

Carers tell of financial pressures

Some 39% of carers say they are struggling to make ends meet financially and 68% are using their own income or savings to cover the cost of care, equipment or products for the person they care for.

The figures are based on results of the 2019 State of Caring Survey by national charity Carers UK, which carried out an online poll of more than 7,500 carers.

The majority of respondents said they provided more than 50 hours of care every week. Most care for one person, at 74%, while 20% care for two people, 5% for three people, and 2% for four or more people.

Just under half of all carers, at 46%, said they could afford bills without struggling financially, but 21% are or have been in debt as a result of caring, 8% cannot afford utility bills and 4% cannot afford their rent/mortgage payments.

Some 47% of carers have also had to cut back on essentials such as food and heating, while 6% of carers who are struggling to make ends meet have used food banks and 3% have used payday loans.

Of the carers who are struggling financially, 77% have had to cut back on hobbies and leisure activities and 64% have cut back on seeing family and friends, while 14% have even had to cut back on the support services which help with caring. On top of this, 12% of carers reported they or their loved one received less care or support in the previous year as a result of reduced support from social services. And 90% do not know what might happen to the practical support they get in the future, or worry it might be reduced.

Of the carers in England who had been assessed/reassessed in the last year, only 30% felt their need for support to look after their own physical and mental health

alongside caring had been thoroughly considered. When asked about exercise, 81% said they were not able to do as much as they would like. In terms of mental health, just 18% were likely to say they are never, or are hardly ever, lonely. This compares with 54% of the general population.

One carer said: "I was admitted to hospital after a breakdown due to exhaustion and chronic pain. If I had had more breaks from my caring role or adequate mental health support I might not have had the breakdown at all."

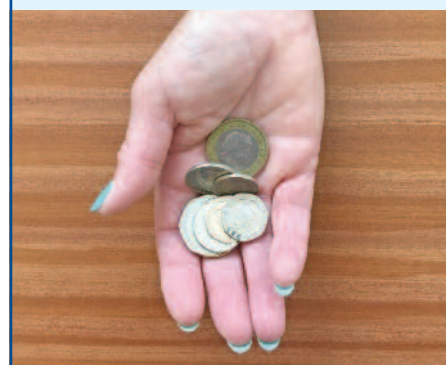
Only 26% of carers said their need to have regular breaks from caring was considered during their assessment, and just 12% felt their need to juggle work and care, or their return to work was properly considered. It is thought about 4.87 million are juggling work and care. Some 39% of respondents were in paid work – 47% full-time and 53% part-time. But 38% had given up work to care, and 18% had cut their hours.

One carer said: "Leaving work left me isolated. My caring role has changed my support network – I had to seek out a new one."

Carers' Resource chief executive Chris Whiley says: "We have been aware for some time that carers are experiencing growing financial hardship which, coupled with all the other daily stresses and strains carers cope with, is a worrying trend.

"We will continue to raise these issues with our local politicians and other key decision makers and support in any way we can."

FINANCE



21%
in debt as a
result of
caring

3%
have used
payday
loans

WELLBEING

81%
are not able
to do as
much
physical
exercise as
they would
like

64%
have cut
back on
seeing
family and
friends due
to money
concerns

WORK

38%
have given
up work to
care

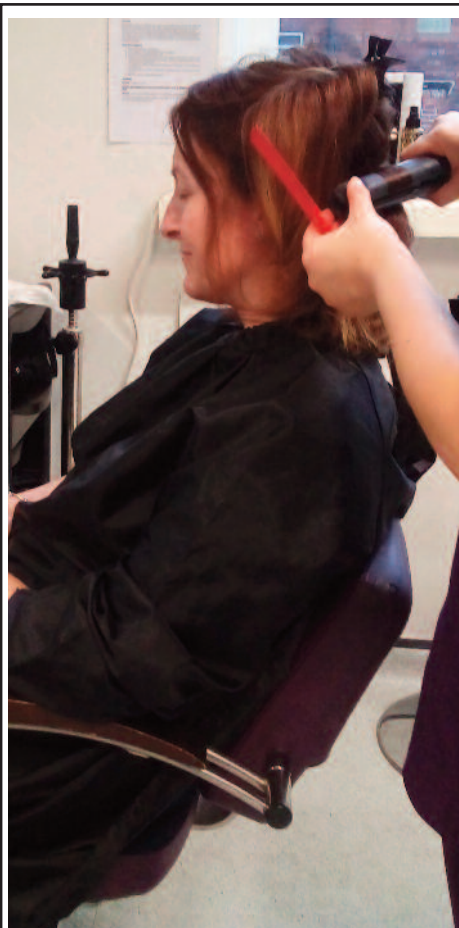
18%
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working
hours to
care

**Nearly 200 of you took part
in Carers Week, Pages 2-3**

**Check out our breaks survey
results, Pages 4-5**

**Floods strand young carers
overnight, Page 10**

Nearly 200 carers events for Carers



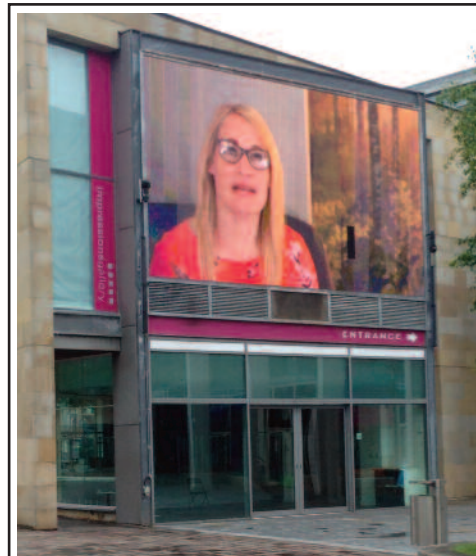
There was a win-win event at Craven College – four carers got free hair cuts and styling from students who needed people to practise on, followed by a free buffet. The carers all work, so they appreciated that the event was held in the evening and said they felt pampered and relaxed.



Carers enjoyed tea and cake during a trip to Markenfield Hall, near Ripon.



We hosted a stall in Yorkshire Water's staff canteen. 14 carers made themselves known to us and there is the potential for us to run a similar event at other offices.



Our YouTube video about parent-carer Lisa was shown during the week on Bradford's big screen.



The Bradford Bulls invited us to hold a bucket collection and information stall at their game against Batley Bulldogs, raising £472.24.



