

Speaking up for carers

Christmas is around the corner but we know that for many carers this is a difficult time – particularly given the financial and emotional stresses of the last two years.

Unpaid carers have done an incredible job of looking after their loved ones, but over half are feeling anxious or stressed about their finances, according to the results of the Carers UK State of Caring 2021 survey.

One in four carers who responded to the survey said they may not have enough to cover their monthly expenses, and one in five were worried they may not cope financially over the next year. Over a third of carers said that their financial situation had got worse since March 2020. Energy and food prices have soared and Universal Credit has been cut.

This means carers are cutting back on “luxuries”, hobbies and leisure activities, reducing the amount they see family and friends, and even cutting back on essentials like food and heating.

Extreme funding and workforce pressures within the NHS and the social care system mean that even more pressure is being piled onto unpaid carers. The Government's latest spending review does promise more money for the NHS over the next three years, but there is a continued failure to invest in social care.

When the pandemic hit and many services ground to a halt, predictably, unpaid carers were expected to do even more. Unfortunately, now we are emerging from lockdown, that pressure is not being relieved in many cases.

Carers are telling us they are finding it difficult to access some of the most basic services, such as contacting a GP surgery, or receiving adequate social care for themselves or the people they are looking after. In the Carers UK survey, over 60 per cent of carers felt uncertain about what practical support they may be able to access in the next year.

Carers' Resource is here to listen to these concerns and we are determined to advocate for unpaid carers, and recognise the contribution they make.

We will continue to raise this with local and national health services, councils and government.

We are also here to help those in need, so if you are struggling financially, practically or emotionally, please do contact us and we will do our very best to assist.

If you would like to be involved in our carers' forum and help shape our campaigns and communication with local and national government, please email jcornish@carersresource.org

Carers' Resource ran ten weekly cycling sessions for carers in Lister Park, Bradford, from August to October. These were very successful with great feedback from participants. For more photos see page 12.



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Energy saving tips for the winter

The UK is facing some of the steepest energy price hikes in recent memory. By April, fuel costs may rise by up to 30%.

However, there are measures you can take to stay warm without increasing your energy bills.

Tip One: Insulate

- Begin with yourself: keep your body's core warm by layering up clothing.
- Adding heavy curtains in front of any window will help create a block of air to slow the loss and keep a room warmer.
- A roof space or loft can be easily insulated with mineral wool. Loft insulation will cost around £235 for a semi-detached home, but will save many times that over its 40-year lifespan.
- Floors can be insulated too – rolls of mineral wool can be held in place under the floorboards with stretches of netting or chicken wire fastened between the joists.
- Managing draughts – self-adhesive foam strips or nylon brushes, which fit into door jambs, can help plug gaps caused by poorly fitting doors, while a draught excluder can prevent cold air getting in under the door.
- For rooms that open directly to the outside, a duvet, heavy blanket or curtain that draws across the door will help stop heat loss.
- Chimneys, which may be redundant in homes without fireplaces, can be capped.

Tip Two: Control

Using our home appliances smartly can save considerable sums over the course of a year.

- Thermostats should be set at a comfortable temperature, while local temperature should be set via the radiator valve in the room that you're using. Other rooms you might visit should be set lower than your main room, while unused rooms should have their radiator valves set to the lowest level, and their doors should be firmly closed.

- Think about your comfortable temperature; according to U-Switch, turning your thermostat down by one notch can save up to £80 per year.
- Some simple home 'hacks' can also save money – you could install home made reflectors (e.g. a large piece of card covered in baking foil) behind radiators fastened to external walls.
- Heating water for cooking can waste a lot of energy. Only use the amount of water you need, and choose the right-sized pan and ring.
- Keeping electronics and electrical devices plugged in and switched on at the wall, or on 'stand-by', consumes a surprising amount of energy.
- Appliances like fridges, ovens, washing machines and boilers are now required by law to indicate their energy usage and efficiency. Choose products that save money and cut carbon emissions over their lifetimes.
- Smart meters show how you are using energy, and how much it is costing you, so you can identify how to reduce your usage and save money.

Tip Three: Get Advice

Check out local 'energy advisor' teams, such as Groundworks' Green Doctor, or the Warm and Well service in North Yorkshire. They can visit your home and advise on ways to improve your energy usage, find the best tariffs, manage debts and access grants and funding, including the Warm Home Discount and Winter Fuel Payment.

Useful websites:

- Groundworks Green Doctor Service www.groundwork.org.uk/services/green-doctor
- Warm and Well in North Yorkshire www.warmandwell.org.uk
- Energy Saving Trust www.energysavingtrust.org.uk
- Simple Energy Advice www.simpleenergyadvice.org.uk
- Money Saving Expert: Energy www.moneysavingexpert.com/energy
- U-Switch: 40 Tips to Save Energy www.uswitch.com/energy-saving/guides/free-energy-saving-tips/



Chris Whiley, CEO

I write this not long after the announcements made by the Chancellor in his autumn budget, and once again I am saddened to see the lack of acknowledgement of the vital role that unpaid carers play in our society. I am very conscious that many carers are very worried about finances going forward with costs rising, while incomes are unfortunately not.

