

Summer Edition 2026



Staffordshire
Together for Carers
Service

Carers' Newsletter



Welcome
the
22nd

Staffordshire
Together for Carers
Service Newsletter

n|compass
towards a brighter future

 Staffordshire
County Council

NHS
Staffordshire and
Stoke-on-Trent
Integrated Care Board

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Welcome to the 22nd edition of our Newsletter!

As we move into the summer months, and hopefully enjoy some warmer weather and sunshine, we look forward to welcoming you to our Coffee & Chats, Walk & Talks and a range of one-off activities. These sessions are a great opportunity to connect, relax and spend time with others in a friendly and supportive environment.

We would also love to welcome new members to our **Carers Forum** and **Staffordshire Carers Partnership Board** where you can have your say and help us shape services, so they truly reflect what carers need. Your voice and experience really do make a difference.

In addition, we are pleased to introduce a new volunteering role, **Friends of Staffordshire**, which you can read more about later in this newsletter. We would be delighted to hear from anyone interested in getting involved.

Finally, we would really value your feedback on the activities you would like to see in the future. We are here to support you, listen to you and work alongside you every step of the way.

Wishing you well,

**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: 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
- Training and skills development
- Support to develop emergency and contingency plans and support to plan for your future
- 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'

Working in Partnership with:



Contact Us Today

We welcome and value your feedback, comments, and suggestions. There are various ways that you can get in touch. The details are included below:



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. For more information, please visit: <https://www.n-compass.org.uk/get-support/carers/staffordshire-together-for-carers-service/contingency-planning/>

Carers Community Network

Carers Community Network Platform

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 'Like' and 'Follow' our Facebook page - <https://www.facebook.com/ST4CS>, or search for Staffordshire Together for Carers Service.

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...



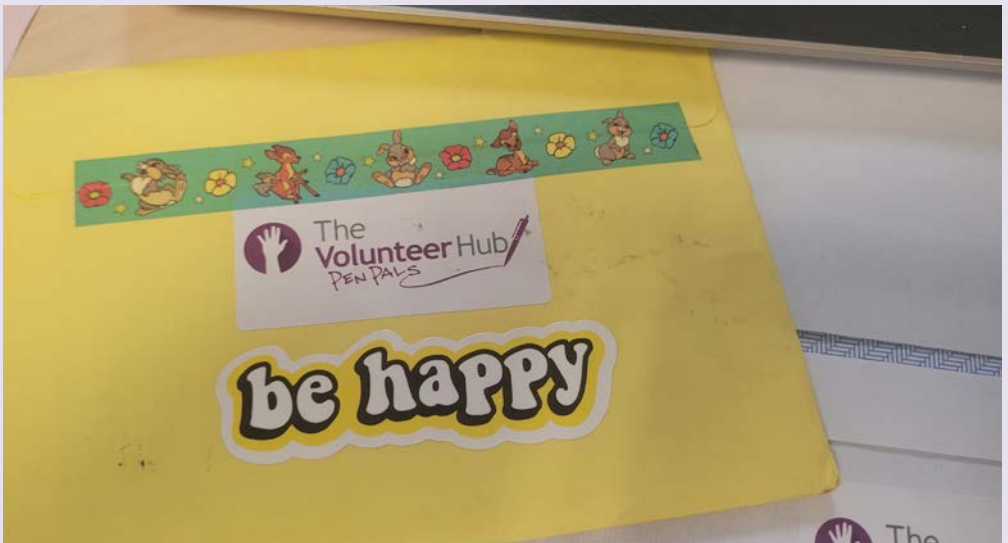
Staffordshire Together for Carers Service has several volunteer roles designed to support carers to give back to their community. If you are interested in hearing more, we would love to hear from you!

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



Do you prefer the written word to telephone? 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





Friends of Carers

A New Volunteer Opportunity

At the Volunteer Hub, we're excited to introduce a new volunteer role designed especially for former carers who would like to stay connected and continue supporting others.

We understand that when a caring role comes to an end, it isn't always easy to let go — caring is a huge part of who you are. Friends of Carers is a great opportunity to use that experience, stay connected and make a difference in a way that feels right for you.

As a 'Friend' of Staffordshire Together for Carers, you will play a valuable part in local Coffee & Chats and events, offering a friendly face, a listening ear and peer support to carers in a relaxed and welcoming environment.

What Does This Role Involve?

