

# Carers Centre

## Hambleton & Richmondshire

Hambleton and Richmondshire Carers Centre Newsletter

December 2015

**Merry Christmas and welcome to the first of our new-look, six-monthly Newsletters.**



## We have moved!

After 12 years on Northallerton High Street Hambleton and Richmondshire Carers Centre has moved. We have relocated to larger, newer, premises that are better suited for us to meet the needs of carers. On Thursday 19th November we moved to Omega Business Village (off Thurston Road) but you are still very welcome to pop in and see us!

## Have you applied for your Carers Emergency Card?

The Carer's Emergency Card is a plastic card, the size of a credit card, which identifies you as a carer if you have an accident or are unable to identify yourself.

The scheme offers 24-hour emergency cover, so if anything happens to you and you are unable to look after the person you care for NYCC will get in touch with your identified emergency contact(s) or take appropriate action to support your cared for.

Anyone over 18 who cares for someone in North Yorkshire can apply for a card.

If you do not have a card, you can pick one up quickly and easily at your local library or from The Carers Centre. If you are unable to visit one of these locations, you can request a card to be sent to you by phoning NYCC Customer Services

on: **01609 780780**

or visit the website at: [www.northyorks.gov.uk/cec](http://www.northyorks.gov.uk/cec).

### *NEW ADDRESS*

*Hambleton and  
Richmondshire  
Carers Centre  
2 Omega Business  
Village,  
Thurston Road  
Northallerton  
DL6 2NJ*

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# From pony riding to pantomimes with Young Carers

We had a lovely summer of activities with our Young Carers. We had some great days out across North Yorkshire and beyond; bug hunting at **Bowes Museum**, pony riding at the **Catterick Saddle Club**, whizzing down slides at **Wet and Wild** and bouncing on trampolines at **Gravity's** trampoline park. One of our most memorable events was a camping trip at **'The Hideaway'** at Baxby Manor, where we enjoyed toasting marshmallows over a log fire and spent a morning walking alpacas.



Since summer we have been busy with our evening groups of arts and crafts, and have had lots of fun first aid training with Richie from North Yorkshire Youth. At half term our spooky Halloween trip to **Mother Shipton's Cave** involved following a gruesome trail of ghost and ghouls and now we are looking forward to our annual **Christmas Pantomime** in December. If you are between 5 and 16 years old and would like to join in the fun in 2016 please contact:

**Lucy or Vicky on: 01609 780872. or email them on:  
victoria.stapylton@hrcarers.org.uk  
lucy.eastwood@hrcarers.org.uk**

## Warm and Well in North Yorkshire

There are an additional 3,000 emergency admissions to hospital each year as a result of cold conditions, and a further 11,000 children reside in poverty-stricken households, further exacerbating the issue.

**'Warm and Well in North Yorkshire'** has launched this winter and will focus on winter health, energy efficiency, and emergency support.

Over twenty charities and organisations across North Yorkshire have joined forces to bring warmth to cold homes and tackle rising rates of fuel poverty. The project will support those most at risk this winter as temperatures tumble; including those on benefits or low incomes, older people or people with long term health conditions, and families with young children. It will also support people who live in rural areas where houses are often off the mains gas grid. Support and aid will be wide-ranging and tailored depending on an individual household's needs; from installing basic energy-saving methods, to applying to grant funds and for Warm Homes Discounts. The project has the full backing of the Public Health Department at North Yorkshire County Council, and will operate this winter and also in winter 2016. For any concerns about staying warm and well this winter,

**Please call 01904 704177 or email [info@ruralyorkshire.org.uk](mailto:info@ruralyorkshire.org.uk)**

## Welcome to New Members of the Team.

Welcome to

**Lynsey Scott**,  
Finance and Office  
Manager, who started  
with us in November.

**Sara Dalton**,  
Young Adult Carer  
Support Worker. Heading  
up our new service  
specializing in supporting  
carers aged 16 to 35  
years.

## Sad Farewell and Bon Voyage.

**Penny Ham**, our Office  
Administrator and longest  
serving member of staff  
no longer works for the  
Carers Centre. After 17  
years of service Penny is  
take time to explore new  
ventures. We wish her all  
the very best for the  
future.

## Trustees Who's Who.

Julie Ellis (Chair)

Simon Pearson (Vice  
Chair)

Alyson Tonge (Treasurer)

Chris Riley

Dave Wells

Maureen Maltby

Heather Price

## DATE FOR YOUR DIARY...

### Thursday 28<sup>th</sup> January 2016 is Young Carers Awareness Day

The aim of this day is to increase awareness of young carers and young adult carers across the country.

