

Autumn Edition 2025



Staffordshire
Together for Carers
Service

Newsletter



Welcome
to the

19th

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 19th Staffordshire Together for Carers Service Newsletter

As we say goodbye to the long days of summer and welcome the crisp, colourful days of autumn, we want to reassure all our carers that our commitment to supporting you continues with the same energy and dedication. Whether you're newly registered or have been with us for some time, we're here to walk alongside you through every season.

In the coming months, we'll be offering a range of activities to help you relax, connect with others, and take a well-deserved break. Our **Coffee & Chat sessions** provide a friendly, informal space to meet fellow carers and share experiences. If you prefer being outdoors, our **Walk and Talk meetups** are a great way to enjoy gentle exercise and uplifting conversation.

We're also continuing to offer **training sessions** to help boost your confidence and build resilience in your caring role.

Plus, keep an eye out for our **one-off events** fun, engaging opportunities to try something new and focus on your own wellbeing.

As the festive season approaches, we know this time of year can bring mixed emotions. That's why we're planning seasonal activities and wellbeing support to help you feel connected and cared for.

We'd love for more carers to help shape services by joining our Carers Forum or the Staffordshire Carers Partnership Board. Your voice truly matters.

Thank you for all that you do. We look forward to seeing you soon!

Warm wishes,

Staffordshire Together for Carers Service team



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: <https://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**

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 for 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



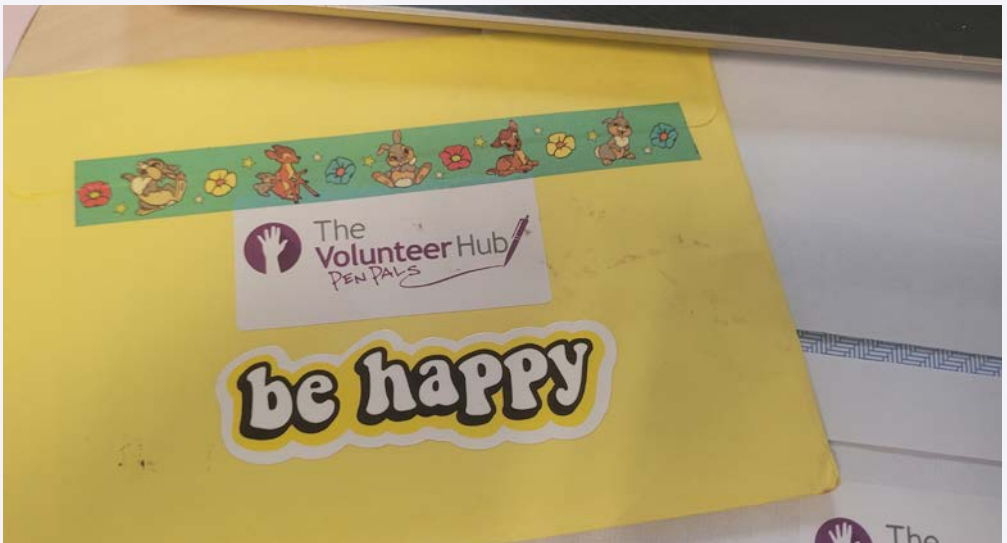
Staffordshire Together for Carers Service has several volunteer roles designed to support carers to give back to their community. If you are interested in hearing more, we would love to hear from you!

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



Midlands Partnership University NHS Foundation Trust's Patient and Carer Race Equality Framework (PCREF)

At MPFT, we are proud to be putting the Patient and Carer Race Equality Framework (PCREF) into practice.

PCREF is a national plan to improve mental health services offered by the NHS to people from racialised and ethnically diverse communities. It asks NHS Trusts to take clear, shared actions that are led by lived experience. It focuses on improving access, care and outcomes for people from racialised communities.

