

November and December 2021



Staffordshire
Together for Carers
Service

Newsletter



**ONE
IN EIGHT**

people in the
UK are Carers



**Welcome
to the 3rd**

**Staffordshire
Together for Carers
Service Newsletter.**

Hello and welcome to our 3rd Newsletter!

This will be our last newsletter for 2021 and once again, we hope you find it useful and informative. We have had quite a few 'firsts' since our last newsletter.

We have had our first Carers Forum meeting, our first Carers Grant Application Panel Meeting and have issued our first electronic Information Pack to our colleagues at Staffordshire County Council to share with Carers. We have held our first Coffee and Chat sessions and it has been a delight to finally start to meet some of you in person. We have met up for healthy walks, had our first face to face group training held by our partner Citizens Advice and our first Young Carer after school activities.

We have a lot more exciting opportunities and services for you to access to help and support you in your caring role.

There will be another opportunity to attend a virtual Carers Forum to give your feedback about our services and another Carers Grant Application Panel meeting in December. Please do get involved with these opportunities to shape not only our service but additional services for Carers as well.

We are delighted to launch our Carer Passport Scheme which will enable Carers to receive a discount or bonus when they shop with businesses who have signed up. Please contact us to receive your Carer Passport ID Card. A list of participating organisations can be found on our website which is www.staffordshiretogetherforcarers.org.uk.

Whilst the coming months contain a lot of festivities and celebrations, we know that for some Carers, the dark nights and cold weather can increase feelings of isolation. If this sounds like you, please do contact our Carers CHAT line and chat to one of our friendly volunteers. The contact details can be found further on in this newsletter. If you prefer, you can register for the outgoing CHAT line and have a friendly volunteer call you on a regular basis.

We continue to work very closely with Staffordshire County Council who 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, 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 or email it to enquiries@staffordshiretogetherforcarers.org.uk

We look forward to hearing from you!

**The Staffordshire Together
for Carers Service team**

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 9.00 am and 5.00 pm 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 text: **07786 201226**

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



Our Service for Adult Carers

Staffordshire Together for Carers Service offers:

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



Carers registered with us can access

Do you look after someone who could not manage without your support?

Did you know you can talk to a sympathetic and supportive Volunteer about caring, your feelings and your interests or everyday events?

You don't need a reason to ring other than simply to connect with someone.

Carers Help and Talk (CHAT) Line

CALL
Staffordshire
Together for Carers Service
0330 022 9297
Lines are open 24/7
365 days a year



Carers Help and Talk (CHAT) Line

Are there times when you want to talk but feel that there is no one to talk to? Don't suffer in silence, call the Carers Help and Talk (CHAT) Line. All calls are answered by volunteers who can offer understanding with regards to the common challenges faced by Carers. The CHAT Line is available for Carers who are registered with us 24 hours a day, 7 days a week, 365 days a year. In the event that a volunteer is not immediately available to answer your call, please do try again. 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



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! Once you are in, please read the Carers Community Network Terms of Use and Privacy Policy and The Mighty Network Terms of Use and Privacy Policy. Each time you use the Network you are agreeing to all these Terms of Use and Policies. 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 Carers and for Young Carers who are registered with us. To join, just search ‘Staffordshire Together for Carers’ or ‘Staffordshire Together for Carers – Young Carers’



The Volunteer Hub

Staffordshire Together for Carers Service offers volunteer roles designed to support Carers who want to give back to their community. For more information about volunteering with our service please contact us.

Please email: volunteering@n-compass.org.uk.



A group of our volunteers have been working very hard on creating our latest edition of ‘My Sunshine Pack’ – a selection of activities, recipes to try, puzzles to work out and easy reads and ideas for you to enjoy in your own time in the comfort of your own home.

We have designed our activities with Carers in mind who are unable to access our online support groups and activities at this time, but still want to keep connected and involved with what we are doing! Our My Sunshine Pack is available on our Staffordshire Together for Carers Service website page or if you would prefer a hard copy or a copy emailed to you, please email enquiries@staffordshiretogetherforcarers.org.uk or call **0300 303 0621**.

We would love to hear from you too. If you have any suggestions for activities to be included in future editions of My Sunshine Pack, or would like to write something for us, please let us know by emailing admin@n-compass.org.uk or calling **03450 138208**.

Enjoy! My Sunshine Pack Team

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.

Carers Forum

Our sincere thanks go out to the Carers who gave their time to attend the first Carers Forum that we held on 15th September. A lot of useful feedback was gathered that we hope to incorporate into the future delivery of our services. Our Carers also had the pleasure of forming the first Carer Panel that reviewed applications into the Carers Project Grant Fund Scheme. There was a good range of applications and our panel of Carers felt that each application identified a gap in services for Carers and were happy to approve them. We now have the pleasure of letting the applicants know the good news! The next Carers Forum will be held on Tuesday 14th December at 2 pm and will be via Zoom. If you would like to be involved in contributing to the development of our services, please do let us know by contacting us on **0300 303 0621**.

Text Magic

Your feedback is vital to the development of our service. Once your period of one-to-one support has been completed with your Carers Information and Support Officer, it would be great if you would agree to us sending you a text asking you about our service. It is only a couple of questions, but your answers would be fundamental in how we shape the future of the service. When you are asked to take part, please remember we are here to support you and we need to know if what we have delivered has helped you in your caring role. Once your one-to-one support is completed that does not mean you can no longer benefit from accessing the comprehensive wrap around service we have, you would be most welcome to join us at groups and engage with the services offered by our partners for as long as you wish.