- Making tea and coffee is an important part of helping people feel welcome and comfortable. A friendly smile and a quick chat while you prepare drinks can make a big difference.
- Chat and connect with carers in a friendly, informal way
- Offer peer support based on lived experience
- Take part in activities at Coffee & Chats and events
- Support the Volunteer Hub team when needed

Getting Started - Our Simple Onboard Process

To make sure everyone feels supported and confident in the role, we have a short onboarding process. The whole process takes around one hour in total.

If this sounds like something you'd enjoy, we'd love to hear from you.

For further information please contact:

caz.gotham@staffordshiretogetherforcarers.org.uk



Carers' Coproduction

Carers' Forum

At our January Carers' Forum, members agreed to award five small grants. These were to Burton & District Mind, Nannie Beans workshops, Chase Nature Connection, MHA Communities South Staffordshire to develop a carers' group in Burntwood and Ride into Spring with Gartmore Riding School.

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.



If you would like to join or find out more information, please email Caz.Gotham@staffordshiretogetherforcarers.org.uk

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 monthly and are responsible for developing, delivering and monitoring the priorities for carers in Staffordshire.

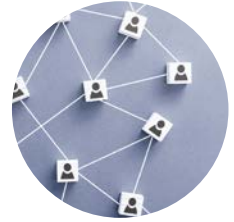
We are actively seeking carers to join the board to ensure that the carers' perspective is central to these discussions.

If you would like to find out more, contact michelle.jones@staffordshiretogetherforcarers.org.uk

Learning Disability, Autism & 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.



Come and Meet Us!

Jim or Dave will be attending some of our coffee and chat sessions this July. This is a great opportunity to:



Share your experiences



Find out more about the forum



Ask questions and get involved

We'd love for you to join us and be part of the conversation.

Trinity Methodist Church

**1st July 2026
at 10.00 am**

Histons Hill, Codsall,
Wolverhampton,
WV8 2ER

Beacon Park Village

**7th July 2026
at 10.00 am**

Lower Sandford Street,
Lichfield, WS13 6JN

Pye Green Community Centre

**21st July 2026
at 6.30pm**

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

St Peters Church and Community Centre

**8th July 2026
at 10.00 am**

Hawksworth, Silver Link Road,
Tamworth, B77 2HH

Waitrose Community Room

**21st July 2026
at 1.00 pm**

Trinity Road, Uttoxeter,
ST14 8AQ

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

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.



Activities and Events

Welcome to our latest carers' activities programme . We have a varied range of events running from April to June, from our regular Coffee and Chats and Walk and Talks to our one-off events and training. We would love to hear your comments about our activities – what 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 July
1.00pm - 3.00pm

Wolseley Bridge Visitor Centre

Wolseley Bridge
ST17 0WT

Tuesday 11th August
1.00pm - 3.00pm

National Arboretum

Croxall Road
Alrewas
Burton-upon Trent,
DE13 7AR

Thursday 10th September
1.00pm - 3.00pm

To book a place on any of our walk and talks, please contact Caz Gotham on [0300 303 0621](tel:03003030621) 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!).



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
10.00am / 11.00am - 12.00 / 12.30pm
to allow for a drink and a chat first!

