Carers Action Plan out at last

The overdue national Carers Action Plan was finally published in June, setting out a cross-Government programme of work to support carers over the next two years.

It discusses the following themes:
- Services and systems that work for carers; employment and financial wellbeing; supporting young carers; recognising and supporting carers in the wider community and society; and building research and evidence to improve outcomes for carers.
- People who came to the sessions said:
  - Carers Allowance is not in line with other benefits, and gives a negative image of the value put on caring.
  - A retired carer may be caring for 50+ hours a week but they are not entitled to Carers Allowance. This is discrimination and it should be put right.
  - Parent carers, in particular, often want to work. If they get a job that falls through due to their caring responsibilities, they have to apply again for benefits, which can take weeks to process. This is a deterrent to take paid work.

Carers’ Resource welcomes the action plan as it raises the profile of carers. However, there is a lack of commitment to pledge extra finance to practically improve carers’ lives. We also believe any action plan should feed into a wider strategy. The Carers Strategy has not been updated and carer issues are instead being encompassed into the Social Care Green Paper: a preliminary report of Government proposals published to provoke discussion. We will have a better picture once this is out in the autumn.

We held sessions to go through the plan with carers, our staff, and professional partners to discuss the impact of the actions.

What your MPs said

We wrote to your MPs to ask that they pursue the issues you raised. These were the replies at the time of going to press:

Philip Davies, Conservative, Shipley
“It is essential that better support is in place to help carers who do such a wonderful job and I will continue to do all I can to ensure the concerns raised by carers and Carers’ Resource are listened to by ministers.”

Judith Cummins, Labour, Bradford South
“This action plan is a step forward, but lacks serious detail and fails to address many serious concerns raised during the call for evidence. Carers are crying out for better financial support and more clarity and support over breaks. I’ll continue to work closely with Carers’ Resource to ensure carers get the best deal possible.”

Imran Hussain, Labour, Bradford East
“I will be calling on ministers to ensure access to Carers Allowance is not discriminatory and that carers are not unfairly penalised in their employment because of caring responsibilities.”

John Grogan, Labour, Keighley & Ilkley
“More respite care, financial support for carers who are retired, and making it easier for those who can to take part-time employment are very reasonable requests.”

200 of you came to Carers Week events, Pages 2-3
Man tells Radio 4 what he has given up to care, Page 9
Blue badge scheme extended, Page 11
Carers’ Resource is an independent and nationally recognised Yorkshire charity which gives tailored information and support to carers, those in need of care and support, and the professionals who work with them. Our services support people to remain independent, and have choice and control to improve their lives or situations.

Carers’ Resource is a company limited by guarantee. Reg charity number 1049278.

EDITORIAL CONTRIBUTIONS
Contributions (300 words max) are welcomed but may be edited. The views expressed do not necessarily reflect policy of Carers’ Resource. Reference to any service does not imply recommendation.

The submissions deadline for the next issue is 29 October, 2018.

Send copy to the editor Caroline Firth by emailing choices@carersresource.org, or post submissions to the Bradford office (address below).

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Info stands and hundreds during Carers Week

Our A Day in the Life of a Carer YouTube video made for Carers Week was shared more than 30 times on social media and was seen by 355 people, including MPs.
Watch it at www.youtube.com/watch?v=t3ztX1BuUjg and see p9 for more info about carer Liz, who stars in the video.

Companies and individuals raised £2,500 for us by hosting Time Out For Tea and other fundraising events. See www.carersresource.org/support-us/time-for-tea/ or come into one of our offices to get your own tea party fundraising pack.

We held 18 information stands at supermarkets, council buildings, libraries, hospitals, GP surgeries and community centres. We met hundreds of people and gave out 600 goodie bags packed with information. Time Out bars and tea bags in them were donated by ASDA Harrogate, Asda Shipley, Taylors of Harrogate, and Morrisons Skipton.

We were on the radio three times. Candy Squire Watt, our locality manager in Craven, above on the right, spoke on Drystone Radio. Stray FM came to the Skipton office to interview carers John Toothill, above middle, and Sal Goodman, above left with her husband Steve. And our fortnightly BCB radio show, made by carers, broadcast a special edition.
It’s your Choices

By Carers’ Resource chief executive Chris Whiley.

This edition of Choices will be read by a select few, and if you are reading this, thank you for signing up to receive it. Due to changes in data regulations we have had to ask people to tell us they still want to receive it. Many people have not responded, and they may be wondering why they have not received their copy. Many of you tell us how much you enjoy Choices, so we are presuming people have just forgotten.

On the subject of enjoyment, I would like to remind you we are always happy to take constructive criticism of any part of our service, as we constantly strive to give a better service. We also encourage people to complain to us if they are unhappy, so we are able to put things right. As well as contacting staff, you can also contact the board of trustees should you have anything you feel should be brought to their attention.

David Harbourne, who has been a trustee since 2008 and has been the chair for the past eight years, will step down from both roles at our AGM in September. David has done an excellent job and he has offered me enormous support. I am sure everyone will join with me in wishing him the very best for the future.

Finally, we encourage you to become members of Carers’ Resource. It costs nothing but enables you to vote at the AGM, as well as raise topics of concern and hold the organisation to account. Contact Heather Smith on 01423 500555 or hsmith@carersresource.org for an application form.

