

CARERS WELLBEING SERVICE CALDERDALE

June 2022

Welcome to our latest newsletter where you will find lots of updates about our services and details about the things we have coming up in the next few months. We have lots of new groups, courses, trips and treats available for carers including lots planned for Carers Week.

If you require any support within your caring role please do not hesitate to get in touch and have a chat with one of our dedicated team members. If you want to find out more or get involved in anything from the newsletter please either ring or email us using the contact details below.

How to contact us

Suite 6B, Rimani House, 14-16 Hall Street, Halifax, HX1 5DB

01422 369 101

carers.wsc@makingspace.co.uk

Facebook: Carers Wellbeing Service Calderdale **Instagram:** Carers Wellbeing Calderdale

NEW SUPPORT FOR WORKING CARERS

If you a carer juggling work and your caring responsibilities we understand it can be even more difficult to access services and support.

As part of our plan to support working carers we are now offering more out of hours services including evening and weekend telephone appointments, a virtual evening support group and a range of social activities on evenings and weekends.

To find out more about how we can support working carers or to get involved with any of our services please ring our office or drop us an email.

SUPPORT GROUPS



As a service we offer carers the opportunity to attend monthly peer support groups throughout Calderdale, including in Central Halifax, Sowerby Bridge, Todmorden and Brighouse as well as a virtual evening group, ideal for working carers. Our groups are proving to be very popular and there are limited spaces but we could discuss your requirements and offer other support options that are available, please contact our office.

Our support groups provide a safe space to share experiences and concerns, offer advice and information and are a fantastic source for valuable peer support, which is a huge part of what makes our groups so beneficial to carers.

If you would like to know more about accessing our support groups please speak with Janet or Julie.

JOINT CARERS GROUP WITH LEAD THE WAY

We are very excited to be partnering with Lead With Way to offer a new group specifically for carers of adults with learning disabilities. This group offers a chance for a brew and a chat, peer support and advice and information from staff from both the services.

The group meets monthly and if you would be interested in joining please ring the office and speak to Beth.

BUDDYING SCHEMES

We are launching a buddying scheme – and it's available now! Our buddying service aims to match carers with a buddy based on criteria such as hobbies and interests, location and the illness or disability of the person you care for. Buddying will provide carers with access to mutual peer support to meet their emotional and social needs and help to develop or boost their confidence.



When you express interest in the buddying service you will firstly be asked to complete a short questionnaire to help the host (us) gain a better understanding of your current situation and how buddying may help you. Buddies will be matched with the support of a host, who will then arrange an introduction to each other. Both buddies will be asked to complete a buddying service mutual carer agreement which will contain guidance to outline boundaries that will be set for you both, for example, you cannot ring your buddy during unsociable hours etc. Reviews will then take place at 2 weeks, 6 weeks and 12 weeks. If your buddy is not for you that is not a problem, we will just end the current agreement between you both and match you both with new buddies with similarities to your questionnaire answers.

For more information please contact Beth.



YOUNG ADULT CARER SERVICE (YACS)

Within our service we offer Young Adult Carers (YACs) aged 18-25 emotional and one to one support allowing them to talk about their caring roles and other concerns they may have. We can provide practical support with filling out carer needs assessments and support to access carer personal budgets where appropriate.

Furthermore, we offer monthly activities allowing YACs to engage in peer support and to give them that opportunity to have a slight break from their caring roles.

To find out more please phone or text Aisha on 07866053295.

COULD YOU BE A VOLUNTEER?

We're looking for volunteers! Did you know that volunteering can help you utilise or develop valuable skills and experiences as well boosting your confidence?

Volunteering can be a regular commitment for one of our specific roles, currently we have roles for fundraising co-ordinators and a helper at our young adult carer activities, or could just be a few hours every now and again such as serving tea and coffee at one of our events. We would also love to hear from you if you have a specific skill that you would like to share with others, maybe you have experience delivering an art group or have skills in newsletter design!

If you would like to find out more please contact Aidan or why not come along to our volunteers week event for a cuppa and a chat and to meet our volunteer co-ordinator Aidan. The session is taking place at the office on Wednesday 1st of June at 1pm.





FUNDRAISING AND DONATIONS

Could you help put us in touch with friendly businesses?

Our service is going to be working with Making Space's Fundraising Team to identify local business which may be willing to help carers – and this is where we need your help. Do you have a family member or friends that works for a business who could help our work? Please let us know, ideally you can pass us on to someone we could talk to.

We are looking for businesses that could help in a number of ways by donating items, vouchers, tickets, passes, raffle prizes, discounts or organise collections, staff fundraising or sponsoring some of our activities. Maybe you know a company that could help us provide therapy days, respite care, days out or sponsor this Newsletter. In some parts of the country carers have been donated massage sessions, afternoon tea, cinema and theatre tickets, hairdressing and beauty vouchers, etc. And please don't forget companies that could support our male carers too.

At the moment we are looking for contact information so please get in touch with any of us at the office.