Carers' Resource is keen to support carers in whatever way we can, and we will campaign on your behalf nationally, regionally and locally, wherever we feel we can make a difference.

However, it is always helpful to hear about the experiences of people, and we would always encourage you to engage with our forum or other carer groups and make sure that your concerns and issues are heard. We can use this kind of information to argue the case for carers, and it is always very powerful to hear real life experiences.

On a more practical level we are also looking to be able to offer additional support for those in need over the winter period, and I would urge carers who are struggling to make ends meet to get in touch with us to see if there is any way in which we can direct them to help.

I would also like to take this opportunity to wish everyone very best wishes for the festive season and for 2022. Please don't hesitate to contact us if you think we can help in any way.

Best wishes

Chris



Covid and flu vaccines

Covid booster vaccines

Booster vaccines are available on the NHS for people most at risk from Covid-19, who have had a second dose of a vaccine at least six months ago.

This includes:

- people aged 40 and over
- people who live and work in care homes
- frontline health and social care workers
- people aged 16 and over with a health condition that puts them at high risk of getting seriously ill from COVID-19
- people aged 16 and over who are a main carer for someone at high risk from COVID-19
- people aged 16 and over who live with someone who is more likely to get infections

People who are pregnant and in one of the eligible groups can also get a booster dose.

The NHS states that most people who are eligible can book a vaccination appointment online, go to a walk-in vaccination site without an appointment,

or wait to be contacted by their GP or local NHS service.

We have heard reports that some carers are being turned away from walk-in centres for their boosters if they are unable to prove that they are a carer. If this happens to you, please let us know by emailing info@carersresource.org and we will do our best to help you.

Children & Covid vaccines

Healthy children aged 12–17 in the UK are eligible for a single dose of the Pfizer vaccine and can use the national online booking service. Parental consent must be given before the child receives the vaccine. Some may get the vaccine at school.

Children within clinical risk groups, aged 12–17, should get two doses at least eight weeks apart and be sent a letter inviting them to arrange their vaccines. If you think your child is eligible for a second vaccine but they don't receive an invitation, speak to your GP.

Despite the guidelines, parents of vulnerable children have reported being unable to arrange a second jab due to

miscommunication over the different dosage requirements. If this happens to you, we recommend speaking to your child's GP or clinician who was responsible for arranging their first jab. If your child's GP is unable to help, speak to your local Clinical Commissioning Group or visit your local hospital hub, walk-in centre or vaccination site for assistance with arranging their second jab.

Flu vaccines

If you are receiving Carer's Allowance, or you are the main carer for an elderly or disabled person, who may be put at risk if you became ill, you are also eligible for a free flu jab. You're eligible if you have serious long-term health conditions too. If you feel this applies to you, you have the right to request one from your GP surgery or local pharmacist.

Getting vaccinated against flu and COVID-19 will provide protection for you and those around you for both these serious illnesses.

If you are offered both the flu and Covid-19 booster, it's safe to have them at the same time.

Support Kate – she's running for carers!

Kate Rogers, from Ilkley, is taking on the challenge of running a half marathon every month for a year, to raise money for Carers' Resource.

So far, she has completed the Ilkley Half Marathon in July, London Vitality Half Marathon in August, Leeds Half Marathon in September, the London Virtual Marathon in October and the Reading Half Marathon in November.

Kate said: "I wanted to challenge myself and hopefully I'm getting fitter! I chose to run for a whole year because caring and supporting carers is not a one off, it is ongoing."

Caring for her own Dad and through her work at Bradford University, Kate recognises the importance of support for unpaid carers.

She said: "It's like a minefield navigating social care services and it's really important carers get the support they need. It can be difficult trying to get support and people don't know or understand what is available.

"There are so many people in a caring situation, often caring for elderly parents and for their children. They can be caring non-stop and they have their own lives too. It's really tough.

"That's why it is so important to have a charity like Carers' Resource that helps people understand what help is available, provides accurate and useful information and is there for carers. I think the work that they do is fantastic."

Carers' Resource fundraiser Claire Macina said: "We're always really grateful for the support we receive from residents and businesses, and this is an amazing challenge that Kate has set for herself.

"The money we raise through donations helps us to give unpaid carers the support they need, whether that's emotional or practical. We'd like to say a huge thank you to Kate – please support her efforts!"

To sponsor Kate please visit her JustGiving page: www.justgiving.com/fundraising/kate-rogers18

If you would like to fundraise for Carers' Resource please contact Claire by emailing cmacina@carersresource.org



Home from Hospital – the Elevator Pitch

Imagine you're in a lift with me and I've just clicked on all the floors, scary I know but bear with me... and did I mention that we were in the Burj Khalifa, at 163 floors the tallest building in the world?

We've got time so let me introduce myself, I'm Asif and I work in the Home from Hospital team.

We visit people who have recently been discharged from hospital.

We usually get to them within 48 hours of them coming home. We'll ask how they are settling in at home, how they are getting their grocery shopping and if they are okay getting washed and dressed by themselves. In the short term, we can do the shopping for them and arrange a more permanent solution for the long term, such as online shopping or a telephone shopping service. For support with washing & dressing, we'll refer to

Adult Services who can also help with grab rails and bathing assessments.