Please see the Coffee and Chat information and training on pages 13 and 14 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	Pye Green Community Centre, Meeting Room 1, Bradbury Lane, Hednesford, WS12 4EP	10.00am to 12.00pm	Last Tues of the Month	Tues 28th July	Tues 25th August	Tues 29th September
	Pye Green Community Centre, Meeting Room 1, Bradbury Lane, Hednesford, WS12 4EP	6.30pm to 7.30pm	3rd Tues of the Month	Tues 21st July	Tues 18th August	Tues 15th September
Lichfield	Beacon Park Village Lower Sandford Street, Lichfield, WS13 6JN	10.00am to 12.00pm	1st Tues of the Month	Tues 7th July	Tues 4th August	Tues 1st September
Tamworth	St Peter's Church & Community Centre Hawksworth, Silver Link Road, Tamworth District, B77 2HH	10.00am to 12.00pm	2nd Wed of the Month	Wed 8th July	Wed 12th August	Wed 9th September
East Staffs	Waitrose Community Room Trinity Road, Uttoxeter, ST14 8AQ	1.00pm to 3.00pm	3rd Tues of the Month	Tues 21st July	Tues 18th August	Tues 15th September
	Burton Library, Room 1, 1 High Street, Burton, DE14 1AH	10.00am to 12.00pm	Last Fri of the Month	Fri 31st July	Fri 28th August	Fri 25th September
Newcastle under Lyme	Bradwell Community Education Centre, Riceyman Road, Newcastle-under-Lyme, ST5 8LF	10.00am to 12.00pm	Last Thurs of the Month	Thurs 30th July	Thurs 27th August	Thurs 24th September
Staffs Moorlands	Daisy Hays Retirement Village, Ball Hays Road, Leek, ST13 6AU	10.00am to 12.00pm	2nd Wed of the Month	Wed 8th July	Wed 12th August	Wed 9th September
	Cheadle Fire Station, Ashbourne Road, Cheadle, Staffordshire, ST10 1HF	10.00am to 12.00pm	1st Tues of the month	Tues 7th July	Tues 4th August	Tues 1st September
Stafford	Cup a Cha, 4-5 North Walls, Stafford, ST16 3AD	10.00am to 12.00pm	1st Tues of the Month	Tues 7th July	Tues 4th August	Tues 1st September
South Staffs	Trinity Methodist Church, Histons Hill Codsall, Wolverhampton, WV8 2ER	10.00am to 12.00pm	1st Wed of the Month	Wed 1st July	Wed 5th August	Wed 2nd September



Training for Carers

Do You Have a Contingency Plan?

Have you thought about what would happen if you were suddenly taken ill or needed to go into hospital?

If not, why not join us for an **online session** where we can support you to put a contingency plan in place. Having a plan ready can give you peace of mind and help ensure the person you care for is supported in an emergency.

Ahead of the session, we will endeavour to post out:



A Contingency Plan Template



A Lions Message in a Bottle



An Emergency Card

This Session Will Take Place Online

Thursday 10th September 10am - 11am

If you would like to take part in this online session, please email:

caz.gotham@staffordshiretogetherforcarers.org.uk

and a link will be sent

Sessions by our Partners



We will be offering in person and on-line sessions from our wellbeing partners.

If you have any suggestions on future training topics, please do let us know.

Changes Wellbeing

We are pleased to be able to continue offering well-being support to carers through our renewed partnership with Changes. Changes are a user-led mental health charity providing well-being services across Staffordshire. Through our partnership carers can access a range of support that can support carers to focus on their own wellbeing, learn new things and meet peers. Wellbeing training sessions can promote more helpful thinking, healthier behaviours and increase coping skills; and to set goals to help you to stay, feel and live well. Support can be accessed via one-to-one support and group wellbeing workshops.



This Session Will Take Place Online

Thursday 3rd September

If you would like to book on to one of these sessions please email:

Enquiries@staffordshiretogetherforcarers.org.uk or telephone 0300 303 0621

AbilityNet

Tech Unlocked Break down the mystery of technology and online media!

This session opens the door to the digital world, showing how being online can make life easier, more fun, and more connected. Participants will explore the benefits of going digital and pick up essential skills. We'll also be Stepping into the driver's seat of your digital journey. Learn how to spot scams, avoid fraud, and separate fact from fiction. We'll explore where information comes from, how to decide if it's trustworthy, and what to do if something doesn't feel right. With practical tips and reporting know-how, participants will leave empowered and resilient.

Why not join us for:



Online Technology Training

Thursday 16th July
10am - 11am

Introduction To Tech Talk

28th August 2026

at our Coffee and Chat at
Burton Library, room 1,
1 High Street, Burton, DE14 1AH

Zoom Activities for 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.

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.



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



More Zoom Sessions



Carers' Wellbeing Peer Support Group

Weekly

Every Friday 10.30am - 11.30am

Delivered by Fiona, from Changes, this weekly wellbeing drop in is a chance to access peer support in a safe space to explore wellbeing and coping strategies.

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



Evening Coffee and Chat

Monthly

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.

If you have not already used Zoom and want to learn more about the platform, please visit:
<https://zoom.us/join> for further information.

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

Adult Carer Special Events



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

A Visit to Staffordshire History Centre Then onto Cup-a-Cha Cafe for a cuppa

The centre is a ten-minute walk from Stafford Railway Station. The most direct route is to walk alongside the edge of the park towards the Crown Courts and Stafford College. At the war memorial go straight ahead and follow St. Marys Place to Greengate Street and then into Martin Street; when you exit Martin Street the centre will be across the road on your right. You can also walk via Victoria Park crossing the white bridge and exiting the park onto Mill Bank. From South Walls turn left into Cope Street and the centre will be ahead to your left.

