

Autum/Winter Edition 2024



Staffordshire  
Together for Carers  
Service

# Newsletter



Welcome  
to the

**15<sup>th</sup>**

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 15<sup>th</sup> Staffordshire Together for Carers Service newsletter

As we come out of and reflect on the Summer, we hope that you have managed to enjoy some sunshine amongst the rain. It has been lovely to see you at some of our special events including walk and talks, carers brunch/breakfasts as well as at our regular Coffee and Chat sessions where we have piloted some new training/workshops for carers. These have included Legacy Fortress workshop delivered by Silvertime Legal, and our Emotional Wellbeing workshop delivered by Toolbox.

We have also welcomed this Summer a new member of staff Georgia, as our Participation and Engagement Team Leader, who will oversee all our activities and engagement including training. She looks forward to continuing to meet adult and young carers at events and activities and increasing carers awareness through delivering training.

This newsletter, which culminates in the festive period, contains information about activities we have programmed for carers, including a trip to Chillington Hall, Carers Breakfast and theatre trip. We have also programmed further workshops in Coffee and Chat sessions on rotation around the county

including new wellbeing workshops delivered by our new Carers Wellbeing Coach, as part of our partnership with Changes.

As always, if there is anything you have wanted to try, have enjoyed an event that we have put on in the past, or have any suggestions or innovative ideas that would help improve our services, we would love to hear from you. Our service is centred around YOU, so please do reach out and tell us what you'd like to see.

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 7 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](mailto:enquiries@staffordshiretogetherforcarers.org.uk)**
- ✉ **Activity Booking: [activities@staffordshiretogetherforcarers.org.uk](mailto:activities@staffordshiretogetherforcarers.org.uk)**
- 🌐 **Website: [www.staffordshiretogetherforcarers.org.uk](http://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.

## Meet the Team



**Cathryn Rayner**  
Service Manager



**Jane Carpenter**  
Team Leader



**Georgia Parkins**  
Participation and Engagement Team Leader



**Caz Gotham**  
Community Development & Partnership Officer



**Lisa Burrows**  
Carers Information and Support Officer



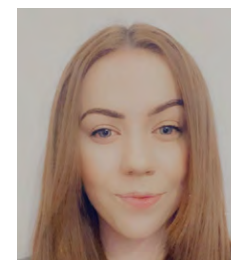
**Michelle Hough**  
Carers Information and Support Officer



**Leanne Pentelow**  
Carers Information and Support Officer



**Judith Beizsley**  
Family Carers Practitioner



**Katie Lloyd**  
Family Carers Practitioner



**Siobhan McKinney**  
Young Carers Practitioner



**Andrew Johnston**  
Young Carers Support Worker

## 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
- A 24/7 volunteer Carers Help and Talk (CHAT) Line
- Volunteering opportunities as 'Friends of Staffordshire Together for Carers', including volunteering for the CHAT Line



**Staffordshire  
Together for Carers  
Service**

## 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 knows 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 your cared-for person, their needs are documented, and the people identified as replacement caregivers 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 [www.facebook.com/ST4CS](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 [www.facebook.com/groups/1644398985765072](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](mailto: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](mailto:volunteering@n-compass.org.uk)**



Carers Coproduction

## Carers Forum

Our Carers Forum met in July 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](mailto: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](mailto:cathryn.rayner@staffordshiretogetherforcarers.org.uk)**



## Activities and Events

Welcome to our latest carers' activities programme. We have a varied programme of events running from October to December, 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](mailto: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 15th October**  
1.30am-3.30pm

### Wolseley Bridge Visitors Centre

Wolseley Bridge  
ST17 0WT

**Tuesday 19th November**  
1.00pm-3.00pm

### National Arboretum

Croxall Road Alrewas  
Burton-upon Trent,  
DE13 7AR

**Thursday 12th December**  
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](mailto: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 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 10 and 11 for information regarding training and speakers.