Meet the Team



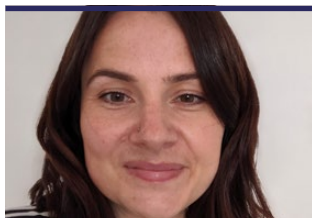
Helena Tranter
Service Manager

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.



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.



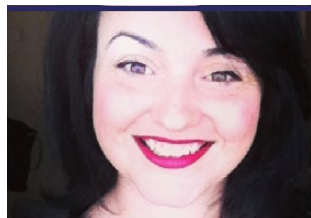
Cathryn Rayner
Team Leader

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.



Sarah Brown
Young Carers Practitioner

Sarah's role is to improve the health, well-being and safeguard the interests of children and young people adversely affected by their caring roles through the delivery of tailored, child centered support.

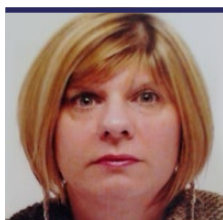


Sabryna Porter
Young Carers Support Worker

Sabryna's role is to develop and deliver our schools programme for Young Carers.



Lisa Burrows
Carers Information and Support Officer



Michelle Hough
Carers Information and Support Officer



Jane Carpenter
Carers Information and Support Officer



Jason Cotgreave
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.

Information for Professionals

Does your work bring you into contact with any unpaid Carers or do you have some Carers on your staff team? If so, Staffordshire Together for Carers Service offers Carers awareness briefings.

The aim of the briefing is to:

- Help you to identify Carers
- Help you to understand the needs of Carers
- Help you to understand how important Carer health and wellbeing is
- Increase your knowledge about what support is available to Carers through the First Contact team at Staffordshire County Council, the Staffordshire Together for Carers Service and other organisations who support Carers
- How you support your staff to navigate referral pathways

Briefings are currently being delivered virtually via Zoom and MS Teams with hopefully a face-to-face offer coming soon. To request a briefing, please contact Staffordshire Together for Carers Service on **0300 303 0621** or enquiries@staffordshiretogetherforcarers.org.uk.





Partner activities on offer for Carers

Citizens Advice



Potteries MoneyWise is part of Staffordshire North and Stoke on Trent **Citizen's Advice**. We have been helping people manage their money and make savings for quite a few years now. Staffordshire Together for Carers Service has asked us to help **Carers throughout the County**.

What's on offer?

We're running online workshops and in-person workshops out and about in the County.

As well as the workshops, we have an advisor to help people with more complicated money problems or people who need more help to sort things out. If you need help from the advisor, speak to Staffordshire Together for Carers Service who will refer you to us.

Our Workshops

De-mystifying Benefits & Money Management

Together we will explore:

- The basics of how the benefit system works and its complexity
- The types of benefits you may be able to claim
- Where to get help to claim
- How to create a household budget
- Useful online budgeting tools

Managing your own and someone else's finances

Together we will explore:

- How we deal with money
- Our ideas about spending
- What you need to think about with someone else's finances
- Paying bills
- Using the household budget

Date	Town	Session
Thursday 4th November 10am	Burton	De-mystifying Benefits & Money Management
Thursday 11th November 10am	Online	Managing your own and someone else's finances
Thursday 18th November 10am	Rugeley	De-mystifying Benefits & Money Management
Thursday 25th November 10am	Online	Managing your own and someone else's finances
Thursday 2nd December 10am	Online	De-mystifying Benefits & Money Management
Thursday 9th December 10am	Online	Managing your own and someone else's finances
Thursday 16th December 10am	Online	De-mystifying Benefits & Money Management

The online workshops are delivered through the webpage www.pmwonline.org.uk.

To join the workshop online, you'll need a smart phone, tablet, laptop or computer with a camera and microphone. If you don't have a camera, you can still watch and then join in by typing your comments.

Face-to-face workshops will last around an hour with plenty of time afterwards to ask questions. Online workshops will last around 30 minutes, again with plenty of time afterwards for questions.

For more information or to book onto a face-to-face or virtual workshop, speak to Staffordshire Together for Carers Service on: 0300 303 0621



BEAT THE RISE, BE MONEYWISE

In October, Energy bills will increase.
We can help you switch to a cheaper deal

Contact us on **01782 408 685** or www.pmwonline.org.uk
Free energy price comparisons every Tuesday 12 - 2pm



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.

Utilising Changes' innovative cognitive and holistic approach, Changes 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.



Coffee and Chats

Come and meet the team!

We were so pleased to meet with some of you at our Coffee and Chats in the Autumn. We would love to welcome you to book to come to any of the venues below to meet a team member and to meet other carers. Our Coffee and Chat sessions are very informal and are held in a variety of places, from community cafes to community halls. Sometimes, we may be joined by one of our partners who will pop in so they can tell you about the services they are offering.

