

Winter/Spring Edition 2025/2026



Staffordshire
Together for Carers
Service

Newsletter



Welcome
to the
20th

Staffordshire
Together for Carers
Service Newsletter

n|compass
towards a **brighter** future

 Staffordshire
County Council

NHS
Staffordshire and
Stoke-on-Trent
Integrated Care Board

Registered Charity No. 1128809

Welcome to the 20th Staffordshire Together for Carers Service newsletter.

Happy New Year from the Team!

As we say goodbye to 2025 and welcome in 2026, we want to take a moment to thank each one of you for your continued support.

2025 was a year of connection, learning, and growth and we hope 2026 will be just as amazing. We look forward to seeing even more of you at our groups and activities in the coming year.

As we look ahead, we'd love to welcome **new carers** to join our **Carers Forum** and the **Staffordshire Carers Partnership Board**. Your voice matters, and you can **really make a difference** in shaping support and services for carers across the County.

Thank you again for being part of this journey. Wishing you all a joyful, healthy, and inspiring New Year!

Wishing you well,

Staffordshire Together for Carers Service team.



**Staffordshire
Together for Carers
Service**



Your Information, Your Voice

How We Use and Protect Your Data

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

We're always clear that:

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

By registering with us, you agree to this.

To help you understand more:

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

Staffordshire Together for Carers Service offers

- A dedicated support worker who will help you to identify actions to improve your wellbeing
- One-to-one and group-based support
- Information, advice and guidance on a range of matters relevant to your caring role
- Support to access community resources, networks and services
- Support to take breaks from caring, including befriending and peer support
- 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
- Volunteering opportunities as 'Friends of Staffordshire Together for Carers'



**Staffordshire
Together for Carers
Service**

Working in Partnership with:

**citizens
advice**

**Staffordshire North
& Stoke-on-Trent**



**catch
22**

Contact Us Today



Opening Times:
Monday to Friday 9.00am to 5.00pm



Telephone: 0300 303 0621



General Email: enquiries@staffordshiretogetherforcarers.org.uk



Activity Booking: activities@staffordshiretogetherforcarers.org.uk



Website: www.staffordshiretogetherforcarers.org.uk



Address: FREEPOST Staffordshire Together for Carers Service



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

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

You can also access our...

Contingency Guide

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

Carers Community Network

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



Please contact the Service Access Team on 0345 688 7113 who will be happy to support you with this. You will just need to provide them with your name and email address.

Facebook

Please look at <https://www.facebook.com/ST4CS> "like" and "follow" our Facebook page by logging into Facebook and searching for Staffordshire Together for Carers Service by following the link: To get up to date information on our activities, events and other useful information, please join our private group for adult carers <https://www.facebook.com/groups/1644398985765072>



You can also access our



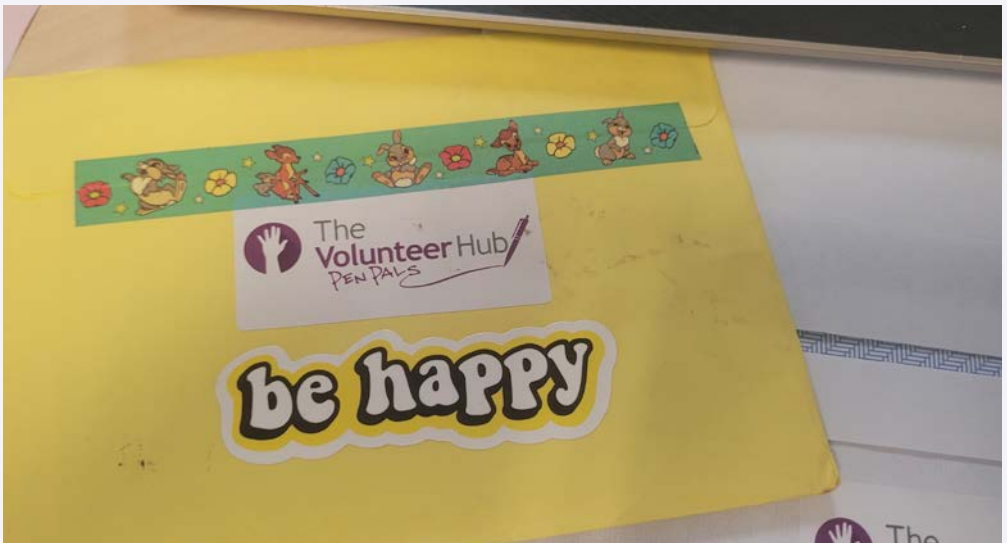
Staffordshire Together for Carers Service has several volunteer roles designed to support carers to give back to their community. If you are interested in hearing more, we would love to hear from you!