The closest bus stops are the Gatehouse Theatre and Gaol Square. The closest public car parks are North Walls (long stay) and the Waterfront and Civic Centre (variable stay). Blue badge parking is located on Tipping Street

Staffordshire History Centre

Eastgate Street, Stafford ST16 2LZ

Tuesday 8th September

10.00am



Paint a Pot

Choose from a great range of objects to paint in your own style . Meet others in a relaxed environment with refreshments provided.

Unit 6

Town Hall Place,
Tamworth, B79 7FJ
Thursday 23rd July
11.00am-1.00pm

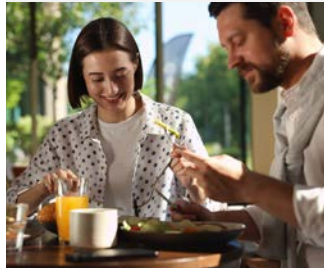


Carers Breakfast at Langan's

The breakfast at Langan's is not only popular but delicious too!!

Burton House

George Street,
Burton Upon Trent,
Staffordshire, DE14 1DP
Friday 14th August
10.00am - 12.00pm



Macrame Session!

Please join us in this fun making of a macrame!

The Wolseley Centre

Wolseley
Bridge, Stafford,
ST17 0WT
Wednesday 16th
September,
10.00am - 12.00pm



Day Out Fishing

Come and enjoy a relaxing day of fishing in a beautiful natural setting. Take the opportunity to unwind, connect with other carers, and enjoy peaceful time outdoors surrounded by nature.

A delicious BBQ will be provided, giving you the chance to socialise, share experiences, and simply relax.

This will be held in the Stafford area. If you are interested, please email or telephone and details will be confirmed upon interest received.



British Ironworks

With over 70 acres to explore, there's a whole lot of things to see. Take a walk around the nature reserve and marvel at the fantastic displays in the sculpture parks. A drink and a cake will be provided.

There is a £4.00 Parking charge

British Ironwork Centre

Oswestry, Shropshire, SY11 4JH
Wednesday 30th September,
meet at 10.00am



What We Do When We Can't Dance

by the DreamArts Rep Company.

DreamArts Rep Company is a collective of talented young artists from refugee backgrounds, creating original productions that blend theatre, film, music, and lyrical storytelling. Based at the Marylebone Theatre in London, they tour a new show across the UK each year.



What We Do When We Can't Dance is a vibrant, music-driven coming-of-age story filled with humour, energy, and an unexpected twist. It explores friendship, first love, and finding your place in the world.

The story follows James, who moves to London with his charismatic but unreliable older brother, Jackie, after finishing his exams. Leaving behind a growing relationship with his neighbour Stella and his best friend Moses, James is soon faced with a shocking revelation on his 18th birthday that challenges everything he thought he knew about love and loyalty.

This is a relaxed performance, suitable for a wide range of audiences, with no trigger warnings.

Lichfield Garrick Theatre

Castle Dyke, Lichfield, WS13 6HR

Tuesday 7 July 2026

2:00pm (running time: approx. 1.5 hours)

Optional Q&A with the cast after the performance



If you would like to attend, please let us know as soon as possible so we can reserve your place.

Please email activities@staffordshiretogetherforcarers.org.uk or telephone **0300 303 0621** to request tickets.



Exciting Announcement!

New Grant Funding Activities Now Available for Carers

We are delighted to share some exciting news. We are proud to announce a new range of Grant Funding Activities designed to support and benefit carers within our community.

These grants aim to recognise the vital role carers play and help improve wellbeing, reduce isolation and offer opportunities for personal growth and respite. Through this funding, we hope to provide carers with access to meaningful activities, resources and support that make a real difference in day-to-day life.

What the Grant Funding Activities Offer:

- Opportunities for wellbeing and self care
- Funding for activities that promote social connection and personal development
- Support for hobbies, training or experiences that may otherwise be difficult to access
- Enhanced resources to assist carers in their caring role

We believe that carers deserve recognition, access to positive experiences and opportunities to focus on their own wellbeing. This funding is part of our continued commitment to honouring and uplifting those who give so much of themselves to support others.