Best wishes,

Chris
Carers Rights Day takes place on 30 November – and we need your help to make it a success.

Our Carers Rights Day event this year is titled ‘Carers telling professionals how life really is’. It will give carers the opportunity to set the record straight and ensure health, council, and social care workers really understand how difficult it can be to care for someone else.

More than 100 carers joined us at last year’s event at City Hall, Bradford, and heard about what services are on offer to them and what they are entitled to receive.

The day featured presentations and questions and answers from carers, health professionals and social care workers as well as a Question Time-style panel made up of local politicians.

Feedback from carers showed the 2017 event was useful and empowering. But many attendees thought the professionals who spoke, despite being passionate about making a difference, gave the impression that “everything is rosy in the garden” and accessible.

Carers told a different story from the floor and said that in reality their lives are tough.

Venues this year have been booked in Bradford, Skipton and Harrogate to make the event as accessible and local as possible. But nothing else has been set in stone as we want carers, with the support of Carers’ Resource staff, to set the agenda for the day. Our carer forums have already come up with ideas about what to cover but we want your input too.

**Skipton – 30 November**

**Event location:** Carers’ Resource office

**Time:** 10am-1pm (registration from 9.30am)

**Contact:** Candy Squire Watt, 01756 700888, cswatt@carersresource.org

**Harrogate – 30 November**

**Event location:** Friends Meeting House, 12A Queen Parade, HG1 5PP

**Time:** 10.30am-12.30pm

**Contact:** Alison Straw, 01423 500555, astraw@carersresource.org

**Bradford – 30 November**

**Event location:** The Hockney Room, Margaret McMillan Tower

**Time:** 10.30am-12.30pm (coffee from 10am)

**Contact:** Jan Burrows, 01274 449660, jburrows@carersresource.org

**Can you help?**

Each office has a planning team in place – please contact your relevant lead person (details above) if you can help on the day, or if you want make suggestions now about what you want professionals to know about the life of a carer.

Free guide rates accessibility of British tourist sites

Parent carers or anyone who cares for someone with access needs can check out the latest Rough Guide to Accessible Britain to find out if venues and attractions across the nation are disability-friendly.

The free guide, now in its 10th year, focuses on physical needs and has now also for the first time extended its reviews to include information for visitors with less visible conditions such as autism and mental illness.

As well as details of ramps, accessible toilets and parking spaces, visitors can find out well in advance whether a venue offers features such as quiet mornings, picture stories or bespoke queuing arrangements.

Every venue is put through its paces by Rough Guide’s team of reviewers, who either have a disability or visited the venue with a disabled friend or relative.

Packed with more than 180 reviews – including Yorkshire-based attractions – the guide is an ideal planning tool for anyone with access needs. It includes many new entries for 2018 including Windsor Castle, RSPB Bempton Cliffs, and Sandcastle Waterpark, in Blackpool.

The free Rough Guide to Accessible Britain is available at www.accessibleguide.co.uk and there are limited hard copies in our offices for you to take away. Please call in advance to reserve one.

Join our cast of knitters

Our volunteer knitters are already hard at work creating Christmas decorations. We’ve got a new pattern for 2018 and we are always on the lookout for more knitters.

We are also already looking for shops, community centres and individuals across the Bradford district, Harrogate and Skipton areas to sell our knitted Christmas decorations later in the year.

If you would like to knit, decorate or sell chcks for us, please contact Anne Wells on 01423 500555 or email awells@carersresource.org
Falconry experience leaves carer on cloud nine

A man who cares for his parents has spent a day looking after birds of prey thanks to a grant that gives carers in Bradford a break.

Christopher Fisher, 57, cares for his wheelchair-bound father, 89, five days a week, with support from his brother. He carries out tasks such as washing, cooking and cleaning. His sister cares for their mother, 85, who has dementia.

He used his grant to take time out from caring to go on the full-day experience with his siblings at SMJ Falconry, at Long Ridging Farm, Oxenhope.

Christopher, of Idle, Bradford, says: “I spent the day learning about how to care, train, handle and feed birds of prey. There was a range of birds, including owls, vultures, kestrels, falcons, kites, ravens and eagles.

“Some of the bigger birds can weigh a few pounds, so they are fairly heavy to hold.

“I had a lot of fun and came back more confident, having done something I have never done before and was apprehensive about. I chose this experience because I enjoy being outside and, thankfully, the weather was great and the countryside around us was stunning.”

Looking after the birds of prey helped Christopher to reflect on how he cares for his parents, who also receive paid-for care provided by our Care@ not-for-profit service.

Christopher says: “When handling birds of prey, you have to reward their positive behaviour and be very respectful to them at all times. You can never be complacent.

“I can see the similarity between caring for the birds and caring for my elderly parents. The day was educational in two ways: learning about the birds and learning how I can care better, which I always aim to do.”

Christopher enjoys his day experience with birds of prey

Care@ service given thumbs up by CQC

The health and social care regulator rated our Care@ not-for-profit paid-for care service as Good when inspectors visited in May.