You can come and see us at the following venues

Cannock Chase District

Avon Business and Leisure Centre
Off Avon Road
Cannock
Staffordshire
WS11 1LF

Friday 5th November 1pm to 3pm
Friday 3rd December 1pm to 3pm

South Staffordshire District

The Tower Café
Halfpenny Green Airport
Bobbington
Staffordshire
DY7 5DY

Friday 26th November 1pm to 3pm
Wednesday 22nd December 1pm to 3pm

Lichfield District

The Hub at St Mary's
St Mary's
Market Square
Lichfield
WS13 6LG

Wednesday 10th November 10am to 12noon
Wednesday 8th December 10am to 12noon

Tamworth District

Sacred Heart Church
Silver Link Road
Tamworth
B77 2EA

Wednesday 10th November 10.30am to 12.30pm
Wednesday 8th December 10.30am to 12.30pm

East Staffordshire District

Room 2
Burton Library
High Street
Burton-on-Trent
DE14 1AH

Thursday 18th November 1.30 pm to 3.30 pm
Thursday 16th December 1.30 pm to 3.30 pm

Uttoxeter Library

Red Gables
High Street
Uttoxeter
Staffordshire
ST14 7JQ

Tuesday 23rd November 10am to 11.30am
Tuesday 14th December 10am to 11.30am

Tutbury Village Hall

2 Monk Street
Tutbury
Burton-on-Trent
DE13 9NA

Friday 19th November 10am to 12noon
Friday 17th December 10am to 12noon

Newcastle under Lyme District

Bradwell Community Education Centre
Riceyman Road
Newcastle-under-Lyme
ST5 8LF

Thursday 18th November 10am to 12noon
Thursday 16th December 10am to 12noon

Staffordshire Moorlands District

Daisy Hay Retirement Village
Ball Hay Road
Leek
ST13 6BW

Wednesday 10th November 10am to 12noon
Wednesday 8th December 10am to 12noon

The Guild Hall Cheadle

Tape Street
Cheadle
ST10 1BG

Tuesday 2nd November 10am to 12noon
Tuesday 7th December 10am to 12noon

Stafford District

Cup a Cha
4-5 North Walls
Stafford
ST16 3AD

Tuesday 9th November 10am to 11.30am
Tuesday 7th December 10am to 11.30am

To book a place at any of our Coffee and Chats please call us on: **0300 303 0621**



Stoke City Male Carers Group

Join us in December for our first bimonthly male Carers group. This is a chance to get to know other male Carers and chat all things football and Stoke City related with tea and coffee in the Delilah's supporters bar at the bet365 Stadium.

Thursday 9th December 12.30pm to 2pm

Walk & Talk Sessions

Join us for a guided walk and a coffee and catch up.

Cannock Chase Visitors Centre

Thursday 25th November 1.30pm
Marquis Drive WS12 4PW

Westport Lake Visitors Centre

Tuesday 7th December 1.30pm
ST6 4RZ

To book a place at any of our Walk and Talk Sessions please call us on: **0300 303 0621**

An Afternoon / Evening at the Theatre

The Snow Queen Ballet

The Prince of Wales Theatre, Church Street,
Cannock, WS11 1DE

Tuesday 7th December 7.30pm

Join us to watch Ballet Theatre UK in their beautiful re-telling of Hans Christian Andersen's classic fairy tale ballet, The Snow Queen. This spectacular production follows the story of Gerda and her quest to find her friend Kay, whom the Snow Queen has placed under an evil spell.

Please note that places are limited, to book your place for this event please call us on: **0300 303 0621**

Beauty and the Beast

New Vic Theatre, Etruria Road, ST5 0JG

Monday 13th Dec 2.15pm

A spectacular retelling of the original, much-loved fairy tale.

This Christmas, discover the original Beauty and The Beast, and fall in love with a true classic!

The New Vic exceptional creative team are back together once again to create a show full of festive joy. Expect enchanting storytelling, music, humour and plenty of magical moments as they bring this well-known tale to life in their spectacular trademark style.

Please note that places are limited, to book your place for this event please call us on: **0300 303 0621**

Carers Rights Day 25th November

We know that Carers Rights Day is about making sure every Carer knows what their rights are, but we wanted to incorporate a few celebrations as well:



Join us for Stoke City v Blackburn Rovers

Saturday 27th November – 3pm kick off

bet365 Stadium, Stoke on Trent, ST4 4EG

We are working in partnership with Stoke City and we have 10 match day tickets to share with you!

Tickets will be on a first come first served basis, to secure your ticket please contact Staffordshire Together for Carers Service on: **0300 303 0621**.

Join us for a Carers Breakfast Celebration

We would like to invite you to join us for a celebration breakfast to mark Carers Rights Day 2021. We will be hosting three celebration breakfasts across Staffordshire at 10 am on 25th November.

Places are limited so to secure yours, please contact Staffordshire Together for Carers Service on **0300 303 0621**.