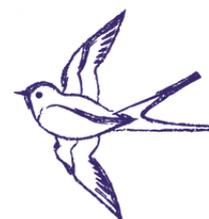
TABLET COMPUTERS FOR HIRE

Are you interested in learning how to online shop, join a zoom group or access social media? We have recently been given a small number tablet computers that we can lend to carers who would be interested in trying one out. Carers can borrow a tablet for up to 6 weeks and staff are available to give basic advice on getting online.

To find out more please ring 01422 369101.

SOCIAL MEDIA

Did you know we have a new Facebook page and Instagram Account? We regularly share updates about our service along with local and national news that you might find useful. Please give us a like on Facebook at Carers Wellbeing Service Calderdale and follow us on Instagram at Carers Wellbeing Calderdale.



CARERS NEEDS ASSESSMENTS AND CARERS PERSONAL BUDGETS

If you are a carer of someone 18+ you are entitled to complete a Carers Needs Assessment which will assess how caring is impacting on certain aspects of your life. The assessment can be completed independently or with the support of a social worker or a member of our team. The assessment will help to identify what support you could access including information and advice, support for the person you care for or maybe a carers personal budget.

A carers personal budget is provided by the council as a way of meeting an unmet need of a carer. It can be used to fund support including things such as a short break, help to access social and leisure activities, health and wellbeing treatments and educational courses.

If you would like to complete a carers needs assessment please ring the office to discuss.

EMERGENCY BACK UP PLANS

If you worry about what would happen to the person you care for if you were involved in an emergency then an emergency back-up plan might help. The scheme aims to provide peace of mind and gathers information about who to contact in an emergency and what support the person you care for would need if you were unavailable.

If you would like to find out more or complete an emergency back-up plan please ring the office. If you already have a plan that may need updating please also get in touch.

MESSAGE IN A BOTTLE

Message in a bottle is a simple way to share medical information and caring responsibilities in an emergency. Simply request your bottle, fill in your medical information and caring responsibilities and store it in your fridge.

We have a stock of the bottles at our office so if you would like one of these posting out to use alongside your plan please ring the office to request one.



TARGETED SUPPORT

Our new targeted support service is now available to assist carers in accessing short trials of home care. We are aware that carers and the person they care for can often be reluctant to have home care for a number of reasons including, cost, the stress of arranging it and being unsure how the carer and cared for would adjust to having the care.

To help to alleviate some of these barriers we are now able to offer a limited number of carers help arrange and then fund a short trial with a home care provider of their choice. During this trial period our skilled and knowledgeable locality workers will offer support the carer to explore and discuss options around longer term support. We will also be looking to support with a very limited number of one off home care sessions to assist carers in attending crucial medical appointments and other commitments.

If you are interested in discussing accessing this service please contact the office and discuss your situation with a locality worker.

MENTAL HEALTH CARER SUPPORT SERVICE

If you are you caring for someone, providing help and/or emotional support to a friend relative or partner who has a mental health condition you can access specialist support.

The Mental Health Carer Support Service offers one to one emotional support, advice and guidance, supports you to enjoy your life outside of your caring role, provide information about mental health conditions and treatments as well as supporting you to communicate well with the mental health services. The service also run groups where you can meet other carers, make friends and receive information on carers issues.

We hold coffee mornings, between 11am-1pm

16 and 30 June

14 and 29 July

11 and 25 August

Our Sukoon group for BAME carers takes place between 10:30am-12:30pm

9 and 23 June

7 and 21 July

4 and 18 August

All the above groups take place at The King's Centre, Park Rd, Halifax HX1 2TS.

Now the weather is improving we are meeting for

Park walks (no need to ring, just turn up)

Hebden Bridge

7 June at 11:00am

Meeting point is the Memorial Gardens next to Hebden Bridge Picture House.

Peoples Park

5 July at 11:00am

Meeting point is outside the Café

Shibden Park

2 August at 11:00am

Meeting point is outside the café

For more information on the groups or if you need support please contact:

Louise Heys: 07815493439

Theresa Rawson: 07813342856

Natasha Malik: 07815493442

Carers.Calderdale@makingspace.co.uk

EVENTS AND ACTIVITIES

Our new 3 month events Calendar lets you know about all the groups, events, course and treats we are currently offering. In the next 3 months we have a full weeks or activities to celebrate Carers Week (6-10 June), a Jubilee party, a weekend coach trip for carers and the person they care for and a range of community circles groups.

If you would like to know more or book on a session please ring the office on 01422 369101.

We may also be able to help with transport costs and with providing a sitter so if this is required please mention it at the time of booking.



CARERS WEEK

We have lots of events planned to celebrate Carers Week that include the launch of our new evening Curry Club on Monday 6th 5.30-7.30pm, our Jubilee Party on Wednesday 8th 12.30-3.30pm and afternoon tea on Friday 10th 1-3pm.

Booking is essential for the curry club and afternoon tea but for the Jubilee Celebration please just turn up and feel free to bring the person you care for.



Carers Wellbeing Service Calderdale

 **making space**

Dress up & Dance Through The Decades Jubilee Celebration

Carers Wellbeing Service would like to invite you and the person(s) you care for to dress from your favorite decade and join us for an afternoon of singing and dancing to celebrate the Queens jubilee, Carers week, and Making Space's 40th anniversary!