All five key lines of enquiry – safe, caring, effective, responsive and well led – were praised by the Care Quality Commission (CQC) inspector. The CQC report says:

“There was an excellent, person-centred culture in the service, driven by a committed management team that led by example and supported their staff at all times.

“Staff were passionate about providing excellent care and support that was tailored to and respected each person’s individual needs and preferences. People’s care plans were detailed and person-centred.”

Care@ service manager Sam Dawson says: “We are delighted to receive such a positive report which reflects the hard work the team have put into achieving this.

“This has been a whole team effort in ensuring we deliver care to the highest standard and gives us a great foundation to develop the service to an outstanding rating. We use the feedback to continually improve services.”

Read the report at www.cqc.org.uk/location/1-2164949965 or request a copy by calling Care@ on 01274 449660.
All carers are welcome at all events. You are welcome to bring the person you care for if this is stated in the group description. Session are free unless a cost is stated. Some events are in our Skipton, Bradford or Harrogate offices.

**BRADFORD DISTRICT**

**BINGLEY**

Drop-in Dates: 1st Wednesday of the month 16 Sep, 3 Oct, 7 Nov. Time: 10.30am-noon. Where: The Coffee Lounge, Queen Street, BD16 2JS.

**BRADFORD CITY CENTRE**

Afternoon Tea Dates: 19 Sep, 21 Nov. Time: 1pm-3pm. Where: The Storehouse, 116 Caledonia Street, Bradford, BD4 7BG. Inn Churches hosts a series of afternoon tea sessions for carers and their cared for. 15 people max per session. Strictly on a first come, first served basis. Entry to the building is via a stairwell. Unfortunately, the building does not have lift access. Cost: Voluntary £2 donation. Contact: Richard Dunbar, 01274 449660, rdunbar@carersresource.org

**CLAYTON**

Men’s Group Dates: Every Friday. Time: 1:30pm-3:30pm. Where: Clayton Village Hall, Reva Syke Road, BD14 6QN. Dominos, cards, pool table and more. £1 for refreshments. Transport can be arranged. Contact: Michael Firth, 07734513652.

**ECCELSHILL**

Ataxia Self-help Group Dates: 5-weekly Saturdays (8 Sep, 29 Sep, 6 Oct, 20 Oct. Time: Noon-4pm. Where: Champion Centre, Charnwood Road, off Haggarth Road, BD2 3EE. For people with ataxia and carers. Contact: Deborah Thompson, 01274 622116, or Lynn, 01274 639566.

**GREAT HORTON**


**KEIGHLEY**

Coffee Morning Dates: 1st Friday of the month (7 Sep, 5 Oct, 2 Nov). Time: 10am-11.30am. Where: Lavender Fields, 42 Cavendish Street, BD1 9RL. Carers, cared for and former carers.

**SILLSDEN**


**SKIPTON AREA**


**IKLEY**

Get Together Dates: 3rd Thursday of the month (27 Sep, 18 Oct, 15 Nov). Time: 10am-noon. Where: Abbeyfield, 12 Riddings Road, LS29 5FB. Carers, cared for and former carers.

**SETTLE**


**SKIPTON**


**RESIDENCE WORKSHOPS**

Dates: 27 Sep 10am-noon; 24 Oct 10am-1pm; or 20 Nov 10.30am-12.30pm. Where: Carers’ Resource office. A free workshop for carers, containing simple tips and techniques to build resilience and boost your emotional tool box that everyone can try. Meet other carers while you learn some fun and relaxing strategies to recover from setbacks and to meet the challenges life brings head on. Contact: Liz Lepins, 01274 449660, lllepins@carersresource.org

**SILSDEN**


**STEETON**

Time for Me Dates: 2nd Tuesday of the month (11 Sep, 9 Oct, 13 Nov). Time: 10am-noon. Where: The Hub, Stone Grove, BD20 6TQ. For carers and over-50s. Activities, speakers, fun. Cost: £2, including refreshments. Contact: Val Stewart, 01274 449660, vstewart@carersresource.org

**Learning to Meditate**

Dates: 6, 13 and 20 Nov. Time: 10am-noon. Where: Carers’ Resource office. All welcome. Trustees and the chief executive of Carers’ Resource will present information about the charity and its activities. Refreshments will be provided, so please let Heather know if you require any dietary requirements.

Contact: Heather Smith, 01756 700888, hsmith@carersresource.org

**Behaviour and Family Relationships Courses**

Dates: 19 Sep, 26 Sep, 3 Oct. Participants must attend all sessions. Time: 10am-1pm. Where: Carers’ Resource office. This course is aimed at Craven parents with a child aged 10-16 years old with or without a diagnosis (or in the process of getting a diagnosis) of ASC, ADHD or other learning difficulty who are experiencing challenging behaviour at home. The sessions will tackle dealing with challenging behaviour and family relationships.

Cost: £1 donation per session for cost of materials.

Contact: Natalie Baxter, 01756 700888, nbaxter@carersresource.org

**Carer forum**

Date: Thu 18 Oct. Time: 10am-3pm. Where: Carers’ Resource office. An opportunity for carers to meet one another and discuss the issues they face. People who come along also learn more about the services Carers’ Resource offers and feel better about how we can improve. Just turn up. Contact: Caroline Firth, 01274 449660, cfirth@carersresource.org

**Interlude Café Carers Group**


**Knit Together**

Dates: Every Thursday. Time: 2pm-4pm. Where: Carers’ Resource office. All welcome.

