under-Lyme, ST5 8LF

**Thursday 26th September**  
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.

**Cheadle Fire Station**  
Ashbourne Road,  
Staffordshire, ST10 1HF  
**Tuesday 2nd July: 11.00am-12.30pm**

## Legacy Fortress for Generations

Join us for a talk delivered by Silvertime Legal, in Lichfield and online covering estate planning, Inheritance tax, Long Term care Considerations, Wills and lasting Powers of Attorney. Delivered by Silvertime Legal.



**Lichfield Fire Station**  
Birmingham Road,  
Lichfield, WS13 6HU  
**Tuesday 3rd September: 11.00am**

**Online - Zoom:**  
<https://us06web.zoom.us/j/82844914830?pwd=nmQhOPlSIEBjvy9QrbzhaYWHzacL8s.1>  
Meeting ID: 828 4491 4830  
Passcode: 202164  
**Monday 23rd September: 6.00pm**



To book a place on any of our training events, please contact Caz Gotham on 0300 303 0621, or email [activities@staffordshiretogetherforcarers.org.uk](mailto:activities@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/83825351303?pwd=QXBobWxaUzdITm5ZejBWbVhHdDFNZz09>  
Meeting ID: 838 2535 1303 Passcode: 733641



### 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 Qigong, as well as meditation and pranayama breathing techniques.

“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=ejdXQ0xnK0lzbUIZM05PT3VjdytYdz09>  
Meeting ID: 836 8755 5756  
Passcode: 949388



### Parent Carer Peer Support

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



## 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.



### Summer Special: Abba Reunion Tribute Show at Trentham Gardens

(you can take your own chair, blanket and a picnic in with you)

The Trentham Estate, Stone Road, Trentham, Stoke-On-Trent, ST4 8JG

Friday 5th July (meet at entrance at 6.00pm)

Tickets are limited and will be allocated on a first come first served basis.



### Carers Breakfast

Wetherspoons, 53 High Street, Cheadle, ST10 1AR

Tuesday 16th July, 10.30am

Join us for breakfast and a catch up!



### Tenpin Bowling and meal deal!

Festival Park, Stoke-on-Trent, ST1 5SP

Thursday 19th September, 1.00pm (please arrive at 12.45pm)

Enjoy a game of bowling and a burger and let's have some fun!



### Carers Brunch

The Globe Inn, Lower Gungate, Tamworth, Staffordshire, B79 7AT

Wednesday 25th September 11.30am-1.30pm

Join us for brunch and a catch up!

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



## 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!

You can apply here: <https://www.n-compass.org.uk/our-services/carers/staffordshire-together-for-carers-service>

Application deadlines are:

**Friday 5th July 2024**  
**Friday 4th October 2024**

## 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](mailto: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](http://alzheimers.org.uk) as well as our online community Talking Point

Here for everyone  
affected by dementia  
[alzheimers.org.uk](http://alzheimers.org.uk)

Get in touch today

[staffordshire@alzheimers.org.uk](mailto:staffordshire@alzheimers.org.uk)





# Monthly Alzheimer's Support Evenings

## The Staffordshire Charity making a difference to local people

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



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

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

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

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

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

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

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



[www.themasegroup.com](http://www.themasegroup.com)

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



Tel No: 01782 214999

Carers Support Group

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

2024  
Tuesday

10.30am - 12.30pm

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



Tel No: 01782 214999

Carers Support Group

The Madeley Centre  
New Road  
Madeley  
Crewe, CW3 9DN

TOTALLY STOKED

2024  
Wednesday

10.30am - 12.30pm

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



Tel No: 01782 214999

Carers Support Group

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

2024  
Thursday

10.30am - 12.30pm

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



## 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.



### How to register

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

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

# STAFFORD & DISTRICT CARERS

## HOLIDAY TRUST



Registered Charity 1191031



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



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

**Everyone at the charity is unpaid.**

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

**Due to ill health, office contact hours are now:  
Tuesday & Friday 10am – 5pm.**



For more information, please contact:

**John on 07843 965935**

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



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

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



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

Call: 01782 413101

<http://www.changes.org.uk/>

Childline:

Call: 0800 1111

<https://www.childline.org.uk/>

Crime Stoppers:

Call: 0800 555 111

<https://crimestoppers-uk.org/>

Disability Solutions West Midlands:

Call: 01782 638300

<https://disabilitysolutions.org.uk/>

FGM Helpline — NSPCC:

Call: 0800 028 3550

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/>

MIND Helpline — Mental Health Advice Line:

Call: 0330 123 3393

<https://www.mind.org.uk/>

National Domestic Abuse helpline:

(The freephone, 24-hour National Domestic Abuse)

Call: 0808 2000 247

<https://www.nationaldahelpline.org.uk/>

North Staffs Mind:

Call: 01782 262100

<https://nsmind.org.uk/>

Parkinson's UK — Staffordshire Branch:

Call: 0808 800 0303

<https://localsupport.parkinsons.org.uk/provider/stafford-branch>

Rethink — Advice Service:

Call: 0808 801 0525

<https://www.rethink.org/>

Samaritans:

Call: 116 123

Staffordshire Women's Aid:

Call: 0300 330 5959

<https://www.staffordshirewomensaid.org/>

Switch — LGBT Helpline:

Call: 0330 330 0630

<https://switchboard.lgbt/>

Victim Support:

Call: 0808 1689 111

<https://www.victimsupport.org.uk/>



Staffordshire  
Together for Carers  
Service

Summer Edition 2024



Young  
Carers

Newsletter



Welcome  
to the

14<sup>th</sup>

Staffordshire  
Together for  
Carers Service  
Newsletter

## Dear Young Carers and families,

Since our last newsletter we have had trips to the farm, outward bound activities at Whitemoor lakes and been to the circus! Alongside this we have seen two new term time groups, one in Staffordshire Moorlands and one in South Staffordshire. We have also established a new monthly term time group in Cannock district for 12+ young carers. Please see details on our after-school activities pages.

