

Winter/Spring Edition 2025



Staffordshire
Together for Carers
Service

Newsletter



Welcome
to the

16th

Staffordshire
Together for Carers
Service Newsletter

n|compass
towards a brighter future

 Staffordshire
County Council

NHS
Staffordshire and
Stoke-on-Trent
Integrated Care Board

Welcome to the 16th Staffordshire Together for Carers Service newsletter

As we bid farewell to one year and welcome another, we want to extend our warmest wishes for a Happy New Year to each one of you who tirelessly care for your loved ones.

Our service is here to provide tailored support, resources, and a sense of community to all adult carers across Staffordshire and help you navigate the unique challenges of caregiving. From our one-on-one and group support options to detailed guides on contingency planning and community resources, we're committed to enhancing your wellbeing and easing the demands of your role.

In this newsletter you'll find a wide range of activities and training designed to support you and provide meaningful breaks from your caring role from wellbeing treatments for carers, planning for the future, legal information workshop and first aid.

We would also welcome further carers to join either our Carers Forum or the Staffordshire Carers Partnership Board to further support, influence and co-design services for carers across Staffordshire. See page 6 for further details.

Please see the last section of this newsletter for information about our service and support for young carers across Staffordshire.

Wishing you well,

Staffordshire Together for Carers Service team



Contact Us Today

- 🕒 **Opening Times: Monday to Friday 9.00am to 5.00pm**
- ☎ **Telephone: 0300 303 0621**
- ✉ **General Email: enquiries@staffordshiretogetherforcarers.org.uk**
- ✉ **Activity Booking: activities@staffordshiretogetherforcarers.org.uk**
- 🌐 **Website: www.staffordshiretogetherforcarers.org.uk**
- ✉ **Address: FREEPOST Staffordshire Together for Carers Service**
- 📘 **[@staffordshiretogetherforcarers](https://www.facebook.com/staffordshiretogetherforcarers)**

We hope you find this Newsletter interesting, please do let us know if you no longer wish to receive it or have changed your address and we will update our records.

What our service offers

Staffordshire Together for Carers Service offers:

- 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
- Volunteering opportunities as 'Friends of Staffordshire Together for Carers'



Working in Partnership with



You can also access our

Contingency Guide

We offer carers a range of support options to help you plan for an emergency or future event through our contingency guide. None of us know what is around the corner, and having an emergency plan in place can bring peace of mind that, should you be unable to provide for care for the person you care for, their needs are documented, and the people identified as replacement carers know what to do. Contingency planning is about planning for the future. This can bring peace of mind and ease the worry about how your loved one will be cared for should you no longer be able to do so. This could be for various reasons, including not being well enough to provide care, needing to move away for college or university, or simply deciding that you do not want to provide care anymore. An Information and Support Officer will talk you through this guide and help you complete it to ensure you have peace of mind in your caring role.

Carers Community Network



This is a virtual community where you can meet other carers, share ideas and experiences. We currently have over 2,000 active members who are looking forward to connecting with you! It only takes a minute to sign up. *Please be aware, that to access the Carers Community Network Platform, you will need to be invited. **Please contact the Service Access Team on 0345 688 7113 who will be happy to support you with this. You will just need to provide them with your name and email address.**

Facebook

Please look at <https://www.facebook.com/ST4CS> "like" and "follow" our Facebook page by logging into Facebook and searching for Staffordshire Together for Carers Service by following the link: To get up to date information on our activities, events and other useful information, please join our private group for adult carers <https://www.facebook.com/groups/1644398985765072>



You can also access our



Staffordshire Together for Carers Service has several volunteer roles designed to support carers to give back to their community. If you are interested in hearing more, we would love to hear from you! **Please call 0345 0138 208 or email volunteering@n-compass.org.uk**



Do you prefer the written word 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 on 07710 171832 or email volunteering@n-compass.org.uk**



Carers Coproduction

Carers Forum

Our Carers Forum met in October to consider the latest round of applications to the Carer Grant Fund. The Forum also provides feedback about our services, what is working well and what could work better, and brand-new ideas for us to consider and action!

If you would like to join the Carers Forum which meets quarterly and help shape future services for carers, we would love to hear from you! We are delighted to tell you that representatives from our Carers Forum now also sit on the Staffordshire Carers Partnership Board, see below for further information.

Contact Caz.Gotham@staffordshiretogetherforcarers.org.uk for more information.

Staffordshire Carers Partnership Board

Are you, or have you been, an unpaid carer in Staffordshire?

The Carers Partnership Board, comprising of carers and professionals meet quarterly and are responsible for developing, delivering and monitoring the priorities for carers in Staffordshire. We are actively seeking carers to join the board to ensure that the carers' perspective is central to these discussions.

If you would like to find out more, contact cathryn.rayner@staffordshiretogetherforcarers.org.uk



Learning Disability, Autism and Adult Social Care Carers Forum

Are you the parent or carer for an adult with a learning disability and/or autism? Do you want to influence and improve the services they receive from the Council? If so, you are just the sort of person we are looking for.

We are the Adult Social Care Carers Forum, and we are looking for new members.