**Live Well, Care Well**

Dates: 2nd Tuesday of the month (11 Sep, 9 Oct, 13 Nov). Time: 6.15pm-7.30pm. Where: Carers’ Resource office. Wellbeing group. Learn how to manage and understand stress, and try relaxation techniques, hand massage and meditation with life coach Jenny Cost: £2 to cover refreshments and materials. Contact: Kay Nichols, 01274 449660, knichols@carersresource.org

**Lunch Group**


**New Care**

Dates: 13 Nov. Time: 10am-noon. Where: Carers’ Resource office. Being a carer can be overwhelming and trying to navigate what support is available and who else can help you can be challenging. This information session is being run by Carers’ Resource staff for anyone who is helping to look after a family member, friend or neighbour and needs to better understand what support is available. Please book in advance where possible to help us manage numbers. Contact: Caroline Firth, 01274 449660, cfirth@carersresource.org

**Radio Production Taster Session**

Date: 3 Oct. Time: 1pm-3pm. Where: BCB Radio studio, 11 Rawson Road, Bradford, BD1 3SH. Find out what it’s like to record a radio show. We are looking for carers, people who are cared for and former carers to produce The Carers’ Show with us: a show made by carers and Carers’ Resource, for carers. The show is broad and can fit freely on BCB. The venue is accessible. No experience is needed. Anyone who enjoys the task can join in to go on to receive full production training. Contact: Lucy Clews, 01274 449660, lclews@carersresource.org
Craven, Harrogate, Ripon and districts

Where: Carers’ Resource office.
You will learn a simple but powerful meditation technique to help you feel relaxed, in control and enjoy more from life. For carers, cared-for and professional carers. No experience necessary.
Cost: £20 per session.
Contact: 01756 683229 and skiptonadmin@carersresource.org

Lunch Group
Dates: 1st Wednesday of the month (5 Sep, 3 Oct, 7 Oct).
Time: Noon.
Where: Bay Horse, Snaygill, BD20 9HB.
Carers, cared for and former carers.

Managing Medicine
Date: 18 Sep.
Time: 10am-11am.
Where: Carers’ Resource office.
An opportunity for carers, people who are cared for and former carers to ask questions about medication and how it can have an impact on health. The course is being run by Bradford District Care Foundation Trust in partnership with Carers’ Resource and will be followed by coffee. Please book in advance via Sally.
Contact: Sally Skipper, 01756 700888, sskipper@carersresource.org

New to Caring
Dates: 8 Nov.
Time: 10am-noon.
Where: Carers’ Resource office.
Being a carer can be overwhelming and trying to navigate everything is support is available and who else can help you can be challenging. This information session is being run by Carers’ Resource staff for anyone who is helping to look after a family member, friend or neighbour and needs to better understand what support is available. Please book in advance where possible to help us manage numbers.
Contact: Sally Skipper, 01756 700888, sskipper@carersresource.org

Parent Carer Coffee and Cake Drop-in
Dates: 6 September 9.30am-11am; 11 October 1.15pm-2.45pm; 15 November 9.30am-11am.
Time: Varies.
Where: Carers’ Resource office.
A drop-in session for parents who live in Craven and are caring for a child under the age of 18. Pop in for a cuppa and to meet other parent carers in the area. Get support and information from parent carer caseworker Natalie Baxter.
Contact: Natalie Baxter, 01756 700888, nbaxter@carersresource.org

Stress Buster Session
Date: 17 Sep.
Time: 10am-10.45am.
Where: Carers’ Resource office.
This is a free session to help you spot the early signs of stress and give you techniques to manage it. The course is for carers, cared-for and vulnerable people.
It will be run by Bradford District Care Foundation Trust in partnership with Carers’ Resource. Please book in advance with Vanessa. The session will be followed by coffee.
Contact: Vanessa French, 01756 700888, vlfrench@carersresource.org

Utopia Group
Dates: 2nd Tuesday of the month (11 Sep, 9 Oct, 13 Nov).
Time: 10am-11.30am.
Where: Utopia, Broughton Hall Business Park, BD23 3AN.
Coffee morning for carers, cared for, former carers and vulnerable people.

THRESHFILD
Lunch Group
Dates: 3rd Friday of the month (21 Sep, 19 Oct, 17 Nov).
Time: Noon.
Where: Gamekeepers, Long Ashes Park, BD22 2TR.
Carers, cared for and former carers.

