

Winter/Spring 2023



Staffordshire
Together for Carers
Service

Newsletter



**ONE
IN EIGHT**

people are
now providing
unpaid care



**Welcome
to the 8th**

**Staffordshire
Together for Carers
Service Newsletter**

Welcome to the 8th Staffordshire Together for Carers Service newsletter

Welcome to our latest newsletter and welcome to 2023! We hope you have all had a peaceful festive season and hope to share with you some wonderful activities in this, our first newsletter of the New Year.

We have had some changes in our team over the last few months, saying a very sad goodbye to Sarah from our Young Carers Team and a warm welcome to Siobhan, our new Young Carers Practitioner and Catherine, our Young Carers Support Worker.

Citizens Advice will be hosting two workshops for you this quarter so why not join one to find out more about this fantastic service and how you can keep the costs of caring down.

We are proud to announce that we will be working in partnership with Staffordshire Wills this quarter to deliver Planning for the Future sessions. These sessions will look at what measures you can take now or think about for the future to make sure the

person you care for is well looked after should you become unable to provide the care they need – a real peace of mind session.

We continue to work very closely with Staffordshire County Council who can carry out the statutory Carers Assessments and between us aim to ensure that carers are receiving the right support at the right time. If any carer reading this has not already had a statutory Carers Assessment, and would like to access one, please contact Staffordshire Cares on **0300 111 8010** or firstcontactcarers@staffordshire.gov.uk.

Please see the last section of this newsletter for information about what we offer for young carers.

We do hope that you enjoy reading this newsletter and find it helpful and informative. We would love to get your feedback about this newsletter and our service. You can send this to our Freepost address which is:

Freepost STAFFORDSHIRE TOGETHER FOR CARERS SERVICE
Email it to enquires@staffordshiretogetherforcarers.org.uk

We look forward to hearing from you.
All at Staffordshire Together for Carers Service

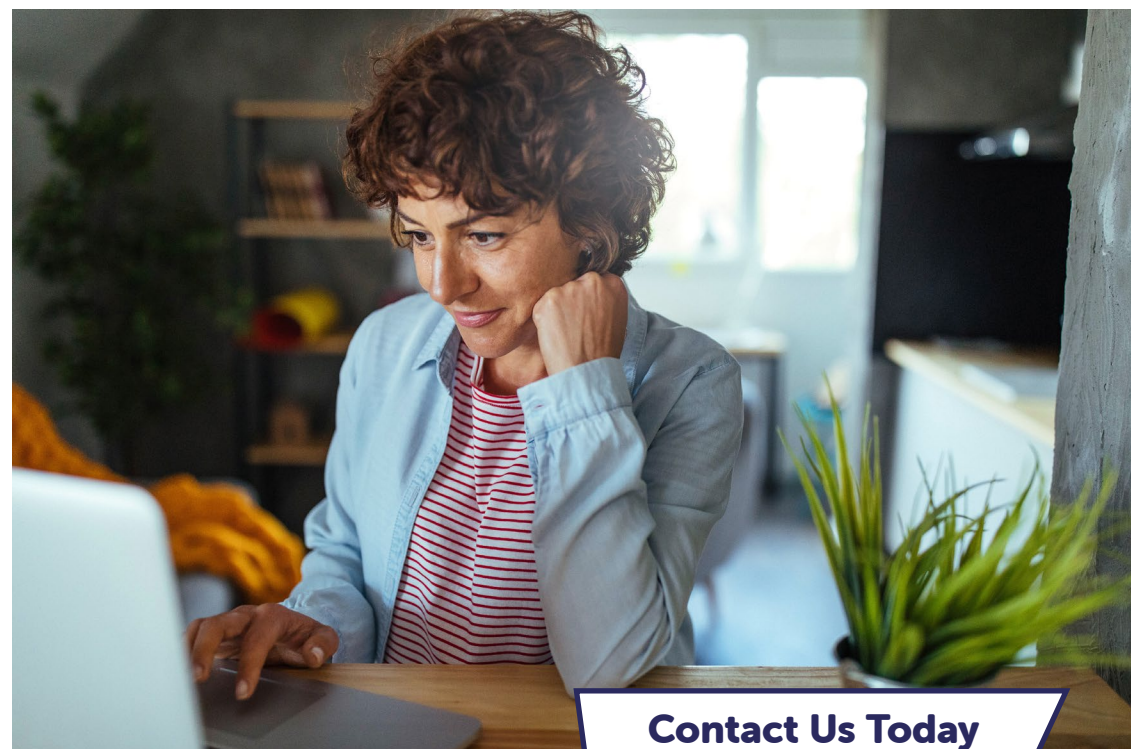
Disclaimer

Please note that whilst Staffordshire Together for Carers Service does our best to print accurate information; times, dates and venues may be subject to change. Every care has been taken in the publication of this newsletter. However, Staffordshire Together for Carers Service will not be liable for inconvenience caused as a result of inaccuracy or error within these pages. The information contained in this newsletter is for general information only and does not constitute advice on personal health or any other matter.

Working in partnership with



Staffordshire North
& Stoke-on-Trent



Contact Us Today

OTHER WAYS TO GET IN TOUCH

You can contact our Carers Line on **0300 303 0621** between 9.00am and 5.00pm Monday to Friday.

Our Carers Line is staffed by a team of knowledgeable and skilled Service Access Advisors who can help with your enquiry, transfer your call to, or take a message for any member of our team. All calls are charged at a local rate.

You can contact us via email at:
enquiries@staffordshiretogetherforcarers.org.uk

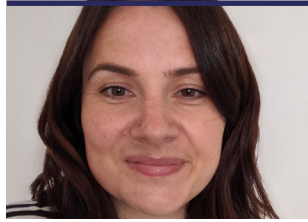
You can contact us via Online Chat at:
www.n-compass.org.uk/our-services/carers

Meet the Team



Helena Tranter
Service Manager

Helena leads on the development and operation of the service and is the point of contact for commissioners, partners and other professionals. Helena monitors the quality and performance of the service and ensures the service achieves its outcomes.



Cathryn Rayner
Team Leader

Cathryn supports the Carers Service staff and manages the daily workflow of the team ensuring adherence to service targets and agreed policies, procedures and systems.



Caz Gotham
Community Development & Partnership Officer

Caz works across whole communities, including community groups, the voluntary sector, statutory and private partners to identify hidden carers, support their registration with the service and grow and provide a local network of wrap around support.



Lisa Burrows
Carers Information and Support Officer

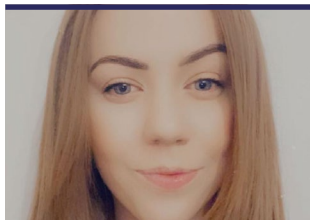
The role of the Carers Information and Support Officer is to proactively identify carers and provide them with information, advice and support including supporting them to access services, peer support and short break opportunities to reduce the impact of their caring role.