We hosted 10 information stalls to raise awareness about carers with the public, professionals and in health and care settings. We visited supermarkets, GP surgeries, high-profile events, professional events, occupational therapy team meetings at Bradford Council, and hospitals. We had fantastic conversations and many more people are now "carer aware".

attend Week



It's your Choices

By Carers' Resource
chief executive Chris Whiley.

Carers' Resource has been going through some major changes this year, all with the aim of improving our services and making them more accessible to those people that might benefit from our support.



Already we know that we are reaching out to many more people, and hopefully our approach means that we are able to support people to really improve their quality of life.

Bradford Council is currently inviting carers to complete its "carer experience survey". This will both inform local services and is also passed to national government to enable it to look at the experience of carers on a national scale.

The survey is anonymous, quite short and gives lots of options for answers, so I would urge people in the Bradford district to spend five minutes or so to complete it, and contribute to the overall picture of the lives of carers.

Fill out the survey online at <https://surveys.bradford.gov.uk/sn/apwebhost/s.asp?k=155921092765> or if you would prefer to complete a paper version contact 01274 434500 and ask for a carers' experience survey form. The consultation runs until Saturday 30 November.

Carers' Resource continues to engage in national and regional activities as well as local ones to advocate on behalf of the people we support, and therefore it is of great value to us when you share your issues, concerns and positive stories. We can pass these on anonymously and help secure better services going forward.

Best wishes,

Chris



26 people came along to an afternoon tea at Ireby Green farm Cafe, in Carnforth. They were joined by North Yorkshire County Council chairman Cllr Jim Clark, who wanted to meet the group so he could discuss the issues facing carers who live in a rural area.



Juanita and Jack Ryder marked their 58th wedding anniversary at our brunch at Coniston Hall.



Two teams from Knaresborough St John's C of E Primary School took part in the Great Knaresborough Bed Race to raise more than £1,000 that will be shared between us and the school's sensory room.



Skipton carer Sal Goodman, centre, went to Parliament to attend an event run by national charity Carers UK. She met her MP Julian Smith in his office to discuss the pressures of caring.



We took 16 young carers to Lightwater Valley, thanks to funding from the Rotary Club of Ripon.



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 28 October, 2019.

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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Give us a break!

How you responded to our 'time out' survey

Carers who responded to our survey about breaks told us their preferred getaway would be **without the person they cared for.**

It was the top result, chosen by 48% of the 143 respondents. Second, with 41%, was a social outing with friends. Next was a day trip (40%), then spending time on a hobby or new skill (39%).

The survey, held between November and February, asked what sort of breaks carers would find most helpful, what breaks – if any – they were currently accessing, and the main challenges for carers in accessing breaks.

Some 29% would like a break away with the person they care for, with care and support, while 27% would find attending carer groups helpful, and the same number would like a break at home while the person they care for is looked after. Just 18% want to stay at home while their loved one also receives respite at home.

Perhaps the most alarming figures are those showing the breaks carers are not getting:

- 62 carers (43%) have never accessed a break away together with care/ support.
- 54 (38%) have never accessed a break at home without the person they care for.
- 49 (34%) say they have never had a break away without the person they care for.
- 37 (26%) never go on a day trip.
- 32 (22%) never go on a social outing with friends.

The survey found 85 carers (59%) were concerned about the cost of breaks, 69 (48%) struggled to find suitable care to take a break, 68 (48%) feel guilty about taking a break and 63 (44%) try to catch up on jobs instead of taking time out.

Carers' Resource chief executive Chris Whiley says: "We understand this and want to try to help make the choice to rest easier for carers. But what I want to be absolutely clear on is that carers do need a break. We want to help protect carers from burning out and becoming so mentally and physically exhausted that they can't function – or care –



Chris and Judy after a motorboat trip at Calvert Trust Kielder

any more. Also, it's important to say that having a break in the home and spending that time doing chores is not actually a break."

Our fundraisers have been working hard to ensure money is available so we can use the survey results to improve our breaks offer, and £23k is available so far across the organisation.

Chris adds: "As everyone's life is different, asking the questions we did in the survey means we have a starting point to work from to help as many people as possible."

● Read our columnist Emma Clayton's experience of her breaks as a carer on p10.

What we already offer

Carers' Resource provides a number of activity groups, lunch and evening meals, one-off events and workshops. Here's what's new in our schedule:

- A day trip from Bradford to Grassington.
- A six-week cookery course run at Craven College.
- A four-week confidence-building course.
- Several introductory workshops covering: food hygiene; first aid; moving and handling; dementia, safeguarding and mental health first aid.
- A talk about care home funding.
- Holistic therapy sessions.
- Jewellery making.
- Inheritance tax, wills and power of attorney talk.
- Yoga for beginners.
- Balancing Roles, Achieving Goals (see above right).

See pages 6-7 to find out the full details.

Confidence course helped get 'me' back

Ruth Colley was referred to Carers' Resource at a low ebb in her life. She had recently retired from the job she loved as an activity co-ordinator at a care home as she could not fit in full-time hours while caring for her father.

Ruth, who lives near Harrogate, has cared for her father, 90, for four years. Caring has gradually taken up more of her time and energy, and she felt stressed and cut off from the rest of her life.

She says: "Becoming a carer totally changed my life. I went from being a work colleague to just being an extension of the person I care for."

Ruth was referred to the Action Towards Inclusion (ATI) project at Carers' Resource, and met key worker Jillian Miller. ATI, a three-year project funded by the National Lottery and European Social Fund, provides people with specialist support and activities to reduce isolation and build their skills.

Jillian introduced Ruth to a



Ruth, in the middle of the bottom row, at Balancing Roles, Achieving Goals

Carers' Resource locality worker for support on caring issues, and helped Ruth to join yoga classes and a mindfulness and relaxation group. Ruth also, with Jillian's support, started a computer course.

Her former confidence began to blossom again. She says: "It's helped to get something of 'me' back as a person."

With Jillian's help, Ruth started

to volunteer in a charity shop and joined a wellbeing course, run by the CReate team at Carers' Resource in Harrogate, called Balancing Roles, Achieving Goals.

The four-week course for carers involved fun and relaxing activities, talking through ideas with each other, and trying strategies to develop confidence and deal with stress.

Ruth adds: "I wish I'd known you were there four years ago. Thanks to all the support I've had, I've moved forward. People need the support you give."