HARROGATE AREA
BLUBBERHOUSES
Lunch Group
Dates: 2nd Wednesday of the month (12 Sep, 10 Oct, 14 Nov).
Time: 1pm.
Where: Hopper Lane pub and restaurant, Skipton Rd, Blubberhouses, Otley, LS21 2NZ.
Carers and cared for. Lunch and social get-together for a chat.
Cost: Own food and drink.
Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

BOROUGHRIDGE
Carer’s Group
Dates: 3rd Sep, 9 Oct, 20 Nov.
Tim e: 10am-noon.
Location: BEAN Café, St James Square, Blubberhouses.
Meet for a chat with cake and coffee. No booking required.
Cost: Cost of your own drink.
Contact: Allyson Hill, 01423 500555, ahill@carersresource.org

DARLEY
Dates Diners Lunch
Dates: 1st Thursday of the month (6 Sep, 1 Oct, 1 Nov).
Time: 1pm.
Where: Christ Church Hall, Main Street, HG3 2QF.
Carers and cared for with memory problems. Lunch and social.
Cost: £5 for 2 courses. Booking required in advance please.
Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

Dancing for Wellbeing
Dates: 3rd Thursday of the month (20 Sep, 18 Oct, 15 Nov).
Time: 2pm-3pm. (please arrive by 1.45pm).
Where: Christ Church Hall, Main Street, HG3 2QF.
Exercise class to suit your ability, sitting or standing. Gentle, safe and fun – refreshments provided by afternoon tea.
Cost: £5.
Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

HARROGATE
Carer forum
Date: Weds 17 Oct.
Time: 2pm-4pm.
Where: Carers’ Resource office.
An opportunity for carers to meet one another and discuss the issues they face. People who come along also learn more about the services Carers’ Resource offers and feed back about how they can improve. Just turn up.
Contact: Alison Straw, 01423 500555, astraw@carersresource.org

Cedar Court Coffee Morning
Dates: 3rd Wednesday of the month (19 Sep, 17 Oct, 21 Nov).
Time: 11am.
Where: Cedar Court Hotel, Park Parade, HG1 5AH.
Carers and former carers. Meet for a drink and a chat.
Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

Confidence for Carers Workshop
Dates and times: 10 Oct 1.30pm-3.30pm; or 9 Nov 10am-noon.

Where: Carers’ Resource office.
A free workshop for carers and former carers looking at ways to build confidence and give ourselves a boost. Whether in work, at home, or dealing with professionals, carers can find that confidence looking at how to deal with challenges that life can bring. Come to meet other carers for this enjoyable session looking at our own confidence levels and steps we can take to feel good and give ourselves a boost.
Contact: Jenny Sengel, 01423 500555, jsengel@carersresource.org

Harrogate Outings Group
Dates: Various Wednesdays (28 Sep, 24 Oct, 28 Nov).
Time: 2pm.
Where: Venue changes. Social get together – the venue changes each meeting and is decided by the group.
Cost: Own drink and food.
Contact: Christine Marshall, 01423 500555, cmarshall@carersresource.org

Mindfulness Relaxation
Dates: 12 Sep, 10 Oct, 7 Nov.
Time: 2pm-3.30pm.
Where: Yorkshire Care Equipment (shop), Forest Lane Head, (opposite the Harrogate Golf Club), HG2 7LD.
A professionally led session of relaxation in cosy surroundings. Followed by refreshments (including tea) and social time. Please email/call to book.
Cost: £5.
Contact: Christine Marshall, 01423 500555, cmarshall@carersresource.org

New Beginnings
Dates: Every Wednesday.
Time: 11am-noon.
Where: Elim Church Hall, Park View, HG1 5LZ.
Peer support group for carers who have lost a loved one or have a loved one in care as a result of Alzheimer’s or dementia. To share experiences and offer friendship.
Cost: £3 to cover room hire and refreshments.
Contact: Lynda Oliver, 07817 829065, lyndaoliver99@yahoo.co.uk

New to Caring
Dates: 21 Nov.
Time: 10am.
Where: Carers’ Resource office.
A free workshop for carers and former carers looking at how to deal with challenges that life can bring. Come to meet other carers for this enjoyable session looking at our own confidence levels and steps we can take to feel good and give ourselves a boost.
Contact: Jenny Sengel, 01423 500555, jsengel@carersresource.org

RIPON
Carers’ Drop-in
Dates: Every Thursday.
Time: 10am-1pm.
Where: Carers’ Resource Ripon office, Community House, Sharow View, Allhallowgate, Ripon, HG4 1LE.
A drop-in session for carers wishing to have a short consultation or to make an appointment for a later time. Report to reception in Community House. They will show you through to the office.
Contact: Carers’ Resource Harrogate office, 01423 500555.

Tea/Coffee
Dates: 2nd Tuesday of the month (11 Sep, 9 Oct, 13 Nov).
Time: 2.30pm-3.30pm.
Where: Ripon Community House, Sharow View, Allhallowgate, HG4 1LE.
Support group. Confirmation of attendance required one week ahead of the date of the group. We will try to accommodate as many as possible.
Cost: £3 for tea meetings.
Contact: Jean Eames, 01423 500555, jeaneams@carersresource.org

WETHERBY
Afternoon Tea/Coffee
Dates: 3rd Monday of the month (17 Sep, 15 Oct, 19 Nov).
Time: 2pm.
Where: Wetherby’s Restaurant, High Street, LS22 6LT.
Carers and former carers. Drink and a chat in a friendly environment with light snacks and cakes.
Cost: Own food and drink.
Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org
We couldn’t do what we do without our wonderful volunteers, and we celebrated them even more than usual during Volunteers Week in June.

We threw our Bradford district volunteers a party in our Shipley office, where special mentions were given to Sue Higgins and Keith Duerden, who were presented with certificates for volunteering with us for five years.

