

Impact of Covid on carers

We know from talking to carers from across Bradford, Harrogate and Craven that the Covid-19 pandemic has had an enormous impact on people's health and wellbeing.

There is also a great deal of research and evidence emerging that shows the effects on carers' lives. Unpaid carers are more likely than non-carers to have suffered impacts on their life events, work, access to health care and treatment, and their health, due to the pandemic, according to a study by the Office of National Statistics in April 2021.

The majority of unpaid carers were also worried about the effects the pandemic was having on their life – two thirds of unpaid carers felt this way, compared to just over half of non-carers.

The number of people who are caring for family or friends has also risen dramatically in the last 18 months – Carers UK estimate an additional 4.5 million people are caring for older, disabled or seriously ill relatives or friends since the pandemic began. People are providing more hours of unpaid care and spending more money, with many concerned about their financial situation.

Young carers are being affected too – a Carers

Trust survey into the impact of Covid on young carers and young adult carers showed a steep decline in their mental health and wellbeing.

Meanwhile many services that carers rely on have been more difficult to access during the pandemic. We have seen a lack of understanding from professionals about the role and needs of carers. A GP patient survey carried out earlier this year found that carers had a worse than average experience

of GP services, and had more difficulty making appointments.

Carers' Resource continues to raise awareness of the challenges that continue to face unpaid carers; and there are new sources of help on their way.

The Carers Trust has launched a special new fund, The Princess Royal Respite Fund for Carers, to provide small grants to around 30,000 unpaid carers – it aims to raise £3 million over the next three years. We'll let you know when this is open for applications.

We are expecting the Covid booster vaccine programme to be rolled out this autumn; we will keep you posted as more details on this are announced.

Many of our support groups are back up and running in person now, as well as online sessions. For more information please visit our website: www.carersresource.org

If you need our support in any way, please get in touch on our Freephone advice line: 0808 5015939.



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Carers Week™ 2021

It was fantastic to see so many carers getting involved with events, whether in person or virtually, during Carers Week 2021.

We put on as many events and activities as possible, while keeping everyone safe.

The Art in the Park sessions in Lister Park and Cliffe Castle Park were both relaxing and inspiring, with some amazing results.

In the Skipton office, we held a craft group where those who attended made lavender hearts and enjoyed a coffee and chat.

Parent carers met up for coffee in Harrogate and found they had a lot to talk about – the weather was on their side too.

Lots of people attended our North Craven lunch group – everyone was delighted to be back and there were some new faces as well.

The week was also about working alongside other organisations to make caring visible and valued. With this in mind, we held a professionals morning where we linked in with staff from the NYCC Living Well team to promote carers and partnership working. This went very well and we were able to let them know about all the services and support available to carers.

A big thanks also goes to Bradford City AFC, who helped to create a video for Carers Week, to support carers and raise awareness of the challenges they face every day. This film was broadcast on the big screen in Centenary Square in Bradford City centre, along with other videos we created.

Whether you were involved with our coffee afternoons, virtual groups or even making bread... we thank you very much for being involved in a brilliant week.



Chris Whiley, CEO

Living in our world of today with all the worries and uncertainties has taken a toll on everyone. For those people caring for a relative or friend who has medical support needs, it is even more challenging, and I have not been surprised to hear from staff that many carers are feeling quite cross as well as worn out and exhausted.

Many people report that it is not the caring role that causes strain, but the constant battle to get the person they care for the appropriate medical treatments and care, and in the current situation with large backlogs and waiting lists for surgery and procedures, this will only have got worse.

Whilst Carers' Resource has no magic wand to resolve these issues, we welcome carers and others sharing their experiences with us, so that we can pull intelligence together and present an informed picture to both national and local decision makers, and ultimately improve the situation for everyone. We are an active network partner of Carers Trust, a national charity, and we have good relationships with our MPs, who are always willing to listen and do what they can.

During the autumn we are expecting the vaccine booster programme to be introduced and, once again, we will be doing our best to ensure carers can access the boosters as easily as possible.

With very best wishes,

Chris

Bread therapy – proof it works

Have you ever heard of Bread Therapy?

There is a growing body of evidence that baking “Real Bread” can be a therapeutic activity and provide a way to relax or feel calmer and give opportunities to talk and socialise around a creative activity.

When we read about this, after months of living an unprecedented way of life, we thought that some bread therapy was exactly what was “kneaded” – and we started to look into running bread-making sessions for carers.