● Balancing Roles, Achieving Goals will run in Bradford in October. For more information, contact Liz Liepins on 01274 449660 or lliepins@carersresource.org.

Solicitors to give talks on care home funding and tax
Maxine Heppenstall and Robert Cole, of Walker Foster Solicitors, will visit our Shipley office in late September to give a free talk on care home funding, and our Skipton office in early October to give a free talk on inheritance and tax planning. See p6-7 for full details.

Let out the adventurer in you at Kielder

We know holidays that provide a care package are often expensive, and the choice is limited. So often websites or brochures say accommodation is "accessible", when all it means is the room is on the ground floor.

One site that lives up to its "accessible" claim is Calvert Trust's outdoor adventure site in Kielder, Northumberland. We were given the chance to go with carer Judy Steel and her son Chris, pictured above left, to see the facilities.

The first thing to note is the scenery – you'll be amazed driving by the forests, streams and lakes. Meandering near and on to the site takes you past zip wires, a huge swing, archery, and a motorboat. All are accessible to wheelchair users and are just some of the many activities on offer.

There are different rooms and meal packages. Some of the rooms in the main building are slightly outdated but those that are refurbished are lovely, as are the chalets dotted around the grounds.

You can bolt on activities or pay for them all inclusive, and you can pay for care (18+ only). Stay at home while your loved one has a break, or go away with them and

watch them being whisked away for a day of fun while you take a dip in the pool or relax. Magic.

There's also evening entertainment, which goes on till late, so ask for a room away from the bar if you don't like to party too hard. Judy, of Cottingley, Bradford, says: "It's an amazing place for respite that includes care for the carer. Staff are very willing to try to meet all your needs. On our taster day we enjoyed an amazing trip on the motorboat around the lake and took turns to drive! We were very impressed with the staff and facilities. It's well worth the trip and I'd recommend a taster weekend."

This place is fun for all the family, and it gives you choices to create a holiday that works for you. Prices are bespoke: call or email to get a quote. It's not as expensive as some sites. It's not cheap either – but it's worth it.

Calvert Trust Kielder has these respite offers for Choices readers:

11-18 November @ £900pp (instead of £1,092)

25 November-2 December @ £900pp (instead of £1,092)

2-5 December @ £550pp (instead of £695)

Prices include accommodation, food, activities and care support (18+). Call for prices per person for carers, and breaks without care support, which will be cheaper.

Try a taster weekend **from 4pm on Friday 15 Nov to 2pm on**

Sunday 17 Nov for £165 per person including accommodation, food and activities. Under-fives go free and family packages can be put together. Care support and equipment is extra for this deal.

For more information call Calvert Kielder on 01434 250232 or email enquiries@calvert-kielder.com Anyone with a neurological condition may be able to apply for funding from the Alan Bott Charity for a stay at Calvert Kielder.

● If you have had a fantastic – or terrible – experience on an "accessible" trip, at home or abroad, email informationteam@carersresource.org



Carers' groups and activities: Airedale, Bradford,

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. Sessions are free unless a cost is stated.

BRADFORD: Unit 15, Park View Court, St Paul's Road, Shipley, BD18 3DZ, 01274 449660.

HARROGATE: 11 North Park Road, HG1 5PD, 01423 500555.

Some events are in our Skipton, Bradford or Harrogate offices. The addresses and phone numbers are below:

SKIPTON: Ronaldsway House, 36 Brook Street, Skipton, BD23 1PP, 01756 700888.

BRADFORD DISTRICT

DAY TRIP FROM BRADFORD TO GRASSINGTON

Dates: Fri 27 Sep.

Time: 9.30am-4pm.

Where: Bradford to Grassington and back.

Return coach trip to Grassington from Bradford, leaving at 9.30am (meeting point tbc) and getting back at 4pm. Price (£15 per person) includes travel and a tea or coffee. Buy your own lunch at The Hedgerow café Threshfield. There will be time to shop and wander before returning home. Carers and the people they care for are welcome. Booking is essential. There is one space available for a wheelchair.

Contact: Christine Chapman, 01274 449660, cchapman@carersresource.org

BINGLEY

Drop-in

Dates: 1st Wednesday of the month (4 Sep, 2 Oct, 6 Nov).

Time: 10.30am-noon.

Where: The Coffee Lounge, Queen Street, BD16 2JS.

Contact: Beverley Knipe, 01274 449660, bknipe@carersresource.org

BRADFORD CITY CENTRE

Pay-as-you-feel Lunch Group

Date: 18 Sep, 13 Nov.

Time: 1pm.

Where: The Storehouse, 116 Caledonia Street, Bradford, BD4 7BQ.

Inn Churches hosts a pay-as-you-feel lunch 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. We suggest a voluntary £2 donation to cover the cost of your meal.

Contact: Christine Chapman, 01274 449660, cchapman@carersresource.org

Curry Club

Date: 25 Oct.

Time: 6pm.

Where: Omar Khan's, 30 Little Horton Ln, Bradford BD5 0AL. Enjoy a banquet for £10 per person (rather than the usual £16), plus drinks. The meal includes poppadoms and dips; mixed sizzler platter starter; a selection of mains for the table, pilau rice and naan bread. Vegetarian option available. Please mention any dietary requirements when booking. Spaces are limited, so first come first served. The person you care for is welcome as are other friends or relatives.

Contact: Book by contacting Melanie Evans, 01274 449660, mevans@carersresource.org

KEIGHLEY

Coffee Morning

Dates: 1st Friday of the month (6 Sep, 4 Oct, 1 Nov).

Time: 10am-11.30am.

Where: Café Central, Central Hall, Alice Street, Keighley, BD21 3JD. Carers, cared for and former carers.

Contact: Rachel Waddington, 01756 700888, rwaddington@carersresource.org

SHIPLEY

Care home funding talk

Date: Mon 23 Sep.

Time: 10.30am-11.30am.

Where: Carers' Resource office. Solicitor Robert Cole, of Walker Foster Ltd, will present this free information session for carers. He will explain how council and NHS Continuing Healthcare funding are assessed and the legal rules around this funding. There will also be an opportunity to ask questions of Mr Cole, who is a legal specialist in care home funding.

Contact: Liz Liepins, 01274 449660, lliepins@carersresource.org

Carer forum

Date: Thu 24 Oct.

Time: 1.30pm-3.30pm.