Lesley Mason was given her certificate at the Time For Me carer group to mark five years of volunteering with the Steeton-based group.

A celebratory tea party was also held at the Harrogate office, where Julie Greenfield, Angela Lloyd-Roberts, Mike Thompson, Vivien Hallam and Joy Nightingale were presented with five-year long-service awards. Lucy Tiffany was presented with a 10+ years award, and Chris Baugh got her 15+ years award. Amazing!

As an additional thank you, Rudding Park Hotel, Harrogate, kindly donated a tour of its kitchen and garden with afternoon tea and a visit to its luxury spa to our Carers’ Time Off volunteers in Harrogate, Knaresborough, Ripon and the surrounding villages.

Carers’ Time Off volunteers spend time with a person who is cared for – either in the home, or out somewhere – while the carer has a short break.

Bradford volunteer co-ordinator Val Stewart says: “I think our volunteer team all give so much, both to our organisation but most importantly directly to our clients. They give time, skills, support and humour in all that they do and we would be a much poorer service without them.” Volunteers in the Craven/Airedale areas will receive their long-service awards in September, as June was their holiday season.

● Volunteers enhance our services and make a huge difference. If you could volunteer, please call us or apply at www.carersresource.org/be-involved/volunteering/volunteer-enquiry-form/

Clockwise from top: Carers’ Time Off volunteers relax at Rudding Park Hotel with project manager Dawn Tesseyman, right; Sue Higgins, centre, with Val Stewart, left, and Bradford office manager Jan Burrows; the Harrogate office tea party; Keith Duerden with Bradford district Home from Hospital team manager Shelley Marshall

Go Radio Gaga with a dedication

Carers and Carers’ Resource staff create a radio show that broadcasts fortnightly on Bradford Community Broadcasting – and we’re looking for song dedications, and new recruits to join the production team.

We’re holding a free taster session at BCB, 11 Rawson Road, Bradford, BD1 3SH, on Wednesday 3 October from 1pm-3pm. See what the studios are like, learn the basics of the mixing desk and meet Carers’ Resource staff and other carers.

It’s an opportunity to acquire or develop skills in radio production, build confidence in public speaking, share your caring experiences, give something back to the charity and community, meet new people and make new friends.

No experience is necessary.

If the taster session isn’t for you, you could instead dedicate a track to someone, or send in ideas about what you want to hear on The Carers’ Show.

Carer Stephen Greenwood, 56, of Woodside, Bradford, has contributed to The Carers’ Show on BCB 106.6fm since January. He says: “I’ve been playing the keyboard for so long and enjoy being on stage, so broadcasting was something I had always wanted to do.

“What I have learned I have found interesting, from how to use the mixing desk to editing recordings.” After the taster session, there will be a series of six further free training sessions for those wanting to join The Carers’ Show production team. You can give as much or little time as you like to this project and you don’t have to attend every time.

● Register for the taster session or send in a dedication by contacting communications assistant Lucy Clews on 01274 449660 or at lclews@carersresource.org

Stephen Greenwood

Volunteers honoured for their vital work
Christopher tells Radio 4 listeners what it’s like to be a carer

Christopher Whitfield’s ears pricked up when a Radio 4 presenter he was listening to asked for unpaid carers to get in touch to talk about their experiences. He’d often been tempted to call in, and this was his chance.

The show was Call You & Yours, and the discussion topic was “What have you given up to care for somebody else?”. Christopher, 68, of Skipton, says: “The day before I talked on the radio I was listening to the programme when they announced they wanted feedback from carers the next day.

“I emailed them to get involved and they responded by inviting me to speak on a conference call with other carers at 9.30am the next day.”

During the phone call, Christopher told radio presenter Winifred Robinson about his experiences of caring for his wife Denise, who had a “catastrophic brain haemorrhage” that left her with mobility issues and unable to follow a narrative. She also has epilepsy.

He explained to Winifred how he had to give up his well-paid job in 2007 to take a low-paid, part-time role that would fit around his caring responsibilities. This meant he had to give up his hobby of travelling, particularly to go bird-watching, as he could no longer afford it. The couple are now living on their pensions.

He even had to give up bird-watching here in the UK. Christopher told listeners: “By the time we got Denise ready to go off for a day’s birdwatching, it’s practically 10am and all the birds have done all the interesting stuff. You get an hour’s birdwatching in then it’s time to come home.”

Christopher also said he looks at other grandparents and sees they are able to entertain grandchildren and take them out for the day, but this is a struggle for him and his two grandchildren as he has to put his wife’s needs first. He shared with listeners that the one thing that would make the biggest positive difference to his life would be for someone to sit with his wife so he could have a break to “restore his spirit”.

He adds: “Listening back to the show on iPlayer, it was a shame that our long conversations were chopped down and some feedback was omitted. For example, I mentioned the support I had received from Carers’ Resource, which I hoped would be included. I contacted my caseworker Helen King to tell her I would be on the radio so she could listen in.”

But overall he found the experience was positive. Christopher adds: “Speaking on the radio was a completely new experience for me, and I did find it terrifying. I realise now that this was all in my head, and I may well call in again. I commend other carers to take up the opportunity and to experience what I did.”