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



Do you prefer the written word to 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 on 07710 171832 or email volunteering@n-compass.org.uk



Carers' Coproduction

Carers' Forum

Our Carers' Forum met in October to consider the latest round of applications to the Carer Grant Fund. The Forum also provides feedback about our services, what is working well and what could work better, and brand-new ideas for us to consider and action!

If you would like to join the Carers' Forum 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
michelle.jones@staffordshiretogetherforcarers.org.uk



Staffordshire
Together for Carers
Service

Learning Disability, Autism and Adult Social Care Carers Forum

Are you the parent or carer for an adult with a learning disability and/or autism? Do you want to influence and improve the services they receive from the Council? If so, you are just the sort of person we are looking for.

We are the Adult Social Care Carers Forum, and we are looking for new members.

If you would like further information or a chat about joining the Forum contact
healthandcare@staffordshire.gov.uk

Would you like to join Night Owls in their craft sessions?

To book your place please call Gill or Lisa
which can be found at the bottom of the poster.

Night Owls

8 FREE WEEKLY
ONLINE
'CRAFTING SESSIONS
FOR CARERS
VIA ZOOM

Starts :Tuesday 3rd February -
Tuesday 24th March
6:30pm - 8:00pm

Lets have fun together crafting
No Experience required
Free Resources
delivered to your door

To book your place



Contact
'Gill 07792121455
or
'Lisa 07792120541

Community
Ventures



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 Natter 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 9th January 2026

To find out more about our Carer's Grant Scheme please go to:



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

or email

caz.gotham@staffordshiretogetherforcarers.org.uk
for further information.

Dementia Caring – Carers Groups

Dementia Caring is a small charity supporting people living with dementia across Lichfield and Tamworth. We run carers groups for those caring for a person with dementia in the Lichfield and Tamworth Areas.

Following grants from Staffordshire Together For Carers over the last 18 months we have been able to establish 3 carers groups. At our monthly groups in Lichfield and Tamworth we offer carers the chance to enjoy peer support over a cuppa with fellow carers, share advice, talk in a safe environment and discuss issues with our experienced volunteers and visiting professionals. Both groups are free and open to all dementia carers whether their “cared for” is in residential care or living at home; we also provide support so carers can bring their “cared for” to the sessions but still talk confidentially and benefit from respite.



These take place from:

Lichfield Group

11.00am - 12.30pm

**On the last Tuesday
of the month**

Queens Head, Queen Street,
Lichfield, WS13 6QD

Tamworth Group

6.30pm - 8.00pm

**On the second Monday
of the month**

St Peter's Church
& Community Centre,
Hawksworth, Glascote,
Tamworth, B77 2HH

**Both are drop-in sessions to which carers can either
self-refer or contact our Project Manager, Angela on:
07477 660774 or angela.brookes@dementiacaring.org.uk**

Our third group runs weekly alongside our Time Out Club at:

2.30pm - 4.30pm

On Thursday Afternoons

St Peter's Church & Community Centre,
Hawksworth, Glascote, Tamworth, B77 2HH

Here we offer carers a free yoga session, peer support session and advice from professional teams from the NHS and VCSE sector, alongside 2 hours of respite. Access to this group is paired with membership of the Time Out Club and is limited to 12 members. Enquiries can be made to our Project Manager Angela Brookes.