If you would like further information or a chat about joining the Forum contact healthandcare@staffordshire.gov.uk

Activities and Events

Welcome to our latest carers' activities programme. We have a varied programme of events running from January to March, from our regular Coffee and Chats and Walk and Talks to our one-off events and training. 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 activities@staffordshiretogetherforcarers.org.uk for further information or to give feedback!

Walk and Talks

Come and join us for a gentle walk and a catch-up with a well-deserved cup of tea/coffee at the end! The person you care for is welcome to attend our Walk and Talks with you.



Westport Lake Visitors Centre

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

Tuesday 14th January
1.30am-3.30pm

Wolseley Bridge Visitors Centre

Wolseley Bridge
ST17 0WT

Tuesday 18th February
1.00pm-3.00pm

National Arboretum

Croxall Road Alrewas
Burton-upon Trent,
DE13 7AR

Thursday 6th March
1.00pm-3.00pm

To book a place on any of our walk and talks, please contact **Caz Gotham** on 0300 303 0621 or email activities@staffordshiretogetherforcarers.org.uk

Coffee & Chats

Come and meet other carers whilst enjoying a cuppa!



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 cup of tea or coffee and a biscuit (or two!).

We are pleased to continue offering training and activities as part of some of our Coffee and Chat sessions to share information and/or skills that may be of

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 activities@staffordshiretogetherforcarers.org.uk

use to you in your caring role. Training session and speakers will be scheduled for 11.00am-12.30pm to allow for a drink and a chat first!

Please see the Coffee and Chat information and training on pages 9, 10 and 11 for information regarding training and speakers.

Coffee & Chats Calendar

Cannock Chase	Lichfield	Tamworth	East Staffs	East Staffs
Pye Green Community Centre, Meeting Room 1, Bradbury Lane, Hednesford, WS124EP	Lichfield Fire Station, Birmingham Road, Lichfield, WS13 6HU	St Peters Church & Community Centre, Hawksworth, Silver Link Road, Tamworth District	Wilfred House Centre, 37 Carter St, Uttoxeter, ST14 8EY	Burton Fire Station, Moor Street, Burton on Trent, DE14 3SU
10.00pm to 12.00pm	10.00am to 12.00pm	10.00am to 12.00pm	10.00am to 12.00pm	10.00am to 12.00pm
Tuesday 28th January (Wellbeing session at 11am)	Tuesday 7th January	Wednesday 8th January	Tuesday 21st January	Friday 24th January (note not last Friday)
Tuesday 25th February	Tuesday 4th February (First aid at 11.00am)	Wednesday 12th February (Wellbeing session at 11.00am)	Tuesday 18th February	Friday 28th February
Tuesday 25th March	Tuesday 4th March	Wednesday 12th March	Tuesday 18th March	Friday 28th March (Assistive Technology Talk at 11.00am)
Last Tuesday of the month	1st Tuesday of the month	2nd Wednesday of the month	3rd Tuesday of the month	Last Friday of the month
Newcastle under Lyme	Staffs Moorlands	Staffs Moorlands	Stafford	South Staffs
Bradwell Community Education Centre, Riceyman Road Newcastle-under-Lyme ST5 8LF	Daisy Hays Retirement Village Ball Hays Road Leek ST13 6AU	Cheadle Fire Station Ashbourne Road Cheadle Staffordshire	Cup a Cha, 4-5 North Walls Stafford ST16 3AD	Trinity Methodist Church, Histons Hill Codsall WV8 2ER
10.00pm to 12.00pm	10.00am to 12.00pm	10.00am to 12.00pm	10.00am to 12.00pm	10.00am to 12.00pm
Thursday 30th January	Wednesday 8th January	Tuesday 7th January	Tuesday 7th January	Wednesday 8th January (Assistive Technology Talk at 11.00am)
Thursday 27th February (Wellbeing session at 11.00am)	Wednesday 12th February	Tuesday 4th February	Tuesday 4th February (Assistive Technology Talk at 11.00am)	Wednesday 5th February
Thursday 20th March (note not last Thursday)	Wednesday 12th March	Tuesday 4th March (Silver time legal talk 11.00.00am-12.00pm)	Tuesday 4th March	Wednesday 5th March (First aid at 11.00am)
Last Thursday of the month	2nd Wednesday of the Month	1st Tuesday of the month	1st Tuesday of the month	1st Wednesday of the month

Training for Carers



Changes

Drop in to these Coffee and Chat sessions to meet Fiona, our Carers Wellbeing Coach, as part of our revamped partnership with Changes Health and Wellbeing. Fiona will be at these Coffee and Chats to share information about wellbeing with Carers and speak to Carers about what kind of wellbeing support would be useful to inform future planning.



Cannock Pye Green Community Centre

Meeting Room 1 Bradbury Lane, Hednesford, WS12 4EP

Tuesday 28th January
11.00am-12.30pm

Tamworth St Peters Church & Community Centre

Hawksworth, Silver Link Road, Tamworth District, B77 2HH

Wednesday 12th February
11.00am-12.30pm

Newcastle Bradwell Community Education Centre

Riceyman Road, Newcastle-under-Lyme, ST5 8LF

Thursday 27th February
11.00am-12.30pm

Assistive Technology Talk for Carers

Join us for a talk by Paul, Assistive Technology Specialist from The First Contact Team at Staffordshire County Council to find out how assistive technology can help you as a Carer.