Date: Wednesday 8th June 2022
Time: 12:30pm-3:30pm
At the Kings Center Halifax

The event will include; Lunch, professional entertainment, a raffle, tombolla, jubilee photo booth and prize for the best dressed.
To find out more please ring our office on 01422 369101



CARE COMMUNITY CIRCLES

Walking for Wellbeing

Meeting monthly at Shibden Park for a gentle stroll and a friendly chat.

Reading for Relaxation

Meeting monthly at our Halifax office to meet with other carers who share your love of reading, be this a book, a short story or a poem, where we can discuss our thoughts over a cup of tea/coffee.

Coffee and a Chat

Meeting monthly at Coffee Culture at Shibden Park for an opportunity to get together over coffee/tea and biscuits and have a general chat or possibly a planned activity such as crafting or a quiz!

Todmorden Rural Walks

Monthly rural walk with lunch included available on different days and times exclusively for carers in Todmorden area.

Men's Breakfast Club

Meeting monthly at Weatherspoon's in Halifax for breakfast and a chat with other male carers.

Curry Club

Meeting monthly on an evening to go out for a curry at different restaurants across Calderdale.

To get involved in any of our groups please ring the office or email us.

BENEFIT TRAINING SESSIONS

Following on from our recent 'Introduction to Benefits' sessions for unpaid carers. We plan to deliver 2 further sessions during Carers Week In June.

- Session 1 will be held on Tuesday 7th June 1.00-3.30pm

An introduction to Personal Independence Payment (PIP) which will cover; eligibility; the qualifying criteria and how to make a 'good claim for PIP'.

- Session 2 will be held on Thursday 9th June 10.00am-12.30pm.

An introduction to Carer's Benefits, which will cover Carers Allowance; eligibility; the qualifying criteria and underlying entitlement.

Both sessions will have restricted numbers so if you are interested, please get in touch to book a place.

EVENTS CALENDAR

MONTHLY PLANNER

MONTH: June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Volunteering event 1-3pm Halifax support group 1-2:30pm	2 CLOSED FOR BANK HOLIDAY	3 CLOSED FOR BANK HOLIDAY	4	5
6 Walk for Wellbeing 10:30am-12pm Find Your Voice Course week 4 1-2:30pm Curry Club 5:30pm	7 1-3:30pm PIP for Beginners 5-8pm Out of Hours Service	8 Jubilee Celebration 12:30-3:30pm Resilience Course Week 3 1-3pm	9 Tod Support Group 11-12:30pm 10-12 Carer Benefit Training	10 1-3pm Carers Afternoon Tea	11	12
13 YAC Spa Residential Find Your Voice Course Week 5 1-2:30pm	14 YAC Spa Residential	15 Sowerby Bridge Support Group 1-2:30pm	16 Evening zoom support group 7-7:45pm	17 Men's Breakfast 10-11:30am	18	19
20 Find Your Voice Course Week 6 1-2:30pm	21 Coffee & Chat 1-2:30pm	22 Skipton Coach Trip 10-4	23 Reading for Relaxation 10:30-12pm Brighouse support group 1-2:30pm	24	25	26
27 Find Your Voice Course Week 7 1-2:30pm	28	29 Resilience Course Week 4 1-3pm	30			

Start of carers week

End of carers week

MONTHLY PLANNER

MONTH: July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
Walking for Wellbeing 10:30am-12pm 4	5-8pm Out of Hours service 5	Halifax Support Group 1-2:30 6	7	8	Weekend Service 9-12 9	10
Find Your Voice Course 1-2:30pm week 8 Curry Club 5:30pm				Men's breakfast group 10-11:30am 15		
Find Your Voice course week 9 1-2:30pm 11	12	Resilience Course 1pm-3pm Week 5 YAC Escape Rooms 13	10:30-12 Reading for Relaxation Tod support group 11-12:30pm 14			17
Find Your Voice Course week 10 1-2:30pm 18	Coffee & Chat 1-2:30pm 19	Sowerby Support Group 1-2:30pm 20	Evening Zoom Support Group 7-7:45 21	22	23	24
25	26	Resilience Course week 6 1-3pm 27	Brighthouse Support Group 1-2:30pm 28	29	30	31

MONTHLY PLANNER

MONTH: August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Waking for wellbeing 10:30am-12pm	2	3 Halifax support group 1-2:30	4	5	6 Weekend Service 9-12	7
8 Curry club 5:30pm	9 5-8pm out of hours service	10	11 Tod support group 11-12:30pm	12 Men's breakfast group 10-11:30am	13	14
15	16	17 Sowerby Support Group 1-2:30pm	18 7-7:45 evening zoom support group	19 YAC Blackpool Trip 10-6	20 Carer's and cared for coach trip to Lytham St Anne's 10-6	21
22	23 Coffee & Chat 1- 2:30pm	24	25 Brighthouse support group 1-2:30pm	26	27	28
29 Closed for Bank Holiday	30	31				