If you are passionate about influencing your local mental health services, why not join our diverse, supportive and inclusive Lived Experience Advisory Group? We welcome people (of any age) who are:

- Service users or carers/families/friends with lived experience of mental health
- From a racially or ethnically minoritised community

No prior knowledge is necessary - your lived experience is what matters and we'll provide all the support you need.

Here are the details of the next 2 meetings and a link to our form to join our network:

- Thursday 25th September, 4pm - 6.00pm
- Monday 27th October from 12noon -2pm

If you are interested in joining us or want more information, please contact: Fiona Burns - fiona.burns@mpft.nhs.uk

For more information about the PCREF work we are doing, contact: pcref@mpft.nhs.uk

MPFT Lived Experience Advisory
Group - Patient and Carer Race
Equality Framework (PCREF)



Robert's Story

by Adult Service Team Leader, Jane Carpenter

Attached are photos taken by Robert, you may ask why they are so significant, they really are significant because they represent a milestone for Robert one which is to be celebrated. There was a time when Robert's crippling anxiety would prevent him from enjoying social activities and even leaving the house, now he is being asked to attend events for his photography skills. So, what changed and how has it impacted him?



Robert is an unpaid carer, he has a full-time caring role for his Mum, who is bed bound. As a sole carer with full responsibility for Mum, Robert co-ordinates all aspects of his mum's care working alongside paid carers and professionals. As any unpaid carer will appreciate this is challenging enough but for Robert it is even more challenging due to his own health condition, which he must manage alongside his caring role. Through his childhood and adult life Robert knew he was different he struggled to socialise and interact with people, this has impacted Robert's education, work and all social aspects of his life, his struggles were attributed to anxiety and depression. After different ineffective treatments over several years, a mental health nurse identified that Robert had autistic traits, this started Robert on a different path of self-discovery, whilst also trying to manage in a care role that often exacerbated his traits. Further investigations/assessments were completed by the appropriate professionals and Robert finally received his official diagnoses this year. Robert's

autistic traits contribute to him being an extremely thorough carer, his attention to detail, his need to be highly organised means that Mum never runs short of anything, the house runs like clockwork organised via a daily timetable, which Robert adheres to. Robert's care role has often become all-consuming mentally, unable to switch off and worrying about things outside of his control, the need for everything to be just right has often left Robert mentally drained. As any unpaid carer will know, it is very rare to always have everything under control due to the unexpected nature of caring, cancelled appointments, carers not being able to make planned time slots, communication problems between organisations, navigating organisations to find the right person for the right support, being told different things



by different people. Robert found the unexpected issues of caring very hard to deal with, and would often be left feeling frustrated angry, isolated, and very anxious which in turn would make him even more focused on trying to prevent the unexpected Robert was stuck in cycle. However whilst working with Robert I have seen change and progress, with support from the mental health team, in particular, the mental health nurse who supported Robert to be assessed for autism, his close friends who will help provide replacement care, I have seen Robert develop into a sociable self-reflective person who wants to improve his social interaction skills, socialise, attend concerts, go for walks and take part in his hobbies. Robert has had to face his biggest fears and challenges to learn to enjoy downtime, to be more flexible with his timetable so that he can have relaxing time at home, and also to do fun things. Over time Robert has gained confidence and will often self-reflect on his reactions to different circumstances, he continues to work on managing his condition focusing on his communication skills and emotional reaction to those everyday challenges where flexibility is required. Robert told me that one day when his care role ends, he aims to go back into the world of work, but hopefully a world which now is able to adjust to neurodiversity and provide support as opposed to punishment.



Back to the photos, Robert has been asked to go back by the organisers to the next tribute concert they have scheduled, for Robert to do the photography for them in exchange for free entry and to meet the artist, Robert's short review below has also been published, and he is also supporting a dance instructor teach dance with a class of U3A members. This is all credit to Robert's hard work and effort. Carers are people with their own needs, behind every care role there is an individual unique story.