If the client has outstanding bills to pay, we'll liaise with the utility companies and help arrange deferred payments. We'll ask if there are any repairs that are needed for the house and provide details of reputable companies to carry out the work.

After all these questions, I'll get to the big one – How are you feeling today?

More often than not, they are happy to be home and feeling better. Digging a little deeper, I'll ask – on a score from 1 to 10 (1 is very low mood and 10 is feeling fantastic), how are you in your mood? Nobody has ever answered 1.

Most say between 5 and 8. On one occasion a chap said 10 out of 10 then suddenly burst into tears. Listening to the response to this question can structure how we work with the client and prioritise certain tasks.

We'll finish off with finding out about any social support they may have from family, friends or neighbours. Any activities they'd like to do or attend and how they would travel, either by car, taxi or Access Bus. We can make referrals for befriending services or provide the number for The Silver Line, a 24 hour free telephone service set up by Esther Rantzen.

Before ending the visit I'll leave them with a hamper.

If you Google 'Hamper' one of the most popular pages is the Fortnum & Mason Hamper. Our hamper is a blue carrier bag with rice pudding, beans, soup, tea bags, coffee sachets, biscuits, jam and milk. So, apart from the wicker basket, very similar. This is enough food to provide 24 hours worth of nutrition.

We are working closely with the new Hospital Team; this team includes Carer Navigators, Supported Discharge service and MAST.

So if you, or a relative, or a friend, are admitted to hospital and would benefit from a visit once you're home, please speak to ward staff, who can let our team know so that we can help you.



I cherish the memories of my mum at Christmas

By Emma Clayton

Leisure & Lifestyle Editor, Bradford Telegraph & Argus

Every Christmas Eve, when I'd finished work, I used to head to my parents' home.

I'd help my dad with last minute Christmas preparations, and give my mum her tea. She had dementia for over a decade, a particularly brutal strain that attacked her body as well as her mind, and in the final years of her life she was barely able to move.

So on Christmas Eve I'd sit by her chair, feeding her, with carols from King's College on the radio.

The beautiful, haunting sound of those Cambridge choirboys had filled our kitchen every Christmas Eve when I was growing up, as Mum loved to listen to the carol service on the radio.

As I fed her in those last years of her life, her cloudy eyes would light up a little at the sound of the carols, and she'd try to sing along. By then she could no longer speak, and spent her days sitting in a chair, but music stirred her soul.

Listening to those carols with her made me sad, because I'd lost the mum that she was, but it was also comforting. It made me feel close to her, even though she no longer seemed to

know who I was. There were times when I hated being a carer, I often resented having to go and help look after Mum, especially when I'd been at work all day, and I felt all the mental and physical strain that any carer will know too well.

But I cherished those teatimes on Christmas Eve, when we ate mince pies together, listening to Carols from King's.

My mum is no longer here, and I miss her – and caring for her. Every Christmas Eve I listen to the choirboys on the radio and think of her.

We must cherish the time we have with our loved ones. Happy Christmas.

Changing lives of carers and their loved ones

Margaret and her husband Hedley are among many local people in the districts of Harrogate, Craven and Selby, who receive help from Carers' Time Off.

People who are caring for relatives or friends often have very little time for themselves. The Carers' Time Off Befriending scheme, run by Carers' Resource, allows the carers to take some time out whilst the volunteer spends time with their loved one.

The Carers' Time Off Volunteer Befriending role is varied; some volunteers might sit with the person in their home, watch TV or play a board game; others may take the person out and go for a coffee, drive into the countryside, visit a garden centre, or go for a walk.

Peter Hargreaves is one of our volunteer team and is very versatile, taking on several roles in Craven, one of these being for Carers' Time Off.

Hedley and his wife Margaret live in Giggleswick and Peter has been spending time with Hedley, giving Margaret a break. Peter and Hedley have built a bird table together and painted the garden furniture.

Margaret says: *"Peter helps Hedley get organised and motivated to do the work while having a chat and enjoying each other's company. They have been working together on Peter's visits. First Peter helped Hedley build a bird table that he had for his birthday. Then they painted the bench at the back of the house. Hedley has been encouraged to do more and now they have started on the chairs and table from the patio."*

"It gives Hedley a sense of achievement and being useful as well as getting the job done."

"I enjoy the time to chill out, walk the dog, read my book without feeling I am needed to be around. Peter has been wonderful and I really appreciate his visits and what he does for Hedley – not just the jobs, but also the male company and camaraderie."

During Peter's visits Margaret has been for walks with their new puppy, met a friend for a chat and even managed a visit to a spa for a luxury pamper session.

We would like to thank Peter for his kindness, good humour and endless patience with our clients. And thank you to all our volunteers who give their time to our clients and who support us in our roles. They are fantastic!

Volunteers are supported and inducted by their Coordinator and will be reimbursed for any expenses. Any training needed will be provided. Our Volunteers DO NOT do any lifting or provide any personal care.