Digital Resources for Carers and Emergency Support

In the UK, if you're registered on the Priority Services Register (PSR) even if you're not currently paying for your utilities, you can receive extra support during electricity, gas, or water outages.

Equipment Support

Medequip Staffordshire Contact Centre



If you have equipment provided by the hospital, social care, or an occupational therapist, Medequip can assist if it breaks down. Look for a Medequip sticker on the equipment.

Monday to Friday: 9.00am 6.00pm,
Saturday: 1.00pm- 6.00pm
or Phone: **01785 273950**

Water Supply Support South Staffs Water Priority Services Register

Helps vulnerable customers during water supply issues.

Leaflet: [Leaflet.pdf](#)

Register Online: www.south-staffs-water.co.uk/register-for-extra-help

Phone: **0345 607 0456**

Power Cuts National Grid Priority Services Register

The National Grid's Priority Services Register (PSR) provides extra help and additional support during a power cut for elderly, very ill or disabled people, or those who rely on power for medical equipment. While power cuts can still happen, they will do everything we can to keep you connected. This could include arranging alternative power, crisis packs, food and shelter and other means of support.

Info: <https://customer.nationalgrid.co.uk/advice-and-guidance/priority-services>

Phone: **0800 032 8301**



Family Hub
Staffordshire

 **Staffordshire**
County Council

Family Hubs offer Information Advice and Guidance for Families whilst bringing together different services to make it easier for them to get the right help, at the right time in the right place.

You can get support from a family hub if you're:

- a parent or carer of a child aged 0 to 19, or 25 with special educational needs or a disability
- pregnant
- a young person up to the age of 19, or up to 25 for a young person with special educational needs or a disability.

Family hubs offer, or can help you access services including:

- physical and mental health
- housing and debt advice
- youth services
- domestic abuse support
- parenting classes
- midwifery
- health visiting
- infant feeding advice
- perinatal mental health support
- other services run by charities and local groups



Holidays Activities
& Food



Household
Support Fund






Groupwork



Bump to Toddler
Pathway



Family Hub
Staffordshire

-  Right help.
-  Right time.
-  Right place.

Search **Family Hub**
Staffordshire to get the
support you deserve.

Activities and Events

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

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

Walk and Talks

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



Westport Lake Visitor Centre

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

Tuesday 13th January
1.00pm - 3.00pm

Wolseley Bridge Visitor Centre

Wolseley Bridge
ST17 0WT

Tuesday 10th February
1.00pm - 3.00pm

National Arboretum

Croxall Road
Alrewas
Burton-upon Trent,
DE13 7AR

Thursday 12th March
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

Coffee & Chats

Come and meet other carers whilst enjoying a cuppa!

These sessions are an opportunity to meet and chat with other carers, speak to a Carers Information and Support Officer and take a well-earned break from your caring role whilst enjoying a cup of tea or coffee and a biscuit (or two!).



New Evening Group!

We will be hosting an evening Coffee & Chat session at:

Pye Green Community Centre

Meeting Room 1
Bradbury Lane
Hednesford
WS12 4EP

Tuesday 17th February

6.30pm - 7.30pm

These sessions are an opportunity to meet and chat with other carers, speak to a Carers Information and Support Officer and take a well-earned break from your caring role whilst enjoying a cup of tea or coffee and a biscuit (or two!).

Training and Activities

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

Training session and speakers will be scheduled for **10.30am/11.00am - 12.30pm** to allow for a drink and a chat first!