Michelle Hough
Carers Information and Support Officer

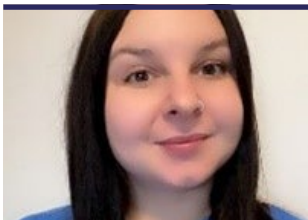


Jane Carpenter
Carers Information and Support Officer



Katie Lloyd
Family Carers Practitioner

Katie's role is to provide young and adult carers with information and support including access to other support services, peer support and short break opportunities in order to reduce the impact of their caring role.



Siobhan McKinney
Young Carers Practitioner

Siobhan's role is to improve the health, wellbeing and safeguard the interests of children and young people adversely affected by their caring roles through the delivery of tailored, child centred support.



Catherine Morris
Young Carers Support Worker

Catherine's role is to support and coordinate our activities for young carers and deliver some of our school's programme for young carers.

Our Service for Adult Carers

Staffordshire Together for Carers Service offers:

- A dedicated support worker who will help you to identify actions to improve your wellbeing
- Training and skills development
- Newsletters four times per year detailing local groups, activities, and training
- One-to-one and group-based support
- Online Carers Community Network for carers to connect with other carers and talk about topics most important to them
- Information, advice, and guidance on a range of matters relevant to your caring role
- A 24/7 volunteer staffed Carers Help and Talk (CHAT) Line
- Support to access community resources, networks, and services
- Carer Champion Training for professionals.
- Support to take breaks from caring, including befriending and peer support
- Volunteering opportunities as 'Friends of Staffordshire Together for Carers', including volunteering for the CHAT Line
- Support to develop emergency and contingency plans and support to plan for your future



Carers registered with us can access:

Carers Help and Talk (CHAT) Line



Do you sometimes feel like you just need to pick up the phone and talk to someone? Do you feel like you would benefit from a listening ear, the chance to offload, emotional support or just a friendly chat? You can call our Carers Help and Talk (CHAT) Line and speak to one of our volunteers. Our CHAT Line is available 24 hours a day, but if your call is not immediately answered by one of our volunteers, please try calling again at a different time.

Our CHAT Line also now offers regular calls to registered carers. You will be matched with one of our trained volunteers who will call you every week for as long as you like, for a friendly chat. If this is something you are interested in and would welcome a weekly call from one of our volunteers, please contact our Service Access Team on: **0300 303 0621** or email: enquiries@staffordshiretogetherforcarers.org.uk



Do you prefer written words to emails, texts and video-calls? Would you like to be matched to a trained volunteer who would then exchange hand-written letters with you once a month using good old-fashioned pen, paper, and The Post Office.

If you are a carer and would like to take advantage of this free service, please contact Ian Leadbeater on email volunteering@n-compass.org.uk



Our digital Carers Community Network is a virtual community where you can meet other carers, share ideas, experiences, sources of information, and support each other. You will be able to talk about the issues that are most important to you and share some of the tips that have helped you manage your wellbeing, particularly during challenging times. It only takes a minute to sign up, then head over to your profile where you can add a photo and a quick



introduction if you wish to. We currently have over 1000 active members who are looking forward to connecting with you!

To access the Carers Community Network, please contact our Service Access Team on **0300 303 0621** who will support you with this.



Facebook

Please have a look at and “like” and “follow” our Facebook page [@staffordshiretogetherforcarers](https://www.facebook.com/staffordshiretogetherforcarers).

On there you can find out more about services for both adult and young carers. We will keep you updated with activities and events across the county on our page and will also ensure that any changes or news are posted. There are also closed Facebook groups for adult and young carers who are registered with us. To join, just search ‘Staffordshire Together for Carers’ or ‘Staffordshire Together for Carers – Young Carers’

Carers Forum and the Staffordshire Carers Partnership Board

We are delighted to tell you that representatives from our Carer Forum now sit on the Staffordshire Carers Partnership Board and are directly involved with monitoring the Board's progress towards the delivery of the All Together for Carers A Carers Strategy for Staffordshire 2019 - 2023. We would like to take the opportunity to extend our thanks to them for giving up their precious time and for putting the voice of Staffordshire carers at the heart of service development.

More information about the Carers Strategy can be found at [Our strategy for carers - Staffordshire County Council](#).

The Carers Forum also met in September to consider the latest round of applications to the Carer Grant Fund. The Forum was happy to grant awards for equine therapy, virtual craft groups and support a new carers support group in Stone.

The Forum also feedback about our services, what is working well and what could work better as well as brand new ideas for us to consider and action! If you would like to join in and help shape future services for carers, we would love to hear from you!

Contact: caz.gotham@staffordshiretogetherforcarers.org.uk for details of the next meeting.

Information for Professionals

How to refer into Staffordshire Together for Carers

The preferred referral route is through Staffordshire County Council. This gives carers the opportunity to access a statutory carers assessment with a social care assessor. With consent, Staffordshire County Council can then refer into Staffordshire Together for Carers so that we can action a support plan with the carer.

Staffordshire County Council can be contacted on 0300 111 8010 or firstcontactcarers@staffordshire.gov.uk

Carer Champion Workshop Primary Care

Date: Thursday 12th January at 11.00am
Tuesday 7th February at 1.00pm
Tuesday 7th March at 1.00pm

Duration: 2 hours

Cost: Free

Venue: via Zoom



Staffordshire
Together for Carers
Service

Are you a GP Practice Carer Champion or are you looking to become your practice's Carer Champion?

Would you like to find out more about carers and how to support them?

Would you like to access peer support from fellow Carer Champions?

The Workshop will cover:

- Understand the role of the Carer Champion in Primary Care
- Understand who carers are and what barriers they face
- Start to plan how you can identify carers in your practice
- Start to identify how you can support carers in your practice
- Plan your next steps

To book your free place or for more information, contact the Community Development and Partnership Officer at Caz.Gotham@staffordshiretogetherforcarers.org.uk

Partners

Potteries
MoneyWise



Staffordshire North
& Stoke-on-Trent.



Potteries Money Wise

Managing your money with Potteries MoneyWise Advice appointments.

It's a worrying time as we see our bills rising and media reports of more rises to come. Staffordshire Together for Carers is funding Potteries MoneyWise to provide carers across Staffordshire with help and advice on managing their money well.

Sometimes it can be difficult to talk about money especially if you are not managing. But by talking it through, and agreeing what steps you can take, we hope to improve your wellbeing and your financial situation.