If you, or someone you know, could give a couple of hours each week, then Carers' Time Off would love to hear from you. In the first instance, for more information or an application form please contact Volunteer Coordinator Andrew Parkin on 07761 510603 or email aparkin@carersresource.org



Reaching out to carers in our communities

The Community Development Team, working in the Bradford area, have been busy promoting the support that is available to carers through Carers' Resource.

This has included outreach work and contact with GPs, pharmacies, the NHS, council, educational organisations, voluntary and community sector organisations, faith organisations and private organisations.

We have had a very good response from the outreach work and positive feedback from the public with a number of individuals expressing their gratitude for the support they have received from Carers' Resource.

The work is ongoing and we continue to build links with other organisations to raise awareness. We are working to reach hidden carers and those less likely to access support, including those from BAME communities, young people, male carers, and those that have become carers as a result of the pandemic.

If you know of any organisations who would like to work with us, please do get in touch with Mohammed Mahboob or Mariam Khalifa in the community development team. Email mmahboob@carersresource.org or mkhhalifa@carersresource.org or call 01274 449660.



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 Carers' Resource can be improved and discuss both local and national issues that affect carers.

Thursdays 2nd Dec, 3rd Feb at 1.30pm

Contact Amy Stoddart, astoddart@carersresource.org 01274 449660

Wellbeing Coffee Morning

An informal get-together, where carers can chat about what is going on for them currently and get support from us as well as from other carers.

Monday 20th Dec, Thursdays 27th Jan, 24th Feb – 10am–11.30am

Contact Eileen McAlonan, emcalonan@carersresource.org 07801 577163

Virtual Wellbeing Sessions

Monthly sessions promoting self care, laughter, resilience and relaxation. We focus on looking after your own wellbeing. Ideal opportunity to meet other carers and share ideas.

Tuesdays at 10am

Coping strategies: 14th Dec

Managing stress / anxiety: 25th Jan
Craft: 15th Feb

Contact Catherine Knight, cknight@carersresource.org 01274 449660

Parent Carer Webinars

Wednesdays – 1pm–2.30pm

Christmas Fun!: 8th Dec (1pm & 8pm)

Relationships: 12th Jan

Disability Living Allowance: 9th Feb

To book contact

nbaxter@carersresource.org or
sbland@carersresource.org or
lcwright@carersresource.org

Just for Fun Quiz Group

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

Wednesdays 15th Dec, 19th Jan, 16th Feb – 3pm–4pm

Contact Joanne Beetham, jbeetham@carersresource.org

Online Book Group

Guided discussion on chosen book.

Fortnightly Thursdays from 2nd Dec at 7.30pm–8.30pm

Contact Mel Evans, groupworkers@carersresource.org 01274 449660

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 20th Dec, 17th Jan, 21st Feb – 10am–12pm

Contact Caroline and Phil, informationteam@carersresource.org 01274 449660

Meet Carers in Harrogate District

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 Dec, 17th Jan, 21st Feb at 2pm

Boroughbridge, Bean Café

Wednesdays 8th Dec, 12th Jan, 9th Feb at 10am

Harrogate, Cedar Court Hotel

Wednesdays 15th Dec, 19th Jan, 16th Feb at 11am

Masham, Methodist Church

Wednesdays 15th Dec, 19th Jan, 16th Feb at 2pm

Ripon, Booths

Tuesdays 14th Dec, 11th Jan, 8th Feb at 2.30pm

Pateley Bridge, Toft Gate Barn Café

Fridays 3rd Dec, 7th Jan, 4th Feb at 11am

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

For Masham group contact Isobel Holmes, iholmes@carersresource.org 01423 500555.

Dales Diners

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

Christ Church Hall, Darley

Thursdays 2nd Dec, 13th Jan, 3rd Feb 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 Dec, 20th Jan, 17th Feb at 2pm – Cost £5

Contact Carol Lancaster, clancaster@carersresource.org 01423 500555

Pateley Bridge Craft Group

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

Nidderdale Plus, Pateley Bridge

Wednesdays 15th Dec, 19th Jan, 16th Feb at 2pm – Cost £5

Contact Carol Lancaster, clancaster@carersresource.org 01423 500555

Meet Carers in Bradford District

Baildon Carers Coffee Group

Join us for a coffee and chat, friendly support, activities and info for carers.

St Hughes Centre, Baildon

Mondays 6th Dec, 7th Feb, 7th Mar – 2pm–3pm

Contact Mel Evans at groupworkers@carersresource.org 01274 449660

Bradford Carers Allotment Group

Take part in digging, landscaping and building wooden structures with other carers on Carers' Resource's own new allotment plot.

Undercliffe Allotments, Northcote Rd, Bradford

Tuesdays 11am–1pm

Booking essential. Contact Becca Marshall, bmarshall@carersresource.org 01274 449660

Carer Craft and Chat Group

Meet other carers and have fun with a different craft activity each month.

Venue to be confirmed

Dates to be confirmed

Contact Mel Evans at groupworkers@carersresource.org 01274 449660

Ilkley Carers Coffee and Cake

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

Clarke-Foley Centre, Ilkley

Tuesdays 4th Jan, 1st Feb – 10.30am–12pm

Contact Fiona McKinnon-Evans fmckinnon-evans@carersresource.org 01756 700888

Worth Connecting

Learn to get on the internet and basic digital skills for those over 55, with friendly and supportive trainers.