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

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

Coffee and Chat Calendar



Cannock Chase	Lichfield	Tamworth	East Staffs	East Staffs
Pye Green Community Centre Meeting Room 1 Bradbury Lane Hednesford WS12 4EP	Beacon Park Village Lower Sandford Street, Lichfield WS13 6JN	St Peter's Church & Community Centre Hawksworth, Silver Link Road Tamworth District B77 2HH	Waitrose Community Room Trinity Road Uttoxeter ST14 8AQ	Burton Library Room 1 1 High Street Burton DE14 1AH
10.00pm to 12.00pm	10.00am to 12.00pm	10.00am to 12.00pm	13.00pm to 15.00pm	10.00am to 12.00pm
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
27th January (Healthwatch)	6th January (Healthwatch)	14th January (Healthwatch)	20th January (Arthritis Action)	30th January (Healthwatch)
17th February 6.30pm - 7.30pm (Evening Coffee & Chat)	3rd February (Arthritis Action)	11th February (Arthritis Action)	17th February (Healthwatch)	27th February (Arthritis Action)
24th February (Intro to tech)	3rd March	11th March	17th March	27th March
31st March				

Newcastle under Lyme	Staffs Moorlands	Staffs Moorlands	Stafford	South Staffs
Bradwell Community Education Centre Riceyman Road Newcastle-under-Lyme ST5 8LF	Daisy Hays Retirement Village Ball Hays 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
10.00am to 12.00pm	10.00am to 12.00pm	10.00am to 12.00pm	10.00am to 12.00pm	10.00am to 12.00pm
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
29th January	14th January	6th January (Arthritis Action)	6th January	7th January (Intro to tech)
26th February	11th February	3rd February (Intro to tech)	3rd February (Healthwatch)	4th February
26th March (Arthritis Action)	11th March (Intro to tech)	Tuesday 3rd March	3rd March	4th March (First Aid)



Coffee & Chat Guest Speakers

We will be having some speakers attend our coffee & chats including:

Arthritis Action

At Arthritis Action our aim is to educate, empower and support those living with arthritis in managing their condition. We provide a lot of free resources and events to support individuals in self-management, including online groups, courses, webinars, and a podcast.



Cheadle Fire Station

Ashbourne Road,
Cheadle, ST10 1HF

Tuesday 6th January
10.00am - 12.00pm

Waitrose Community Room

Trinity Road,
Uttoxeter, ST14 8AQ

Tuesday 20th January
1.00pm - 3.00pm

Beacon Park Village

Lower Sandford Street,
Lichfield, WS13 6JN

Tuesday 3rd February,
10.00am - 12.00pm

Burton Library

Room 1, 1 High Street,
Burton, DE14 1AH

Friday 27th February
10.00am - 12.00pm

St Peter's Church & Community Centre

Hawksworth
Silver Link Road,
Tamworth, B77 2H

Wednesday 11th February
10.00am - 12.00pm

Bradwell Community Education Centre

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

Thursday 26th March,
10.00am - 12.00pm

You can find out more on our website: www.arthritisaction.org.uk



**Need help with your digital device?
AbilityNet are here to help!**

Carers have asked if Becky and Mohammed can come back from AbilityNet to their Coffee & Chat in Cannock & Codsall!

Whether you want to understand more about the basics of using your device, accessing the internet, emails, apps or you need help with something more specific, AbilityNet can provide free 1-2-1 support!

Trinity Methodist Church

Histons Hill, Codsall, WV8 2ER

**Wednesday 7th January
10.00am - 12.00pm**

Cheadle Fire Station

Ashbourne Road, Cheadle, ST10 1HF

**Tuesday 3rd February
10.00am - 12.00pm**

Pye Green Community Centre

Meeting Room 1, Bradbury Lane,
Hednesford, WS12 4EP

**Tuesday 24th February
10.00am - 12.00pm**

Bradwell Community Education Centre,

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

**Thursday 26th February
10.00am - 12.00pm**

Burton Library

Room 1, 1 High Street, Burton, DE14 1AH

**Friday 27th March
10.00am - 12.00pm**

For free 1-2-1 support call **0300 180 0028** or visit **abilitynet.org.uk/BTDigitalSkills**

Healthwatch

Dave will share with the group details of recent work Healthwatch has been doing on behalf of patients some of the changes that are happening in the NHS locally as well as listening to peoples' experiences of health and social care services.