Lion House Tearoom

4 Russell St
Leek
ST13 5JF

Bella's Coffee House

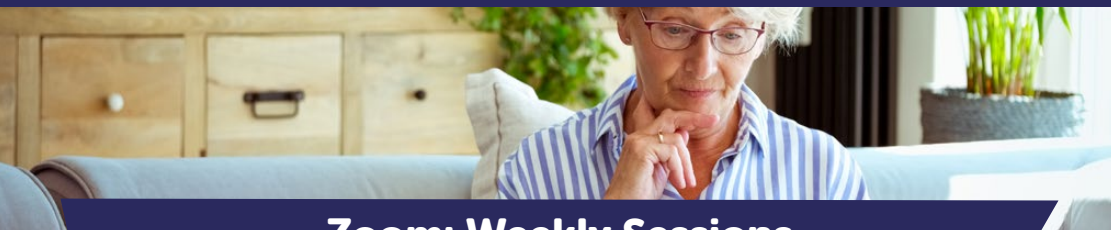
The Lightworks,
71-75 Market Street,
Hednesford
WS12 1AD

The Sacred Heart Church

Sacred Heart House
Silver Link Road
Glascote Heath
Tamworth
B77 2EA

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 haven't used Zoom before and want to find out more about the platform, please go to <https://zoom.us/join> for further information or simply click the links on each of the meetings to join in.



Zoom: Weekly Sessions

Seasonal Flow Yoga

Every Wednesday 6.15pm to 7.30pm

(Please note there are no sessions on 24th November and 29th December)

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=YmxtN29MRkxYUUt5RDMMrcnp1Ky82Zz09>

Meeting ID: **892 6497 0582** Password: **030426**

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**

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=ZlJabIR3OGJnOXg4TTBBc3dYeVpwdz09>

Meeting ID: **922 4867 7156** Password: **269978**

Quiz

Every Friday 2pm to 3pm

(Please note that there are no sessions on 24th or 31st December)

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**

Other Zoom Sessions

Frank's Walk a Mile Club

Fortnightly Tuesdays: 1.30pm to 2.15pm

2nd Nov / 16th Nov / 30th Nov / 14th Dec

Walk a mile in the comfort of your own home with our fitness instructor volunteer, Frank.

The sessions will also be posted on our Facebook page for you to watch afterwards.

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

Zoom Link: <https://zoom.us/j/93946506425?pwd=OFBDbUZYNnFkaWQ2azhKa1VUZ0dNZz09>

Meeting ID: **939 4650 6425** Password: **513539**

Distance Reiki

Fortnightly Fridays 12pm to 1pm

5th Nov / 26th Nov / 3rd Dec / 17th Dec

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

Zoom Link: <https://us02web.zoom.us/j/88455825785?pwd=eklvM2V3ckJ1cXZQZVRJOHJPRIFmdz09>

Meeting ID: **884 5582 5785** Password: **618737**

Monthly Male Carers Group

Monthly on Wednesdays 1.00pm to 3.00pm

24th Nov / 15th Dec

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

Zoom Link: <https://zoom.us/j/92570852288?pwd=NEEzUDhIR1QrUXRnQmRLOHREcUhoZz09>

Meeting ID: **925 7085 2288** Password: **150398**

Monthly Morning Coffee and Chat

Last Wednesday of each month 10.00am to 11.30am

24th Nov / 15th Dec

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

Zoom Link: <https://zoom.us/j/99418755318?pwd=TEQwZkpOdmtDT3dLUTFyUDRSMTBtUT09>

Meeting ID: **994 1875 5318** Password: **804529**

Monthly Young Adult Carers (aged 18-24) Drop-in Sessions,

Monthly, Tuesdays 6.00pm to 7.00pm

9th Nov / 7th Dec

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

Zoom Link: <https://zoom.us/j/98052593267?pwd=R1RmQStWYmtGSzJjUlJIREIEam5Ydz09>

Meeting ID: **980 5259 3267** Password: **295452**

Christmas Songs

Festive Christmas Concert by Holly Reynolds

Thursday 9th December 2.30pm-3.30pm

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

Zoom Link: <https://us06web.zoom.us/j/86266940892?pwd=T0c3V1owRDFvTWNuUXlvaFF3NzFVUT09>

Meeting ID: **862 6694 0892** Password: **609001**

Reminiscence - Tis the season to be Jolly

Christmas time! A look back at some of our Christmas traditions, celebrations, food and favourite toys! Enjoy a few carols and a look at the films we've watched during the festive season.