Review and photos by Robert King

- Celebrating George Michael

Just like one of George Michael's songs, Flawless, absolutely flawless. I have to say the night was something special from the start. This is no ordinary tribute act, far from it! I have seen many and every element of this one stands out far from the rest. Every detail was thought about from the song choice, the band, the projections, the story telling and the delivery of every number. The backing singers were impressive and blended superbly to Steve's vocals. Steve is a real showman and has a real passion for his art. Dave is a great musician and his vocals were amazing on, 'Don't let the sun go down on me'. The touching moment in the show was Steve asked the audience to remember George. I felt very moved that the band has given this special touch to the end of their show. I didn't leave the show disappointed and if you want to be entertained by true professionals this one is for you. So don't miss this one!!!! 9

Activities and Events

Welcome to our latest carers' activities programme. We have a varied programme of events running from October to December, from our regular Coffee and Chats and Walk and Talks to our one-off events 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 14th October
1.00pm - 3.00pm

Wolseley Bridge Visitor Centre

Wolseley Bridge
ST17 0WT

Tuesday 11th
November
1.00pm - 3.00pm

National Arboretum

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

Thursday 11th
December
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 11th November
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 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

Coffee and Chat Calender

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 St, Lichfield, WS13 6JN	St Peters Church & Community Ctre , Hawksworth, Silver Link Road, Tamworth District, B77 2HH	Waitrose Community Room , Trinity Rd, Uttoxeter, ST14 8AQ	Burton Library , Room 1 1 High Street, Burton, DE14 1AH
10.00am to 12.00pm	10.00am to 12.00pm	10.00am to 12.00pm	1.00pm to 3.00pm	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
Tuesday 28th October (Intro to Tech)	Tuesday 7th October (Alzheimer's Society)	Wednesday 8th October (Alzheimer's Society)	Tuesday 21st October (Free Wills Service)	Friday 31st October (Alzheimer's Society)
Tuesday 25th November (Xmas Card Making)	Tuesday 4th November	Wednesday 12th November	Tuesday 18th November (Introduction to Tech)	Friday 28th November (Changes)
Tuesday 16th December (not last Tuesday)	Tuesday 2nd December (Book Nook at 10.00am - 12.30pm)	Wednesday 17th December	Tuesday 16th December (to be held in cafe area)	Friday 19th December (Not last Friday) (Wreath Making at 10.30am)

Newcastle under Lyme	Staffs Moorlands	Staffs Moorlands	Stafford	South Staffs
Bradwell Community Education Centre , Riceyman Road, Newcastle-under-Lyme, ST5 8LF	Daisy Haye Retirement Village , Ball Haye Road, Leek, ST13 6AU	Cheadle Fire Station , Ashbourne Road, Cheadle, Staffordshire, ST10 1HF	Cup a Cha , 4-5 North Walls, Stafford, ST16 3AD	Trinity Methodist Church , Histons Hill, Codsall, Wolverhampton, WV8 2ER
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
Thursday 30th October (Free Wills Service)	Wednesday 8th October (Free Wills Service)	Tuesday 7th October (Free Wills Service)	Tuesday 7th October (Alzheimer's Society)	Wednesday 1st October (Alzheimer's Society)
Thursday 27th November (Intro to Tech)	Wednesday 12th November (Xmas Card Making)	Tuesday 4th November	Tuesday 4th November	Wednesday 5th November (Intro to Tech)
Thursday 18th December (not last Thursday) (Wreath Making at 10.30am)	Wednesday 3rd December (Not 2nd Wednesday) (Introduction to Tech)	Tuesday 2nd December	Tuesday 2nd December	Wednesday 3rd December

Training for Carers

Changes

Drop in to these Coffee and Chat sessions to meet Fiona, our Carers Wellbeing Coach, as part of our revamped partnership with Changes Health and Wellbeing. Fiona will be at these Coffee and Chats to share information about wellbeing with carers and speak to carers about what kind of wellbeing support would be useful to inform future planning.