Beacon Park Village

Lower Sandford Street,
Lichfield, WS13 6JN

Tuesday 6th January
10.00am - 12.00pm

St Peter's Church & Community Centre

Hawksworth Silver Link
Road, Tamworth, B77 2H

Wednesday 14th January
10.00am - 12.00pm

Pye Green Community Centre

Meeting Room 1,
Bradbury Lane,
Hednesford, WS12 4EP

Tuesday 27th January
10.00am - 12.00pm

Burton Library

Room 1, 1 High Street,
Burton, DE14 1AH

Friday 30th January
10.00am - 12.00pm

Cup a Cha

4-5 North Walls,
Stafford, ST16 3ADF

Tuesday 3rd February
10.00am - 12.00pm

Waitrose Community Room

Trinity Road,
Uttoxeter, ST14 8AQ

Tuesday 17th February
1.00pm - 3.00pm

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 your skills or refresh them. You will also have an opportunity ask any questions you may have about first aid too.



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:

Trinity Methodist Church

Histons Hill, Codsall, WV8 2ER

Wednesday 4th March 10.00am – 12.00pm

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

Zoom Activities for Carers

Distance Reiki

Weekly

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. No matter what you're facing, Reiki can offer support. Whether you're seeking relief from chronic pain, emotional distress, or simply want to enhance your overall well-being.



Seasonal Flow Yoga

Weekly

Every Wednesday 6.15pm - 7.30pm

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

Yoga Nidra

Weekly

Every Thursday 7.00pm

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



Carers' Wellbeing Peer Support Drop in

Weekly

Every Friday 10.30am - 11.30am

Delivered by Fiona, our Carers Wellbeing Coach, via MS Teams, this weekly wellbeing drop in is a chance to access peer support in a safe space to explore wellbeing and coping strategies.



Scan Here

To access any of our Yoga or Reiki sessions on Zoom please [click the link](#) here or scan the QR code to complete the short booking form and we will provide the Zoom link. The reply is not automated and it may take a couple of days for you to receive the Zoom link. The Zoom link will then remain the same each week.

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



Monthly Zoom Activities for Adult Carers

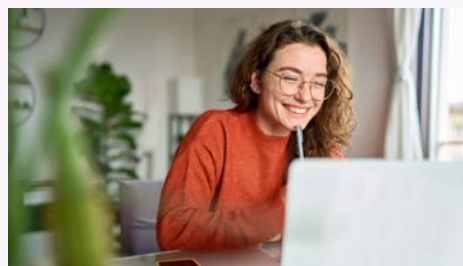
New! **Evening Coffee and Chat** Last Tuesday of the month 7.00pm - 8.00pm

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



To access this session on Zoom please complete this short booking form and we will be in touch to share the Zoom Link.

Evening Coffee & Chat via Zoom – Fill in form



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 Fiona, our Carers Wellbeing Coach.

To access this session on Zoom please complete this short booking form and we will be in touch to share the Zoom Link.

Mental Health Carers Support Group via Zoom – Fill in form

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

Adult Carer Special Events

Calming Sound Bath with Jo Fellow

Just the way to start your weekend. Calming Sound Bath to Relieve Stress Free. Let Jo Fellows guide you through a soothing sound bath with crystal bowls and chimes. Grab a blanket, then just lie back, listen and relax.

On Zoom

Calming Sounds Bath: Zoom Link

Meeting ID: 882 8651 3956

Passcode: 973470

Friday 9th January

7.00pm - 7.40pm



Carers' Breakfast

Join us for breakfast and a catch up! And enjoy a delicious breakfast on us!

Langans Tea Room,

Burton House George Street
Burton upon Trent DE14 1DP

Friday 16th January

10.00am - 12.00pm



Lotus Blossom

Once again, we are delighted to offer carers the opportunity to receive a relaxing treatment from Rebecca at Lotus Blossom to help carers unwind and have a bit of 'me time'. Carers can have either:

- A relaxing back massage
- A reflexology session

Rebecca has many years of experience, supporting carers and knows exactly how to release those knots. These lovely relaxing treatments can be provided in Burton and surrounding areas.



Carers are required to book this activity as we are sure these sessions will book up incredibly fast. Call **0300 303 0621** to book your session. Space are limited not many left.