Locations across Bradford district including **Queensbury, Keighley, Lower Grange, Allerton, Clayton, Wyke and Shipley.**

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



Keighley Carers Group

Informal meeting for carers to share their experiences and receive support.

Venue TBC

**Fridays 3rd Dec, 7th Jan,
4th Feb – 10am–11.30am**

Contact Rachel Waddington
rwaddington@carersresource.org
01756 700888

Bingley Carers Drop-in

A friendly drop-in open to all carers.

**The Lounge, 2 Queen St, Bingley
Wednesdays 1st Dec, 5th Jan,
2nd Feb – 10:30am–12pm**

Contact Joanne Beetham, jbeetham@carersresource.org
01274 449660

Carer Bradford Park Strolls

Join other carers for a gentle stroll around a beautiful park followed by a sit down and chat in a nearby café.

Cliffe Castle Park

**Wednesdays 8th Dec, 5th Jan,
19th Jan, 2nd Feb, 16th Feb at 10am**

Lister Park

**Thursdays 9th Dec, 13th Jan,
10th Feb at 12.30pm**

Harold Park

**Fridays 3rd Dec, 17th Dec,
31st Dec, 14th Jan, 28th Jan,
11th Feb, 25th Feb at 10am**

Contact Mel Evans at groupworkers@carersresource.org
01274 449660

Noble Comb Carers Group, Shipley, with Interlude Café Group

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

**Wednesdays 15th Dec, 19th Jan,
16th Feb – 11am–12pm**

Contact Kathryn Leakey, kleakey@carersresource.org
01274 449660

Oakworth Welcome Drop-in

A friendly drop in open to carers and the people they care for.

**Oakworth Methodist Church, Keighley
Mondays 6th Dec, 10th Jan, 7th Feb –
2pm–3.30pm**

Contact Carly Brunskill, cbrunskill@carersresource.org
01756 700888

Parent Carer Coffee, Keighley

Informal meeting for Parent Carers to get together, receive support, share experiences and build confidence.

Central Hall, Keighley

**Fridays fortnightly from
17th Nov – 10:30am–11:30am**

Contact Lucy Cartwright, lcartwright@carersresource.org
01274 449660

Meet Carers in Craven District

Craven Carer Lunch Groups

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

**North Craven, Benthams Golf Club
Mondays 20th Dec, 31st Jan,
28th Feb at 12pm**

Settle, Golden Lion

**Mondays 13th Dec, 10th Jan,
14th Feb at 12pm**

**Mid Craven, Gamekeepers Inn
Fridays 17th Dec, 21st Jan,
21st Feb at 12pm**

**Skipton, The Railway Pub
Wednesdays 1st Dec, 5th Jan,
2nd Feb at 12pm**

**South Craven, Old White Bear
Thursdays 2nd Dec, 6th Jan,
3rd Feb 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.

Craven Crafternoons

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

**Carers' Resource, Skipton
Wednesdays 1st Dec, 5th Jan,
2nd Feb – 1pm–3pm**

Contact Debi Hawkins, dhawkins@carersresource.org
01756 700888

Craven Carers Allotment Group

Take part in some gardening and enjoy growing your own with other carers.

**Middletown Allotments, Skipton
Fridays 10.30am–12pm**

Contact Carol Hudson, chudson@carersresource.org
07936 938567

Utopia Cafe Carer Drop-in

A friendly drop in open to carers and the people they care for.

Broughton Hall Business Park, Skipton

**Tuesdays 14th Dec, 11th Jan,
8th Feb – 10am–11:30am**

Booking essential. Contact
Rachel Waddington, rwaddington@carersresource.org
01756 700888

Settle Group

**The Place, Commercial Yard, Settle
4th Thursday of every month
(from Jan 2022) – 1.30pm to 3pm.**

Contact Debi Hawkins, dhawkins@carersresource.org
01756 700888

Parent Carer Coffee, Skipton

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

**Carers' Resource, Skipton
Thursdays 9th Dec, 13th Jan,
17th Feb – 9.30am–11am**

Contact Natalie Baxter, nbaxter@carersresource.org
07801 577196

Women's Group

A regular meet up for women carers in various locations around Craven, with email and WhatsApp support.

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

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. Participants enjoy creative activities, lively conversation and cups of tea!

**Carers' Resource, Skipton
Mondays weekly – 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.

Skipton Group

**Carers' Resource, Skipton
Mondays 13th Dec, 10th Jan,
14th Feb – 10.15am–12.15pm**

Contact Carol Hudson, chudson@carersresource.org
01756 700888

Benthams Group

**The Library, King Street, Benthams
Mondays 6th Dec, 7th Feb –
10.15am–12.15pm**

Contact Debi Hawkins, dhawkins@carersresource.org
01756 700888



It's beginning to look a lot like an allotment

Once upon a time in a place called Undercliffe there lived a poor, neglected, unloved piece of waste land, known to all as an eyesore. Its brambles were so entwined, its weeds so big, that its neighbours struggled to see the beauty that lay beneath the canopy, and the abundance of potential ready to be unearthed for the Community to enjoy once more.