The plan was to run these sessions in autumn 2020, but the tightening of restrictions made this impractical so the sessions were re-scheduled for spring 2021; however lockdown came again and the sessions finally took place in June, just as the weather really warmed up!

The sessions were held at the Kirkgate Centre in Shipley and were led by local ‘Real Bread’ champion, Steve Pope-Carter.

The first session covered bread basics, and the carers made a simple white loaf, a batch of bread rolls and a soda bread.

In the second session, carers branched out and made a sourdough loaf, pizza bread and ciabatta. The final session was set aside for making a selection of sweet breads. Everything the carers baked they got to take home and enjoy.

Everyone who took part enjoyed having something positive to focus on and the sense of achievement when the oven door opened and they could see – and taste – the finished product.

David Snowden, who cares for his partner, found the sessions fun. He said: *“They got me out of the house and learning something new.”* Through doing these sessions David felt inspired to do something else and he is now volunteering at the Carers’ Resource allotment.



Roza, who cares for her son, said: *“Doing the sessions reminded me how much nicer homemade was rather than shop bought. The sessions were a good opportunity to meet with others and break isolation.”*

Alison Sinfield, who also took part, said: *“The sessions were great fun and extremely well organised by Steve, managing to make a real variety of breads in a very short time. It was lovely to meet new people and be able to discuss both the highs and lows of being a carer with people who understood what it is like.”*

Carers’ Resource would like to say a huge thank you to Steve Pope-Carter for sharing his time, knowledge and skills and his invaluable support in turning the vision into a reality, and we hope to work with Steve in the future.

For more information about the Real Bread Campaign – and lots of recipes – go to www.realbreadcampaign.org



Listening with care and empathy

My name is Gill Hankey. My husband, Ted, was diagnosed with Huntington's disease in 2018, and he died in May 2020. We were married for 52 years.

I first spoke to Naomi at Carers' Resource in early 2018. Ted hadn't been given a formal diagnosis at that point but it was generally accepted that it was Huntington's. We sought advice from our GP, who was very kind but had very little specialist knowledge of Huntington's disease. We were referred to a neurologist at Harrogate Hospital who I didn't find helpful at all.

It was the GP that suggested I might like to get in touch with Carers' Resource. At that point I was in denial that I needed any help – in denial that I would need any support and in denial that Ted would get to a point where I couldn't look after him at home. I dithered a bit. But I did ring in the end and spoke to Naomi.

She was the most caring and most knowledgeable person that I'd spoken to up to that point. I got more care and empathy from Naomi than I had found anywhere else, and some very practical help.

Naomi explained to me what would be available. I was still working so I never thought there would be any financial help. But by then I was having difficulty getting Ted out and about – if we went out in the car I was having difficulty parking anywhere. Naomi immediately sorted out a Blue Badge, which was a phenomenal help. She kept in touch and it was nice to know that there was someone there. I was also put in touch with the Huntington's Disease



Association and I got a lot more help from them and Carers' Resource than anywhere else.

From my experience, and from talking to others, when you become a carer, you are in denial at first, of the diagnosis and of your own needs. It's very helpful just to have somebody to sound off to and ask 'is this normal?' or 'is this what I should expect?' I have a very supportive family and very good friends, but sometimes it's nice to speak to somebody that is a bit more removed from the situation.

When I really had to spill the beans to somebody or have a rant, Naomi listened. We had great difficulties in getting the right care and support for Ted from social services and the local health services. That was the lowest point – trying to fight to get any help for him. We did eventually get him into an NHS specialist unit in Newcastle, and they were fantastic. That was all thanks to the Huntington's Disease Association, who organised it. Without them, I would have struggled to keep Ted safe at home.

For more information about Huntington's disease and help available, go to www.hda.org.uk



Carers deserve applause too

By Emma Clayton

Leisure & Lifestyle Editor, Bradford Telegraph & Argus

I recently had my first experience of live theatre in 18 months – Mamma Mia at Harewood House.

Performed in the grounds of the Yorkshire country house, it was a joyous celebration of the long-awaited return to live performance. Sitting in a fold-up chair, with lights twinkling beneath the wide open sky, it felt a very special place to be.

The cast opened its month-long run at Harewood House – the world's first outdoor production of the smash hit musical – with a special performance for NHS workers.

That is of course very commendable, but I wonder why something similar can't be done for unpaid carers. Around six million people in the UK are unpaid carers, and many more took on the role in the pandemic. Unlike NHS staff, they can't clock off after the end of a shift.