Carers' Lunch

A Traditional Carvery and one drink in a lovely setting surrounded by friends.

The Radford Bank Inn Stonehouse

Radford Bank ST17 4PG

Wednesday 25th February

12.00pm - 2.00pm



Carers' Breakfast

Join us for breakfast and a catch up!
And enjoy a delicious breakfast on us!

Acorn Inn

12-18 Tamworth Street

Lichfield WS13 6JJ

Wednesday 25th February

10.00am - 12.00pm



Male Carers' Lunch

All male carers – whether you're a full-time, part-time, or occasional carer, you're welcome. Take a well-deserved break and join us for a relaxed afternoon of good food, good company, and great conversation.

Hedgford Lodge

Anglesey Lodge Anglesey Street

Hednesford Cannock WS12 1DL

Tuesday 10th February

12.00pm - 2.00pm



Paint & Sip

Entry to a 2-hour Sip & Paint session.

- All painting supplies and materials provided
- One hot or cold drink
- Guidance and hosting by Billie Jo

Francesca's Sip, Savour & Socialise in Style

138B Common Road

Wombourne WV5 0NB

Monday 9th March

11.00am - 1.00pm



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

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

Our Partners

Potteries MoneyWise

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

Our advisor is available for individual appointments between 9.00am-5.00pm, Monday to Friday. Once the appointment is booked, it usually takes place on the phone. However, we can also offer video calls or in-person appointments in your local area.

The first appointment takes up to an hour, during which we find out what help you need and gather some details about your financial situation. Then we can give you our best advice and explain how we can help. Our advisor will stay in contact whilst we work through the actions from the advice. We can keep in touch by post as well as by phone and email.



We offer personalised advice and support on:

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

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

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



Our Partners

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

Carefree

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

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.

Looking after someone?

Access
FREE online
resources
for carers

N-Compass with Carers UK

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

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

E-Learning & Videos

Practical learning and guidance for carers



Jointly

Care co-ordination app



Free publications

Guides and information from Carers UK



More Support

Helpful resources, tools and links to local services



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



Useful Information

Am I a Carer?

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

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

Carers might help with...

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

Carers Assessments

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

Carers' Assessments do exactly that!

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

What is a Carer's Assessment?

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

Where do they take place?

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

What are the benefits of a Carer's Assessment?

Why have one?

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

What support could I get?

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

The Assessment is free!

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

Who do I contact?



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



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



Email: firstcontactcarers@staffordshire.gov.uk

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

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



Adult Online Self-Assessment!



Useful Information

Benefits Platform

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

The three main sections on the platform are:

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

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

How to sign up:

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

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

Pension Credit

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

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





Discounts for Carers

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

discountsforcarers

discountsforcarers.com

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



mobilise
Together we care and thrive

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

A guide to all the discounts available to unpaid carers.

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: **07939 505455** or Michael: **07807 129722**



www.themasegroup.com

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



Supporting those affected by dementia

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



HOW CAN WE HELP?



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



www.approachstaffordshire.co.uk



01782 214999



enquiries@approachstaffordshire.co.uk

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

RCN: 1071613



The RBL Network for Carers aims to help carers in the Armed Forces community feel less lonely and isolated. These peer-to-peer social groups will connect carers so they can share experiences, build friendships and support one another.

This network will provide carers in the Armed Forces community with:

- Monthly face-to-face social group sessions, tailored to the interests of the members.
- Virtual social groups if attendance at a local group is not practical.
- The opportunity to have conversations with an RBL representative to find out how they can be supported.
- Sessions held at a range of venues with an Armed Forces connection such as local military museums and the National Memorial Arboretum.

If you're interested in attending one of our groups, or volunteering for them, please visit **Rbl.org.uk/networkforcarers** to register your interest.

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

STAFFORD & DISTRICT CARERS HOLIDAY TRUST



Registered Charity 1191031



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



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

Everyone at the charity is unpaid.