Our Advisor is available for individual appointments between 9.00am – 5.00pm, Monday to Friday. Once the appointment is booked, it usually takes place on the phone. However, we can also offer video calls or in-person appointments in your local area.

The first appointment takes up to an hour, where we find out what help you need and gather some details about your financial situation. Then we can give you our best advice and explain how we can help. Our Advisor will stay in contact whilst we work through the actions from the advice. We can stay in touch by post as well as by phone and email.

- We'll be able to advise you on whether you are entitled to any benefits and if you are receiving the right amounts. This might include Council Tax Support, Carers Allowance, Personal Independence Payment, Attendance Allowance, and State Pension. We can explain how to make a claim and help and guide you through the forms you'll need to complete.
- We'll encourage you to follow the actions from our advice, but if you are not able to manage phone calls or complete forms, we'll help with these whenever we can.
- We know that when you're caring for someone or several people managing their affairs can be difficult, so we'll guide and advise you about your rights and responsibilities.
- We'll check if you're on the best energy price. Then we'll discuss whether there are energy and water discount schemes you could be on and grants you could be eligible for.
- We may explore charitable grants to help with unexpected events such as the washing machine or cooker breaking and being beyond repair.
- We'll talk through your budget making sure you know about payment plan options for health care and bills. We can look at how to access emergency household, food & fuel support. We can also discuss suggestions for saving money, energy efficiency, or finding good deals.
- We can help if you are struggling with debts; this might be with our Advisor, or we may need to refer you elsewhere for more expert help.
- If there is a more specialist organisation that can help you, with your permission, we'll contact them and explain what you need. Then you don't have to start your story from the beginning.
- We understand that caring for someone can mean that your time is limited. If you lose touch with us and you want more help, just get back in touch and we'll offer further advice or guidance.

Potteries MoneyWise wants to help you feel more confident in managing your money and face financial challenges with the right advice. For more information about appointments, contact Staffordshire Together for Carers Service on 0300 303 0621.

Potteries MoneyWise is part of Citizens Advice Staffordshire North and Stoke on Trent.



Changes Health & Wellbeing

Changes Health & Wellbeing are excited to be working as part of the wraparound support for Staffordshire Together for Carers Service. Changes are here to support the mental wellbeing of children, young people and adults with caring responsibilities. Changes' innovative cognitive and holistic approach, will provide a menu of tailored support that will help individuals to identify and build upon strengths, build resilience, improve self-esteem and wellbeing through setting and achieving personal goals.

Our range of service elements are:

Initial Assessments:

All new clients will receive a one-to-one telephone assessment, where a 10-point Wellness Action Plan will be developed, identifying the needs and wants of the client and offering a menu of support.

Wellbeing Workshops:

Age appropriate groupwork, which provide information, techniques and understanding of wellbeing, self-esteem and the link between thinking, feelings, and behaviour. These sessions aim to provide a range of tools to aid healthy behaviours and regulate emotions.

Peer Support:

Age-appropriate group work. Provided via Zoom and face-to-face, our unique peer support groups are structured and steeped with our 12-step recovery programme. These groups reinforce learning from our workshops within a supportive environment.

Training and Volunteering Opportunities:

16+ opportunities. OCN accredited training that will enable carers to support other carers within peer support groups or through providing wellbeing training.

Social Opportunities:

Online and face-to-face activities to bring people together in a supportive environment with their peers.

For more information about this service please contact Staffordshire Together for Carers Service on 0300 303 0621.



Activities for Carers

Welcome to our latest carers activities programme. We have put together a varied programme of events running across January to March – from our regular Coffee and Chats to our one-off events including a theatre trip, craft activity and pampering.

We would love to hear your comments about our activities – what are you looking forward to, what have you attended and what would you like to see organised in the future?

Please email Caz.Gotham@staffordshiretogetherforcarers.org.uk with any feedback.

Coffee and Chats

Come and meet other carers whilst enjoying a cuppa!

It has been amazing to have our Coffee and Chat sessions up and running and these will continue alongside all of our other activities that we have planned. These sessions are an opportunity to meet and chat with other carers, speak to a Carers Information and Support Officer and take a well-earned break from your caring role whilst enjoying a free tea or coffee and a biscuit (or two!) If you have never been to a Coffee and Chat before, don't worry! Everyone has been a 'first timer'. A friendly member of our team will be there to greet you and offer a warm introduction.

There is no need to book a place for these, but if you would like to talk to someone before you attend, or would like further information, please contact us on **0300 303 0621** or email Caz.Gotham@staffordshiretogetherforcarers.org.uk

Please note that due to capacity and our commitment to ensure carers get a well-deserved break from their caring role, our coffee and chats and special events are for carers only, unless otherwise stated.



Venue	Cannock Chase District – Bella's Community Café, The Lightworks 75 Market Street Hednesford Cannock WS12 1AD	Lichfield District – Lichfield Community Fire Station Birmingham Road Lichfield WS13 6HU	Tamworth District – HOT Community Café, Sacred Heart Church Silver Link Road Tamworth B77 2EA	East Staffordshire District – The Vintage Tea Emporium 8 Market Place Uttoxeter ST14 8HP	East Staffordshire District – Room 2, Burton Library High Street Burton-on-Trent DE14 1AH
Time	10:30am – 12:30pm	10:00am – 12:00pm	10:30am – 12:30pm	10:00am – 12:00pm	10:30am – 12:30pm
Dates	Wed 25th Jan	Wed 11th Jan	Wed 11th Jan	Tues 24th Jan	Fri 27th Jan
	Wed 22nd Feb	Wed 8th Feb	Wed 15th Feb	Tues 28th Feb	Fri 24th Feb
	Wed 29th Mar	Wed 8th Mar	Wed 15th Mar	Tues 28th Mar	Fri 31st Mar

Venue	Newcastle under Lyme District – Bradwell Community Education Centre Riceyman Road Newcastle-under-Lyme ST5 8LF	Staffordshire Moorlands District – Daisy Haye Retirement Village Ball Haye Road Leek ST13 6BW	Staffordshire Moorlands District – Cheadle Fire Station Ashbourne Road Cheadle Staffordshire ST10 1HF	Stafford District – Cup a Cha 4-5 North Walls Stafford ST16 3AD
Time	10:00am – 12:00pm	10:00am – 12:00pm	10:00am – 12:00pm	10:00am – 12:00pm
Dates	Thu 26th Jan	Wed 11th Jan	Tues 3rd Jan	Tues 3rd Jan
	Thu 23rd Feb (Arthritis Action to come along)	Wed 8th Feb	Tues 7th Feb	Tues 7th Feb
	Thu 23rd Mar	Wed 8th Mar	Weds 7th Mar	Tues 7th Mar



Adult Carers Special Events

Please book onto our one-off events as most of them have limited numbers, and some need to be booked in advance so we can book places and order food if applicable. To book, please contact us on 0300 303 0621 or email Caz.Gotham@staffordshiretogetherforcarers.org.uk

All events are free and are for carers registered with Staffordshire Together for Carers Service.