Listen online to Christopher on Radio 4’s Call You & Yours via this link:
w w w .bbc.co.uk/programmes/b0b9v6mv

Liz stars in A Day in the Life of a Carer video

We have made a hard-hitting YouTube video to show viewers what life is really like for carers.

Liz Ruddle stars in A Day in the Life of a Carer, which shows a snapshot of how she interacts with and cares for her sister Shirley, who is in a wheelchair and has Down’s syndrome, epilepsy and dementia.

Carers’ Resource communications officer Caroline Firth spent from 7am until 9.30pm one day in June filming the pair in and around their Harrogate home.

Caroline says: “It was a real honour to be a fly on the wall for the day. Liz and Shirley were both great company. It was an eye-opening and humbling experience.”

The six-minute video was launched during Carers Week and has reached more than 2,000 people on Facebook. It has also been played to MPs, at public events, on the big screen in Bradford city centre, and at the start of meetings at Carers’ Resource, moving staff to tears.

The video has been played on high street screens in the town centre of Bradford. It was also shown to Members of Parliament during Carers’ Week.

Liz says: “It was a pleasure to have you for the day and it was interesting and thought-provoking for me. In some respects I didn’t realise I did quite so much! I hope it has an impact on other people and that they get a feeling of some of the issues involved in caring.”

Caroline adds: “I hope everyone involved with Carers’ Resource can help the video to be seen as widely as possible, so people out there can start to understand how selfless and hard-working unpaid carers are.”

Watch the A Day in the Life of a Carer video at w w w .youtube.com/watch?v=t3ztX1BuUjg

If you would like to share your story in Choices, on the radio, or on a video, please contact Caroline Firth on 01274 449660 or cfirth@carersresource.org
Your votes could help us win an award

Carers' Resource has been nominated for a Children of Courage Award – and we need your votes to help us win.

The awards recognise courageous and outstanding young people in Yorkshire. We have been nominated in a special category focusing on the work of charities and groups that help youngsters to flourish.

Part of our work is to support young carers aged seven to 18 whose lives are affected by having a parent or sibling with a physical or mental illness, a disability or an addiction to drugs or alcohol.

Helen Prince, from the Carers’ Resource young carers team, says: “Young carers can have lots of different responsibilities. They might do chores, look after younger siblings, provide personal care and give emotional support.

“Because so much of their time is taken up with caring, they may not have time to play, go to after-school activities or socialise with their peers. They can become isolated and even the target for bullies. Without support, young carers can get tired, anxious and lonely.”

Carers’ Resource runs youth clubs and trips, and our staff go into schools to meet young carers and give specialist support.

Representatives from the awards panel visited St John’s Hall, Harrogate, in July to meet young carers aged 7-11 who attend our BUDZ youth club. The fortnightly after-school sessions allow young carers to have a regular break and to make friends with children who are in the same situation.

Helen adds: “When we bring the young people together they show tremendous compassion and support for one another. They say that, while it is not possible to change their situations, being part of our project makes them happier and better able to cope.”

You can vote for us at www.yorkshirechildren.co.uk/nominations/group-vote/ Please share the link with everyone you know! The voting deadline is midnight on 11 October. The ceremony will be held at New Dock Hall, Leeds, on October 12 and will be presented by BBC Breakfast’s Steph McGovern.

RACE IS A KILLER

Thanks go to carer and volunteer Grace Summersgill, who took part in the Silsden Murder Mile in early July to raise awareness of unpaid carers and what we do at Carers’ Resource.

If you want to take part in a challenge to raise money or awareness, call communications officer Caroline Firth on 01274 449660 or email cfirth@carersresource.org

Messiah concert a gift from the heavens

Up to 200 voices, musicians and talented soloists will perform Handel’s Messiah masterpiece in November in aid of Carers’ Resource.

Nidderdale Messiah has been held annually since 2004, and this year our Harrogate District Young Carers service is the recipient of all funds raised by the event. Audience members are welcome to listen or sing at the concert at 3pm on Sunday 25 November at Holy Trinity Church, in Knaresborough. The performance is expected to end at 6.15pm.

Musical director David Andrews – a highly experienced violinist, organist and conductor – will conduct and Adrian Selway will be on the organ. Soloists include soprano Natasha Agarwal, mezzo Amy Shaw, tenor Sean Brines and baritone Jack Holton.

The talented group of performers – including trumpeters Nick Garrett, pictured left, and Andrew Jackson, pictured right – offer their services for free, as do the event organisers.

Any audience members who want to sing along are expected to have, or hire from organisers, a score and be able to either sing Messiah because they have done so in the past, or be able to sight read it. They are also asked to attend a rehearsal at 1pm.

Email admin@nidderdalemessiah.org.uk for full details. Tickets are £12. Food, served before the performance, can be pre-booked for a further £6. Drinks will be served in the interval. See nidderdalemessiah.org.uk/ or call 0739 298 8579 for full information. Booking opens on 1 September.
Do you ever feel it’s all about the person you care for, never about you? When did someone last ask you how you are?

Carer caseworkers at Carers’ Resource are here to help you focus on your own needs, starting with a wellbeing review, writes team leader Carolyn Eastwood, pictured.