Then, one day, along came Carers' Resource, a charity so fine that the fairy godmother did wave her wand and employed a Horticultural Project Officer, to re-design that wasted piece of land into something fit for the community to be proud of once again.



Together with the Kings and Queens, the Fundraisers and the Court Jesters, a plan started to emerge. Volunteers and staff came laden with spades and forks and all kinds of paraphernalia to create raised beds and a wild flower area.

One fine day a Lady arrived from a land afar bearing gifts of rhubarb and raspberry crumble which the Court Jesters gorged their tired mouths upon. They laughed and smiled like never before.

And then, behold, a King rocked up with a Polytunnel that he did erect at his own expense. Carers came and sowed seed and bulb, reaped fruit crops and trenched in the goodness given by the fine steeds Paddy, Rosy and Molly the mule. A mighty fine path was laid for folks to amble and be safe.

The Sensory Allotment is starting to rise from the ashes, but the fairy tale does not end there...

There is still a lot to do before spring comes and we NEED you, trusty volunteers, to continue with the amazing work that you have already done!

We still need to make more raised beds and compost bins, dig out and line the pond area, landscape the

different garden areas, build sensory areas for the young carers including a woodland den and rope swing for the kids to play in, restore an old potting shed, make benches and of course, come the spring we will need people to sow vegetables, herbs and flowers and plant up the different garden areas. This cannot be done without all the hard work that comes before.

So if you enjoy being outdoors, don't mind hard graft and are practical or just want to escape for an hour or two please contact:

Becca Marshall 07842 312 719 or bmarshall@carersresource.org

Andrew Parkin 07761 510 603 or aparkin@carersresource.org

You reap what you sow so please, volunteer now!



Are you kind and compassionate and looking for work?

Then you could be the perfect care support worker...

Like many care teams across the country, we are looking for more staff to join us. The number of people needing social care support continues to increase, with an ageing population and an increase in working age adults with disabilities.

Our Care@ Carers' Resource staff have continued to work throughout the Covid-19 lockdowns to care for the most vulnerable people and we couldn't be prouder of our teams and their commitment to our customers.

This is a growing sector with lots of opportunities. Working in this sector, every day is different and you go home knowing you have made a difference to someone.

We support people with all aspects of their daily life, supporting them to live independently in their own homes.

So what might the role involve?

- Supporting people with social and physical activities, taking people out shopping, to the cinema, bowling, for a meal or even supporting on holiday
- Booking and accompanying people to appointments
- Helping with personal care such as showering and dressing
- Assisting people with eating and drinking
- Monitoring individuals' conditions and helping with medication

So what skills do I need ?

You need to be able to communicate well, listen to people, have an empathetic approach and respect them for who they are; we all have a story to tell. If you have the right values we can teach the rest.

What experience and qualifications do I need?

If you have any experience that is a bonus, but it's not a necessity, what is really important is that you're a kind, compassionate, committed and thoughtful person.

So could you spare a few hours a week to help someone in our local community? We are currently looking for people in all of our teams, supporting people who live alone to remain in their own homes and working with families to give them a break from caring for their loved ones. We have hours to suit your lifestyle, including evenings and weekends. You would have regular customers you visit which enables you to build up a relationship and really get to know them.

Can you help? For more information please email care@carersresource.org



Young Carers cook up a storm

Young Carers from the Bradford and Harrogate localities were involved in helping to create a cookbook in conjunction with the West Yorkshire and Harrogate Health & Care Partnership. The cookbook collated healthy and easy recipes, including young carer Thea's butter pasta.

To celebrate the release of the book, we had a pizza evening with a pizza van visiting the Shipley office and our Budz youth club in Harrogate. The Young Carers prepared their dough, sauce and toppings and watched their pizzas cook in a wood-fired oven before enjoying them.

In Bradford we had 20 young carers, who had a party where our Young Directions team helped to create activities and games for the younger young carers. This included pumpkin piñatas, a doughnut on a string eating competition, wrap the mummy and a wink murder tournament. The games, combined with tasty homemade pizza, made for a brilliant evening for all.



Young adult carers look to the future

Young adult carers from across Harrogate, Bradford and Craven have received grants to help them with their education, employment and training.

Carers' Resource received £4,000 from the Carers Trust Quilter Aspirations Fund to give out as individual grants to young carers aged 16–25.

The £200 grants aimed to address barriers faced by young carers, and have been spent on IT or other equipment for college, driving lessons, training courses, life coaching or subject tuition.



Gabby Hands, 16, from Keighley, said: *"I am going to put my grant money towards college equipment such as stationery and software I will need for my course."*

"The grant will allow me to work easily from home and in college without having to stress about the expense of the equipment."

Josh Deacon, 17, from Bradford, said: *"It has benefited me because we aren't the richest family and it has helped me to do my work using the laptop the fund has helped me buy."*

Another young carer, Holly, who cares for her mum who has osteoarthritis, used the money to buy a body protector for her studies of equine management at college.