Anyone who has been a carer knows that taking time out for yourself is important for both mental and physical wellbeing. A trip to the theatre is a huge treat – especially now, as the industry starts to get going again after being shut down for so long.

Wouldn't it be a lovely gesture if production companies behind some of the big musical theatre shows put on special performances for carers? Maybe it is something the producers of Strictly Come Dancing could consider too, ahead of the start of the new series next month.

Not only would it give carers some well deserved entertainment, a bit of escapism, and an evening or afternoon to themselves, it would also be a way of raising awareness of the reality of life for carers, and the contribution they make to society. Without them, the NHS would be even more stretched than it already is.

It's time the curtain rose on the nation's army of unpaid carers, and they got the applause they deserve.



Build your confidence with Carers Progress

Are you starting to think about plans for your future after lockdown, or do you want to take a bit of time out of your busy caring week to focus on things you'd like to do for yourself? If you're Bradford-based then our Carers Progress sessions could be just what you're looking for.

The specialist employment team at Carers' Resource is busy preparing for a new run of this successful course for carers.

Starting in September, the six Carers Progress sessions will be run both online and in our Shipley office. They will include a mix of confidence-building and fun activities, as well as a chance for carers to meet each other and chat.

We'll be supporting carers who want to think about getting a job, and the programme is also suitable for carers who want to find out more about other opportunities for themselves.

One carer who attended the last Carers Progress sessions told us:

"Honestly, it's been great. It was so inspiring meeting the other carers and I really enjoyed the sessions. With your encouragement I'm applying for jobs now that I had never even thought of and I feel so positive!"

The programme is funded by ESF and Yorkshire Water, and the employment team will be happy to talk to anyone who would like to know more.

Group sessions will be on Wednesday mornings but we can work with carers at other times too, so please get in touch if you would like to discuss further, and pass on the message if you know anybody who is interested.

This will be a rolling programme so you can join at any point between September and November, and we can also offer one-to-one sessions.

For more information, please contact Tia or Rachel at employment@carersresource.org.



Resilience study

Researchers at King's College London are looking for adults who provide care or support to family, friends or neighbours, to take part in an online study investigating resilience in carers.

If you choose to take part, you will be asked to complete questionnaires and a card-sorting task, at home at a time that suits you. A few months later you will be invited to complete a very small selection of the questionnaires. This should take a total of around 40–60 minutes.

As a small thank you for taking part, participants will be invited to enter a prize draw to win one of several Amazon vouchers worth £10, £25 or £50.

By taking part, carers will be helping the researchers to better understand resilience. They hope to be able to use this better understanding to create new ways to support carers, for example by targeting interventions to increase resilience and improve mental wellbeing.

To take part or to find out more, email bethany.nicholson@kcl.ac.uk or visit bit.ly/carerstudy

Can you help us improve our website?

We are very excited to be working on a new website for Carers' Resource.

To help us find out what carers really need from our website, we have created a short survey.

If you have used our website or our services, please take a minute to complete this short anonymous online survey: www.surveymonkey.co.uk/r/GBGBH6B

All responses are greatly appreciated.

For more information please email jcornish@carersresource.org



Meet carers online

All our online sessions are held via Google Meet and you will be sent a link when you book your place. We can help you join.

Virtual Carer Forums

Our carer forums are a chance for carers to offer support and share their views. We consider ways the service of the Carers' Resource can be improved and discuss both local and national issues that affect carers.

Thursdays 7th Oct, 2nd Dec at 1.30pm

Contact Amy Stoddart, astoddart@carersresource.org 01274 449660

Wellbeing Coffee Morning

An informal get together to have a laugh, share experiences, wellbeing tips and skills if you want to, or just relax with a cuppa!

Mondays 27th Sep, 25th Oct, 29th Nov – 10.30am–12pm

Contact Eileen McAlonan, emcalonan@carersresource.org 07801 577163

Virtual Wellbeing Sessions

Monthly sessions promoting self care, laughter, resilience and relaxation. An ideal opportunity to meet other carers and share ideas. Different topics include craft sessions and soup making.

Tuesdays 28th Sep, 26th Oct, Friday 26th Nov at 10am

Contact Nazma Akhbar, nakhbar@carersresource.org 01274 449660

LGBTQI Carers Support Group

Support and social group.

Thursdays 2nd Sep, 7th Oct, 4th Nov – 6pm–7pm

Contact Gavin Williams, gwilliams@carersresource.org 01274 449660

Just for Fun Quiz Group

Light hearted fun and a chance to meet other carers online.