The wellbeing review is a structured conversation to help you talk about the different aspects of your life. You might be managing really well in some areas, but you may need some help or advice with others. The wellbeing review will help you to identify these areas with your caseworker.

Sometimes just talking things through can help, or you may need some practical support or specific advice. If we can’t help with a particular issue, we can probably point you to someone who can, either inside or outside Carers’ Resource.

If you haven’t had a caseworker before and think you would like a wellbeing review, get in touch. Caring can be a long-term commitment. You may have had a caseworker in the past but now find things have changed, or caring is getting more difficult for you, and you need one again. We’d be happy to see you if you’d like to talk.

Caseworkers see carers in different community locations, or at our offices, or even at a carer’s home if needed. It can often be a good thing to talk away from the person you care for, so that we can concentrate on your needs.

If you feel it would help to discuss exactly how things are for you and explore ways to move forward, give casework a try – just pick up the phone and ask for a wellbeing review.

To request a wellbeing review, call your nearest Carers’ Resource office.

Blue badge scheme extended

People with hidden disabilities such as mental health issues and autism will be able to be considered for a blue badge under a shake-up of the system.

The scheme already allows people with physical disabilities to park on some yellow lines for up to three hours so they can be closer to their destinations than other drivers, and park for free in many car parks and on-street parking bays. There are some restrictions and not all councils have the same rules.

The extended scheme will come into force in early 2019 and will give eligibility to people who:

● Cannot undertake a journey without there being a risk of serious harm to their health or safety or that of any other person (such as young children with autism);
● Cannot undertake a journey without it causing them very considerable psychological distress;
● Have very considerable difficulty when walking (both the physical act and experience of walking).

Carers’ Resource can help you to fill in a blue badge form, whether it is in on paper or electronic. We can also advise on eligibility and local regulations.

Local Lotto puts fun in fundraising

The weekly Local Lotto is a fun way for you to help us raise money while being in with the chance to win prizes of up to £25,000. It costs just £1 a week for a ticket but you can buy as many as you like, and we collect 50% of ticket sales.

Every ticket has a one in 50 chance of winning a prize – that’s a better chance of winning than the National Lottery and the Health Lottery.

Starting from 8 September, there will be a draw every Saturday night at 8pm. To sign up, see www.thelocallotto.co.uk or call 01423 206777 (Mon-Fri, 9am-5.30pm, excluding bank holidays).
When Emma Perkins was job hunting her eyes were drawn to an advert for a receptionist at Carers’ Resource, the charity that had helped her grandparents, and she knew she had to apply.

Emma’s grandad Michael had married her grandma Linda in 1966, and her grandad was diagnosed with paranoid schizophrenia just nine years later. Over the years Michael’s health deteriorated and he struggled with diabetes and vascular dementia, among other health issues.

The family, from Wrose, Bradford, reached out for outside support when Linda also became ill with diabetes and arthritis, and she realised she needed help to care for Michael.

Emma, 27, says: “In about 2010 James Elwood from the Care@ service started to visit Grandad twice a week.”

James helped Michael with gardening, food shopping and walking the dog, and they spent a lot of time talking. James says: “He said he wanted to feel useful. So we spent one visit talking about the things that help him to feel useful.

“I just listened to him and tried to put his mind at rest when he needed it. I never really did that much as far as I was concerned, just enjoyed his company. I keep very fond memories of the time we spent together.”

Emma adds: “It was grandma and grandad’s highlight of the week. They loved James. He became a family friend.”

Unfortunately Michael’s care funding suddenly stopped, which meant Michael and Linda had to pay for any care themselves. The couple wanted Michael’s care to continue, so visits carried on but they were cut from twice to once a week.

James says: “Michael, his wife and the family were among the most kind-hearted and genuine people I have met. It was a pleasure to support them.”

Emma says: “Grandma died in 2015. At that point Grandad briefly lived with relatives before he got a place in a self-contained flat, where he could receive care on site. James continued to care for him until Grandad, too, sadly died a year later.”

This April, Emma's job at a car dealership was coming to an end and she was scouring websites to find another role. That’s when she saw a receptionist was needed at Carers’ Resource. She says: “I thought if I could give just one person the help my grandma and grandad were given by Carers’ Resource, that would make me happy.”

She was elated to be appointed, and she is now the first person people see when they walk through the door at the Bradford office. Emma adds: “I absolutely love working here. I think we make a big difference to people’s lives. I go home fulfilled.”

We are always looking for people with a kind heart and caring nature to join our team at Carers’ Resource. If you are interested in working with Care@ call 01274 588990 or email care@carersresource.org

For wider Carers’ Resource jobs see www.carersresource.org/join-our-team/opportunities/

KEEPING YOUR DATA
We need to tell you that we keep your data, including your address, phone number and email address.

Keeping this information up to date is really important as it means we can provide you with the best possible service. Please let us know if your details change. We will store information and records relating to carers and people in need of care and support securely. It will be accessible only to staff and volunteers, or to a third party with your agreement. Information will be stored only for as long as it is needed or for as long as our governance guidelines state.

If the time comes when we need to dispose of it, we will do so appropriately. We will never sell your data. See carersresource.org/privacy/ for more details. If you have any concerns, contact us.