Burton Library

Room 1 High Street
Burton, DE14 1AH

Friday 28th November
10.00am - 12.00pm



Free Make a Will Month - October

Join Lauren from Dougie Mac and once signed up you will get your free information pack and voucher.

During these sessions, the solicitors waive their usual fees for drafting or amending a basic will in exchange for a donation to the hospice or a gift in the will.

The sessions will be relaxed, fun and informative and will be held within a Coffee and Chat session at the following venues:

Cheadle Coffee & Chat

Cheadle Fire Station,
Ashbourne Road,
Cheadle, ST10 1HF

Tuesday 7th October
10.00am-12.00pm

Leek Coffee & Chat

Daisy Haye Retirement Village,
Ball Haye Road,
Leek, ST13 6AU

Wednesday 8th October
10.00am-12.00pm

Uttoxeter Coffee & Chat

Waitrose Community Room,
Trinity Rd,
Uttoxeter, ST14 8AQ

Tuesday 21st October
1.00pm-3.00pm

Bradwell Coffee & Chat

Bradwell Community Education Centre,
Riceyman Road,
Bradwell, ST5 8LF

Thursday 30th October
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**

Introduction to Tech

Hi, I'm Becky Lea and I'm a Digital Inclusion Trainer at AbilityNet. We're a charity which transforms the lives of older and disabled people and works to build a digital world that is accessible to all.

I want to tell you about an exciting new project I'm involved in, supporting disabled adults and people over the age of 55 in Stoke and surrounding areas to become more digitally skilled and confident.

All of us come across things we don't know how to do on our laptops, tablets or mobile phones. Increasingly, this means many of us feel left out – we can't book an appointment with the GP because they use an online booking system for instance. Or the local bank is closing but we don't know how to bank online. And we know there are people 'out there' we could connect with online but we're not sure how!

Having a caring role can make this more difficult but by working with Staffordshire Together 4 Carers, I'd like to make it really easy for you to get the most out of your phone, tablet or laptop while staying safer online. Between October and December, I'll be joining ST4C Coffee and Chat sessions to answer any questions you've got about your device, share hints and tips and show you ways you can avoid getting scammed.

The project is a partnership between AbilityNet and BT Group so sessions are free to join.

Please feel free to bring along your devices.



Waitrose Community Room

Trinity Road,
Uttoxeter, ST14 8AQ

**Tuesday 18th November
1.00pm-3.00pm**

Trinity Methodist Church

Histons Hill,
Codsall, WV8 2ER

**Wednesday
5th November
10.00am-12.00pm**

Daisy Hays Retirement Village

Ball Hays Road,
Leek, ST13 6AU

**Wednesday
3rd December,
10.00am-12.00pm**

Pye Green Community Centre

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

**Tuesday 28th October
10.00am-12.00pm**

Bradwell Community Education Centre

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

**Thursday 27th November
10.00am-12.00pm**

Online Activities for Adult Carers

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. **Some sessions may be subject to change and any changes will be communicated via email.** For further information or support please email activities@staffordshiretogetherforcarers.org.uk

Weekly Sessions

Distance Reiki

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

To access any of our Yoga or Reiki Zoom sessions please [click the link here](#) or scan the QR code to complete this short booking form and we will provide the Zoom Link. For further information or support please email activities@staffordshiretogetherforcarers.org.uk



Scan Here

Seasonal Flow Yoga

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

To access any of our Yoga or Reiki Zoom sessions pick [click the link here](#) or scan the QR code to complete this short booking form and we will provide the Zoom Link. For further information or support please email activities@staffordshiretogetherforcarers.org.uk



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Yoga Nidra

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 - its relaxing, there’s a sense of community and belonging and an empathy for our situation as carers without having to explain everything.” Carer



Scan Here

To access any of our Yoga or Reiki Zoom sessions pick [click the link here](#) or scan the QR code to complete this short booking form and we will provide the Zoom Link. For further information or support please email activities@staffordshiretogetherforcarers.org.uk