Wednesdays 22nd Sep, 20th Oct, 17th Nov at 3pm

Contact Rachel Waddington, rwaddington@carersresource.org 01756 700888

Online Information Drop-ins

Got a question? Want to know how to access support or need advice about your caring situation? Connect and chat with the Information Team.

Mondays 16th Sep, 18th Oct, 15th Nov at 12pm

For details contact your Carers' Resource worker or ring 01274 449660

Online Book Group

Guided discussion on chosen book.

Fortnightly Thursdays from 2nd Sep to 25th Nov – 7.30pm–8.30pm

Contact Kauser Mukhtar, kmukhtar@carersresource.org 01274 449660

Carers Podcast

Spoken digital audio programme which focuses on laughter, self care and friendship. Just like Talk Radio!

A new podcast every week.

Contact Tracy McGrory, tmcgrory@carersresource.org 01274 449660

Carers Progress

A FREE and enjoyable online course for carers around wellbeing and working, covering confidence building, goal planning, employment preparation and much more.

Wednesdays 8th, 22nd, 29th Sep and 6th, 13th, 20th Oct at 10am

Contact Tia Raza, employment@carersresource.org 01274 449660

Parent Carer Webinars

What If Plans

Wednesday 8th Sep – 1pm–2.30pm

As a parent carer you may have worries about what the future holds and be concerned about future events. Our "What if Plans" help you to discuss, plan, and prepare for these events.

Parent Carer Support

Wednesday 13th Oct – 1pm–2.30pm

An introduction to the different types of parent carer support available to you in your area.

SENDIASS

Wednesday 10th Nov – 1pm–2.30pm

A discussion around your local SENDIASS service for parents and carers of children and young people aged 0–25 with special educational needs or disabilities.

To book contact Natalie Baxter, nbaxter@carersresource.org 07801 577196

Meet Carers in Harrogate District

Dales Diners

Home made lunch for carers and the person they care for with memory problems.

**Christ Church hall, Darley
Thursdays 2nd Sep, 7th Oct, 4th Nov at 1pm – Cost £5**

Contact Carol Lancaster clancaster@carersresource.org 01423 500555

Dancing for Well-Being

Gentle seated exercise to music, no dancing necessary! Followed by afternoon tea.

**Christ Church Hall, Darley
Thursdays 16th Sep, 21st Oct, 18th Nov at 2pm – Cost £5**

Contact Carol Lancaster clancaster@carersresource.org 01423 500555

Parent Carer Coffee

A peer support session for parent carers living in the Harrogate District. It's an opportunity to meet other parent carers, have a coffee and a chat and to talk to the parent carer locality worker.

**Carers' Resource, 11 North Park Road, Harrogate
Tuesdays 7th Sep, 12th Oct, 9th Nov at 11.30am**

Contact: Natalie Baxter nbaxter@carersresource.org 07801 577196

Pateley Bridge Craft Group

Learn a different craft every month with plenty of laughter too. No experience necessary!

**Nidderdale Plus, Pateley Bridge
Wednesdays 22nd Sep, 20th Oct, 17th Nov at 2pm – Cost £5**

Contact Carol Lancaster clancaster@carersresource.org 01423 500555

Carer Coffee and Chat Groups

Friendly carer meet ups to have a chat and get to know other carers.

**Wetherby, Sant' Angelo Restaurant
Mondays 20th Sep, 18th Oct, 15th Nov at 2pm**

**Boroughbridge, Bean Café
Wednesdays 8th Sep, 13th Oct, 10th Nov at 10am**

**Harrogate, Cedar Court Hotel
Wednesdays 22nd Sep, 20th Oct, 17th Nov at 11am**

**Masham, Methodist Church
Wednesdays 22nd Sep, 20th Oct, 17th Nov at 2pm**

**Ripon, Wakeman's House
Thursdays 9th Sep, 14th Oct, 11th Nov at 2pm**

**Pateley Bridge, Toft Gate Barn Café
Fridays 3rd Sep, 1st Oct, 5th Nov at 11am**

For Wetherby, Boroughbridge, Pateley Bridge and Harrogate groups contact Carol Lancaster clancaster@carersresource.org.

For Ripon and Masham groups contact Isobel Holmes iholmes@carersresource.org 01423 500555.



Meet Carers in Bradford District

Carer Bradford Park Strolls

Join us with other carers for a gentle stroll around one of Bradford's beautiful parks followed by a sit down and chat in a nearby café.