A stroll, a cuppa and a catch up

Come and join us for a gentle walk around some of the most beautiful parts of Staffordshire. There will be plenty of time to catch up over a cup of tea too.

Meet at:
Westport Lake Visitors Centre

Westport Lake Road, Longport,
Stoke-on-Trent, ST6 4RZ

Tuesday 14th February
Tuesday 14th March
1.30pm to 3.30pm

Meet at:
Wolseley Bridge Visitors Centre

Meet outside the Visitors' Centre
Wolseley Bridge, ST17 0W

Tuesday 17th January
Tuesday 21st February
1.00pm to 3.00pm

Meet at:
Tamworth Castle Grounds

Meet at the Pavilion Café
Tamworth Castle, The Holloway
Tamworth, B79 7NA

Thursday 2nd March
10.30am to 12.30pm

Meet at:
The National Arboretum

Meet at entrance
Croxall Road
Alrewas, Burton-upon Trent, DE13 7AR

Tuesday 31st January
1.30pm to 3.30pm

Please note, there is a parking charge of £6.00 per vehicle, reduced to £4.00 if booked in advance online'

Join us for a factory tour

Join us on a tour of the Wedgwood Factory for a behind-the-scenes experience where we reveal how Wedgwood is designed, created and crafted.

Afterwards we will enjoy lunch and of course a cup of English tea or coffee, the choice is yours.

Meet at visitors' centre
World of Wedgwood
Barlaston, Stoke-on-Trent
Staffordshire, ST12 9ER

Thursday 2nd February
11:00am to 2:00pm

WORLD of WEDGWOOD



Pampering at The Retreat

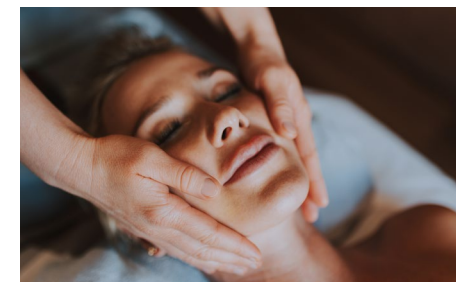
For this fantastic offer, carers can select from one of the following:

- Two relaxing treatments
- A relaxing treatment and a two-course lunch
- A relaxing treatment and a scrummy afternoon tea

No need to decide now, you can decide on the day of your appointment.

The Retreat
81-83 Mill Street
Leek, ST13 8EU

THE
RETREAT



Beginners Macrame Workshop at the Museum of Cannock Chase

Come and join us at the Museum of Cannock Chase and take part in this Beginners Macrame Workshop creating a beautiful keyring using a range of traditional knots.

Museum of Cannock Chase,
Valley Road, Cannock, WS12 1TD
Wednesday 29th March
11:00am to 1:00pm



Elevenes at the Vintage Tea Emporium

Come and join us at the Vintage Tea Emporium for some delicious elevenes. Choose from a wide selection of goodies all washed down with one of the Vintage Emporium's wide selection of teas and coffees.

The Vintage Tea Emporium,
8 Market Place Uttoxeter, ST14 8HP

Monday 20th March
11:00am



Quality Street at the New Vic Theatre

Join us to watch Quality Street. From the writer of **Peter Pan**, this delicious farce was such a sensation in its day that it gave its name to the UK's most loved chocolates.

The New Vic Theatre
Etruria Road
Newcastle-under-Lyme
ST5 0JG

Thursday 16th March
2:15pm

NEW VIC



There are limited places. If you would like to join us for one of these lovely events, please contact us on 0300 303 0621 or email Caz.Gotham@staffordshiretogetherforcarers.org.uk

Regular Zoom Activities for Carers

Our Zoom sessions are very informal, grab a cuppa and join us for some fun, chat to staff and meet other carers. If you have not already used Zoom before and want to find out more about the platform, please go to <https://zoom.us/join> for further information or simply visit the links on each of the meetings to join in.



Zoom: Weekly Sessions

*Some sessions may be subject to change

Quiz

Every Tuesday 11.00am to 12.30pm

(No quiz on 17th January)

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link: <https://zoom.us/j/94919752910?pwd=OVY5L2VzamovcXRzcGxTVDV0RExmQT09>

Meeting ID: **949 1975 2910** Password: **544401**

Evening Coffee and Chat

Every Tuesday 7.00pm to 8.00pm

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link: <https://zoom.us/j/95950538168?pwd=WlUvdmlJR1lyM2ExUE5XN1VLRzdjUT09>

Meeting ID: **959 5053 8168** Password: **559497**

Distance Reiki

Every Wednesday 2.00pm to 3.00pm

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link:

<https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM052M0lQOE5yNWxWnMwZz09>

Meeting ID: **813 5194 3140** Password: **940735**

Seasonal Flow Yoga

Every Wednesday 6.15pm to 7.30pm

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link:

<https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDMrcnp1Ky82Zz09>

Meeting ID: 892 6497 0582

Password: 030426

General Knowledge Quiz

Every Wednesday 7.30pm

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link:

<https://zoom.us/j/92248677156?pwd=ZlJablR3OGJnOXg4TTBBc3dYeVpwdz09>

Meeting ID: 922 4867 7156

Password: 269978

Yoga Nidra

Every Thursday 7.00pm

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link:

<https://us06web.zoom.us/j/87080076510?pwd=S09MZ2IzVmNKSU5KSkdMeDRvVEF2UT09>

Meeting ID: 870 8007 6510

Password: 455916

Zoom: Monthly Sessions

Mental Health Support Group

Last Wednesday of the month 11.00am to 12.00pm

A monthly online session to meet other carers who are caring for someone struggling with their mental health and access peer support, further information and signposting led by one of our Carers Information and Support Officers.

To join this Zoom session please use the link or the meeting ID and password below

<https://us06web.zoom.us/j/89631221628?pwd=ekQ3NINZaGhVFFNK3RjdEpwUWN1Zz09>

Meeting ID: 896 3122 1628

Password: 573407

Staffordshire online Parent Carer meeting

Every 3rd Thursday of the month 7.00pm to 8.00pm

Join other parent carers in this monthly online session to access peer support and information, and signposting led by one of our Carers Information and Support Officers.