Assistive technology has transformed caregiving, offering critical support to carers who work tirelessly to ensure the well-being of those with physical or cognitive impairments. From advanced monitoring systems to mobility aids and communication devices, assistive technology enables carers to provide safer, more efficient, and higher-quality care.

Trinity Methodist Church

Histons Hill, Codsall, Wolverhampton, W. Midlands WV8 2ER

Wednesday 8th January
11.00am-12.30pm

Cup a Cha Cup a Cha 4-5 North Walls

Stafford
ST16 3AD

Tuesday 4th February
11.00am-12.30pm

Burton Fire Station

Moor Street, Burton,
DE14 3SU

Friday 28th March
11.00am-12.30pm

First Aid

Delivered by our very own volunteer and First Aid trainer, Kerry. It doesn't matter if you are a complete beginner or just want to brush up or refresh your skills. We will cover:

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

The sessions will be relaxed, fun and informative and will be held within a coffee and chat session at the following venues:

Lichfield Fire Station

Birmingham Road, WS13 6HU

Tuesday 4th February
11.00am-12.30pm

Trinity Methodist Church

Histons Hill, Codsall, Wolverhampton
W. Midlands WV8 2ER

Wednesday 5th March
11.00am-12.30pm



Legacy Fortress for Generations

Join us for a talk covering estate planning, Inheritance tax, Long Term care Considerations, Wills and lasting Powers of Attorney. Delivered by Silvertime Legal.

Cheadle Fire Station

Ashbourne Road, Cheadle, Staffordshire, ST10 1HF

Tuesday 4th March
11.00am



To book a place on any of our training events, please contact Caz Gotham on **0300 303 0621** or email activities@staffordshiretogetherforcarers.org.uk

Online Activities for Adult Carers

Our Zoom sessions are very informal, grab a cuppa and join us for some fun, chat with staff and meet other carers prior to the activity if there is one. If you have not already used Zoom and want to learn more about the platform, please visit <https://zoom.us/join> for further information. **Some sessions may be subject to change and any changes will be communicated via email.** For further information or support please email activities@staffordshiretogetherforcarers.org.uk

Weekly Sessions

Distance Reiki

Every Wednesday 2.00pm-3.00pm

Feeling stressed, overwhelmed, or out of balance? Discover the profound healing potential of Reiki. A gentle yet powerful Japanese technique that can help you melt away stress and anxiety leaving you feeling calm and centred. Experience a holistic healing that addresses your body, mind, and spirit, creating a sense of peace and well-being.

During these sessions carers can relax in their own home while Jo guides you through a healing experience.

"It's lovely to connect with everyone and then drift off in my own world to the sound of Jo's voice. The session has a huge positive impact on my mental and physical wellbeing." Carer



Scan Here

To access any of our Yoga or Reiki Zoom sessions please [click the link here](#) or scan the QR code to complete this short booking form and we will provide the Zoom Link.

Seasonal Flow Yoga

Every Wednesday, 6.15pm-7.30pm

Seasonal Flow Yoga is designed to align you to the changing energies of nature and the seasons. It's a practice that improves physical strength and flexibility, giving balance, harmony and an enhanced sense of well-being. It's a great antidote to the stress and anxiety of modern life.

The practice is suitable for beginners and experienced yogis. Seasonal Yoga combines yoga with elements of the traditional practices of Tai Chi and Qigong, as well as meditation and pranayama breathing techniques.

"I am already experiencing the mental and physical benefits from the yoga and meditation." Carer



Scan Here

To access any of our Yoga or Reiki Zoom sessions pick [click the link here](#) or scan the QR code to complete this short booking form and we will provide the Zoom Link.



Yoga Nidra

Every Thursday 7.00pm

Yoga Nidra is a special type of guided meditation that puts you into a particular state of consciousness. It helps to relieve stress, reduce tension, and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional & mental health.

"For me Yoga Nidra ticks all the boxes - its relaxing, there's a sense of community and belonging and an empathy for our situation as carers without having to explain everything." Carer



Scan Here

To access any of our Yoga or Reiki Zoom sessions pick [click the link here](#) or scan the QR code to complete this short booking form and we will provide the Zoom Link.

Carers Wellbeing Peer Support Drop in

Every Friday 10.00am-11.00am

Delivered by Fiona, our Carers Wellbeing Coach, via MS Teams, this weekly wellbeing drop in is a chance to access peer support in a safe space to explore wellbeing and coping strategies.



Scan Here

To access

To access this session on Zoom [please click here](#) or email activities@staffordshiretogetherforcarers.org.uk and complete this short booking form and we will be in touch to share the Zoom Link

Zoom Activities for Adult Carers

Monthly Sessions

Mental Health Carers Support Group

Last Wednesday of the month, 11.00am-12.00pm

A monthly online session to meet other carers, caring for someone struggling with their mental health and access peer support. Further information and signposting are led Fiona, our Carers Wellbeing Coach.