**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](mailto:activities@staffordshiretogetherforcarers.org.uk)**



## Coffee & Chats Calendar

Tamworth	East Staffs	East Staffs	Newcastle under Lyme	Cannock Chase
St Peters Church & Community Centre Hawksworth Silver Link Road Tamworth District B77 2HH	WILFRED HOUSE CENTRE 37 Carter St Uttoxeter ST14 8EY	Red Lion Community Centre 233 Horninglow Rd N Burton-on-Trent DE13 0ST	Bradwell Community Education Centre Riceyman Road Newcastle-under-Lyme ST5 8LF	Pye Green Community Centre Meeting Room 1 Bradbury Lane Hednesford WS12 4EP
<b>10.00am-12.00pm</b>	<b>10.00am-12.00pm</b>	<b>10.00am-12.00pm</b>	<b>10.00am-12.00pm</b>	<b>10.00am-12.00pm</b>
Wednesday 9th October	Tuesday 15th October (Changes wellbeing session at 11am)	Friday 25th October	Thursday 31st October 2024 (Silvertime Legal Talk 11am)	Tuesday 29th October
Wednesday 13th November	Tuesday 19th November (First Aid at 11am)	Friday 29th November (Toolbox Wellbeing workshop 11am)	Thursday 28th November 2024 (Loan Shark Talk - 11am)	Tuesday 26th November (Wreath making workshop 11.00am)
Wednesday 11th December (Wreath making workshop 11am)	Tuesday 10th December	Friday 13th December	Thursday 19th December 2024	Tuesday 17th of December
2nd Wednesday of the month	3rd Tuesday of the month	Last Friday of the month	Last Thursday of the month	Last Tuesday of the month

Staffs Moorlands	Staffs Moorlands	Stafford	South Staffs	Lichfield
Daisy Hays Retirement Village Ball Hays Road Leek ST13 6AU	Cheadle Fire Station Ashbourne Road Cheadle, Staffordshire ST10 1HF	Cup a Cha 4-5 North Walls Stafford ST16 3AD	Trinity Methodist Church, Histons Hill Codsall Wolverhampton W. Midlands WV8 2ER	Lichfield Garrick Theatre Castle Dyke Lichfield WS13 6HR
<b>10.00am-12.00pm</b>	<b>10.00am-12.00pm</b>	<b>10.00am-12.00pm</b>	<b>10.00am-12.00pm</b>	<b>10.00am-12.00pm</b>
Wednesday 9th October	Tuesday 1st October	Tuesday 1st October	Wednesday 2nd October (Toolbox Wellbeing Workshop 11am)	Tuesday 1st October
Wednesday 13th November (Changes wellbeing session at 11am)	Tuesday 5th November (Changes wellbeing session at 11am)	Tuesday 5th November	Wednesday 6th November	Tuesday 5th November
Wednesday 11th December	Tuesday 3rd December (First Aid 11am)	Tuesday 3rd December (Changes wellbeing session at 11am)	Wednesday 4th december	Tuesday 3rd December (Loan Shark Talk - 11.00am)
2nd Wednesday of the Month	1st Tuesday of the month	1st Tuesday of the month	1st Wednesday of the month	1st Tuesday of the month

# Training for Carers

## Look after your emotional wellbeing workshops with STAFFORDSHIRE NETWORK FOR MENTAL HEALTH

Join us in the second half of some of our coffee and chat sessions to explore wellbeing including:

- Identify your signs and triggers around worry and stress.
- How to build a strong emotional health plan.
- Help you promote your strengths and weaknesses.
- Help to identify and fill gaps around support.



Please find the workshops being held below:

### Trinity Methodist Church

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

**Wednesday 2nd October**  
**11.00am-12.30pm**

### Red Lion House Community Centre

233 Horninglow Road N,  
Burton On Trent DE13 0ST

**Friday 29th November**  
**11.00am-12.30pm**

## Changes

Drop in to these Coffee and Chat sessions to meet Fiona, our new 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.



### East Staffs WILFRED HOUSE CENTRE

37 Carter St, Uttoxeter, ST14 8EY

**Tuesday 15th October**  
**11.00am-12.30pm**

### Staffs Moorlands Daisy Haye Retirement Village

Ball Haye Road, Leek, ST13 6AU

**Wednesday 13th November**  
**11.00am-12.30pm**

### Staffs Moorlands Cheadle Fire Station

Ashbourne Road, Cheadle, Staffordshire,  
ST10 1HF

**Tuesday 5th November**  
**11.00am-12.30pm**

### Stafford Cup a Cha

4-5 North Walls, Stafford, ST16 3AD

**Tuesday 3rd December**  
**11.00am-12.30pm**

## Loan Sharks

Stop Loan Sharks investigates and prosecutes illegal money lenders and provides support for borrowers in the UK. During this workshop, within our coffee and chat sessions, you can expect to gain advice and guidance on the recognising what and who a loan shark is, how to protect yourself against loan sharks, and what to do if you have been approached or affected by loan sharks.