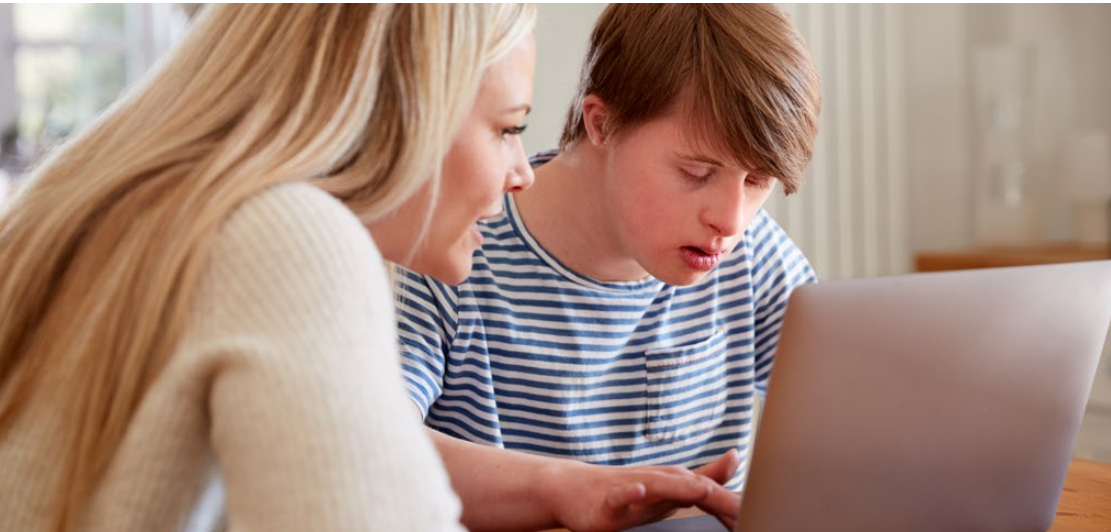
Tuesday 14th December 2.30pm-3.30pm

Learn how music therapy can improve your emotional wellbeing

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

Zoom Link: <https://us06web.zoom.us/j/86448390933?pwd=ZFISZGFxZnJDRnp5OVNmMlhCUlpvdz09>

Meeting ID: **864 4839 0933** Password: **824391**



Want to receive more detail about activities?

We will also be working with other organisations to provide groups and respite activities for adult carers across the whole of the County. Keep a look out on our Facebook page for more information or contact us on **0300 303 0621** and we will make sure you are aware of any groups and activities we have planned for November and December.

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



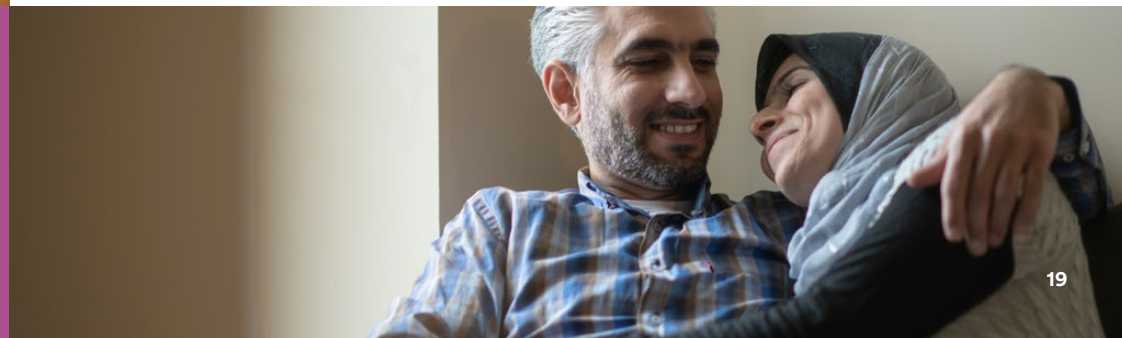
Caring for a loved one who is ill, disabled, or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

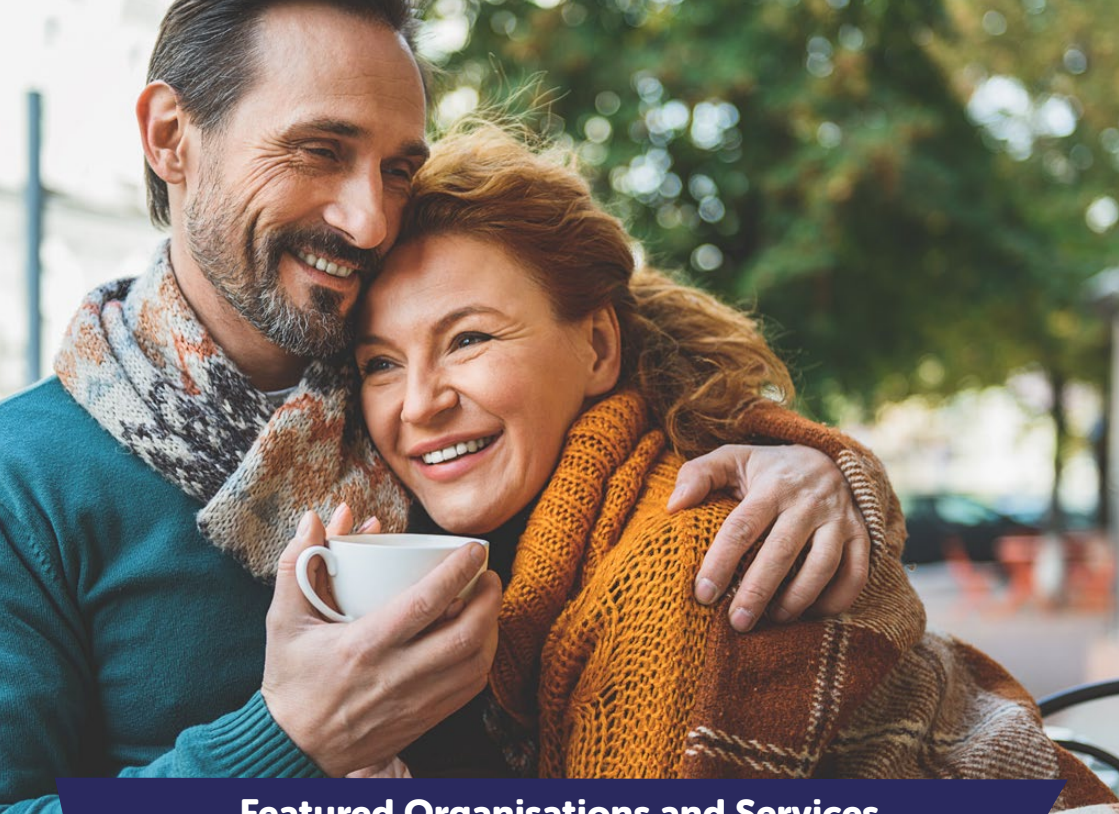
Staffordshire County Council has teamed up with Carers UK to offer Carers a comprehensive solution that brings together Carers UK's digital products and online resources with our own information and support for carers onto a single webpage.