Zoom Link	https://us06web.zoom.us/j/89800077897?pwd=n-IUS0pGDlnpCCQ8a2hWmCjC5aZ8k0S.1	
Meeting ID	898 0007 7897	
Password	488581	

[Scan Here](#)

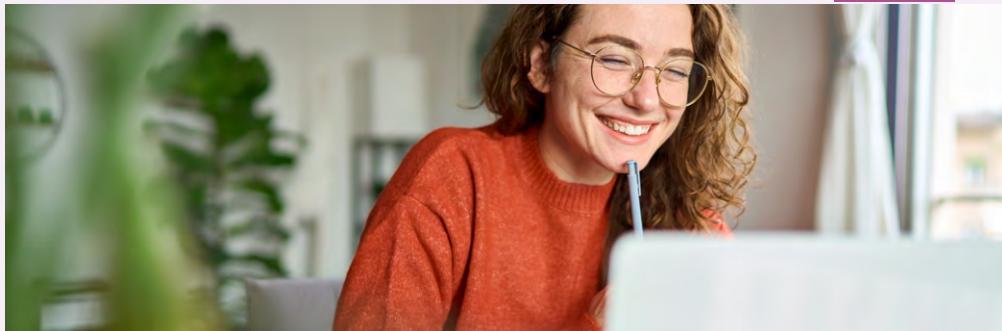
Parent Carer peer support

Every 3rd Thursday of the month 7.00pm-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.

Zoom Link	https://us06web.zoom.us/j/88337972542?pwd=bX-A0bHhOUmNzeUZkNEtUVVZrQT09	
Meeting ID	883 3797 2542	
Password	898971	

[Scan Here](#)



Adult Carers Special Events

Please join us for a one-off special event to learn a new skill or have a treat! To ensure we can plan appropriately please pre book these activities, please be aware that some activities have limited spaces available. Please note that our special events are for carers only, unless otherwise stated, due to capacity and our commitment to ensure carers get a well-deserved break from their caring role.

Carers Breakfast

Join us for breakfast and a catch up!

The Pottery Cave

Join us at the Pottery Cave Studios at Curborough Hall Countryside Centre to choose from their fantastic range of Ceramics for you to paint. Enjoy a refreshment & cake too!!

Langans Tea Room
 Burton House, George St,
 Burton upon Trent, DE14 1DP
Friday 31st January
10.00am -12.00pm



Curborough Countryside Centre
 Lichfield,
 WS138ES
Thursday 13th March
11.00am



Carers wellbeing Massage offer

Once again, we are delighted to offer carers the opportunity to receive a relaxing treatment to take a moment to treat yourself in the winter months! Please be aware that this massage offer has limited spaces, please contact us to book using the email activities@staffordshiretogetherforcarers.org.uk.

We will add you to the list and provide you the details to book the treatment at your own convenience.



Leek

The 30-minute Back Neck & Shoulder Massage enhances feeling of relaxation and contentment and relieves pain from headaches and back pain

Polished inside & out

Daisy Haye Leek, Ball Haye Road,
ST13 6AU

Thursday 13th March
11.00am

POLISHED
INSIDE & OUT


LOTUS BLOSSOM
Holistic & Beauty Therapies



Burton upon Trent/East Staffordshire

Carers can select from:

- A relaxing back massage or
- A reflexology session

These lovely relaxing treatments can be provided in Burton and surrounding areas.

Cannock Chase

Enjoy a relaxing 30-minute aromatherapy back massage.

The Chase Golf and Country Club,

Pottal Pool Rd, Staffordshire,
ST19 5RN

Carer Project Grant Scheme

You may not be aware that we have a Carer Project Grant Scheme. We can offer advice and funding to support individuals and groups who have identified a gap in service for Staffordshire carers but need a little help getting their idea off the ground. Applications will be welcomed three times per year and are reviewed by a panel of registered carers. We have funded all kinds of projects in the last two years, from Carers Knit and natter groups, equine therapy, craft sessions, dementia well-being to carers breaks! If you have a great idea for a project that will support local carers but need some advice or funding to get your idea off the ground, we would love to hear from you!

Application deadlines are

Friday 10th January 2025

Friday 4th April 2025

Our Partners

Potteries Money Wise

Managing your money with Potteries MoneyWise Advice appointments. Staffordshire Together for Carers is funding Potteries MoneyWise to provide carers across Staffordshire with help and advice on managing their money. Potteries MoneyWise wants to help you feel more confident in managing your money and face financial challenges with the right advice.

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, during which 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 keep in touch by post as well as by phone and email.

We offer personalised advice and support on:

- Benefits, including Council Tax Support, Carers Allowance, Personal Independence Payment, Attendance Allowance, and State Pension, for example
- Energy tariffs
- Charitable grants
- Budget planning
- How to make a claim and support with forms
- Emergency household, food & fuel support
- Dealing with debt

For more information, contact Staffordshire Together for Carers Service on **0300 303 0621**. Potteries MoneyWise is part of Citizens Advice Staffordshire North and Stoke on Trent



To book any of our special events, please contact us on **0300 303 0621** or email activities@staffordshiretogetherforcarers.org.uk

Our Partners

Carers Counselling

We are pleased to be able to continue to offer counselling for carers through our new partnership with Your Emotional Support Service (YESS).