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

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



For more information, please contact:

John on 07843 965935

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



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

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



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

Useful Numbers

Emergency Services

Police, Fire or Ambulance - 999

NHS- 111

Non-Emergency Services - 101

Action Fraud

0300 123 2040

www.actionfraud.police.uk

Age UK Staffordshire:

01785 788477

www.ageuk.org.uk/staffordshire

Alzheimer's Society

0333 150 3456

www.alzheimers.org.uk

Approach Staffordshire

01782 214999

approachstaffordshire.co.uk

Arthritis Action

020 3781 7120

www.arthritisaction.org.uk/

Catch22 - Support Services for children who have been reported missing or children at risk of exploitation

01782 237106

catch22cse@catch-22.org.uk

Changes - Health & Wellbeing

01782 413101

www.changes.org.uk

Childline

0800 1111

www.childline.org.uk

Crime Stoppers

0800 555 111

crimestoppers-uk.org

Disability Solutions West Midlands:

01782 638300

disabilitysolutions.org.uk

FGM Helpline - NSPCC:

0800 028 3550

www.nspcc.org.uk/what-is-childabuse/types-of-abuse/female-genital-mutilation-Fgm/

MIND Helpline

- Mental Health Advice Line

0330 123 3393

www.mind.org.uk

National Domestic Abuse helpline

(The freephone, 24-hour National Domestic Abuse)

0808 2000 247

www.nationaldahelpline.org.uk

North Staffs Mind

01782 262100

nsmind.org.uk

Parkinson's UK - Staffordshire Branch

0808 800 0303

localsupport.parkinsons.org.uk/provider/stafford-branch

Rethink - Advice Service

0808 801 0525

www.rethink.org

Samaritans:

116 123

www.samaritans.org

Staffordshire Women's Aid

0300 330 5959

www.staffordshirewomensaid.org

Switch - LGBT Helpline

0330 330 0630

switchboard.lgbt

Victim Support

0808 1689 111

www.victimsupport.org.uk



Your Feedback

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

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

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

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

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





Staffordshire
Together for Carers
Service

Winter/Spring Edition 2025/26



Young Carers

Newsletter



Welcome
to
the **20th**

Staffordshire
Together for Carers
Service Newsletter

n|compass
towards a brighter future

 Staffordshire
County Council

NHS
Staffordshire and
Stoke-on-Trent
Integrated Care Board

Registered Charity No. 1128809

Dear young carers and families,

We would like to warmly wish all our young carers and families alike a very happy new year! This time of year, always gets you thinking about what has passed us by and all the exciting new things to come, this is no different in the young carers team! The past year we have welcomed more young carers and their families to more events, activities and groups as well as new members of the team. We have had so much fun over the past year going to various trips such as the farm, horse riding, creative projects, movie days and more! We cannot wait to see what the next 12 months brings, and we can't wait to bring you all along for the ride.

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.



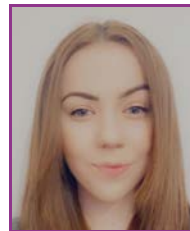
**Judith
Beiszley**

Family Carers
Practitioner



**Georgia
Farrington**

Young Carers
Team Leader



**Katie
Lloyd**

Family Carers
Practitioner



**Riley
Webb**

Young Carers
Practitioner




**Ellie
Robinson**

Family Carers
Practitioner

Get in touch

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


 **Telephone: 0300 303 0621**

 **Email: youngcarers@staffordshiretogetherforcarers.org.uk**

 **Website: www.staffordshiretogetherforcarers.org.uk**

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

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

 Follow us on Instagram for updates, advice, and support for young carers 14+: **www.instagram.com/st4youngcarers**. Please Like and Follow to get the conversation going!

What we do

Staffordshire Together for Carers Service helps to ensure that young carers between the ages of 5 and 18 years old are identified and provided with support in their caring role. We provide support from a dedicated Young Carers Practitioner or Family Carers Practitioner who through one-to-one support can:

- Listen to you and help you and your family to think about what would make a difference.
- Give you information about the illness or disability of the person you care for.
- Help you get advice and support for the person you care for.
- Help you to get in touch with other services.
- Help you to access support in school or college.
- Help you be listened to and have your voice heard.
- Talk to you about ways in which you can take a break from your caring role and have some fun by supporting you to access groups and activities.

