

Carers Centre

Hambleton & Richmondshire

Hambleton and Richmondshire Carers Centre Newsletter

June 2016



6th to 12th
June

Carers Week is an annual campaign to raise awareness of caring. Its purpose is to highlight the challenges unpaid carers face and to recognise the contribution they make to families and communities throughout the UK. This year the focus is on building Carer Friendly Communities; encouraging local communities to support carers look after their family or friends, while recognising that they are individuals with needs of their own.

Carers Week is brought to life by the individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

Hambleton and Richmondshire Carers Centre is involving local parish councils, pharmacies and GP surgeries in raising awareness of the needs of carers and of the services available to carers. To find out how to create a Carer Friendly Community click' [Here](#)'. Or go to the Carers Week website.



If you would like information or advice about caring for someone, why not pop along to our Northallerton Coffee Morning, or see if we have a pop-up information point nearer to you by checking the list on the back cover of this Newsletter. You should also be able to pick up one of our leaflets at your local pharmacy or GP surgery.

*Hambleton and
Richmondshire
Carers Centre
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Tel: 01609 780872*

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Department of Health: How Can We Improve Support for Carers?

The Department of Health believe that a new strategy is needed for carers, setting out how the DoH can do more. The new strategy sets out to more accurately reflect the lives of carers now, their health and financial concerns, and give them the support they need to live well while caring for a family member or friend. To help the Department of Health develop the strategy, they want to hear from carers, those who have someone care for them, businesses social workers, NHS staff and other professionals that support carers.

Their question is a simple question but it will have many different answers:
'How can we improve support for carers?'

If you would like to help answer the question please access the online survey by following the hyperlink below.

<https://consultations.dh.gov.uk/carers/how-can-we-improve-support-for-carers>

The consultation is open until 30 June 2016.

Respite Sitting Service is Now Without Direct Charge to Carers.

As part of Hambleton and Richmondshire's Carers Respite Sitting Service's new contract agreement with NYCC there will be no direct charge to carers for the service. If you would like to know more about the Respite Sitting Service please contact your nearest provider:

Easingwold Community Care Association.
01347 822875

Northallerton and District Voluntary Service Association
01609 780458

Stokesley and District Community Care Association:
01642 710085

Thirsk Sowerby and District Community Care Association:
01845 523115

Richmond St. Johns Community Centre
01748 832271

Legal Advice for Carers

Do you worry about legal issues that you don't understand...Power of Attorney, wills, court of protection...?

All will be revealed! A local solicitor will be talking about these issues, explaining what they mean and how they may affect you and your loved one.

**On Tuesday June 28th 2016 at 10.30am
At The Village Inn, Brompton, Northallerton, DL6 2RL**

Sessions are **free** but places are limited. Book yours now.
Tel: 01609 780872 or email info@hrcarers.org.uk

Lucy Eastwood Raises £600 for Young Carers

One of our Young Carer Support Workers Lucy Eastwood took part in the Yorkshire Warrior challenge over the May Bank Holiday to raise funds for Young Carers.

The run was a ten mile race with over thirty challenging obstacles including an ice



bath, mud slide, 800m dark tunnel and extreme climbing walls. Lucy and her team not only survived but amazingly completed it in just over two hours.. Many congratulations and a big thank you to Lucy and her team!

Carers Strategy Review

North Yorkshire County Council is planning to review its Carers Strategy and is keen to consult with carers on this. More information will become available over the next few weeks. But if you think you would like to be involved in the consultation contact:

Andrea.hobbs@hrcarers.org.uk

Profile on Trustees

Issue 2:

Maureen Maltby

Maureen is our longest serving trustee and has been on our board for the past 7 years. When she first became a trustee she was caring for both her mother and father and had received support from the Carers Centre. Maureen still cares for her mother and has recently obtained a lot of support from our Changing Relationships groups.

Di Pollitt

Is one of our most recent trustee recruits. Di currently cares for her husband and has had support from the Carers Centre for the last couple of years. She is a retired teacher who specialised in children's speech and language development. Since becoming a carer she feels that she has gained an extensive understanding of the pressure on carers and has acquired a specific interest in supporting Young Carers.

If you are a carer and interested in becoming a member of the charity or a trustee contact :

Andrea.hobbs@hrcarers.org.uk

Welcome to our Newest Member of the Staff Team.

Welcome to:

Isobel Holmes our new full-time office administrator who joined us in February.

Easter Fun for Young Carers

During the Easter holidays, as is traditional for our young carers, we enjoyed an 'Easter Crafts and Games' day. We decorated plant pots, planted spring bulbs and made delicious chocolate Easter nests, laden with eggs. We made colourful Easter canvases covered in glitter, paint and glue. When the sun decided to come out we had a great time taking part in 'Its's an Easter Knockout'. Lots of fun was had by all!

With our older group we enjoyed a cinema and lunch trip. We went to see 'The Huntsman: Winter's War' we all rated it 10 out of 10! Lucy and Vicky are now busy planning the activities for summer half term, let's hope the sun is shining!



If you are a carer aged 5 to 15 years and would like support from the Carers Centre just contact **Lucy or Vicky on: 01609 780872. or email them on: victoria.stapylton@hrcarers.org.uk. lucy.eastwood@hrcarers.org.uk**

Young Adult Carers' Activities

Young adult carers enjoyed an action packed day of training and team building challenges at Marrick Priory Outdoor Centre.

The day started with a campaigning workshop to help identify issues the group would like to take forward as part of the projects steering group. Then in the afternoon it was time to go outdoors and try some of the fun activities which included High Ropes, Archery, Climbing and a Leap of Faith!



If you are a carer aged 16 to 35 and would like support from the Carers Centre just contact **Sara Dalton, on: 01609 780872 or email: sara.dalton@hrcarers.org.uk**

Carers' Week Pop-up Information

Northallerton Town Hall

Coffee Morning Drop-in



Support Agencies,
Carer Information, Tombola Stall

Wednesday 8th June

9am—2pm

Local Pop-up Information Points

Stokesley Library	Monday 6th and Tuesday 7th June	1pm—4pm
Thirsk Garden Centre	Monday 6th and Tuesday 7th June	10am—2pm
Easingwold Galtres Centre	Wednesday 8th June	10am—2pm
Richmond Station	Thursday 9th and Friday 10th June	10am—2pm
Leyburn Market	Friday 10th June	9am—1pm

Carers Groups

Northallerton Carers Group

2nd Monday in the month. At 10.00am.
Upstairs in Barker's Café
(on the High Street)

Thirsk Carers Group

1st Tuesday in the month. At 2.00pm Thirsk
Garden Centre Café
(opposite the Auction
Mart) .

Richmond Carers Group

1st Thursday in the month. At 1pm.
Richmond Methodist
Church Hall. Dundas
Street.

If you are dropping in
for the first time please
check with the office for
any last minute
changes on:
01609 780872

To Contact Us

For more information
about our services.

**Hambleton and
Richmondshire Carers
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info@hrcarers.org.uk

Visit us on the web at
www.hrcarers.org.uk