YESS are a Mental Health and Wellbeing charity supporting adults, young people and children, based in Uttoxeter, Staffordshire, and operating throughout the Midlands. They offer a variety of modalities including talking therapies, art psychotherapy, dance movement psychotherapy, and mindfulness.

'Our service of counselling for carers offers the opportunity for carers to focus on themselves. A supportive, safe and confidential space is offered to allow the client to explore and understand their thoughts, feelings, and behaviour about their situation, themselves, and the person they care for. The therapist can also help the client find their own solutions and learn new coping strategies.'

If you would like to find out more about this offer, please contact us on enquiries@staffordshiretogetherforcarers.org.uk



Useful Information



Statutory Carers Assessments are conducted by Staffordshire County Council Adult Social care.

A Carer's Assessment is designed to look specifically at you and your needs as a carer. You can choose to be assessed on your own or jointly with the person that you care for. An adult carer's assessment can take place over the telephone or face to face (for example in your own home or in another location such as a cafe) if you prefer.

It will look at the different ways in which caring affects your life and what support you might need to continue in that role. We will consider whether your needs are eligible under the Care Act, and if they are, you will be offered a support plan. There is a duty to provide personalised information and advice to meet any needs which are not eligible for funded support.

Will I have to pay?

It is Staffordshire County Council's duty to carry out an assessment of your needs, at your request, free of charge. As part of this assessment, they will assess your eligibility for support.

How do I get a Carers Assessment?

Carers of all ages can contact the County Council for a Carer's Assessment.

Adult Carers: 0300 111 8010

Referrals: firstcontactcarers@staffordshire.gov.uk

Online: Self-assessment

If the person you are looking after receives, or may need, support from social care, then you can ask to have a joint assessment of your needs.

Carefree

Take a short break from your caring role with carefreespace.org

We are delighted to be partnering with Carefree, who offer an annual one-to-two-night short break away (with breakfast) for unpaid carers. The breaks are across the UK and cost just £33 in admin fees. You can take a companion with you (but not the person you care for) allowing you to take a break from your caring role and help with your health and well-being. You must be over 18 and care for someone 30 hours a week. The break includes accommodation and breakfast, but you will be responsible for travel and any other meals, and you must provide respite for the person you care for. All bookings are made online, so you must be able to do this or have someone to help.

To access this opportunity, please speak to a Carers Information and Support Officer or contact Caz Gotham on 0300 303 0621 or email Caz.Gotham@staffordshiretogetherforcarers.org.uk who will make the referral to Carefree on your behalf.

Carefree



Useful Information



Benefits Platform: message from Staffordshire County Council

As part of our commitment to providing the best support to unpaid carers in Staffordshire and making sure you feel valued and supported and that your health and well-being is a priority, we are making our reward and recognition offer available to you. Vivup is a new benefits platform, and a one-stop shop for all the health and well-being support we offer.

The three main sections on the platform are:

- **Notice Board of key messages** and social carer-specific offers.
- **Lifestyle savings** - a range of discounts across major retailers and places to eat and drink, including Tesco, Marks & Spencer, Morrisons, Argos, Boots, Pizza Express and Costa Coffee. Plus, access to local benefits from local businesses across Staffordshire.
- **Support and well-being** - all the health and well-being support we offer, i.e., physical health, mental health, financial well-being and social well-being. This section has new information added regularly.
- **Salary Finance has a Money Insights** - Learn platform that can help you to make your money work for you. Check out the financial tips, achieve your savings goals and budget effectively. The Salary Finance Learn Platform provides videos, tools and guides to manage money better.

Sign up and start making savings and learning more about how to manage your health and well-being.

How to sign up:

You can sign up now on Vivup at <https://staffordshire.vivup.co.uk>

1. In the organisation drop down boxes, please choose Commissioned Services and Volunteers.
2. In the employee number box add your name and state you are an Unpaid Carer.
3. Use your personal email address to use Vivup at home or on the go, and get discounts sent directly to your personal email address or your mobile phone/device.



Discounts for Carers

Deals and offers that are available exclusively to carers, including discounts on everyday items, holidays and much more!

[discountsforcarers](https://discountsforcarers.com)

discountsforcarers.com

Exclusive discounts, offers and codes. Discounts for Carers is a benefit provider for carers, their families and any retired carers. From holidays to car insurance, mobile offers and lots more!



www.mobiliseonline.co.uk/discounts-for-carers

A guide to all the discounts available to unpaid carers.