To join this Zoom session please use the link or the meeting ID and password below

<https://us06web.zoom.us/j/88337972542?pwd=bXA0bHhOUmNzeUZkNEtUVVZrQT09>

Meeting ID: 883 3797 2542

Password: 898971

Training for Carers

First Aid

Delivered by our very own volunteer and First Aid trainer, Kerry.

It doesn't matter if you are a complete beginner or if you just want to brush up your skills or refresh them. You will also have an opportunity ask any questions you may have about first aid too.

We will cover

- CPR
- How to put someone in the recovery position
- How to deal with bleeds
- How to apply bandages



The sessions will be relaxed, fun and informative and will be held at the following venues:

Rising Brook Community Fire Station
Hesketh Road
Stafford
ST17 9NF

Friday 13th January 2023
11.00am to 12.30pm

Cannock Fire Station
Old Hednesford Road
Cannock
WS11 6LD

Friday 10th February 2023
11.00am to 12.30pm

Daisy Haye Retirement Village
Ball Haye Road
Leek
ST13 6AU

Monday 13th March 2023
11.00am to 12.30pm

Manual Handling

Delivered by Edenfield Training and Consultancy

Manual Handling is something we all do thousands of times per day, be it carrying the shopping, gardening or simply reaching for the kettle.

But as carers, we can be vulnerable to injuries additional to life's normal day to day activities. Discuss in a friendly, relaxed environment the principles of Manual Handling, adopting these principles will hugely reduce the chances of musculoskeletal injury both to ourselves and the person being cared for. Lifting techniques can be adapted to individual circumstances. The sessions are designed to be engaging and informative.

This training will be delivered at:

Daisy Haye Retirement Village
Ball Haye Road
Leek
ST13 6AU

Monday 13th February 2023
10.00am to 12.00pm



Planning for the future workshop

Delivered by Staffordshire Wills



Join us for this informative session about Lasting Powers of Attorney, making a Will and setting up a Trust. David Nixon of Staffordshire Wills has extensive years of supporting carers to help put their affairs in order to protect the future of the people they care for. There will be plenty of time for questions.

Burntwood Library
Sankeys Corner
Bridge Cross Road
Chase Terrace
Burntwood WS7 2BX

Cheadle Fire Station
Ashbourne Road
Cheadle
ST10 1HF

Create Community Hub
Stafford Road
Huntington WS12 4PD

Tuesday 10th January
11.00am to 12.00pm

Tuesday 7th February
11.00am to 12.00pm

Tuesday 7th March
11.00am to 12.00pm

Understanding low mood and depression

Delivered by Evolving Mindset

This two-hour online interactive workshop delivered by a registered mental health nurse provides learners with an insight into what low mood and depression is. This session explores the mind and how difficult periods that we all face can impact mood and functioning. During the session, Evolving Mindset trainers will support you to develop your own ways you can support someone who is struggling with low mood and depression.



Thursday 19th January 2023
10.30am to 12.30pm

Can caring cost less?

Delivered by PotteriesMoneywise, part of Citizens Advice



The workshops will consist of a presentation explaining the basics of who PotteriesMoneywise are and the service that is offered to carers, light touch advice for the common issues for carers and a Question-and-Answer session with Faye, the project adviser.

Wednesday 18th January
10.00am to 11.30am

Thursday 16th February
1.00pm to 2.30pm

If you would like to book a place on any of the above workshops please contact us on **0300 303 0621** or email Caz.Gotham@staffordshiretogetherforcarers.org.uk

Spotlight on...

Louise Social Prescriber Brighter Futures



Hi, I would like to introduce myself - I'm Louise and I am the Social Prescribing Link Worker for Moorlands and Rural PCN. I work for Brighter Futures, I'm primarily based home working or visits in the community, and cover Waterhouses, Werrington, Alton, Tean, Dr. Tiguti at Blythe Bridge, Tardis, Well Street and Allen Street surgeries.

I have been in post since March 2020, due to Covid, I am still making links in the community. I am keen to get to know where all the local groups are, so I can signpost others to them. Please get in touch if you would like to let me know about your group:

louise.harveyjohnson@brighter-futures.org.uk

I work with persons over the age of 18, in a person-centred way, no one is the same, and focus on "What matters to me". I can help with signposting to activities that: reduce social isolation and loneliness, financial worries and debt, housing issues, transport issues, help to find day-to-day support for cleaning, shopping or personal care, advice for individuals or families with relatives in need of more support and where to find it, signposting for weight loss or ways to increase fitness, and other social worries you may have.

You can ask for a referral from your GP, Health Care Professional or GP reception. It can be one call to point you in the right direction, or several calls over the weeks to guide you through.

Please spread the word too, I like to be kept busy ;), Lou

Looking for a care home or care at home? We can help

CHS Healthcare is one of the UK's leading specialists in helping people to find the right care. We work with over 3,000 care homes and providers across the UK to ensure we can find the right care for you.

- ✓ We offer a **free and independent** service to you and your family that can help you find care.
- ✓ We assign a dedicated adviser to support you every step of the way to find the right care.
- ✓ We work evenings and weekends, so we are available when you are.

We can support you in finding:

-  **Residential Care Home**
-  **Dementia Care Home**
-  **Nursing Care Home**
-  **All packages of care, including Live-In Care Services.**

Our aim is to help everyone live their lives as fully as possible.



For more information please contact us on
0800 210 0357
 Midlandsplacements@chshealthcare.co.uk
 carehomesselection.co.uk

CHS Healthcare
 Part of Acacium Group

We carefully compile information, which we believe to be helpful in choosing a care provider or care home, such as the location, facilities available, capabilities etc. We make this information available free of charge, when a care home or provider is chosen from this information and a successful placement is then made, we may receive payment from the care home or care provider.



SEND LOCAL OFFER

Staffordshire Special Educational Needs and Disabilities (SEND) Local Offer

Provides information, support and services for children and young people aged 0-25 years. It is the place to go within Staffordshire for parents, young people and practitioners who are looking for SEND support. The information is held all in one place and can be searched by age and district. It covers:

- Early years and childcare
- Education
- Social care
- Health and wellness
- Travel and transport
- Places to go, things to do
- Preparing for adulthood
- Money matters
- Extra help
- Information and support, including support groups

Please watch our short video below to find out more:

Video: <https://bit.ly/3z2rLQa>

Website: <https://staffordshireconnects.info>

Facebook: [Staffordshire SEND Local Offer](#)



Get the help you need today with our Digital Resource for carers

Caring for a loved one who is ill, disabled, or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life. Staffordshire County Council has teamed up with Carers UK to offer carers a comprehensive solution that brings together Carers UK's digital products and online resources with our own information and support for carers onto a single webpage. To get free access to all the products and support resources visit: carersdigital.org and use our free access code: DGTL9462. The resource has lots of features including those listed:

- **Thinking Ahead:** the cost of care and support e-learning developed with The Money Advice Service
- **Learning for Living** e-learning, supporting carers to recognise their transferable skills gained through caring
- **Young adult carers** e-learning, offering advice for carers 18-24 years
- **About Me:** building resilience for carers: an e-learning resource that helps carers identify and build networks of support and promotes their self-care.
- **Jointly:** Carers UK's care co-ordination app for people sharing care (web, iOS, Android).
- **The role of good nutrition** when caring for someone: an e-learning course that aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after
- **Upfront Guide to Caring:** a simple assessment tool to guide people new to caring or seeking support for the first time to navigate the Carers UK website
- **Looking after someone:** Carers Rights Guide: which helps carers understand their rights as a Carer and where to go for financial or practical help
- **Being Heard:** a self-advocacy guide for carers: which helps carers develop the skills to self-advocate
- **Technology and Care:** information and resources on how to access products and services that can help with care and caring
- **Our local information and support resources for carers**
- **Technology and Care:** information and resources on how to access products and services that can help with care and caring
- **Our local information and support resources for carers**

South Staffordshire Dementia Adviser Service

Providing personalised support to anyone affected by dementia

Our Local Dementia Advisers provide information, practical support and knowledge about dementia. Our service can be provided over the phone, virtually, face to face or via email to meet your individual requirements.

The support we provide includes

- support and information
- connecting to local groups
- information about diagnosis and support to live well with dementia
- coping techniques and support with everyday living
- discussion of benefit entitlements

Additionally, Dementia Connect telephone support is available 7 days per week
Tel 0333 150 3456

Online support is available through our website alzheimers.org.uk as well as our online community Talking Point

Here for everyone
affected by dementia
alzheimers.org.uk

Get in touch today
staffordshire@alzheimers.org.uk
Tel 01543 573936



Network for Carers

The RBL Network for Carers aims to help carers in the Armed Forces community feel less lonely and isolated. These peer-to-peer social groups will connect carers so they can share experiences, build friendships and support one another.

This network will provide carers in the Armed Forces community with:

- Monthly face-to-face social group sessions, tailored to the interests of the members.
- Virtual social groups if attendance at a local group is not practical.
- The opportunity to have conversations with an RBL representative to find out how they can best be supported.
- Sessions held at a range of venues with an Armed Forces connection such as local military museums and the National Memorial Arboretum.

Funded by



How to register

If you're interested in attending one of our groups, or volunteering for them, please visit rbl.org.uk/networkforcars to register your interest.

If you have any questions or require more information, please contact the team at networkforcars@britishlegion.org.uk

**A warm welcome awaits Carers
and their cared for at any
of the following MASE Groups**

Cannock - Drop In

St Luke's Church Hall - WS11 1DE

1st Monday of every month

1:00 pm - 3:00 pm

Haughton

Haughton Village Hall - ST18 9EZ

2nd Thursday of every month

7:00 pm - 9:00 pm

Rugeley

Lea Hall Club - WS15 2LB

The Davy Room

Sandy Road, Rugeley.

Entrance to the right-hand side
of the main building

3rd Friday of every month

7:00 pm - 9:00 pm

Hednesford

Staffordshire University Academy - WS12 4JH

Last Thursday of every month

7:00 pm - 9:00 pm



The Monthly Alzheimer's Support Evenings (MASE)

have become a well-established support network for people living with dementia in South Staffordshire.

The MASE helps reduce the stigma surrounding dementia and brings together people who are coping with the condition, in the hope of removing the social isolation all too often faced by Carers.

For more information please contact any of the Trustees:

Daphne/Richard: **07939 505455** Michael: **01785 663596**

Dave: **07974 983459** David: **07968 848120**

The meetings, held once a month, have the feel of a pleasant evening out. There is a buffet, raffle and musical entertainment and people are encouraged to mix and form new friendships in a friendly, safe and understanding environment. There is no charge to attend any of the groups, but donation boxes are available should people wish to contribute to the evenings.

Running alongside the party atmosphere however, there is a serious side to the evening. An abundance of information is always available for Carers to let them know about services, resources and benefits available locally. Health Care Professionals are occasionally also on hand to answer any questions and to offer emotional support, if necessary.

The MASE is not core funded and is a group run totally by volunteers who fully support the people attending each month. There are no paid personnel in the MASE and the Trustees work incredibly hard to ensure fundraisers take place throughout the year to make sure the groups can continue.

The success of the MASE is through the hard work and commitment by all involved. This year is the twelfth year that the MASE Charity has been successfully offering it's services to Carers and their cared for.

Trying to take a few bumps and turns out of the road ahead

Caring for a person is tough and challenging for anyone particularly when it is someone you love but taking the right steps now can save heartache, money and smooth a what may become a difficult path for the future.

Alzheimer's and dementia are common conditions that are extremely difficult for carers. Not putting legal documents in place means that you can lose control of the decision-making process.

Having a lasting powers of attorney (LPA) Financial and Property in place means you can legally make decisions on all kinds of financial issues dealing with banks, building societies, pensions, benefits, tax, benefits, insurance, property etc. Many people believe that being jointly named on a bank account is sufficient. This is not true as banks will take action to protect the interests of someone who loses capacity. Unfortunately, they can be totally ruthless and will carry the law out to the letter irrespective of their client's needs.

The Health and Welfare LPA allows the attorney to make decisions when someone loses capacity on issues about residential care, medical records, care records, medication records, diet, how the clients care is funded, decisions on life sustaining treatment etc.

Not having Powers of attorney in place means that someone has to apply to the Court of Protection to become a deputy in order to gain control. This is a long drawn-out procedure that takes time and



is expensive leaving a period of worry and uncertainty whilst the issue is resolved.

Many people think that not having a Will in place does not matter as they will inherit through intestacy. Yes, that may be true but in the process of accessing assets you may have to employ a solicitor who may then end up being a major beneficiary of the estate. A Will allows the person to clearly state who they want to sort out their estate and who will benefit.

Simple Wills are relatively cheap to make but still 54% of the adult population do not have Wills. Unfortunately, we do not know what the future holds. Traditionally people have made mirror Wills where I leave everything to my wife, she leaves everything to me, and when we have both gone everything gets divided between the children.

In more recent times couples who own a property have included a life interest trust to protect half the property from disinheritance, bankruptcy etc to make sure their children will inherit. However, this opportunity is lost when they lose their partner.

It is essential to get sound advice from someone who is able to turn the legal jargon into understandable language and make issues that sound complex easy to understand.

Most importantly you need to act now before it is too late!

STAFFORD & DISTRICT CARERS HOLIDAY TRUST



Registered Charity 1191031



Supporting Unpaid Carers into much needed holidays on a not-for-profit basis.