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





Featured Organisations and Services

Staying Well

The Staying Well service is a new preventative service looking at keeping mild to moderately frail patients Living well, Staying well and Ageing well in their own homes for as long as possible. Identifying patients who are maybe unknown to services and preventing crisis situations.

Our referral criteria is:

- Age 55 and over
- Mild to moderately frail
- Starting to experience falls, unsteadiness
- Experiencing early memory issues
- Experiencing Social isolation

Since last year we have also amended our referral criteria to include anyone that has been affected by Covid 19 but not through hospitalisation.

If you would like to be referred to the service, then please contact your GP and request a referral to the 'Staying Well Service'.

The Staying Well Service covers South Staffordshire, with dedicated team members working in Tamworth, Lichfield, Burntwood, Cannock, Seisdon, Burton & Uttoxeter and Stafford.

NHS
Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Staying Well Service

Here at Staying Well we aim to provide support for those who are:

- Aged 55 and over
- Identified by their GP as having mild to moderate frailty
- At risk of falls
- At risk of/ or are currently socially isolated
- Taking multiple medications (Polypharmacy)
- Early memory loss
- Have been affected by Coronavirus

How to be referred:

- Speak to your GP, who can discuss your needs and refer you to our service as appropriate



Our team consists of **Staying Well Facilitators**, who are **Nurses** or **Occupational Therapists** by profession, alongside an **Occupational Therapy Assistant**.

Staying Well Facilitators carry out an **initial assessment** to support you to identify your **current needs**, and **identify certain areas** you may need **additional support** with.

Facilitators can then **refer you** to appropriate **services and organisations**, **signpost you** to local **community support groups** or provide you with **self help material and advice**.

We also have a dedicated **Mental Health Nurse** who can work closely with you around **optimising your mental health** and provide resources and advice around your **wellbeing**.



Supporting you to maintain your
Independence

Live Well
Stay Well
Age Well

The Staying Well Service aims to support and empower individuals to maintain a healthy, balanced lifestyle in the community

Our Registered nurses -

Complete holistic assessments, take clinical observations, provide treatment and advice around maintaining health conditions in the community.



Our Occupational Therapists -

Assess activities of daily living and functioning, assess for and provide aids, adaptations and equipment to maximise independence in the home.



We have close links with other services and organisations who can help you take control and ownership of your health and wellbeing

Social prescribers -

Signposting to community networks and groups, provide links to help maintain social inclusion, provide personalised care plans to wellbeing.



The Memory Service -

Supports with cognitive impairment and memory issues.

The Falls team -

Support with the prevention and management of falls.

Beat the cold -

Ensures you are living in a comfortable environment and provide help with fuelling your home.



We can also look at using **assistive technology** to support you to maintain a **fit and active lifestyle**, alongside linking you in with **family, friends and local community**.



LIVING WELL

If you have a health condition it is important that it is managed correctly to ensure you are optimising a healthy, independent lifestyle.

STAYING ACTIVE

An active lifestyle can improve not only your physical, but also your mental health and wellbeing.

AGEING WELL

By living well and staying active you are doing everything you can to age well. Contributing factors include a healthy balanced diet, getting restful sleep and lowering alcohol intake. Quitting smoking is a significant way to positively impact your health and wellbeing.

Want to be referred??
Contact your GP and ask for a referral to the
'Staying well service'

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



Staffordshire Wills is a popular, friendly home legal services provider that operates in a fifty-mile radius of Stafford. We offer a fixed, transparent pricing system agreed before taking instructions so there are never any nasty shocks. We work to a standard approved by Trading Standards to ensure customer satisfaction. We are here to help and guide you through some difficult decisions to help to safeguard your family and put your affairs in order, giving you peace of mind.

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.

Having a lasting power 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!

Staffordshire Wills can be contacted on **01785 253329**.



Are you looking after someone?

If the person you care for would struggle if you got the flu, you are entitled to request a **free flu jab**

Ask your GP practice reception for yours

carersuk.org/flu-jabs



Registered in England and Wales (246329) and in Scotland (SC039307) and a company limited by guarantee, registered in England and Wales (864097).
Registered office: 20 Great Dover Street, London SE1 4LX. This campaign is supported by an independent educational grant from Seqirus.

ALL TOGETHER NOW

Dementia Friendly Sing-Along Move-Along Sessions with a Latin Twist

Join Vicky & Mika from ART BRASIL for weekly sessions to connect with others and boost your health & well-being.

Sing and move together in our easy to follow seated sessions where you can participate at your own level to help improve your mood and mobility.