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

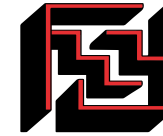
Additionally, Dementia Connect telephone support is available 7 days per week
Tel 0333 150 3456

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

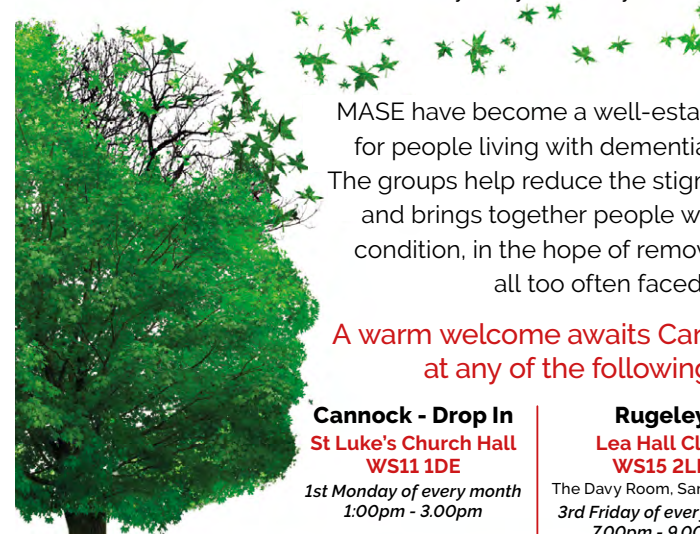
staffordshire@alzheimers.org.uk



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

The Staffordshire Charity making a difference to local people

Our 'Tree of Life' explains in simple terms what can happen when someone has Dementia. When the leaves begin to fall from a tree, they never return. In the latter stages of Dementia once early memories start to fade, sadly they too may be lost forever.



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

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
1:00pm - 3:00pm

Rugeley
Lea Hall Club
WS15 2LB
The Davy Room, Sandy Road.
3rd Friday of every month
7:00pm - 9:00pm

Haughton
Haughton Village Hall
ST18 9EZ
2nd Thursday of every month
7:00pm - 9:00pm

Monthly meetings with Fun & Laughter,
Advice & Support, Entertainment & Refreshments

For more information please call
Daphne: **07939 505455** or Michael: **07807 129722**



www.themasegroup.com

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



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 be supported.
- Sessions held at a range of venues with an Armed Forces connection such as local military museums and the National Memorial Arboretum.

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

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



01782 214999
Carers Support Group
Biddulph Town Hall
High Street
Biddulph
Staffs
ST8 6AR
10.30am-12.30pm
Thursday
9th January
Thursday
13th February
Thursday
13th March

01782 214999
Carers Support Group
The Madeley Centre
New Road
Madeley
Crewe
CW3 9DN
10.30am-12.30pm
Wednesday
8th January
Wednesday
5th February
Wednesday
5th March

01782 214999
Carers Support Group
Cheadle Cricket Club
Tean Road
Cheadle
ST10 1LX
10.30am-12.30pm
Wednesday
15th January
Wednesday
19th Feb,
Wednesday
19th March

01782 214999
Salvation Army
Salisbury Street
Leek
ST13 5EE
10.30am-12.30pm
Tuesday
14th January
Tuesday
11th February
Tuesday
11th March

01782 214999
Carers Support Group
Silverdale Cricket Club
Underwood Road
Silverdale
ST5 6QF
10.30am-12.30pm
Tuesday
21st January
Tuesday
18th February
Tuesday
18th March

01782 214999
Carers Support Group
Talke Pits Village Hall,
High Street, Talke Pits,
ST7 1QQ
10.30am-12.30pm
Tuesday
28th January
Tuesday
25th February
Tuesday
25th March

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.

Due to ill health, office contact hours are now:
Tuesday & Friday 10am – 5pm.

For more information, please contact:

John on 07843 965935

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 - 999

NHS- 111

Non-Emergency Services - 101

Action Fraud

0300 123 2040

www.actionfraud.police.uk

Age UK Staffordshire:

01785 788477

www.ageuk.org.uk/staffordshire

Alzheimer's Society

0333 150 3456

www.alzheimers.org.uk

Approach Staffordshire

01782 214999

approachstaffordshire.co.uk

Arthritis Action

020 3781 7120

www.arthritisaction.org.uk/

Catch22 - Support Services for children who have been reported missing or children at risk of exploitation

01782 237106

catch22cse@catch-22.org.uk

Changes — Health & Wellbeing

01782 413101

www.changes.org.uk

Childline

0800 1111

www.childline.org.uk

Crime Stoppers

0800 555 111

crimestoppers-uk.org

Disability Solutions West Midlands:

01782 638300

disabilitysolutions.org.uk

FGM Helpline — NSPCC:

0800 028 3550

www.nspcc.org.uk/what-is-childabuse/types-of-abuse/female-genital-mutilation-Fgm/

MIND Helpline — Mental Health Advice Line

0330 123 3393

www.mind.org.uk

National Domestic Abuse helpline

(The freephone, 24-hour National Domestic Abuse)

0808 2000 247

www.nationaldahelpline.org.uk

North Staffs Mind

01782 262100

nsmind.org.uk

Parkinson's UK — Staffordshire Branch

0808 800 0303

localsupport.parkinsons.org.uk/provider/stafford-branch

Rethink — Advice Service

0808 801 0525

www.rethink.org

Samaritans:

116 123

www.samaritans.org

Staffordshire Women's Aid

0300 330 5959

www.staffordshirewomensaid.org

Switch — LGBT Helpline

0330 330 0630

switchboard.lgbt

Victim Support

0808 1689 111

www.victimsupport.org.uk



**Young
Carers**

Newsletter



Your Feedback

Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit yourself and other carers e.g. you might like to ask us to offer some specific training or just tell us about an activity you attended and what worked and what didn't work for you. Hopefully together we can make it work! Please call **0300 303 0621** or email: enquiries@staffordshiretogetherforcarers.org.uk

Note: If you would like to read any part of this newsletter in large print please call **0300 303 0621** or email enquiries@staffordshiretogetherforcarers.org.uk to make your request.