SDCHT is a not-for-profit charity run by an Unpaid Carer, who does what he does because, just like you, he 'cares'.

Everyone at the charity is unpaid.

All we ask is that you leave the caravan in the same clean condition as which you will find it.

For more information, please contact

John on 07843 965935

Mon - Fri 10am to 5pm.

Some form of funding help may be available. Please contact your local support group or County Council.

This caravan is located at the Haven run Cala Gran Holiday Complex near Blackpool. This unit is a fully adapted disabled accessible caravan.

The Blackpool Caravan was kindly funded via a much-valued donation from the National Lottery Community Fund.



Please support us at our 'Go Fund Me' page: https://www.gofundme.com/f/support-holidays-for-unpaid-carers?utm_campaign=p_cf+share-flow-1&utm_medium=email&utm_source=customer

Useful Numbers

**Emergency Services –
Police, Fire or Ambulance:**
Call: **999**

NHS:
Call: **111**

Non-Emergency Services:
Call: **101**

Action Fraud:
Call: **0300 123 2040**
<https://www.actionfraud.police.uk/>

Age UK Staffordshire:
Call: **01785 788477**
<https://www.ageuk.org.uk/staffordshire/#>

Alzheimer's Society:
Call: **0333 150 3456**
<https://www.alzheimers.org.uk/>

Approach Staffordshire:
Call: **01782 214999**
<https://approachstaffordshire.co.uk/>

Arthritis Action:
Call: **020 3781 7120**
<https://www.arthritisaction.org.uk/>

**Catch22 - Support Services for children
who have been reported missing or
children at risk of exploitation:**
Call: **01782 237106**
[catch22cse@catch-22.org.uk/](mailto:catch22cse@catch-22.org.uk)

Changes – Health & Wellbeing:
Call: **01782 413101**
<http://www.changes.org.uk/>

Childline:
Call: **0800 1111**
<https://www.childline.org.uk/>

Crime Stoppers:
Call: **0800 555 111**
<https://crimestoppers-uk.org/>

Disability Solutions West Midlands:
Call: **01782 638300**
<https://disabilitysolutions.org.uk/>

FMG Helpline - NSPCC:
Call: **0800 028 3550**
<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/>

MIND Helpline – Mental Health Advice Line:
Call: **0330 123 3393**
<https://www.mind.org.uk/>

National Domestic Abuse helpline:
(The freephone, 24-hour
National Domestic Abuse)
Call: **0808 2000 247**
<https://www.nationaldahelpline.org.uk/>

North Staffs Mind:
Call: **01782 262100**
<https://nsmind.org.uk/>

Parkinson's UK – Staffordshire Branch:
Call: **0808 800 0303**
<https://localsupport.parkinsons.org.uk/provider/stafford-branch>

Rethink – Advice Service:
Call: **0808 801 0525**
<https://www.rethink.org/>

Samaritans:
Call: **116 123**

Staffordshire Women's Aid:
Call: **0300 330 5959**
<https://www.staffordshirewomensaid.org/>

Switch – LGBT Helpline:
Call: **0330 330 0630**
<https://switchboard.lgbt/>

Victim Support:
Call: **0808 1689 111**
<https://www.victimsupport.org.uk/>



Staffordshire
Together for Carers
Service

Winter/Spring Edition 2023



Young Carers

Newsletter



**ONE
IN EIGHT**

people are
now providing
unpaid care

Welcome

to the **8th**

**Staffordshire
Together for Carers
Service Newsletter**

n|compass
towards a brighter future

 **Staffordshire**
County Council

NHS
Staffordshire and
Stoke-on-Trent
Integrated Care Board

Dear Young Carers and families,

Happy New Year!

It was lovely to end this very busy year with over 60 young carers at two theatre trips just before Christmas and see you enjoying these special events which each other or with a parent.

We are very excited about what 2023 has in store from exciting new projects to our usual term time activities and further residential opportunities. Please see information further on for these opportunities.

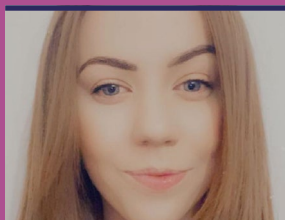
We would like to welcome our two new staff members, Siobhan and Catherine, who have joined us since our last newsletter to support us in 2023. Catherine joins us to support organising our activities and deliver some of our work in schools and Siobhan has joined us to support young carers one-to-one and at groups.

If you have any query, feedback or even an idea you can get in touch with us by emailing youngcarers@staffordshiretogetherforcarers.org.uk – we would love to hear from you.

Young Carers Team



Cathryn Rayner
Team Leader



Katie Lloyd
Family Carers Practitioner



Siobhan McKinney
Young Carers Practitioner



Catherine Morris
Young Carers Support Worker

Service Intro

Staffordshire Together for Carers Service helps to ensure that young carers between the ages of 5 and 18 years old are identified and provided with support in their caring role. We provide support from a dedicated Young Carers Practitioner or Family Carers Practitioner who through one-to-one support can:

- Listen to you and help you and your family to think about what would make a difference
- Give you information about the illness or disability of the person you care for
- Help you get advice and support for the person you care for
- Help you to get in touch with other services
- Help you to access support in school or college
- Help you be listened to and have your voice heard
- Talk to you about ways in which you can take a break from your caring role and have some fun by supporting you to access groups and activities

If you would like to hear more about this support, please follow this link to our website and scroll down to watch the video all about our support for young carers. www.n-compass.org.uk/our-services/carers/staffordshire-together-for-carers-service



Facebook

If you are a 13+ young carer or a parent of a young carer and haven't already, please join our private Facebook group to keep up to date on our service, links to other up to date useful information and see what we've been up to - [Staffordshire Together for Carers – Young Carers](#).



Instagram

We have an Instagram account where we share what we've been up to as well as information and advice for young carers aged 14+. We would like this to be a place where older young carers can support each other and come to know they are not alone!

Find us at <https://www.instagram.com/st4youngcarers/>

Please follow, like and comment to get the conversation going!

Young carers are entitled to access an assessment of needs called a 'statutory carers assessment'. Staffordshire County Council undertake the assessments and develop a support plan based on your needs.

What will happen when I am referred in after my assessment?

If you have recently had a young carers assessment with a Young Carers Assessor at Staffordshire County Council, you will have spoken to them about you and your caring role and then with your consent they would have referred you to us and sent us your carers assessment so we can offer you the best support possible. Within 3 days of your referral being sent to us, one of our team listed above will contact you and your family to explain a bit more about our service and how we can support you. They will also invite you to join in any activities listed further in this newsletter.