Where: An chance 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 we can improve. Please let us know you are coming. Contact: Caroline Firth, 01274 449660, cfirth@carersresource.org

Holistic Therapy Sessions

Date: 24 Sep, 22 Oct.

Time: Appointments between 9.45am and 12.15pm.

Where: Carers' Resource Shipley office. £8 per 20-minute session. Choose from treatments including: Reiki, Indian head massage, holistic facial, reflexology, hand/arm massage, back and shoulder massage (depending on availability). Booking is essential.

Contact: Christine Chapman, 01274 449660, cchapman@carersresource.org

Interlude Café Carers' Group

Dates: 2nd Wednesday of the month (11 Sep, 9 Oct, 13 Nov).

Time: 10.30am-noon.

Where: Interlude Tea Room and Café, 27 Westgate, BD18 3QX.

Cost: Price of your own drink. Contact: Kathryn Leakey, 01274 449660, kleakey@carersresource.org

Jewellery making

Date: 22 Oct 5pm-7pm.

Where: Carers' Resource Shipley office. A workshop to learn how to make jewellery in a friendly and supportive environment. All equipment is provided. £2 per session to cover the cost of refreshments.

Contact: Christine Chapman, 01274 449660, cchapman@carersresource.org

Knit Together

Dates: Every Thursday.

Time: 2pm-4pm.

Where: Carers' Resource office. All welcome.

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

Live Well, Care Well

Dates: 2nd Tuesday of the month (10 Sep, 8 Oct, 12 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 Cooper.

Cost: £2 to cover refreshments and materials.

Contact: Kay Nichols, 01274 449660, knichols@carersresource.org

Lunch Group

Dates: 3rd Wednesday of the month (18 Sep, 16 Oct, 20 Nov).

Time: 12pm.

Where: The Noble Comb, Salts Mill Road, Quayside, BD18 3ST.

Carers, cared for and former carers. Contact: Carers' Resource, 01274 449660.

Contact: Kathryn Leakey, 01274 449660, kleakey@carersresource.org

MANNINGHAM

Carer Craft and Chat

Dates: Alternate Wednesdays (11, 25 Sep, 9, 23 Oct, 6, 20 Nov).

Time: 9.30am-noon.

Where: Manningham Mills Community Centre, Lilycroft Road, BD9 5BD.

Come along to enjoy crafts and meet other carers. Free refreshments and activities.

Contact: Melanie Evans, 01274 449660, mevans@carersresource.org

SILSDEN

Chatterbox

Dates: 1st Thursday of the month (5 Sep, 3 Oct, 7 Nov).

Time: 10am-11.30am.

Where: Silsden Methodist Church, Kirkgate, BD20 0PA.

Carers and cared for welcome.

Contact: Sarah Wademan, 01274 449660, swademan@carersresource.org

HARROGATE DISTRICT BOROUGHBRIDGE

Carers' Group

Dates: 2nd Wednesday of the month (11 Sep, 9 Oct, 13 Nov).

Time: 10am-noon.

Location: BEAN Café, St James Square, Boroughbridge, YO51 9BA. Meet for a chat with cake and coffee. No booking required.

Cost: Cost of your own drink.

Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

DARLEY

Dales Diners Lunch

Dates: 1st Thursday of the month (5 Sep, 3 Oct, 7 Nov).

Times: 1pm.

Where: Christ Church Hall, Main Street, HG3 2QF.

Carers and cared for with memory problems. Lunch and social.

Cost: £5 for two courses. Booking required in advance please.

Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

Dancing for Wellbeing

Dates: 3rd Thursday of the month (19 Sep, 17 Oct, 21 Nov).

Times: 2pm to 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 – followed by afternoon tea. Please book in advance. Cost: £5.

Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

HARROGATE

Carer forum

Date: Wed 9 Oct.

Time: 2pm-4pm.

Where: An chance 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 we can improve. Please let us know you are coming. Contact: Candy Squire-Watt, 01423 500555, cswatt@carersresource.org

Cedar Court Coffee Morning

Dates: 3rd Wednesday of the month (18 Sep, 16 Oct, 20 Nov).

Time: 11am.

Cost: Cost of your drink.

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

Parent Carer – Coffee and Cake

Taking a break.



Craven, Harrogate, Ripon and districts

Pins N Needles

Dates: 1st Tuesday of the month (3 Sep, 1 Oct, 5 Nov).

Time: 10.30am-12.30pm.

Where: Carers' Resource office. Carers and former carers. Come along for a coffee and chat with your own crafts, or support our fundraising current craft ideas.

Contact: Jean Eames, 01423 500555, jeames@carersresource.org

Mindfulness Relaxation

Dates: 11 Sep, 9 Oct, 13 Nov.

Time: 2pm.

Where: Yorkshire Care Equipment (shop), Forest Lane Head, (opposite the Harrogate Golf Club), HG2 7TE. A professionally led session of relaxation in cosy surroundings.

£5 per person. Followed by refreshments (included in the price) and social time. Please email/call to book.

Contact: Christine Marshall, 01423 500555, cmarshall@carersresource.org

MASHAM

Carers' Group

Dates: 3rd Wednesday of the month (18 Sep, 16 Oct, 20 Nov).

Times: 2pm-3pm.

Where: Masham Methodist Church, Park Street, HG4 4HN. A chance to meet and chat with other carers and have a free cup of tea and cake.

Contact: Isobel Holmes, 01423 500555, iholmes@carersresource.org

PATELEY BRIDGE

Craft Group

Dates: 3rd Wednesday of the month (18 Sep, 16 Oct, 20 Nov).

Times: 2pm-3.30pm.

Cost: £5.

Where: Nidderdale Plus, Waterside Station Square, King Street, HG3 5AT.

Learn a different craft each month and make something to take home. Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

Lunch Group

Dates: 1st Friday of the month (6 Sep, 4 Oct, 1 Nov).

Times: 1pm.

Cost: £6.50.

Where: The Crown, 19 High Street, Pateley Bridge, HG3 5AP. Carers and former carers. Lunch and social together. Booking required.

Contact: Carol Lancaster, 01423 500555, clancaster@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 staffed session for carers wishing to have a short consultation or to make an appointment for a later time. Report to reception in Community House and they will show you through to the office.

Contact: Carers' Resource Harrogate office, 01423 500555.

Ripon Carers Teas

Dates: 2nd Tuesday of the month (10 Sep, 8 Oct, 12 Nov).

Time: 2.30pm-3.30pm.

Where: Ripon Community House, Sharow View, Allhallowgate, HG4 1LE.