Please note that whilst we do our best to print accurate information, times, dates, and venues may be subject to change at short notice. Please check our Facebook Group www.facebook.com/groups/1644398985765072 or call **0300 303 0621** before setting out

Welcome
to
the **16th**

Staffordshire
Together for Carers
Service Newsletter

Dear young carers and families,

Since our last newsletter we are delighted to have welcomed more young carers to our term time groups, at which friendships have blossomed, confidence has grown, and the young people really look forward to coming to see each other and the staff.

We are so pleased to have delivered some fantastic trips during October half term and Christmas including the cinema, We Care 2-day course, a multi-sports day and our big trip to The New Vic theatre to see The Three Musketeers! The children gave plenty of positive feedback and all really enjoyed having the opportunity to take part in lots of fun activities over their breaks!

If you are experiencing any difficulties, please let us know, and together we will look to find you the right support. We hope you 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.

The Young Carers team

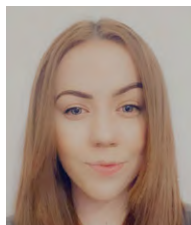
Staffordshire Together for Carers



Judith Beizsley
Family Carers
Practitioner



Georgia Parkins
Participation and
Engagement Team Leader



Katie Lloyd
Family Carers
Practitioner



Siobhan McKinney
Young Carers
Practitioner



Andrew Johnston
Young Carers
Support Worker

Get in touch

🕒 **Opening Times: Monday to Friday 9.00am to 5.00pm**

☎ **Telephone: 0300 303 0621**

✉ **Email: youngcarers@staffordshiretogetherforcarers.org.uk**

🌐 **Website: www.staffordshiretogetherforcarers.org.uk**

✉ **Address: FREEPOST Staffordshire Together for Carers Service**

📘 If you're 13+ or a parent of a young carer, join our private Facebook group for updates, info, and more: www.facebook.com/groups/759879348001578.

📷 Follow us on Instagram for updates, advice, and support for young carers 14+: www.instagram.com/st4cyoungcarers.

What we do

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

Young Carers Assessments

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. With your consent, they will have then referred you to us and sent us your carers assessment so we can offer you the best support possible. Within three days of receiving your referral, one of our team will contact you and your family to explain about our service and how we can support you. They will also invite you to join in the activities listed in this newsletter.

What if I haven't had an assessment?

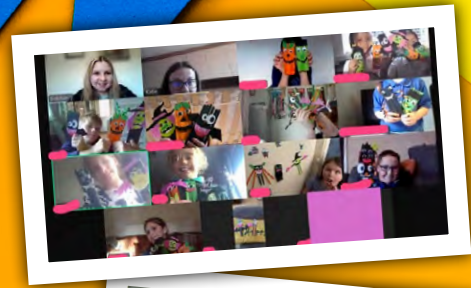
We can support you to access a statutory carers assessment if you haven't already done so by referring you to Staffordshire County Council or supporting you to make contact directly.

If you would like to speak to somebody at the Council about statutory assessments for young carers, please contact: **01785 278444** or email: firstcontactcarers@staffordshire.gov.uk

What we've been up to



Acted



Crafted



Made marshmallow towers



Got sporty

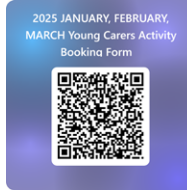


Drew pictures with friends

Activities and Groups for Young Carers

Welcome to our Activity Pages!

Here you will find after-school activities, school holiday activities, parent and young carer events and our Zoom sessions. To book any of our activities, please [use this link](#) to our booking form or scan the QR code to complete the short form.



Please note that on our holiday activities, places are limited therefore a member of the team will confirm places via message.

Zoom activities

Our zoom sessions run on the 3rd Thursday of the month in term time. These sessions are ideal for young carers aged 5+ years to get involved in activities with other young carers from home. Please use the same booking form link above and a Zoom link will be sent to you. A pack of resources will be given/sent out ahead of the session.

Thursday 16th January, Thursday 27th February, Thursday 20th March.