Cliffe Castle Park

Alternate Wednesdays, starting Wednesday 1st Sep at 10am

Lister Park

Alternate Thursdays, starting Thursday 2nd Sep at 12.30pm

Myrtle Park

Alternate Thursdays, starting Thursday 9th Sep at 10am

Harold Park

Alternate Fridays, starting Friday 10th Sep at 10am

Contact Mel Evans or Kausar Mukhtar at groupworkers@carersresource.org 01274 449660

Ilkley Carers Coffee and Cake

A new group for Ilkley based carers to get together and enjoy coffee and cake.

Clarke-Foley Centre, Ilkley

Tuesdays 7th Sep, 5th Oct, 2nd Nov – 10.30am–12pm

Contact Fiona McKinnon-Evans or Rachel Waddington fmckinnon-evans@carersresource.org or rwaddington@carersresource.org 01756 700888

Noble Comb Carers Group, Shipley, incorporating Interlude Café group

An informal meeting for carers to get together, share their experiences and receive support.

Wednesdays 22nd Sep, 20th Oct, 17th Nov – 11am–12pm

Contact Kathryn Leakey, kleakey@carersresource.org 01274 449660

Carers Progress

FREE and enjoyable group workshops for carers around wellbeing and working.

**Carers' Resource, 15 Park View Court, St Paul's Road, Shipley
Thursdays from 7th Oct to 11th Nov at 10am**

Contact Tia Raza and Rachel Blackwell employment@carersresource.org 01274 449660

Tuesday Training with Jade at Bradford Bulls Foundation

FREE, gentle exercise sessions for carers 40+ with an experienced professional trainer. Mats and resistance bands provided.

Bradford Bulls Foundation, Odsal

Tuesdays 21st Sep, 28th Sep – 1pm–2pm

Contact Mel Evans, mevans@carersresource.org 01274 449660

Cycling for Carers

From total beginners to improvers, enjoy the fresh air and improve your cycling skills with qualified coaches. All sessions FREE for carers. Bikes, helmets and equipment provided.

Lister Park, Bradford

Fridays from 3rd Sep to 8th Oct – 10am–11.30am

Contact Kausar Mukhtar, kmukhtar@carersresource.org 01274 449660

Worth Connecting

Learn to get on the internet and basic digital skills for those over fifty five, with friendly and supportive trainers.

Locations across Bradford district including Silsden, Keighley, Barkerend, Lower Grange, Allerton, Clayton, Wibsey and Wrose.

For details of dates and venues contact Worth Connecting info@worthconnecting.org 01274 449660

Meet Carers in Craven District

Parent Carer Coffee, Skipton

A peer support session for parent carers living in the Craven District. It's an opportunity to meet other parent carers, have a coffee and a chat and to talk to the parent carer locality worker.

**Carers' Resource, 36 Brook Street, Skipton
Thursdays 9th Sep, 14th Oct, 11th Nov – 10am–11.30am**

Contact Natalie Baxter, nbaxter@carersresource.org 07801 577196

Craven Crafternoons

A monthly craft group for carers – knit and natter, craft and chat – for beginners or experienced crafters.

**Carers' Resource, 36 Brook Street, Skipton
Wednesdays 1st Sep, 6th Oct, 3rd Nov at 1pm**

Contact Debi Hawkins, dhawkins@carersresource.org 01756 700888

Women's Group

A regular meet up for women carers in either Settle or Skipton, with email and WhatsApp support.

For dates and venues contact Debi Hawkins, dhawkins@carersresource.org 01756 700888

Craven Carer Lunch Groups

A social lunch group for carers and those they support to get together.

**North Craven, Bentham Golf Club
Mondays 27th Sep, 25th Oct, 29th Nov at 12pm**

Settle, Golden Lion

Mondays 13th Sep, 11th Oct, 8th Nov at 12pm

Mid Craven, Gamekeepers Inn

Fridays 17th Sep, 15th Oct, 19th Nov at 12pm

Skipton, The Railway Pub

Wednesdays 1st Sep, 6th Oct, 3rd Nov at 12pm

**South Craven, Old White Bear
Thursdays 7th Oct, 4th Nov at 12pm**

For Mid Craven contact Caroline Hanham chanham@carersresource.org 07590 877916.

For Skipton contact Sharon Eccleston seccleston@carersresource.org 01756 700888.

For North Craven / Settle contact Debi Hawkins dhawkins@carersresource.org 01756 700888.

For South Craven contact Carol Hudson chudson@carersresource.org 07936 938567.

Carers Allotment Group

A chance for carers to meet in an outdoor space, engage with nature and take a break from caring.