Thank you for everything you do.

We look forward to supporting you

through these new grant-funded opportunities.



Applications are open and if successful,

we are able to offer funding to help your project for up to twelve months.

As funding is limited and allocated on a first-come, first-served basis, we encourage early applications.

For more information, please visit:

<https://supportstaffordshire.org.uk/staffordshire-together-for-carers-community-grants/>

Or Contact: consultancy@supportstaffordshire.org.uk



Carers Wellbeing Partnership

We're growing a Carers Partnership that really understands and celebrates the diverse needs of carers. By teaming up with organisations that offer counselling, digital support, wellbeing sessions and fun leisure activities, we can now bring you even more support, new things to try and even better experiences.

All created with carers' wellbeing at the centre.

Working with



**Staffordshire
Together for Carers
Service**

YESS Counselling

Your Emotional Support Service (YESS) is a Mental Health and Wellbeing charity supporting adults, young people and children, based in Uttoxeter, operating throughout Staffordshire.

We offer a variety of modalities including talking therapies, art psychotherapy dance movement psychotherapy, drama psychotherapy and mindfulness.

All our therapists are members of a therapeutic professional body and YESS is an organisational member of **BACP (British Association for Counselling and Psychotherapy)** and an accredited organisation of **NCPS (National Counselling & Psychotherapy Society)**.

The client is at the centre of everything we deliver at YESS, and our support is tailored to the individual needs of our clients.

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.



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.

Potteries
MoneyWise



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.

Carefree

Take a short break from your caring role with **Carefreespace.org**

From the 1st January 2026, every carer will be able to book two breaks per year, one before 30th of June and the second between the 1st of July and the 31st of December.

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 £38 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.



“

Time and freedom to
be myself again.

by Caz Gotham, Carers Information and Support Officer

Carefree

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](https://discountsforcarers.com)

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!


Together we care and thrive

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

A guide to all the discounts available to unpaid carers.



Are you or someone you know living with dementia? In South Staffordshire we have a variety of groups which offer stimulation and support.

Cognitive Stimulation Maintenance (Accessed via the Memory Service)

Cognitive Stimulation Therapy (CST) is a group programme for people living with a mild to moderate diagnosis of dementia. CST is a fun programme of activity sessions to improve wellbeing and confidence. The sessions are delivered over 10 weeks.

Carers Information and Support Programme (CrISP)

South Staffs Virtual CrISP provides support and up to date information where carers can share experiences and find out about local and national supporting services. The programme is delivered over 5 weekly sessions and has been designed specifically for Carers, family members and friends of people living with a mild to moderate diagnosis of dementia.

Dementia Voice

Do you want to make your voice heard and influence positive change? Our dementia voice group brings people living with dementia together to discuss their views and impact real change. Sessions are held monthly. You will feel supported and meet others in a similar situation.

Singing for the Brain (SftB)

Singing can improve your brain activity, wellbeing, and mood and is particularly beneficial for those living with dementia. There's no audition; and you don't need to be a good singer! Join us for fun vocal warm-ups and sing a wide variety of familiar and new songs.

Options for SftB sessions:

- Delivered via Zoom (on the computer) Friday mornings
- Face to face in Lichfield Friday afternoons
- Face to face in Wombourne on Wednesday mornings

For further information, please contact our office:

Email: staffordshire@alzheimers.org.uk

Tel: 01543 573936

North Staffordshire and Stoke-on-Trent Dementia Adviser Service



Providing personalised support to anyone affected by dementia

Our local dementia advisers work in partnership with the memory service to provide information, practical support and knowledge about dementia.

The support we provide includes:

- Advice, information and signposting
- Connecting, signposting and referring to local groups
- Information about diagnosis and support to live well with dementia
- Coping techniques and support with everyday living
- Carers information and support
- Discussion of benefit entitlements
- Planning ahead
- Referrals to other appropriate services
- Local Singing for the Brain groups
- Delivery of Dementia Friends sessions to groups / organisations

Our local office number is **01782 358020**. Please leave a message; dementia advisers check the answer machine regularly.