### Bradwell Community Education Centre

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

**Thursday 28th November 2024**  
**11.00am-12.30pm**

### Lichfield Garrick Theatre

Castle Dyke, Lichfield, WS13 6HR

**Tuesday 3rd December**  
**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:

### Wilfred House Centre

37 Carter St, Uttoxeter, ST14 8EY

**Tuesday 19th November**  
**11.00am- 12.30pm**

### Cheadle Fire Station

Ashbourne Road, Cheadle, ST10 1HF

**Tuesday 3rd December**  
**11.00am- 12.30pm**

## Legacy Fortress for Generations

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

### Bradwell Community Education Centre

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

**Thursday 31st October 2024**  
**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](mailto:activities@staffordshiretogetherforcarers.org.uk)

## Zoom 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, simply click the links on each meeting to join, or type in the Meeting ID and passcode. **Some sessions may be subject to change and any changes will be communicated via email.**

### 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*



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**Zoom Link** <https://us02web.zoom.us/j/83825351303?pwd=QXBobWxaUzdITm5ZejB-WbVhHdDFNZz09>

**Meeting ID** 838 2535 1303 **Password** 838 2535 1303

#### 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*



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**Zoom Link** <https://us02web.zoom.us/j/89264970582?pwd=YmxxtN29MRkxYUUt5RD-Mrcnp1Ky82Zz09dDFNZz09>

**Meeting ID** 838 2535 1303 **Password** 733641



#### 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*



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**Zoom Link** <https://us02web.zoom.us/j/85925413166>

**Meeting ID** 859 2541 3166 **Password** 466376

#### Carers Wellbeing Peer Support Drop in

Every Friday 10.00am-11.00am

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



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**To access** Visit [forms.office.com/e/zt7TbeBB8E](https://forms.office.com/e/zt7TbeBB8E) or email [activities@staffordshiretogetherforcarers.org.uk](mailto:activities@staffordshiretogetherforcarers.org.uk) and complete this short booking form and access the Zoom Link

## Zoom Activities for Adult Carers

### Monthly Sessions

#### Mental Health 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 by one of our Carers Information and Support Officers.

**Zoom Link** <https://us06web.zoom.us/j/83687555756?pwd=ejdX-Q0xnK0lzbUIZM05PT3VjdYtYdz09>

**Meeting ID** 836 8755 5756

**Password** 949388



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#### 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



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## 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.

### Christmas Wreath making

Join us for a festive workshop making your own wreath to display, in the second half of Coffee and Chat sessions. Carers are welcome to join to the wreath workshop only at 11am or come along at 10am for a coffee and chat first!

#### St Peters Church & Community Centre

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

**Wednesday 11th December**  
11.00am-12.30pm

#### Pye Green Community Centre

Meeting Room 1, Bradbury Lane,  
Hednesford, WS12 4EP

**Tuesday 26th November**  
11.00am-12.30pm





## It's A Wonderful Life (Live)

Join us for a trip to the theatre to see *It's a Wonderful Life*, exploring how the movie journeyed from Hollywood failure to feel-good, festive film success in this new theatrical adaptation. Based on the original screenplay by Frank Capra and source material "The Greatest Gift" by Philip Van Doren.

Expect a tickling of the funny bones and a tugging of the heartstrings in this new Christmas production.

### Stafford Gatehouse Theatre

Stafford

Friday 22nd November  
2.30pm



## Carers Breakfast

Join us for breakfast and a catch up!

### Happy Jacks

75 Market St, Hednesford,  
Cannock, WS12 1AD

Friday 8th November  
10.00am



## Chillington Hall

Join us for a tour of Chillington Hall House and Grounds with refreshments

### Chillington Hall

Port Lane, Brewood,  
Wolverhampton, WV8 1RE

Thursday 17th October  
11.00am



## 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 Knatter 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 4th October 2024

Friday 10th January 2025



## Horse Care Workshop

Young Carer enjoyed a horse care workshop in July funded by a carers project grant.

## BOOK NOOK WORKSHOP

Friday 6th December 10am-1pm

Room with a View, The Deer Park

A book nook is a small, diorama-like scene designed to fit between books on a shelf. These miniature worlds often depict detailed, imaginative scenes such as forests, magical settings, or even a shed, creating the illusion of a hidden world within the bookshelf. They are crafted to add an element of surprise and an artistic charm to a book collection.