Delivered by ART BRASIL in association with
Approach Dementia Support
& The DougieMac Hospice
Funded by the National Lottery Community Fund

Tuesday
mornings
11:15-12

Free
sessions
via Zoom

Join us
anytime
from 8 June



To book your place please contact Mika
tel: 07505 109 910
email: info@artbrasil.org.uk



artbrasil.org.uk

Approach Dementia Support



Carer Advice & Support Cheadle

Cheadle Cricket Club, Tean Road, Cheadle, ST10 1LX

Session 1 10am to 11.30am

Session 2 12.30pm to 2pm

Wednesday 21st July 2021

Wednesday 18th August 2021

Wednesday 15th September 2021

Wednesday 20th October 2021

Wednesday 17th November 2021

Wednesday 15th December 2021



In line with current restrictions numbers are limited and
places need to be booked in advance by contacting
Approach on 01782 214999.
These sessions are NOT drop in cafés.

Carer Advice & Support Blurton

Douglas Macmillan Hospice, Barlaston Road, ST3 3NZ

Session 1 10am to 11.30am

Session 2 12.30pm to 2pm

Tuesday 6th July 2021

Tuesday 3rd August 2021

Tuesday 7th September 2021

Tuesday 5th October 2021

Tuesday 2nd November 2021

Tuesday 7th December 2021



In line with current restrictions numbers are limited and
places need to be booked in advance by contacting
Approach on 01782 214999.
These sessions are NOT drop in cafés.

Carer Advice & Support Leek

Salvation Army Centre, Salisbury Street, Leek, ST13 5EE

Session 1 10am to 11.30am

Session 2 12.30pm to 2pm

Tuesday 13th July 2021

Tuesday 10th August 2021

Tuesday 14th September 2021

Tuesday 12th October 2021

Tuesday 9th November 2021

Tuesday 14th December 2021



In line with current restrictions numbers are limited and
places need to be booked in advance by contacting
Approach on 01782 214999.
These sessions are NOT drop in cafés.

Carer Advice & Support Newcastle

Quaker Meeting House, 2 Miller Street, N-U-L, ST5 1QJ

Session 1 10am to 11.30am

Session 2 12.30pm to 2pm

Tuesday 20th July 2021

Tuesday 17th August 2021

Tuesday 21st September 2021

Tuesday 19th October 2021

Tuesday 16th November 2021



In line with current restrictions numbers are limited and
places need to be booked in advance by contacting
Approach on 01782 214999.
These sessions are NOT drop in cafés.



Monthly **A**lzheimer's **S**upport **E**venings

The Staffordshire Charity making a difference to local people

Supporting Carers on their Dementia Journey



Proud Recipients of
The Queen's Award for Voluntary Services
and The British Citizen Award

Winners of SCC
Dignity in Care Award



Friendly Volunteers • Fun & Laughter • Advice & Support
Carers Forming Friendships • Information Leaflets
Buffet & Refreshments • Entertainment

Working in Partnership with

The **Midcounties Co-operative**
Cannock Chase Regional Community Team



www.themasegroup.com

Registered Charity No: 1137193 The Monthly Alzheimer's Support Evening Limited (MASE)

**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.

STAFFORD & DISTRICT CARERS HOLIDAY TRUST



Registered Charity 1191031



**PROVIDING MUCH NEEDED HOLIDAYS FOR UNPAID
CARERS ON A NOT FOR PROFIT BASIS.**

These caravans are located on:

**Owens Caravan Park, Towyn,
North Wales, perfectly situated
for exploring the North Wales
Peninsula. For more information
on the site, visit:**

www.owenscp.co.uk

**& 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.



Normally we operate on a four-berth
capacity but we can be flexible if your
circumstances dictate.

In return we ask for no pets please unless
guide and assistance dogs.

Our number one rule is that the caravans
must be kept clean and tidy at all times and
left in the pristine condition in which you will
find them.

**If you are interested in this
fantastic initiative, please contact
John on 07843 965 935.**

**Some form of funding may be available. For
details, please contact your support
worker/agency.**



Cala Gran Holiday Complex near Blackpool



Owens Caravan Park, Towyn, North Wales

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/>

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

November and December 2021



Young Carers

Newsletter



**ONE
IN EIGHT**

people in the
UK are Carers



Welcome to the **3rd**

Staffordshire
Together for Carers
Service Newsletter.

Young Carers Team

Hi there!

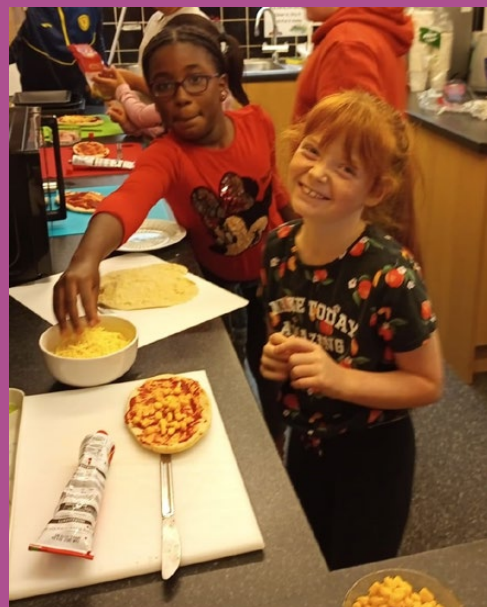
What a start to the new school year! We have been out and about across Staffordshire launching our after-school activities for Young Carers. It was fantastic to see Young Carers cooking, climbing, and crafting to name but a few and building friendships with each other. See further on for more dates and info if you would like to get involved!