Carers Wellbeing Peer Support Drop in

Every Friday 10.30am-11.30am
(please note, there will be no session
on 28th November at Burton)

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

To access this session on Zoom [please click here](#) or email activities@staffordshiretogetherforcarers.org.uk and complete this short booking form and we will be in touch to share the Zoom Link

Monthly Zoom Activities for Adult Carers

Caz's Quiz

Second Monday of the month 11.00am - 12.30pm

It's quiz time! Grab your coffee and join us for our monthly quiz – a fun break filled with questions, laughs, and a little friendly competition!

Zoom Link

<https://us06web.zoom.us/j/82456782347?pwd=QnJe7Qa7Y5DPe9a9Lv5qVwj4Sgrmc.1>

Meeting ID

824 5678 2347

Password

168494



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Mental Health Carers 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 Fiona, our Carers Wellbeing Coach.

Zoom Link

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

Meeting ID

836 8755 5756

Password

949388



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Evening Coffee and Chat

Last Tuesday of the month 7.00pm-8.00pm

Join other parent 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.

Zoom Link

<https://us06web.zoom.us/j/86939342507?pwd=uJ2mrVk2hG0Ue8ic2rbcsmaXJVjshn.1>

Meeting ID

869 3934 2507

Password

032791



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Adult Carer Special Events



Please come and join us for a special event. Our events are for carers only to ensure you can have a break from your role. We ask that you only book on to ONE event to ensure every carer has a chance to take a break.

Male Carer Breakfast

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 morning of good food, good company, and great conversation.

The Hedgeford Lodge

Anglesey Lodge,
Anglesey Street, Hednesford,
Cannock, WS12 1DL

Thursday 16th October
10.00am-12.00pm

The Book Nook

A book nook is a small, diorama like scene designed to fit between books on a shelf. These miniature worlds often depict, detailed, imaginative scenes, such as forests, magical settings or even a shed creating the illusion of a hidden world within the bookshelf. They are crafted to add an element of surprise and an artistic charm to a book collection.

Beacon Park Village

Lower Sandford Street,
Lichfield, WS13 6JN

Tuesday 2nd December
10.00am-12.30pm



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



Christmas Card Making

Get into the festive spirit and unleash your creativity at our Christmas Card Making session! Come along for a fun, relaxed session where you can create beautiful handmade cards for friends, family, or those in need of some holiday cheer. No experience needed – just bring your festive spirit! Seasonal treats and warm drinks will be served. Spaces are limited, so book early to avoid missing out.

Daisy Haye Retirement Village

Ball Haye Road,
ST13 6AU

Wednesday 12th November
10.00am-12.00pm

Pye Green Community Centre Meeting Room 1

Bradbury Lane,
Hednesford,
WS12 4EP

Tuesday 25th November
10.00am-12.00pm

Wreath Making

Celebrate the season with creativity and good company at our Christmas Wreath Making event!

Join us for a fun and relaxing session where you'll create your very own festive wreath to take home. We'll provide all the greenery, decorations, and guidance – just bring your holiday spirit!

Seasonal treats and warm drinks will be served.

Spaces are limited, so book early to avoid missing out.

Bradwell Community Education Centre

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

Thursday 18th December
10.30am-12.30pm

Burton Library Room 1

High Street,
Burton,
DE14 1AH

Friday 19th December
10.30am-12.30pm





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 3rd October 2025

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.

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.

Carefree



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.

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 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 click on the link below.

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, Doug 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

Autumn Edition 2025



**Young
Carers**

Newsletter



Welcome
to
the **19th**

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 have absolutely loved supporting all our young carers this year and it is so lovely to see how much everyone has grown this year both physically and personally. We look forward to what next year brings. This summer we also partnered up with Enjoying Creativity Outdoors who are now delivering an arts and crafts afterschool group at our Rugeley group which has gone down a treat!