**Middletown Allotments, Skipton
Fridays to 12th Nov – 10.30am–12pm**

Contact Carol Hudson, chudson@carersresource.org 07936 938567

Pioneer Projects: Making Connections For People Living with Dementia

A regular group with Pioneer Projects for people living with dementia, memory loss or long-term neurological conditions run by trained facilitators and artists.

**Carers' Resource, 36 Brook Street, Skipton
Mondays weekly starting 20th Sep – 10.30am–12.30pm**

Contact Pioneer Projects on 015242 62672, office@pioneerprojects.org.uk

Carer Group with Pioneer Projects – for Carers of People with Dementia

Monthly carer group linked with the Pioneer Projects group session. It's an opportunity for carers to come together.

**Carers' Resource, 36 Brook Street, Skipton
Mondays monthly starting 11th Oct – 10.30am–12.30pm**

Contact Carol Hudson, chudson@carersresource.org 01756 700888



Celebrating Eid al-Fitr

We were delighted to be able to deliver hampers to our carers to celebrate Eid al-Fitr this year, thanks to a very kind donation from the QED Foundation.

This generosity helped local carers enjoy the festival of Eid, which marks the end of Ramadan, a month's fasting in the Islamic calendar.

QED donated twenty-five hampers, which our locality workers delivered across Bradford. The hampers were filled with snacks, chocolate, juices, nuts and dried fruit. The carers were incredibly grateful that Carers' Resource had gone above and beyond for them. One carer told us it was the first time she has received a gift.

She said: *"I really liked it. I appreciate that you care and take care of carers. We are lucky that you think of us."* She added, *"You even dropped it off to my home!"*

Covid-19 restrictions have affected us all throughout the pandemic but they have been especially difficult for

community and religious activities. For the past two years Muslims have had to adapt their Eid celebrations including arranging Covid-19 safe Eid prayers at mosques, and organising communal meals outdoors. We wanted to do something special for our carers to help them celebrate.

The QED Foundation is a Bradford-based charity that works to better the social and economic circumstances of ethnic minority groups, supporting individuals through education and employment and assisting businesses and charities to tackle inequality. One of our wonderful trustees, Adeeba Malik, is the Deputy Chief Executive of the Foundation. Many thanks to the Foundation; we are so glad these hampers could bring happiness and a sense of connectivity and validation to our carers.



A hamper is received by one of our carers to celebrate Eid.

Virtual health & wellbeing sessions

The Locality Team in Bradford have been running monthly virtual sessions to support carers to promote their own health and wellbeing; this is alongside the coffee mornings and the weekly podcast offered by locality workers.

Themes include crafts, managing feelings of stress and anxiety and sharing tips with carers on looking after physical and nutritional health. Carers have appreciated the opportunity to meet one another and discuss how to look after their own wellbeing.

After a recent craft session one carer said: *"I really enjoyed the session. I put one of the scented bags I made, in my bathroom, in my bedroom and even in my car!"*

Another said: *"I like the idea that another carer shared of making a gratitude jar and I am going to do this with my children."*

For Carers Week the Locality Team organised two virtual tea parties to make carers feel 'visible and valued'. After an online chat we popped round to drop off a mug and some goodies for the carer's next cuppa. One carer said: *"It gives me hope"*.

We have lots of plans for upcoming sessions, all from the comfort of your home. These sessions are supported thanks to ABCD Small Grants Funding.

If you are interested in joining us, please contact Catherine cknight@carersresource.org or Nazma nakhbar@carersresource.org, and we can help you get online.





Emilie passes her driving test!

One of our Young Carers, Emilie Elsworth, has successfully passed her driving test thanks to a grant we obtained for her through the Tarn Moor Trust.

Emilie is a young carer for her mum and brother and has been supported by our Young Carer team since 2015.

Emilie says: "Carers' Resource Young Carers have helped me so much, supporting me and giving me time away from my caring role."

"They have recently given me a grant which has allowed me to take my driving lessons, theory test, practical test and pass my driving test."

"This has allowed me to take my younger brother out, to go and see friends and go out for food, but the main thing is it has given me freedom to get out of the house when I wish to and to give me my own time and space."

"Without this grant I most likely wouldn't have passed my test so quickly and I am extremely grateful that the Young Carers team have helped me as much as they have."

Emilie's first trip out in her car after passing her test was to take her brother to McDonald's and she also uses her car to drive to college in York.

Well done Emilie – we are all so proud of your achievement!