Holly said: *"This means that I will be able to do level 2 and 3 work on my course. I can go hacking, jumping and do pole work, which I would have had to wait until next year to do if I had not got the grant."*

"I want to say a huge thank you to the Young Carers team for helping me. I am so grateful to have the body protector and can't thank everyone enough for all they have done for me to make my transition into college a pleasant experience!"

Another young carer, Steven, said: *"I'm planning on using the grant money to go towards the cost of my driving lessons. This would be very beneficial as I can give further support to my mum and allow me to do food shopping, run errands etc."*

Young carers have a lot of extra responsibilities and often face challenges in finding the time and funds for their education and training.

These grants can make a huge difference to young carers and enable them to better reach their potential.

For more information about our young carer services please visit: youngcarersresource.org

New Bradford & Airedale Hospital Based Teams (HBT)

Carers' Resource has been working in hospitals across the region for many years, supporting people through tough times.

This new hospital-based team (HBT) brings together some old and some new services under one umbrella. Some of the services under HBT aim to support carers while the person they care for is in hospital, while some of our newer services provide support for frail and elderly patients being discharged from hospital.

Carer Navigator Service

This service supports carers who have a loved one admitted to Bradford or Airedale hospitals.

While patients are looked after by the clinicians and health professionals, our Carer Navigators aim to provide support to carers and navigate them through what can feel like a maze from admission through to discharge meetings.

"It can be a very confusing journey with so many things going on at the same time" said Asma Waraich, Carer Navigator at Bradford Royal Infirmary.

"Carers can feel left out of the decision making process or concerned about how they will cope when their loved one is discharged from hospital."

Community Carer Navigator

Our Community Carer Navigator will continue to provide support to the carer as their loved one settles back into home life after a hospital discharge.

Coming home from even a short admission to hospital can be difficult, particularly if there are mobility or other longer term health issues.

Amanda Whitehead, Community Carer Navigator, said: *"My work is carer led and ranges from providing a listening ear/emotional support to giving appropriate sign posting, advice and or information. I aim to empower the carer to make informed choices and to build the carer's confidence in themselves."*

Supported Discharge Service

This service works specifically within the Accident & Emergency wards at Airedale General Hospital and Bradford Royal Infirmary with frail and elderly patients.

This service is for patients aged 60 and over who may be feeling socially isolated and vulnerable. A&E is often not the right place to be for minor health issues so the Supported Discharge staff can offer up to six weeks of home visits (once a week) to look at what is needed to reduce inappropriate A&E attendance.

Multi Agency Support Team (MAST)

The Hospital Based Teams have recently appointed two Multi Agency Support Team (MAST) workers who will support patients that are frail and elderly to ensure everything is in place when they are discharged from hospital. The MAST staff will spend time with patients while they are on the ward to find out what help might be needed when they are going home. They will support patients who are aged 60 and over and will continue to provide support at home where needed.

For further information on any of these services, or to discuss how we could help you, your family or friends, please contact Nafees Nazir, Team Leader on 07394 569714. Please note that professional referrals can be made via our website using the referral form.

8 years of delicious dinners at Dales Diners

Dales Diners is a lunch club for carers and the person they care for with memory problems. It runs monthly and has now been going for eight years. Carers and their cared-for can enjoy a homemade lunch and the company of one another.

After the Covid restrictions of the last couple years, it has been so good to see the group back up and running.

One attendee, Jack, told us: *"We like the atmosphere, food and company. We look forward to coming."* Another, Joan, said: *"We like meeting new people"*. Carole told us: *"It's a real treat"* and Beryl said: *"We have met a lot of nice people, it's run by nice people and it's always good."* Enid said: *"Lovely food and good company."*

The group is run by volunteers, who also enjoy the occasion and describe themselves as 'a happy

band of workers'. One of the volunteers said: *"I get so much out of helping out as I see the pleasure that it gives. All the attendees are very appreciative."*

We are all thrilled to be back cooking for this lovely group of carers and cared-for who all love coming for the food and company. They also can go home and have a snooze without having to think about another meal as they are fully replete with delicious food very carefully prepared in the kitchen by the fabulous volunteers.

If you care for a loved one, friend or neighbour who deals with a memory problem and wish to join Dales Diners, please contact Carol Lancaster on clancaster@carersresource.org or 01423 500555. The group will meet Thursdays 1pm – 2nd Dec; 13th Jan; 3rd Feb at Christ Church hall, Darley and costs £5.

View all our other carers groups and events on pages 6 and 7.



What do social care reforms mean for carers?

In September 2021 the government announced that they will be making big changes to the way adult social care is paid for in England.

According to their announcement, from October 2023 nobody will have to pay more than £86,000 over their lifetime for residential care, or care services in their home. Carers' Resource has taken a look behind the headlines to find out what this might mean for carers.

Unlike NHS treatment, funding for adult social care is not free. At the moment, if you are assessed as needing care, the local authority will only pay all your care costs if you have assets (savings, property or belongings) worth less than £14,250. If you have more than £23,250 the council don't contribute to your care costs at all and you pay for all the care yourself as a 'self-funder'. If you have somewhere in between, then you and the council share the costs.