What if I haven't had an assessment?

We can support you to access a statutory carers assessment if you haven't already done so by referring you to Staffordshire County Council for an assessment or supporting you to make contact directly.

If you would like to speak to somebody at the Council about statutory assessments for young carers please contact:

Young Carers: 01785 278444

General Enquiries: firstcontactcarers@staffordshire.gov.uk

Changes



We have been working with Changes to develop an online programme for young carers who may need some guidance to cope with difficulties or things that are going on in their lives.

Following a referral from us into this service, each young carer would have an initial wellbeing assessment with the Carers Wellness Coach via telephone/videocall. They would then be invited to a 4-week programme of online wellbeing workshops, one 60-minute workshop per week for 4 weeks with other young carers of a similar age.

Following this, young carers would be invited to online peer support groups. These are a safe place to talk with other young carers who understand the challenges you face. Young carers in our Changes service can also access Zoom socials including arts and crafts and Journaling!

If this is something you feel you could benefit from, please get in touch!



We Care

We Care is a course we deliver which aims to help young carers understand and manage their caring role and develop a peer support network of other young carers. It covers developing coping strategies for managing emotions around the caring role, providing information, and developing understanding about the illness or disability of the person they care for and positive communication skills.

We offer this course in holidays and term time at different locations around the county. Please get in touch with us to find out more.



Spotlight on...

Siobhan McKinney – Young Carers Practitioner

Siobhan started with us in November as our new Young Carers Practitioner, her role is to support young carers through one-to-one support and at activities. Siobhan is really looking forward to getting involved in activities and meeting more young carers. Siobhan has previously worked with children, young people and families in different supportive roles and is very passionate about supporting young people achieve their potential. Siobhan is Staffordshire born and bred and loves to spend time listening to music and spending time with her family.

Term Time Activities

These are fun sessions which provide young carers aged 6-16 years respite from their caring role, provide the opportunity to mix with other young carers and take part in activities which have a positive impact on their physical and mental wellbeing and confidence. These Staffordshire Together for Carers Service activities will be provided by different delivery partners and will cover a wide variety of different activities with hopefully something to suit everybody, from team games, multi sports to music, cooking and crafts! All our activities are young carer led which means young carers will contribute to deciding on what they take part in and plan for future sessions. We ask that young carers select the activity closest to them or the one close by which they like the sound of.

Burton-upon-Trent

Meet in a group, have time for a chat and catch up then take part in a variety of activities. Young carers in these sessions will contribute to the planning of the next session and choose from a wide variety of activities including dance, crafts, arts and cooking!

Every second Monday of the month in term time

Monday 9th January: 4.30pm-6.30pm

Monday 13th February: 4.30pm-6.30pm

Monday 13th March: 4.30pm-6.30pm

Burton Albion Community Hub, Casey Lane, Burton-upon-Trent, DE14 2ER

Cannock Chase

Meet in a group, have time for a chat and catch up and take part in arts and crafts and indoor and outdoor games and activities in these fun sessions.

Wednesday 25th January: 4.30pm-6.30pm

Wednesday 15th February: 4.30pm-6.30pm

Wednesday 15th March: 4.30pm-6.30pm

Museum of Cannock Chase, Valley Road, Hednesford, Cannock, WS12 1TD

Lichfield

Meet in a group, have time for a chat and catch up, then take part in a variety of multi sports! Young carers in these sessions will contribute to the planning of the next session and choose from a wide variety of activities including dance, archery and boxing.

Wednesday 11th January: 4.00pm-6.00pm

Wednesday 8th February: 4.00pm-6.00pm

Wednesday 8th March: 4.00pm-6.00pm

Burntwood Leisure Centre, High Street, Chasetown, Burntwood, WS7 3XH

Newcastle under Lyme

Meet in a group, have time for a chat and catch up then join in with some creative games and activities with other young carers in this relaxed, fun session!

Every third Tuesday of the month in term time

Tuesday 17th January: 4.30pm-6.30pm

Tuesday 28th February: 4.30pm-6.30pm

Tuesday 21st March: 4.30pm-6.30pm

New Vic Theatre, Etruria Road, ST5 0JG

Stafford

Meet in a group, have time for a chat and catch up then join in with some creative games and activities with other young carers in this relaxed, fun session!

Every second Tuesday of the month

Tuesday 17th January: 4.30pm-6.30pm

Tuesday 28th February: 4.30pm-6.30pm

Thirlmere Way Community Centre, Thirlmere Way (off Wolverhampton Road), Stafford, ST17 9EJ

To Book

To book any of our term time, school holiday or zoom activities [please use this link to our BOOKING FORM](#) or scan the QR code below to complete the short form.

A member of the team will confirm places via message.



School Holiday Activities

February Half Term

Change:Matters

We are really excited to be working with Create Arts this year who will be delivering projects with us for young carers in Staffordshire.

To start with they will be delivering Change:Matters in February Half term for young carers aged 12-16. This 3-day animation project will involve working with an animation artist to learn about finances through animation.

See their webpage for more about this exciting project!

<https://createarts.org.uk/our-projects/with-young-and-adult-carers/changematters/>

CREATE

ARTS.ORG.UK



Aged 12-16

Tuesdays 21st, Wednesday 22nd and Thursday 23rd February 10.30am-3.30pm.
Create Community Hub, Stafford Road, Huntington, WS12 4PD

Half Term Activity day

Join us for a day of creative games, crafts and activities at the theatre!

NEW VIC



Aged 6-12

Thursday 23rd February 10.00am-3.00pm
New Vic Theatre, Etruria Road, Newcastle-under-Lyme, ST5 0JG

Zoom Activities

We will be continuing to run Zoom activities fortnightly on a Thursday for young carers in term time. These sessions are ideal for young carers aged 5 years + to get involved in activities with other young carers from home.

To sign up to these please use the same booking form linked on page 7. Upon booking you will be sent a pack of resources.

Spring 1 dates (after Christmas Holidays)

Thursday 5th January: Games
Thursday 19th January: Crafts
Thursday 2nd February: Book club –
bring your favourite book
Thursday 16th February: Crafts

Spring 2 dates (after February Half Term)

Thursday 2nd March: Crafts
Thursday 16th March: Games
Thursday 30th March: Crafts



Primary aged: 4.15pm - 5.00pm
Secondary aged: 5.00pm - 5.45pm

Families' Health and Wellbeing



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

School Nurse virtual drop in clinic

Every
Thursday
from
3.30 - 4.30pm



Your School Nurse
is here to help you
feel healthy, happy
and safe during
your school years
and to get the best
from your
education.

Join the link and talk to a School Nurse.
We provide a confidential and
friendly service

mpft.live/schoolnurse