Sarah, our Young Carers Practitioner has been busy contacting families new to our service and supporting some Young Carers one-to-one in school. Alongside this our schools programme has launched offering group support for Young Carers in secondary schools, we hope to be in a school near you soon!

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 and links to other useful information and support - Staffordshire Together for Carers – Young Carers.

If you are experiencing any difficulties, please let us know and together we will look to find you the right support. We hope Young Carers can get involved in some of the online and face-to-face activities listed in this newsletter and as always, we are here if you need any support from us.

**Staffordshire Together for Carers
Young Carers Team**



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 can support Young Carers to access an assessment of needs called a 'Statutory Carers Assessment' if they haven't already done so. Staffordshire County Council can undertake the assessment and develop a support plan based on your needs, and we work closely with the First Contact team, who provide this service.

We provide support from a dedicated Young 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 group work and activities

Spotlight on ...

Sabryna Porter – Young Carers Support Worker

Sabryna works with us as part of our Partnership with Catch 22 and leads on our schools programme. She is originally from Dublin but has spent the last 10 years in North Staffordshire. Sabryna is passionate about children and young people and has worked with families for over 20 years. She loves face-to-face work with young people, and she is really enjoying working with Young Carers in schools!



Sabryna Porter
Young Carers
Support Worker

Changes



We have been working with Changes to develop a programme for Young Carers who may need some guidance to cope with difficulties or things that are going on in their lives through one-to-one sessions, wellbeing workshops and peer support. If this is something you feel you could benefit from, please get in touch with us to find out more.

After School Activities for Young Carers

New dates announced!

These are fun sessions which provide Young Carers 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 to 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.

NEW VIC

Newcastle under Lyme

New Vic Theatre, Etruria Road, ST5 0JG

4.30pm-6.30pm: Tuesday 16th November and Tuesday 7th December

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



Stoke on Trent

YMCA, Hanley, Stoke on Trent, ST1 3AE

4.30pm-6.30pm: Monday 22nd November and Monday 13th December

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 chose from a wide variety of activities including athletics, tennis, football and arts and crafts.



Lichfield

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

4pm-6pm: Wednesday 10th November and Wednesday 8th December

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 chose from a wide variety of activities including dance, archery and boxing!

Cannock Chase

Cannock Chase Leisure Centre, Stafford Road, Cannock. WS11 4AL

4.30pm-6.30pm: Wednesday 17th November and Wednesday 15th December

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 chose from a wide variety of activities including quick cricket and trampolining!

Burton Upon Trent

Burton Albion Community Hub, Casey Lane, Burton on Trent, DE14 2ER

4.30pm-6.30pm: Monday 8th November and Monday 13th December

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 chose from a wide variety of activities including dance, crafts, arts and cooking!

Stafford

Odd Fellows Hall, Greengate Street, ST16 2HP

4.30pm – 6.30pm Tuesday 9th November and Tuesday 14th December

Meet in a group, have time for a chat and catch up, then take part in these fun and inclusive music sessions. These sessions will be driven by what Young Carers want to musically experience and cover areas such as lyric writing, singing and music composition and instrument playing.

Parent and Young Carer Event

Enjoy some quality parent and Young Carer time together in this fun active session! This session will involve playing some games, taking part in some sports together and an opportunity to tackle the climbing wall!

Sunday 14th November 10am-12noon

YMCA, Hanley, Stoke on Trent, ST1 3AE

To Book

To book a place on any of the activities listed above please call us on **0300 303 0621** or email youngcarers@staffordshiretogetherforcarers.org.uk and we will send you a registration form.



New Vic Theatre

New Vic Borderlines would like to invite Young Carers to be a part of...

Young People's Theatre Company

The group meet on a weekly basis and work on different skills including puppetry, improvisation and mask work to create performances around the current performances on the main stage. Sessions are **FREE** and will take place on **Wednesdays, 6.30pm – 8pm for Young carers aged 10+.**

We hope that this is something Young Carers would like to take part in. If you are interested in accessing this group, or if you have any questions, please email Adhia on amahmood@newvictheatre.org.uk



Young Carers trip to Stoke City!

To celebrate Young Carers for Carers Rights Day, on Saturday 27th November we are inviting Young Carers to an afternoon at bet365 Stadium to have lunch and watch Stoke City V Blackburn Rovers from a private box and balcony!

Places are limited, if you would like to book a place please contact us on **0300 303 0621** or email youngcarers@staffordshiretogetherforcarers.org.uk

ZOOM Sessions

We have such a great time in our Young Carers Zoom sessions and despite our groups only being on Zoom due to the pandemic, we know it works for some of you and is still popular!

Therefore, we will be continuing fortnightly Zoom session to play some games, catch up and have fun throughout November and December on the following dates:

Thursday 4th November 4.30pm-5.30pm

Thursday 18th November 4.30pm-5.30pm

Thursday 2nd December 4.30pm-5.30pm

To book

If you would like to join please contact your Young Carers Practitioner or email youngcarers@staffordshiretogetherforcarers.org.uk and we will send you the link.

Instagram

We have an Instagram account where we share 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: www.instagram.com/st4youngcarers

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