Sun and fun on the farm for young carers

We couldn't have had better weather for the young carers' trip to Hesketh Farm this year. With the sun shining, the young carers enjoyed seeing and petting the animals, exploring the park and having a much needed ice cream.

This was the first big day out for Bradford Young Carers after coming out of Covid-19 restrictions, making the day all the more exciting. Even being allowed to play on the playground equipment felt like a treat!

Hesketh Farm Park is located in the Yorkshire Dales, just a mile from Bolton Abbey and five miles from Skipton. It is a working farm with livestock including cattle, pigs, donkeys and ponies, sheep and their lambs. Our young carers were able to feed the little lambs and meet the newest additions to the farm, the baby pygmy goats. We had not visited Hesketh before with Bradford Young Carers, but luckily had a recommendation from our Young Carers team colleague in Craven.

The group of six thoroughly enjoyed their visit. For two young carers it was their very first trip with us and by all accounts a much needed break. Their sister, who they care for, had been in hospital for a week and their mum had been with her. That day they were excited for the trip and to see their mum and sibling, who were both returning home that day.

The trip highlights included holding the chicks and petting the guinea pigs. Fathima, aged 7, said she "really enjoyed the farm and liked the chicks". Lacey, aged 10, and Thea, aged 7, thought the maze was the best!

The sunshine, the animals and the chance for the young carers to have a fun-filled day out truly made it a very special day for all.



Young carers have a splashing time!

Our young carers got their lifejackets on to enjoy some paddleboard and kayak activities during the summer holidays, with Lynne from Learn To Paddle.



The young carers played lots of games in the water; they gave each other lifts on their paddleboards and kayaks and quickly built their confidence and teamwork skills. The activities certainly brought them closer together and helped nurture new friendships. All the young carers had a fantastic time and got stuck in to every activity.

One young carer, Bethany, told us: *"It was fun to be on the water relaxing with friends, a change from a stressful time at home through lockdown."*

Elliot said: *"It was a new and extraordinary experience with really nice coaches and I would definitely do it again!"*

It was our first time paddleboarding and kayaking with young carers and such a positive experience. Thank you to Lynne and the wonderful team at Learn To Paddle.

The Yorkshire based organisation offers coaching and support for paddleboarding, canoeing and kayaking. They teach all abilities from the age of five upwards. Lynne also specialises in coaching for autism, anxiety, mental health and wellbeing, and learning difficulties. Learn To Paddle offers family sessions, one-on-ones, skill progression, and rescue drills and safety. For more information go to www.learntopaddle.co.uk

Help transform the Bradford Allotment into a thing of beauty

Throughout the spring and summer months we have been continuing our work to transform the Bradford Allotment.

This project has been a real challenge as the plot was incredibly neglected and overgrown when we took it over earlier this year. Lots of heavy lifting, organisation and patience were needed to get the area ready for planting.

However, thanks to the hard work of project leader Becca Marshall, and the assistance of volunteers Steph and Graham, we now have cleared the space and put in raised beds.

Our ambitious designs include beds for fruit, vegetable and flower growth and plan for the space to be used both as an allotment and community garden. We are also planning to create a sensory garden.

We hope to create a space for meetings and group sessions, alongside a host of opportunities for our carers, young

carers and volunteers to learn new skills throughout the allotment's creation and maintenance.

The next steps are to dig out and level the paths, and prepare the ground for topsoil or mulch. It is exciting to see the vision take hold and we want more people to get involved and experience the thrill of changing the beast into a thing of beauty!

If you're physically fit and want to help with some digging, please contact Becca Marshall (bmarshall@carersresource.org or 07842 312 719) who is usually at the allotment Mondays–Thursdays, 10.30am–12.15pm and 1pm–2:30pm. Please let Becca know if you are planning to come along. The allotment is situated at Undercliffe Allotments, on the junction of Killinghall Road and Northcote Road.

Donations of tools are also sought, particularly spades, wheelbarrows, and hand tools such as forks or trowels. We're also looking for people who are practical and good at building things – such as builders or joiners.

We are so excited to see this project quite literally blossom!



Awards success for Care@ Carers' Resource team

The Care@ Carers' Resource team is celebrating after becoming runners-up at the regional Great British Care Awards.

The team, which provides paid-for care services, was shortlisted for the Care Innovator and the Dignity in Care awards, presented at a ceremony at the Railway Museum in York.

The Dignity in Care nomination was for Susan Gilbert, a support worker in the Skipton Team, who made sure that customers didn't miss out on VE Day in 2020, despite the Covid-19 pandemic.