Additionally, our **Dementia Support Line** is available seven days per week on **0333 150 3456**

Online support and our online community Dementia Support Forum, are also available at 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)



ROYAL BRITISH LEGION

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



Useful Numbers

Action Fraud	0300 123 2040 or www.actionfraud.police.uk/
Age UK Staffordsh	01785 788477 or www.ageuk.org.uk/staffordshire/#
Arthritis Action	020 3781 7120 or www.arthritisaction.org.uk/
Crime Stoppers	Call: 0800 555 111 or https://crimestoppers-uk.org/
Disability Solutions West Midlands	01782 638300 or https://disabilitysolutions.org.uk/
MIND Helpline Mental Health Advice Line	0330 123 3393 or www.mind.org.uk/
National Domestic Abuse helpline	0808 2000 247 or www.nationaldahelpline.org.uk/
Parkinson's UK	0808 800 0303 or https://localsupport.parkinsons.org.uk/
Rethink — Advice Service	0808 801 0525 or www.rethink.org/
Samaritans	116 123
Staffordshire Women's Aid	0300 330 5959 or www.staffordshirewomensaid.org/
Victim Support	0808 1689 111 or www.victimsupport.org.uk/
Attendance Allowance and DLA +65	0800 731 0122
Bereavement Benefit	0800 151 2012
Carers Allowance	0800 731 0297
Disability Living Allowance (if you were born on or after 8th April 1948)	0800 121 4600
Employment & Support Allowance	0800 055 6688
Job Centre Plus (New Claims)	0800 055 6688
Job Centre Plus (General Enquiries)	0800 169 0310
Maternity Allowance	0800 169 0283
Pension Credit or State Pension General Enquiries	0800 731 0469
Pension Credit (New Claims)	0800 99 1234
Personal Independent Payment (General Enquiries)	0800 121 4433
Personal Independent Payment (New Claims)	0800 917 2222
Social Fund	0800 169 0140
State Pension (New Claims)	0800 731 7898
Universal Credit Full-Service	0800 328 5644



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

Summer Edition 2026



**Young
Carers**

Newsletter



Welcome
to
the

22nd

Staffordshire
Together for Carers
Service Newsletter

n|compass
towards a brighter future

 Staffordshire
County Council

NHS
Staffordshire and
Stoke-on-Trent
Integrated Care Board

Dear young carers and families,

We have thoroughly enjoyed the warmer days and brighter evenings at our young carers term time groups. It is fantastic to see your familiar faces each month, and how welcoming you are with every new young carer that attends the groups for the first time! Over Easter we painted bunny families on ZOOM together, tried our hand at creating 'foley' sound effects using household items and had a sports day filled with football, Frisby, laser tag and tug of war! During the May half term break we enjoyed a circus show and a morning at Wolseley wildlife centre getting our fingers mucky at forest school! During carers week in June, we looked at carer friendly communities, and we heard your stories from the artwork you created for our ZOOM session in April. Now summer is here, we have some exciting activities and day trips planned which we cannot wait for!

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



**Ellie
Robinson**
Young Carers
Team Leader



**Katie
Lloyd**
Family Carers
Practitioner



**Siobhan
McKinney**
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...



FUN ON THE FARM!



MAKING NOISE!





ART & CRAFTS!



LAZER TAG!



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.

2026 JULY, AUGUST, SEPTEMBER
Young Carers activities booking form



Reminder – If we do not receive a completed booking form your name will not be on our register for activities and groups.

Zoom Activities

Our zoom sessions run on Thursdays in term time and we aim to host one every 2 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 10th 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.



Stafford

NEW VIC

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 7th July, (No group in August), Tuesday 15th September

PRIMARY AGED: 4.30pm - 5.45pm

SECONDARY AGED: 6.15pm - 7.30pm

Stafford Family Hub, Faraday Road, Stafford, ST16 3NQ

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!

NEW VIC

Third Tuesday of the month in term time.

Tuesday 14th July, (No group in August), Tuesday 22nd September

PRIMARY AGED: 4.30pm - 5.45pm

SECONDARY AGED: 6.15pm - 7.30pm

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

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 - 6.00pm

Wednesday 15th July,

(No group in August),

Wednesday 16th September

Cannock Chase Family Hub,

Cannock Road, Cannock, WS11 5BU

AGED 12+

Third Wednesday of the month in term time.

6.00pm - 7.30pm

Wednesday 15th July,

(No group in August),

Wednesday 16th September

Cannock Chase Family Hub,

Cannock Road, Cannock, WS11 5BU

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.

(No group in July and August), Tuesday 29th September

4.30pm - 6.30pm

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

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!