By raising awareness in both the national and local media, in schools and with health care services we hope to achieve earlier identification and support for all young carers & young adult carers so children and young people can go on to achieve their full potential.

You can keep up to date with what we will be doing locally via our website, facebook and twitter.

[www.facebook.com/HambletonAndRichmondshireCarersCentre](http://www.facebook.com/HambletonAndRichmondshireCarersCentre)

[https://twitter.com/hr\\_carers](https://twitter.com/hr_carers)



### 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 10.00am 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**

## New Young Adult Carers Service

We have launched a new service to support Young Adult Carers. The service will work closely with both our Young Carers and Adult Carers Services to support young adult carers aged 16-35 during this transition period of their lives. Young adult carers often take on significant additional caring responsibilities which can make the transition from childhood into adulthood especially complex and challenging.

One of the main aims of the service is to help young adult carers understand their rights and get the help they need to make important life decisions. To do this we will be offering tailored support to meet individual's needs around education, training and employment as well as providing the opportunity to meet other young adult carers by taking part in groups and fun activities. We are also setting up a steering group led by young adult carers themselves who will offer peer support as well as raising awareness of their needs and issues by working closely with local colleges, universities, health care, housing and employment services.

If you would like to find out more or know someone who might benefit from support from the Young Adult Carers Service please contact:

**Sara Dalton, on: 01609 780872 or email: [sara.dalton@hrcarers.org.uk](mailto:sara.dalton@hrcarers.org.uk)**

## Volunteers needed

The Carers Centre is always looking for volunteers to help promote the work that we do. Volunteers do not know all the answers to carers questions but are good listeners and usually have used our service themselves. We simply need volunteers, particularly in more rural communities, who can explain the types of services we offer.

We have vacancies for three types of volunteer role and all can be adapted to fit with our volunteers' needs:

**Volunteers** to top up our leaflets and ensure current posters are displayed in community venues such as village hall and/or library notice boards, GP surgeries, pharmacies etc. (We can provide you with named contacts in surgeries and pharmacies). Approximately twice per year.

**Volunteers** to man pop-up information points in community venues for between 1 & 3 days during Carers Week in June.

**Volunteers** to man pop-up information points at specific community locations/ events, such as GP vaccination clinics, farmers markets or local fund raising events such as church or community coffee mornings. Approximately 2 or 3 per year, in your own locality.

**If you would like further information contact Fiona on 01609 780872 or email [fiona.kaley@hrcarers.org.uk](mailto:fiona.kaley@hrcarers.org.uk)**

# Would you benefit from a Carers Assessment?

A Carers assessment will help you to think about your caring role, how caring affects your life and what support you would like. For example you can discuss how caring affects your health, home, finances, social life and whether you get a break from caring.

It is an opportunity to sit down with someone to talk about where you are and where you would like to be in the future and what support may be available to help you achieve this. If you can demonstrate that a service would assist your caring role you can request a carers grant.

You are entitled to an assessment regardless of the amount or type of care you provide, your financial means or your level of need for support



## VitruCare Project

Hambleton and Richmondshire Carers Centre have been taking part in a pilot project to provide VitruCare, a digital health service to carers.

VitruCare is an internet service that allows you to connect with those supporting and caring for you. You can use the service to record how you feel, what your issues and priorities are, track your progress towards achieving your own health targets and remain in contact with healthcare professionals. It is ideal for those who would like to stay in charge of making health choices and remain informed about the care being provided by health care services.

Alongside our medical partners, the Heartbeat Alliance, we have been heavily involved in ensuring that VitruCare is ready to be rolled out to patients and carers and that the quality of the software is of a high standard and user friendly.

That process is now complete and we are looking for carers who wish to become involved in this exciting project. If you would like to take part in the project please contact:

**Jason at: [jason.grant@hrcarers.org.uk](mailto:jason.grant@hrcarers.org.uk)**

*VitruCare is not a replacement for the emergency services.*

## A year in the life of the Carers Centre

The number of new carer referrals to our service rose by 25% on the previous year.

2014/15 saw 763 adult carers and 128 young carers supported by our team.

Out of the total 891 carers, 314 accessed our service for the first time.

45 adults attended peer support groups, 75 young carers benefitted from activities and groups

## To Contact Us

For more information about our services.

**Hambleton and Richmondshire Carers Centre, 2 Omega Business Village  
Thurston Road  
Northallerton  
DL6 2NJ**

**T: 01609 780872**

**E: [info@hrcarers.org.uk](mailto:info@hrcarers.org.uk)**

**Visit us on the web at [www.hrcarers.org.uk](http://www.hrcarers.org.uk)**