Support group.

Cost: £3 for tea meetings.

Contact: Jean Eames, 01423 500555, jeames@carersresource.org

WETHERBY

Afternoon Tea/Coffee

Dates: 3rd Monday of the month (16 Sep, 21 Oct, 18 Nov).

Time: 2pm.

Where: Sant' Angelo Restaurant, High Street, LS22 6LT.

Carers and former carers. Drink and a chat in friendly environment with cakes.

Cost: Cost of own food and drink.

Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

SKIPTON DISTRICT

BENTHAM

Lunch Group

Dates: Last Monday/Tuesday (varies) of the month (Mon 30 Sep, Tue 29 Oct, Mon 25 Nov).

Time: Noon.

Where: Bentham Golf Club, Robin Lane, High Bentham, Nr Lancaster, LA2 7AG.

Carers, cared for and former carers. Contact: Alison Webb, 01756 700888, awebb@carersresource.org

BROUGHTON

Utopia Group

Dates: 2nd Tuesday of the month (10 Sep, 8 Oct, 12 Nov).

Time: 10am-11.30am.

Where: Utopia, Broughton Hall Business Park, BD23 3AN.

Coffee morning for carers, cared for, former carers and vulnerable people.

Contact: Alex Roberts, 01756 700888, aroberts@carersresource.org

SETTLE

Lunch Group

Dates: 2nd Monday of the month (9 Sep, 14 Oct, 11 Nov).

Time: Noon.

Where: The Lion Hotel, Duke St, BD24 9DU.

Carers, cared for and former carers.

Contact: Anne Brennand, 01756 700888, abrennand@carersresource.org

SKIPTON

Airedale and Skipton Supper Club

Dates: Approximately every six weeks.

Time: Early evening.

Where: Various venues across Skipton and Airedale.

Carers, cared for and former carers – early evening meal out in various venues in Airedale and Skipton.

Contact: Tracey Howes, 07725111798.

Care Awareness – Dementia, Safeguarding and Mental Health First Aid

Date: Tue 12, 19, 26 November.

Time: 10am-12pm.

Where: Carers' Resource office. Craven College will run this free three-week programme of introductory workshops to help carers understand and become more aware of dementia, safeguarding and mental health first aid. Please book in advance.

Contact: Rachel Blackwell, 01756 700888, rblackwell@carersresource.org

Carer forum

Date: Fri 6 Sep.

Time: 10am-noon.

Where: An chance 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 we can improve. Please let us know you are coming.

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

Confidence for Communication workshop

Date: Thu 24, 31 Oct, 7, 14 Nov.

Time: 10am-12pm.

Where: Carers' Resource office.

This free four-week workshop programme will help carers consider communication, assertiveness and confidence building. Please book in advance.

Contact: Rachel Blackwell, 01756 700888, rblackwell@carersresource.org

Confident Cookery

Date: Tue 8, 15, 22 Oct; 5, 12, 19 Nov (no session 29 Oct).

Time: 3-5.30pm.

Where: Craven College High Street Campus, Skipton, BD23 1JY.

Over this six-week course carers will learn how to plan, prepare and cook simple teatime favourites. Take your delicious meal home with you afterwards! The cost is £24 for the whole course, which is being run by catering tutors at Craven College. Please book in advance.

Contact: Rachel Blackwell, 01756 700888, rblackwell@carersresource.org

Holistic Therapy Sessions

Date: 28 Aug, 20 Sep.

Time: Appointments between 9.20am and 12.15pm.

Where: Carers' Resource office.

£8 per 20-minute session. Choose from treatments including: Reiki, Indian head massage, holistic facial, reflexology, hand/arm massage, back and shoulder massage (depending on availability). Booking is essential.

Contact: Carers' Resource Skipton office, 01756 700888, skiptonadmin@carersresource.org

Inheritance Tax, Wills and Power of Attorney talk

Date: Thu 3 Oct.

Time: 10.30am-11.30am.

Where: Carers' Resource office.

Solicitor Maxine Heppenstall – managing director of Walker Foster Ltd and a legal specialist in trusts, wills and inheritance tax planning – will present this free information session for carers. She will explain the important areas that carers need to bear in mind when making future plans, and the legal rules around inheritance tax and wills. There will be an opportunity to ask questions. Contact: Rachel Blackwell, 01756 700888, rblackwell@carersresource.org

Lunch Group

Dates: 1st Wednesday of the month (4 Sep, 2 Oct, 6 Nov).

Time: Noon.

Where: Bay Horse, Snaygill, BD20 9HB.

Carers, cared for and former carers.

Contact: Vanessa Rayner, 01756 700888, vrayner@carersresource.org

Parent Carer Coffee and Cake Drop-in

Dates: 5 Sep 9.30-11am, 24 Oct 1.15-2.45pm, 21 Nov 9.30-11am.

Time: Varies. See above

Where: Carers' Resource office.

A drop-in session for parents who live in Craven and are caring for a child/children under the age of 18. Pop in for a cuppa and to meet other parent carers in the area. Get support and information from locality worker Natalie Baxter.

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

Yoga for Beginners

Dates: Tuesdays 10, 17, 24 September, 1 October

Time: 10.30-11.30 am

Where: Carers Resource office.

This course is perfect for people who are new to yoga, those who have tried and enjoyed a few classes, or anyone who used to do yoga and would like to get started again.

Each week we will enjoy calming, mindful breathing practices, developing our knowledge and practice of postures, building into a slow flow sequence. There will be suitable modifications, rest poses, time for any help needed, the chance to ask questions, and relaxation to finish.

The cost, which includes all four sessions, is £20 (payable in advance). Please drop payment into the office to secure your place. There are eight places available.

Contact: Carers' Resource Skipton office, 01756 700888, skiptonadmin@carersresource.org

THRESHFIELD

Lunch Group

Dates: 3rd Friday of the month (20 Sep, 18 Oct, 15 Nov).

Time: Noon.

Where: Gamekeeper's Inn, Long Ashes Park, BD23 5PN.