Susan made bunting for her customers in her own time, and recruited colleagues to bake buns and deliver decorations to help customers mark VE Day safely.

The nomination for the Care Innovator Award was for the team's innovative approach in delivering Individual Service Funds to customers.

Sam Dawson, Head of Care, said:

"The Care@ team has worked incredibly hard, particularly over the last 18 months throughout the pandemic, to continue providing services to our customers."

"Sue truly deserves her nomination and to be shortlisted in the Yorkshire & Humber

regional awards is a true accolade to her dedication and commitment."

"Being shortlisted for the Care Innovator Award is an honour and without the whole team's support for this process it wouldn't run as smoothly as it does. I'd like to thank them all for their part in developing an innovative service."

The Care@ team also nominated Charlotte Finch, a social worker working for North Yorkshire County Council, for her dedication to personalised care, and she was shortlisted in the Putting People First award.

To find out more about the services provided by Care@ Carers' Resource, go to care.carersresource.org



Sam Dawson, James Elwood and Susan Gilbert, of Care@ Carers' Resource, at the awards ceremony in York

Do you have a Post Office Card Account?

The Government is closing Post Office Card Accounts in November – but there is no need to panic if you still have one.

The accounts were introduced in 2003 to allow people without bank or building society accounts to receive benefit payments into them. Cash could then be withdrawn from any high street post office, or from a Post Office ATM, using a card.

There are concerns that many people on benefits may be unaware that the accounts are due to close.

If you do have an account, you will not be able to make cash withdrawals from post offices using the service from November 2021.

The Department for Work and Pensions has begun issuing letters advising users about the changes so if you do have an account, look out for these letters.

You will have three options:

- Use an existing account that you already hold, with a bank, building society or credit union. You will be sent a form to ask the DWP or HMRC to pay your benefits into this other account. Or you can call the DWP on 0800 085 7133 and give the account number and sort code to have your money paid in.
- Create a new account, such as a current or basic bank account, and request to have your benefits paid into this account. Most high street banks can also be accessed through your local Post Office, to withdraw money, deposit cash and make balance enquiries. Find out which banks can be accessed through the Post Office at www.postoffice.co.uk/everydaybanking

- The Government is developing a Payment Exceptions Service. If you are unable to use or set up a bank, building society or credit union account, the Government will get in touch with you about this new service.

In each case, customers are advised not to close their Post Office Card Accounts until the first benefit payments have been received into their new, alternative accounts. You should make sure you do not leave any money in your Post Office Card Account – so withdraw all your money before closing it.

For more information go to www.postoffice.co.uk/post-office-card-account/important-changes

If you're concerned about how this will affect you, give us a call on 0808 50 15 939 and we will point you to where you can get the best support.



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 no. 1049278.

If you look after a partner, relative, child or a friend who is disabled or ill due to physical or mental health, you are an unpaid carer, even if you don't think of yourself as one. Find out about the emotional, practical and financial support available to you.

We are here to help – talk to us

Call our Freephone advice line on **0808 501 5939**. Lines are open 10am–4pm Monday to Friday and will be answered by our specialist team. Our team will give you information that is reliable and up to date and help you to access the advice and support you need.

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 8th November 2021. Send copy to the editor by emailing choices@carersresource.org, or post submissions to the Bradford office (address right).

CONTACT US

Harrogate

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

Skipton

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

Bradford

15 Park View Court,
St Paul's Road,
Shipley, BD18 3DZ.
Tel: 01274 449660
Fax: 01274 449673

Email: info@carersresource.org

Web: www.carersresource.org

Follow us on social media to find out more about events and other resources:

 [/carersresource](https://www.facebook.com/carersresource)

 [@CarersResource](https://twitter.com/CarersResource)

Afternoon tea to thank volunteers

We thanked some of our volunteers from across the North Yorkshire service this summer with a special Afternoon Tea at Goldsbrough Hall near Knaresborough.

For many, it was the first occasion in over eighteen months when they had been able to socialise and could also meet their fellow volunteers.

Carers' Time Off, Carers' Groups and Caring Caller volunteers were amongst those present and everyone enjoyed a delicious array of sandwiches, scones and cakes, served in the light and airy Orangery at Goldsbrough. The afternoon concluded with a walk around the beautiful gardens.

Volunteer Co-ordinators Dawn and Alison took the opportunity to say a huge thank you to all the volunteers for their commitment and adaptability during the periods of lockdown. The event was made possible by the generous support of North Yorkshire County Councillor Don Mackenzie.