This summer we have a variety of activities for young carers to get involved in, including activity days and trips, as well as usual term time groups and monthly zoom sessions. We are also keen to support as many young carers access HAF (Healthy Activities and Food) activities as possible, see page 10 for further details.

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](http://www.staffordshiretogetherforcarers.org.uk)

Email: [youngcarers@staffordshiretogetherforcarers.org.uk](mailto: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](mailto:firstcontactcarers@staffordshire.gov.uk)**

# What we've been up to



Met George the Tortoise!



Crafted!



Hugged Llamas!

Played sports!

Played games!



Had a Zoom session!



Stood on the stage!



Designed sets!



Ran races!

## 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.



### 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

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

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

**Dates:** Monday 8th July, & Monday 9th September

**Time:** 4.30pm-6.30pm

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

#### Cannock Chase \*NEW AGE GROUPS\*

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

##### Aged 6-12

Wednesday 10th July &

Wednesday 25th September

**Time:** 4.30pm-6.30pm

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

##### Aged 12+

Wednesday 3rd July &

Wednesday 4th September

**Time:** 4.30pm-6.30pm

**Location:** Rugeley Community Centre, Burnthill Ln, Rugeley WS15 2HX



#### 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!

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

**Dates:** Wednesday 17th July, Wednesday 11th September

**Time:** 5.15pm-6.45pm



#### Newcastle-under-Lyme

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

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

**Location:** New Vic Theatre, Etruria Road, Newcastle-under-Lyme, ST5 0JG

**Dates:** Tuesday 16th July & Tuesday 17th September

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



#### Stafford

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

**Every second Tuesday of the month in term time.**

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

**Dates:** Tuesday 9th July, Tuesday 10th September

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

#### Staffordshire Moorlands \*NEW GROUP\*

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.**

**Location:** Cheddleton Community Centre Hollow Ln, Cheddleton, Leek, ST13 7LF

**Date:** Tuesday 24th September **Time:** 4.30pm-6.30pm



#### South Staffordshire \*NEW GROUP\*

Take part in arts and craft, 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! July will include a summer barbecue!

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

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

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

**Dates:** Monday 15th July & Monday 16th September **Time:** 4.30pm-6.30pm

## Zoom Activities

Our zoom sessions 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 July, Thursday 19th  
September

## Summer Holiday Activities

Please note places on activities and trips are limited, we will process bookings to try and ensure every young carer who wants to has access to one activity day (including Create) and one trip. The booking form will ask you to indicate preference.

### Activity Days

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:** Cheddleton Community Centre Hollow Ln, Cheddleton, Leek ST13 7LF  
**Date:** Tuesday 30th July, 10.30am-3.30pm  
**Aged:** 6-16 years



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

**Location:** New Vic Theatre, Etruria Road, Newcastle Under Lyme, ST5 0JG  
**Date:** Thursday 8th August, 10.30am-3.30pm  
**Aged:** 6-14 years



Meet in a group, have time for a chat and catch up, then take part in a variety of games, crafts and sports with our friends at Burton Albion!

**Location:** Burton Albion Community Hub, Casey Lane, Burton-upon-Trent, DE14 2ER  
**Date:** Tuesday 6th August, 10.30am-3.30pm  
**Aged:** 6-16 years



## Create

Join us for a 3 day animation workshop working with an animation artist to create your own mini films.

**Location:** Heart of Tamworth, Sacred Heart House, Silver Link Rd, Glascote Heath, Tamworth B77 2EA

**Date:** 20th, 21st and 22nd August, 10.30am-3.30pm (you must be available for all 3 days)

**Aged:** 7-11 years



## Summer Trips

### Cinema meet ups

Join us with aged 13+ young carers for a trip to the cinema to see a summer blockbuster!

**Location:** Odeon, Waterfront Way, Stafford ST16 2HQ

**Date:** Wednesday 24th or Thursday 25th July (film times dependant)

**Aged:** 13+ years

**Location:** Cinebowl, Town Meadows Way, Uttoxeter

**Date:** Wednesday 28th August (film times dependant)

**Aged:** 13+ years

### Rodbaston

Join us at the mini zoo to meet and learn about different animals from meerkats and marmosets, cockroaches and caiman!

**Date:** Wednesday 14th August, 10.30am-2.30pm

**Aged:** 5-12 years



### Trentham Monkey Forest

Join us on a woodland walk to meet the monkeys, watch feeding time and play in the play area and have a picnic!

**Date:** Thursday 29th August, 10.30am-2.30pm

**Aged:** 5-12 years



### Stoke City

Join us for a Football/Sports session, an SCFC Careers Workshop and a Bet365 stadium tour.



**Date:** Thursday 15th August, 10.30am-2.30pm

**Aged:** 8-16 years

**Location:** Stoke City, Bet365 Stadium

### Wolverhampton Wanderers

Join us for a Football/Sports session, and a tour of the Molineux Stadium.



**Date:** Thursday 1st August, 10.30am-2.30pm

**Aged:** 8-16 years

**Location:** Molineux Stadium



## HAF

The Staffordshire County Council HAF (Healthy Activities and food) Programme will be run by different holiday clubs in your local area starting throughout the Summer Holidays. You can mix and match activities using different holiday clubs, or book with just one club.

We can provide a unique HAF code for young carers to access this provision if they do not meet the usual criteria of means tested free school meals.

Please get in touch with us to access this offer.



## Young Carers Well-being

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

### Counselling

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



### Changes

We work with Changes, who offer young carers 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.