Primary Aged

4.30pm - 6.00pm
(No group in July or August),
Wednesday 30th September

**Lichfield Leisure Centre, Curborough
Road, Lichfield, WS13 7RB**

Secondary Aged

5.15pm - 6.45pm
Wednesday 15th July,
(No group in August),
Wednesday 16th September

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

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 13th July,
(No group in August),
Monday 14th Spetember

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



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!



Third Monday of the month in term time.

4.30pm - 6.30pm
(No group in July and August),
Monday 21st September

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

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



To book any of our activities,
please **use this link** to our booking form
or scan the QR code to complete the short form.



Holiday Activities

Ages 8 - 13

Peak Wildlife Park

Spend the day walking through Peak Wildlife Park where you will see Lemurs, Zebras, Capybara, Polar Bears and many more animals!

10.00am - 2.00pm

Thursday 23rd July

**Peak Wildlife Park, Winkhill,
Leek, ST13 7QR**

Ages 13+

Frankie & Benny's Lunch

Have a catch up with friends, chill out and eat some good food!

12.30pm - 2.30pm

Thursday 30th July

**Trentham Gardens, Stone Road,
Stoke-on-Trent, ST4 8AX**

Ages 6 - 12

New Vic Theatre

Details of activity TBC

10.00am - 3.00pm

Thursday 6th August

**Etruria Road,
Newcastle-Under-Lyme,
ST5 0JG**

Ages 6+

ASM Sports Day

A day filled with sports, games and fun with friends!

10.00am - 3.00pm

Friday 7th August

**Cheddleton Community Centre,
Hollow Lane, Cheddleton,
ST13 7HP**

All Ages

Burton Albion Activity Day

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 choose from a wide variety of activities, including sports, crafts, arts and cooking!

10.00am - 3.00pm

Monday 10th August

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

Ages 6 - 11

Amerton Farm & Billys Play Barn

Visit to see the farm animals including Cows, Pigs, Horses & Ponies, Sheep, Alpacas, Chickens and Ducks followed by some time in the indoor play barn!

10.00am - 12.00pm

Thursday 13th August

**Amerton Farm,
Stowe By Chartley,
Staffordshire, ST18 0LA.**

Ages 13+

Glaze Craze Pottery Painting

Pick your pottery, pick your paints and get creative. Once you have finished your masterpiece it will be glazed in the fire kiln!

1.30pm - 3.30pm

Thursday 13th August

*Amerton Farm,
Stowe By Chartley,
Staffordshire, ST18 0LA*

Ages 12+

Laser Rifle Combat

Using state of the art laser beam technology you can play out all your action and adventure dreams in a purpose-built laser combat arena!

1.00pm - 2.30pm

Thursday 20th August

*National Paintball Games,
Ashcroft Park, Bramshall,
ST14 8SQ.*

Ages 11+

Hurricane Gaming Arena

PS5s, Xbox consoles and PCs, UV-graffiti-lit rooms creates a 'Console Heaven' and puts you in front of a wall of screens for intense play with mates, while the chill-out room offers a place to reset before diving back in. Enjoy 2 hours of gaming and pizza!

12.00pm – 2.00pm

Monday 17th August

*Unit 10
Boscomoor Industrial Estate,
Commerce Drive, Penkridge,
ST19 5QY*

Ages 5 - 7

Craft and Movie Morning

Spend the morning chilling out with a Disney movie, doing arts and crafts and catching up with friends.

10.00am - 12.00pm

Friday 21st August

*Stafford Family Hub,
Faraday Road, Stafford,
ST16 3NQ*



**Staffordshire
Together for Carers
Service**

Young Carers Wellbeing Partners

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.

Kooth

Staffordshire Together for Carers is partnering with Kooth to support Young Carers in Staffordshire aged 10 - 18 (or up to 25 for young people with SEND needs).



Kooth is a website designed for young people to access live-text support from practitioners, explore content, resources and activities, and develop skills to look after their wellbeing. There are articles, podcasts, activities and a pre-moderated online community where you can chat safely with other young people in forums. You can access Kooth by simply creating an anonymous account; no referral form is required. You can use any internet enabled device: a phone, laptop, tablet or desktop computer. Kooth is completely free for you to access.

Please visit www.Kooth.com to create your own free, anonymous Kooth account, or you can scan the QR code.



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

Please call **0300 303 0621**

or email: enquiries@staffordshiretogetherforcarers.org.uk