Carers, cared for and former carers. Contact: Helen King, 01756 700888, hking@carersresource.org



Walking with Wordsworth

Mike O'Leary – April 2016

*I wandered freely as a cloud
Reading his poetry out loud
Lost as I roamed twixt south and north
The poems distracting as I moved forth
Where will it take me
There's rhyme but no reason
A map and a compass
More befitting this season
Head in the clouds
View clear as mud
Four lines of verse
And then I should
Take up the challenge
To find my way home
Leave Wordsworth behind
When you go out to roam*

Care @ Carers' Resource is hosting a stall at the Clayton Dickensian Market in December and needs tombola prizes. If you have any unwanted gifts, sweets, chocolates, sealed food items, drinks or toys please pass them to your local Carers' Resource office.

EU carers 'prepare for Brexit' plea

Are you or any members of your family – including a child or partner – from the EU, European Economic Area or Switzerland?

If so and you are living in the UK, you may need to apply for settled status if you want to stay in the UK after 30 June 2021. After this date your rights will change and you could lose your right to work, study, and live in the UK. The deadline to apply is 31 December, 2020 (this will be extended to 30 June, 2021 if there is a Brexit deal).

To find out more, see <https://www.citizensadvice.org.uk/immigration/staying-in-the-uk-after-brex/staying-in-the-uk-after-brex/>
● Volunteers from pressure group The 3 Million have been trained to give free support to EU27 citizens and their family members on this issue. To access this support, join their closed Facebook group "the3Million – Yorkshire".

Carer navigators to help patients' families

Hospitals can be disorientating places – so when your loved one has been admitted and you are not sure which way to turn, head towards our carer navigators.

Carers' Resource now has two workers in Airedale General Hospital and two in Bradford Royal Infirmary to support the families and friends of patients. The team, which has been funded by Bradford Council and two NHS trusts, will be on site seven days a week and can:

- Help carers to be recognised as a carer and support them with concerns.
- Attend meetings with carers (eg reviews, assessments, discharge).
- Let carers know about their entitlements, including their right

to a carer's assessment, and benefits.

- Connect carers to other services.
- Let carers know where they can get help after hospital discharge.

Keri Shepherd, a carer navigator at Bradford Royal Infirmary, says "We'll particularly be looking to help in situations where the carer's life will significantly change when the patient is discharged."

One carer, whose mum was admitted with sickness and infection and was waiting for a dementia diagnosis, met carer navigator Amy Brotherton in a hospital cafe after being put in touch by the hospital discharge team.

Amy says: "We discussed options and services to support both the carer and her mum after discharge. This included care within the home, residential services, emergency plans and the eligibility of them both to claim benefits.

"Having someone objective to speak to at such a vulnerable time meant the carer could make an informed decision about planning for her mum's care. I also referred the carer to our locality team at Carers' Resource, so she receives ongoing support after discharge."

The carer got in touch to say how thankful she was for Amy's support. She says: "It is good to be reminded of what is out there, and just to know that there is someone to turn to is so reassuring."



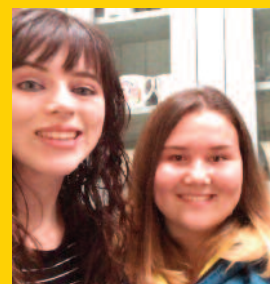
Amy with Martin Welton, ward manager of the intermediate care unit

Young carers selected for summer schools

Two girls from the Harrogate Young Carers project were selected by a foundation working to improve social mobility to attend a free five-day summer school at Durham University in August.

Sutton Trust encourages young people from all backgrounds to go to university, and young carers are recognised by its programme.

Katie Robinson and Freya Prince, pictured, were both at different primary schools when they met nearly 10 years ago through our young carer after-school club BUDZ and they have been good friends ever since. Katie spent the week studying sociology and criminology and Freya studied music. They both said they wanted to "encourage other young carers to apply for the programme in future years".



I went to your campaign workshop and five weeks later I was up for election

Coming along to a campaigning workshop that Carers' Resource hosted at Keighley College started a whirlwind six weeks for Christine Chapman, who went from caring for her mum to applying to become a politician.

Christine, 59, of Riddlesden, spotted the workshop on Facebook and signed up straight away. She says: "It was a brilliant course. The trainer was extremely knowledgeable and it brought like-minded people together. It was a forum where I could really speak about what my concerns were."

Christine has campaigned all her life for better care, particularly for older people, and had recently written to her MP, John Grogan, about concerns she had about her 93-year-old mum's care in hospital. She says: "Mum has dementia and I'd been looking after her at my home. She'd gone into hospital, had an accident, and there were issues with her care. Once again it highlighted the fact people need a better standard of care."

Christine, whose mum is now in a "fantastic" care home, wanted to do something to help carers whose loved ones are in hospital. She felt carers deserved better communication from hospital staff, particularly around discharge, and they needed help to navigate the health system.

She adds: "While I was at the workshop, I found out the very thing I wanted to campaign on was already in the pipeline through Carers' Resource and its carer navigator project (see p8). My district councillor happened to be at the course and offered to come to my house the following week to discuss my concerns about care for older people. The councillor suggested I might join the governing board of the hospital where I had experienced the issues with my mum."

"It was a good suggestion but I felt it would be better to campaign from the outside. So the councillor mentioned we needed good, honest people – particularly women – on the town council and asked if I'd thought about standing as a candidate."

"The more the councillor explained what could be done while in that position, I began to realise it would be great for me to contribute. And it would be a platform – particularly on issues for women."

"I spoke to my husband Steve, who was completely supportive. I had a really short window to be able to apply but I did that, registered, and really didn't know what I was doing."

Christine fell back on what she knew: Facebook. She says: "I knew I had to reach as many people as possible. I like social media and think it's effective to show people who you are, so I set about putting a social media campaign on Facebook, explaining who I was."

"I got support from councillors and did lots of door-knocking with a volunteer team. I had some leaflets designed and printed. Off we went, and that was it,



Christine went door-knocking and leafleted as part of her campaign

the campaign was up and running."

At the same time, Christine saw an advert for a job at Carers' Resource. The role was for a worker to support ongoing carer groups and workshops, and develop new ones. She applied.

Election night soon came around. Christine says: "It was a bizarre night. I've never been to anything quite like it. In the room where they do the count there are so many different people looking over shoulders, trying to count, trying to work out if they've won. I knew I couldn't do any more, so me and Steve just sat back."

"All of a sudden they called me over and I looked down the list and I indicated to my husband that I hadn't won. The next thing I knew she'd called my name out and I had won! It turns out I'd misread it. I felt amazing. People decide to do this over years and I got up and did it within five weeks."

To top it off, Christine also landed the job at Carers' Resource. She says: "There are a lot of fantastic groups that are ongoing at Carers' Resource. However, the campaigning workshop is what I came to. That's what I found the most useful."