If you would like to hear more about this support, please follow this link to our website and scroll down to watch the video all about our support for young carers.

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

Young Carers Assessments



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

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

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

What is a Young Carer's Assessment?

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

What happens after?

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

Who do I contact?!



Phone: 0300 111 8010 to speak to Staffordshire Cares!



Email: firstcontactcarers@staffordshire.gov.uk

What we've been up to



SPORTING FUN



CREATING WITH FRIENDS





Activities and Groups for Young Carers

Welcome to our Activity Pages!

Here you will find after-school activities, school holiday activities, parent and young carer events and our Zoom sessions.

To book any of our activities, please use [this link](#) to our booking form or scan the QR code to complete the short form.



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

Zoom Activities

Our zoom sessions run on the 3rd Thursday every two months. These sessions are ideal for young carers aged 5+ years to get involved in activities with other young carers from home. Please use the same booking form linked above to sign up and a Zoom link will be sent to you. A pack of resources will be given/ sent out ahead of the session.



Thursday 15th January, Thursday 19th March

PRIMARY AGED: 4.15pm - 5.00pm

SECONDARY AGED 5.00pm - 5.45pm

After School Activities

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



Burton-upon-Trent

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

Second Monday of the month in term time.

4.30pm - 6.30pm

Monday 12th January

Monday 9th February

Monday 9th March

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



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!

Second Wednesday of the month in term time.

5.15pm - 6.45pm

Wednesday 14th January

Wednesday 11th February

Wednesday 11th March

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



Cannock Chase

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

AGED 6 - 12

Third Wednesday of the month in term time.

4.30pm - 6.30pm

Wednesday 21st January

Wednesday 18th March

(No group in February)

**Rugeley Community Centre,
Burnthill Lane, Rugeley WS15 2HX**



AGED 12+

First Wednesday of the month in term time.

4.30pm - 6.30pm

Wednesday 7th January

Wednesday 4th February

Wednesday 4th March

**Rugeley Community Centre,
Burnthill Lane, Rugeley WS15 2HX**

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!



Third Tuesday of the month in term time.

Tuesday 20th January, Tuesday 17th March, (No group in February)

PRIMARY AGED: 4.30pm - 5.45pm

SECONDARY AGED: 6.15pm - 7.30pm

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

Stafford

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

Second Tuesday of the month in term time.

Tuesday 13th January

Tuesday 10th February

Tuesday 10th March

PRIMARY AGED: 4.30pm - 5.45pm

SECONDARY AGED: 6.15pm - 7.30pm

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



South Staffordshire

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

Second Monday of the month in term time.

Monday 19th January

Monday 16th March

(No group in February)

4.30pm - 6.30pm

**Jubilee Meadows,
Trysull Road, WV5 8DQ**

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

Staffordshire Moorlands

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



Last Tuesday of the month in term time.

**Tuesday 27th January, Tuesday 24th February, Tuesday 31st March
4.30pm - 6.30pm**

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



February Half Term 2026

Ages 9 - 13

CREATE- 3-day sculpture project

During the project your child will have the opportunity to work alongside a real artist to create weird and wonderful creations using mixed media materials to create amazing sculptures. This could include working with clay, cardboard, everyday materials.

We can't wait to see what they CREATE!

10.30am - 3.30pm

Tuesday 17th February

Wednesday 18th February

Thursday 19th February

You must be available for all 3 days to get the most out of the project.

South Staffordshire
venue to be confirmed

All ages

Odeon Cinema Tamworth

Join us for a day at the movies, cozy up with some popcorn and friends and get ready for a cinematic experience.

Film Times Dependent

Either

**Wednesday 18th February
or Thursday 19th February**

**50 Bolebridge Street,
Tamworth, B79 7PB**





Young Carers Wellbeing

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

Counselling

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



Changes

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



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