PRIMARY AGED: 4.15pm-5.00pm

SECONDARY AGED 5.00pm-5.45pm



Holiday Activities

FLIP OUT TRAMPOLINE PARK

**Wednesday
19th February 2025**

Aged 6-12:

11.00am

Aged 12+:

1.00pm

Opal Way Stone Business Park,
Opal Way, Stone, ST15 0SS

JUMP XTREME

**Tuesday
18th February 2025**

Aged 6-12:

11.00am

Aged 12+:

1.00pm

Brent House, Brent, Wilneote,
Tamworth, B77 5DF



ACTIVITY DAY

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

**Thursday
20th February 2025**

Aged 6-14 years

10.30am-3.30pm

New Vic Theatre, Etruria Road,
Newcastle Under Lyme, ST5 0JG

After school activities

We provide a wide variety of activities for young carers aged 6 to 17, with hopefully something to suit everybody. From team games, multi-sports, and music, to cooking and crafts! All our activities are young carer-led, which means young carers will contribute to activity ideas and plan future sessions. We ask young carers to 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, and then take part in a variety of activities. Young carers in these sessions can split into smaller age groups and contribute to planning the next session and choose from a wide variety of activities, including sports, crafts, arts and cooking!



Every second Monday of the month in term time

**Monday 13th January, Monday 10th February, Monday 10th March.
4.30pm-6.30pm**

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

Cannock Chase NEW AGE GROUPS

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



AGED 6-12

AGED 12+

**Wednesday 15th January, Wednesday
26th February, Wednesday 19th
March 4.30pm-6.30pm**

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

**Wednesday 5th February,
Wednesday 5th March.
(no session in January) 4.30pm-6.30pm**

Rugeley Community Centre, Burnthill Ln,
Rugeley WS15 2HX

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 planning the next session and choose from a wide variety of sports in these active sessions!

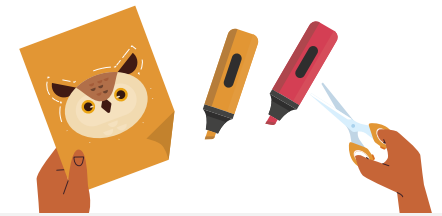


**Wednesday 8th January, Wednesday 12th February, Wednesday 19th March
5.15pm-6.45pm**

King Edwards Sports Centre, Kings Hill Road, WS14 9DE

Newcastle under Lyme

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



Every third Tuesday of the month in term time

Tuesday 21st January, Tuesday 18th March (no session in February)

PRIMARY AGED: 4.30pm-6.00pm

SECONDARY AGED 6.00pm-7.30pm

New Vic Theatre, Etruria Road, Newcastle Under Lyme, 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 in term time

Tuesday 14th January, Tuesday 11th February, Tuesday 11th March

PRIMARY AGED: 4.30pm-6.00pm

SECONDARY AGED 6.00pm-7.30pm

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

Staffordshire Moorlands

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 planning the next session and choose from a wide variety of sports in these active sessions!



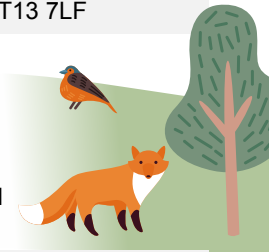
Last Tuesday of the month in term time

Tuesday 28th January, Tuesday 25th February, Tuesday 25th March. 4.30pm-6.30pm

Cheddleton Community Centre Hollow Ln, Cheddleton, Leek ST13 7LF

South Staffordshire

Take part in arts and craft, woodland adventure and animal care in our new young carers group in South Staffordshire based in Baggeridge Country Park. The Breathing Space Hub has lots of outdoor space to explore, animals to interact with, and an indoor cabin for games, crafts and snacks! Young carers will plan future sessions and shape this new group!



Every third Monday of the month in term time

**Monday 20th January, Monday 17th March (no session in February)
4.30pm-6.30pm**

Breathing Space Hub, Baggeridge Country Park, Gospel End Road, Sedgley,
West Midlands, DY3 4HB

May take place at Breathing space Farm in Trysull, confirmation sent prior to session



Young Carers Wellbeing

We know that caring can affect a young person's wellbeing. That's why we, at Staffordshire Together for Carers offer a range of different types of activities for young carers to help them manage their well-being positively.

Counselling

We work with partners to offer up to 10 counselling sessions for young carers across Staffordshire. This can take place face-to-face or online and provide young carers with a confidential space to talk with a qualified professional about their caring experiences and the struggles they are facing.



Changes

We work with Changes, who offer young carers wellbeing support through one-to-one support and group wellbeing workshops.



If you would like to find out more about accessing any of the above wellbeing support, please get in touch.



YOUNG CARERS ACTION DAY 2025

This [#YoungCarersActionDay](#) join us in raising awareness of young carers, how amazing they are, the challenges they face and the support they need!

THE THEME FOR THIS YEAR IS

GIVE ME A BREAK

YOU COULD

- Send us why you think young carers need a break, this could be a short video, a poem, a picture whatever you like, and we will share your creations!
- Tell your school about the support they can access to help them support young carers! (ask us for more details)
- Give us your ideas of what else we could do to help young carers have a break!
- Keen an eye on our Facebook page and group for more details



Your Feedback

Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit yourself and other carers e.g. you might like to ask us to offer some specific training or just tell us about an activity you attended and what worked and what didn't work for you. Hopefully together we can make it work! Please call **0300 303 0621** or email: enquiries@staffordshiretogetherforcarers.org.uk

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