During Summer we had fun bowling with friends, acting and playing games as well as amazing trips to Gartmore Riding School where we spent the day horsing around and alpaca trekking with the long neck cuties at Knightly Alpaca Farm. There are lots more to come and we can't wait to see you all there!

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
Beizsley**

Family Carers
Practitioner



**Georgia
Farrington**

Young Carers
Team Leader



**Katie
Lloyd**

Family Carers
Practitioner



**Riley
Webb**

Young Carers
Practitioner



**Ellie
Robinson**

Family Carers
Practitioner
(Maternity Leave)

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



CINEMA TRIP





BOWLING



WALKED FURRY FRIENDS



FUN AT THE FARM



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.



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 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.



Thursday 16th October, Thursday 18th December (No session in September)

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!

Every second Monday of the month in term time

4.30pm - 6.30pm

Monday 13th October, Monday 10th November, Monday 8th December

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!

Every 2nd Wednesday of the month in term time.

5.15pm - 6.45pm

**Wednesday 8th October,
Wednesday 12th November,
Wednesday 10th December**

**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

Every 3rd Wednesday of the month in term time

4.30pm - 6.30pm

**Wednesday 15th October,
Wednesday 19th November,
Wednesday 17th December**

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

AGED 12+

Every 1st Wednesday of the month in term time

4.30pm - 6.30pm

**Wednesday 1st October,
Wednesday 5th November,
Wednesday 3rd December**

**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!



Every 3rd Tuesday of the month in term time.

Tuesday 21st October, Tuesday 18th November (No group in December)

PRIMARY AGED: 4.30pm - 6.00pm

SECONDARY AGED: 6.00pm - 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 14th October, Tuesday 11th November, Tuesday 9th December

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!

*Every second Monday of the month
in term time*

**Monday 20th October, Monday 17th
November, Monday 15th December
4.30pm - 6.30pm**

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

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

Stafforshire 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 25th November 4.30pm - 6.30pm (No session in October or December)
Cheddleton Community Centre Hollow Lane, Cheddleton, Leek ST13 7LF

October Half Term

All ages

Create Visual Arts 3-day project

Come along and get your creative juices flowing as we explore the world of visual arts with a real life artist. Create to your hearts content and make friends along the way!

**Tuesday 28th,
Wednesday 29th &
Thursday 30th October
Times TBC**

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

Thirlmere Way
Community Centre,
Thirlmere Way, Stafford,
ST17 9EJ

All ages

ASM Activity Day

Join us for a day of sporting fun with our friends from ASM. Have a go at something you haven't tried before and make friends along the way.

**Thursday 30th October
10.30am - 3.30pm**

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



CHRISTMAS THEATRE TRIPS

5 yrs +

The Little Mermaid

Dive into a world of magic and wonder this Christmas for a breathtaking adventure beneath the waves! In a colourful coral reef, a young mermaid with a heart full of dreams spends her days hoping for a chance to explore the world above the deep blue sea.

When she saves a human boy in trouble, she decides the time is right to leave behind the life she knows and sets out on a great adventure. This Christmas, experience an unforgettable tale of hope, love and self-discovery as the New Vic brings a brand-new version of Hans Christian Andersen's original fairy-tale to the stage.

**Tuesday 23rd December
2.15pm**

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

5 yrs +

Cinderella

Don't miss this year's hilarious, fun-filled, family pantomime Cinderella starring Lichfield Pantomime favourite **SAM RABONE!**

Once again, this fabulous, festive production will be written by **PAUL HENDY**, directed by **DANIEL BUCKROYD**, and produced with

EVOLUTION PRODUCTIONS - the same creative collaboration behind last year's smash hit, *Jack and the Beanstalk!* With hilarious comedy, beautiful sets and costumes, and a magical cast, Cinderella promises to be our funniest and most spectacular pantomime ever!

**Monday 22nd December
2.00pm**

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





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.