"So that's where I am now in this role, thinking about what else will help carers to live a successful and purposeful life. I'm learning new skills and some days I'm completely out of my comfort zone - but none of it I dislike."

At the times when Christine doubted herself, the people around her supported her. She adds: "It was an instrumental time in my life. It helped me to regain myself. Being a carer, looking after my mum, I loved and feel privileged to have done it. But I gave up work because I had to, not because I wanted to. This helped and inspired me."

"I'm helping people and developing carer groups, speaking to people, as well as being a councillor representing my constituents. I'm so happy to be here. I'm making a difference."

Young carers stranded overnight by floods

Twelve young carers aged between 11 and 16 had to sleep on the dining room floor of a semi-flooded youth hostel after being stranded by floods after a day trip to Marrick Priory outdoor centre.

A bus carrying the group and two of our staff had to U-turn on the road to Leyburn en route to the A1, as floods cut them off. They went back on themselves but were turned around by the emergency services.

Young carer Beth Thurlow, 14, of Harrogate, says: "Water was flooding the roads and fields. The street outside was like a river." Young carer worker Sarah Beard says: "It was a scary situation. I had spotted a youth hostel on the way through Grinton and we decided to head back to it.

"We got to Grinton Lodge at about 4.30pm to discover it was damaged by the floods and the dormitories weren't habitable. The only way out at that stage was by helicopter. We were all safe, so we decided to stay the night."

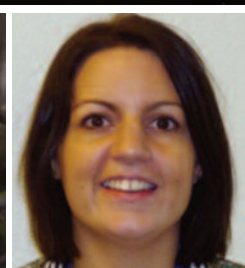
Beth adds: "The youth hostel staff were amazing and allowed us to sleep in the lounge with plenty of bedding – although we made a fort first."

The young carers held a lucky dip to decide who slept on the only two sofas. Sheep even came into the building for shelter. Beth says: "It was fun, even with the sheep baaing, making us laugh."

They left when roads reopened at 6.50am. Carers' Resource chief executive Chris Whiley says: "We are



Clockwise from top: Beth Thurlow, left, and her friends after arriving at the youth hostel; their road was cut off by a torrent of water; young carer worker Sarah Beard; sheep take shelter in the youth hostel



proud of how everyone responded during this emergency situation, and we are thankful the youth hostel staff went the extra mile to help."

The YHA said it was "delighted" to help in our hour of need and has since offered the young carers involved a free two-night trip to one of its youth hostels, including food and activities.



Breaks are exhausting – or full of guilt

Emma Clayton is the Leisure and Lifestyle Editor of the Telegraph & Argus, Bradford's daily newspaper.

Returning from a caravan holiday in Northumberland with my mother, who had dementia, I was so exhausted I needed another week off work. Mum had barely turned 60 and

dementia was tightening its grip; leaving her unable to wash, dress or feed herself. With my dad being her primary carer, I felt it was important for him to have a break, so I went with them on holiday.

Mum was distressed and unable to settle at night, so while my dad slept, I sat up with her, trying to calm her down. It left me tired and snappy, my nerves in shreds. That was the scenario for several holidays, before she became too ill to travel.

Working full time, I needed a break myself. But, looking after a parent with dementia, and trying to make sure the other one got some much-needed respite, meant a break for me seemed pretty much impossible.

In a recent survey, Carers' Resource asked carers about the kind of breaks they want. Some carers say they haven't had one for years, and couldn't imagine it ever happening. Money is also a factor, and trying to organise suitable respite care. Some say they'd like a break, but don't feel comfortable about going away on

their own. And then there's the 'G word'. Guilt. The first time we took a family break without my mum, I felt so desperately sad I ended up in tears. We'd managed to get her into a nursing home for 10 days, while my dad and I flew to Portugal with my brother and his young family. It was a lovely holiday, and just the break we all needed, but not having Mum there felt like a betrayal, even though by that point she didn't know where she was. I thought of the happy family holidays we'd had as children, and how much she'd always loved travelling. It wasn't an easy decision to go away without her, and one that my dad found particularly difficult, but we all needed some respite.

There are many complex emotions that come with being a carer, and guilt is right up there. But it is vital that carers take breaks, or their own physical and mental health could start to suffer. And that doesn't do anyone any good. Thanks to fundraising, Carers' Resource has some funding in place for breaks tailored for carers. Taking time out for yourself isn't a luxury. It's essential – for your wellbeing.

● Carers' Resource is keen to ensure that the funding for carer breaks meets the needs of carers. Please let us know if you have specific ideas for activities/events or would be interested in joining a group to help plan the programme. Email carersinformation@carersresource.org or call your local Carers' Resource office and ask for our fundraiser.

This is not just fundraising, it's M&S fundraising

Harrogate Young Carers' 12 months as the charity of the year for the Marks & Spencer store in Harrogate has come to an end – with a final fundraising total of £7,890.29.

Staff worked hard for the money by riding bikes, baking cakes, organising quizzes, hosting carol singers, holding raffles and tombolas and doing bag packs. Young carers and volunteers also busked, and collected more than £1,470 in store by standing beside our "Spend a Penny, donate a penny, or more" sign.

Holly Hawthorne, the charity co-ordinator at M&S Harrogate, says: "I think I would sum up the year as a fantastic partnership. The effort and passion that the Carers' Resource volunteers have shown has been amazing and it was great to have them holding a bucket in store on so many occasions.

"Another highlight for me was the three talented young carers, Freya, Leah and Honor, who came into store at Christmas to play ukuleles and the saxophone." Holly met young carers Madi, Amelia and Freya to present the cheque and hand out lunchtime treats.

Madi recently joined the Harrogate Young Carers service, which is run by charity Carers' Resource. Amelia and Freya have both been supported by the service since they were seven. They are regular attendees at young carer youth clubs and have enjoyed many trips. They can also ask for one-to-one support from the service if they need it.

Freya, 17, says the friends she has made at Harrogate Young Carers

have been with her for 10 years and "they are the ones I go to when something's happened at home".

Carers' Resource fundraiser Anne Wells says: "What a wonderful year it's been. So many people have helped to raise money, but also raise the profile of carers with shoppers. Thanks to everyone who gave their money, time or commitment to us and M&S over the past year.

"Our young carer services in Harrogate do not receive funding, so we run trips, one-to-one support and youth clubs entirely using generous donations such as this.