The cost of care is rising rapidly and this is expected to continue. In 2020 the average cost of a care home in the UK was £672 a week or £35,000 a year. If you go into a care home, the value of any property you own may be counted in your assets, so some people have to sell their house to pay their care home costs.

The value of your home isn't counted if your partner, child or disabled relative still lives there.

From October 2023, these rates will change significantly and a lot more people will be eligible for some financial help to pay their care fees.

From October 2023:

- **If you have less than £20,000** you won't have to pay anything for your care from your assets.
- **If you have between £20,000 and £100,000** you will have to contribute towards part of your care costs and you will be eligible for some financial support from the council on a sliding scale.
- **If you have over £100,000** you will be a self-funder and pay all your own care costs but the total amount you have to pay for care over your lifetime will be capped at £86,000 of your own money. Money that the council has contributed for your care won't be counted towards the cap.

In all cases you may still have to contribute to your care costs from any income you have, from a salary, benefits or pension. But the amount you pay from your assets won't be more than 20% of their value in a year.

As they do now, your council will assess what care you need and will carry out a means test (financial assessment). If you want care that costs more than the local authority assess that you need, you would have to pay the extra yourself.

Currently, local authorities often pay much lower fees than self-funders for exactly the same care services, but the Government says that from October 2023 self-funders will be able to access the same rates as the council.

In order to fund the new system, the government has announced a new 'health and social care levy'. Starting in April 2022 National Insurance contributions will rise by 1.25% and the extra tax raised will be spent on social care and the NHS.

It's important to note that it isn't clear yet exactly how the new rules will work.

The government says the new limits will apply to 'personal care costs', which support activities of daily living – help with bathing, accessing the loo, preparing meals and so on, either at home or in a residential care setting.

But for people in residential care, so-called 'hotel costs' – accommodation, meals, cleaning services, energy usage etc. – will not be included in the cap. This may add up considerably over time and so people may still find they need to sell their house to meet the fees.

If you are paying for care now, or start paying before October 2023, then your payments will be calculated under the current system.

Carers' Resource can give you information and support on this complicated process and we recommend you take advice around your own financial situation and how the changes might affect you.

Contacts for local authorities with responsibility for social care:

North Yorkshire County Council:
01609 780780

Bradford Metropolitan District Council:
01274 435400

Leeds City Council: 0113 222 4401

A wheelie good time

Carers' Resource put on ten weekly cycling sessions for beginners in Lister Park from August to October and these were very successful with highly positive feedback from all participants.

Overall 20 carers attended the sessions – the majority of whom were women and very inexperienced cyclists. Most attended regularly and by the end of the project they were confidently able to cycle round the park.

Some carers had become isolated as a result of their caring roles during the Covid lockdown. The cycling sessions gave them a chance to take part safely in an outdoor activity that they wouldn't otherwise have access to.

Many of the carers who attended developed supportive friendships with each other as a result of the sessions and said they would be continuing to meet up and to exercise. The funding also covered taxi costs for two carers who couldn't get there otherwise.

Carers commented:

"This was such a great opportunity to build on a skill – I haven't ridden a bike since I was little, and it was so good to meet other carers to talk to, not just about caring but also other things."

"These sessions have made a massive difference to me. I've got out of the house, met other people and had some fun!"



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 31st January, 2022. Send copy to the editor by emailing choices@carersresource.org, or post submissions to the Bradford office (address right).

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

 /carersresource

 @CarersResource

Popular new group launches in Ilkley

The new Ilkley Carers Coffee & Cake group is proving popular with carers enjoying spending time together and meeting new people.

The group is meeting on the first Tuesday of the month at the Clarke-Foley Centre in Ilkley.

Carers' Resource Locality Worker Fiona McKinnon-Evans supports carers in the Wharfedale area and has been keen to get a group going in Ilkley.

She said: "We wanted to make sure that we could meet in person as we felt that after the months of isolation following the Covid-19 pandemic it was important for carers to be able to get together and chat about the things that are important to them."

"At the first meeting in September we listened to what the carers wanted from a group, and we have tried to meet those requests – from providing name labels for carers, to information about local groups and services, with future sessions including holistic therapies and basic IT support through our Worth Connecting project."

The sessions have so far proved popular with those who have attended.

Comments from carers include:

"It's somewhere where you don't have to explain yourself" and "It's nice to be with people who understand."

One carer who moved to the Ilkley area during one of the lockdowns has found the group particularly helpful for settling into a new area: *"It opens doors, especially moving to an area where you don't know many people."*

Another carer said after the first meeting: *"I really enjoyed it and I think we will find future get togethers very interesting and helpful. A lot of good suggestions were put forward as topics of interest."*

"Everyone seemed friendly and relaxed and willing to talk about problems and feelings so I think we will all benefit from our meetings. Thanks again for organising these get togethers and I think they will be very successful."

Carers' Resource was helped to set the group up by a grant from the ABCD fund which has covered the initial costs of the room hire.

Anyone interested in attending future sessions can contact Fiona on 01756 700888, or email fmckinnon-evans@carersresource.org