"I would particularly like to thank Holly and also M&S customer



Anne Wells, young carer worker Sarah Beard, young carers Madi, Amelia, Freya and Helen, and Holly Hawthorne, charity co-ordinator M&S Harrogate

assistant Daniel Hutton, who nominated us to be charity of the year in the first place and has been a long-standing supporter."

● If you could nominate us as the charity of the year at your workplace or at a group you attend, or if you could hold a fundraiser at your work or school, please contact Anne Wells at awells@carersresource.org or call her on 01423 500555.

Tailors adds to the pot

Tailors of Harrogate took part in the Knaresborough Bed Race as part of its charity of the year support for Harrogate Young Carers.

The tea and coffee company, which owns Yorkshire Tea, has held other fundraisers including a gig night and a family football tournament with a bbq, tombola, face painting, craft sessions, a bouncy castle, and a hit the cross bar competition.

Staff have taken part in the Leeds 10k and runners have also been entered into the Yorkshire Marathon, among other events. To top it all off, a ball is being held in October to mark our special year coming to an end.



Tailors' bed race team, left, and our fundraiser Anne Wells, right, at the football tournament

Chicken and stuffing

New knitting patterns for Christmas decorations 2019 and Easter chicks 2020 are ready – and we need more knitters and decorators to come forward, as well as new places to sell them. We'd especially like to hear from anyone who'd like to decorate chicks – we have lots of beautifully knitted ones ready for stuffing and decorating. Contact Anne Wells on awells@carersresource.org or 01423 500555 if you can help.

Helen starts young carers role

Carers' Resource has hired a head of development for young carers and families.

Chief executive Chris Whiley says: "Helen Prince has been promoted internally. The role was created for several reasons. Firstly, we were successful in gaining the Bradford young carers contract. This came after years of using fundraising to deliver young carer services across the areas we cover, which we still do for Craven and Harrogate.

"Also, we receive no funding to work with young adult carers or

parent carers. We needed someone to drive our work in these areas strategically, and that's what Helen will do. She is looking into how best to deliver whole-family support. She'll make networks and connections, and link us into funding opportunities."

Helen, pictured second from right in the top photo, says: "It's such an exciting time for Carers' Resource. I want to create a thriving young carer and families team across the whole organisation."



My son's illness left me isolated but now he's thriving... and so am I

Lisa Filkin fully expected to carry on working as a nurse after the birth of her third son, Alfie, who has Down's syndrome.

But six weeks later Alfie's health started to deteriorate and Lisa found he also had a heart condition. The role she loved would have to go. Her boys needed to come first. Lisa, 48, of Cross Hills, near Skipton, recalls: "We ended up being in Leeds for more than a month until Alfie had his first operation, which was unsuccessful. We know he has to have further surgery at some stage when he is bigger, possibly aged about nine."

Alfie, who is now six, came home on a feeding tube. Lisa says: "He had to have it every three hours, 24/7, which we did for 18 months. The fact that he was so poorly and he needed the care that he needed meant that I couldn't return to work. I had to make a decision to come off the nursing register."

"I loved my job, the people I worked with and the clients. I had done it from the age of 21. I was devastated, but the priority was my children. I was on my own with three of them, so I had to focus on them because they needed me." Eighteen months later, Lisa's two older boys Callum and Zachary, who are now 14 and 11, lost their dad through suicide. Lisa says: "That confirmed I had made the right decision, giving my career up and concentrating on my kids."

Callum and Zachary are young carers for Alfie, and the whole family is supported by Carers' Resource. Lisa says: "Carers' Resource has taken the boys on trips as members of young carers and they've needed that. They've made some amazing friends on the way, who are other carers, so they don't feel isolated or on their own." Lisa says Alfie is a "wonderful little boy", but his brothers help her to keep an eye on him as he needs constant supervision. She says: "We can't leave him on his own. He's a little bit of a monkey. He's a climber and we have to make sure all the windows are shut so he doesn't climb out of the windows. He loves messing with deodorant sprays and perfumes – they'd all be gone within 10 minutes."

"We've just toilet trained Alfie and he will take one of the boys to make sure he can go 'on his own'. They help with Alfie's eating, and they'll sit and help him with his reading or with connecting his feeding pump."

In the first year of his life, Alfie needed injections to stop him getting any bugs, which meant Lisa was not allowed to take him to a nursery or to groups. She says: "I was very restricted, so at times it was very depressing and isolating. I remember having times at home when I'd be crying. As time goes by you then start thinking, 'Is this all I'm ever going to do?'"

"You get invited on nights out that you have to turn down because often at the last minute some little person decides he's not very well and you can't leave them." She also discovered that finding a babysitter was tricky as people were worried about how to operate his feeding tube and what to do if Alfie stopped breathing.

But as time has gone on Alfie has had fewer chest infections and he has started to attend a mainstream school, where he communicates using the sign and symbol language programme Makaton. Lisa says: "Alfie is absolutely loving it. He's got an amazing one-to-one helper and he's reading and writing. I'm so proud of him, and of the school."

But Alfie's progression has left Lisa wondering about her own life. She says: "I've developed as a person. When you're looking after a person who is ill you have to be their spokesperson. I would have said I was quite a confident person, but I've come out of my shell more because I've had to be a spokesperson for my children, and especially for Alfie."

"It's made me look at where I want to go now. I don't want to stay at home and do nothing, I want to do something for me. I'm going to go back to college. I've done my first mental health first aid course, paediatrics first aid and emergency first aid at work through help from the CReate team at Carers' Resource. "I've also enrolled on a teaching assistant course at Craven College. My overall aim is to work with special educational needs students. Bless Carers' Resource – they got the funding for me through the national charity Carers Trust, so it's fully funded."

There are also other developments. Lisa says: "I've met a wonderful man, Mark, who's embraced me and my children. He's learnt Makaton. He sat and went through the books and he's being doing the signing with Alfie."

"Alfie's grown really close to Mark and one day in the future Mark would love to adopt Alfie. It's a big thing for someone to take on my little boy. I think he's special but for somebody else to think he's that special too, I think that's lovely."

"I have changed so much. I'm not the same person I was at the beginning when I had Alfie. I was very timid and quiet and not very confident, but I think my children – especially Alfie – have made me develop as a person. I am ready for the new chapter in my life."



Clockwise from left: Callum, Zachary, Alfie, Mark and Lisa