To book, please email: [rachel@nannybeans.co.uk](mailto:rachel@nannybeans.co.uk)  
or telephone 07598791492

This workshop is for carers, funded by a grant from:



Staffordshire  
Together for Carers  
Service



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

## Our Partners

### Potteries Money Wise



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



## 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](mailto:enquiries@staffordshiretogetherforcarers.org.uk)



### Carefree

Take a short break from your caring role with [carefreespace.org](http://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](mailto: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.

You can sign up now on Vivup at [staffordshire.vivup.co.uk](http://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

[discountsforcarers.com](http://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](http://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

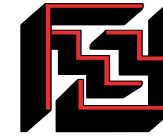
Additionally, Dementia Connect telephone support is available 7 days per week  
Tel 0333 150 3456

Online support is available through our website [alzheimers.org.uk](http://alzheimers.org.uk) as well as our online community Talking Point

Here for everyone affected by dementia  
[alzheimers.org.uk](http://alzheimers.org.uk)

Get in touch today

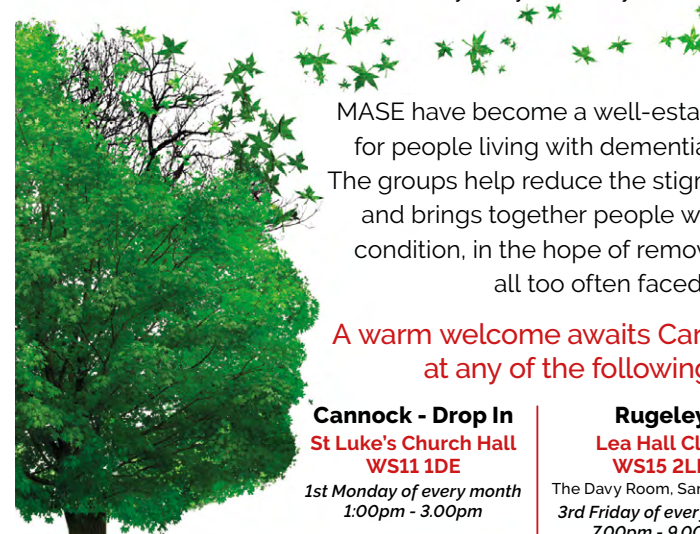
[staffordshire@alzheimers.org.uk](mailto:staffordshire@alzheimers.org.uk)



Monthly Alzheimer's Support Evenings

## 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](http://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.**

01782 214999  
 Carers Support Group  
 St Paul's Church  
 131 Longton Hall Road  
 Stoke on Trent  
 ST3 2EL  
 10.30am-12.30pm  
 Tuesday  
 1st October 2024  
 Tuesday  
 5th November 2024  
 Tuesday  
 3rd December 2024

01782 214999  
 Carers Support Group  
 The Madeley Centre  
 New Road  
 Madeley  
 Crewe  
 CW3 9DN  
 10.30am-12.30pm  
 Wednesday  
 2nd October 2024  
 Wednesday  
 6th November 2024  
 Wednesday  
 4th December 2024

01782 214999  
 Carers Support Group  
 Burslem Cricket Club  
 Greyhound Way  
 Festival Heights  
 ST6 3LQ  
 10.30am-12.30pm  
 Thursday  
 3rd October 2024  
 Thursday  
 7th November 2024  
 Thursday  
 5th December 2024



**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](https://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](mailto:networkforcarers@britishlegion.org.uk)



# 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](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](http://www.actionfraud.police.uk)

Age UK Staffordshire:  
01785 788477  
[www.ageuk.org.uk/staffordshire](http://www.ageuk.org.uk/staffordshire)

Alzheimer's Society  
0333 150 3456  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Approach Staffordshire  
01782 214999  
[approachstaffordshire.co.uk](http://approachstaffordshire.co.uk)

Arthritis Action  
020 3781 7120  
[www.arthritisaction.org.uk/](http://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](mailto:catch22cse@catch-22.org.uk)

Changes — Health & Wellbeing  
01782 413101  
[www.changes.org.uk](http://www.changes.org.uk)

Childline  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

Crime Stoppers  
0800 555 111  
[crimestoppers-uk.org](http://crimestoppers-uk.org)

Disability Solutions West Midlands:  
01782 638300  
[disabilitysolutions.org.uk](http://disabilitysolutions.org.uk)

### FGM Helpline — NSPCC:

0800 028 3550  
[www.nspcc.org.uk/what-is-childabuse/types-of-abuse/female-genital-mutilation-Fgm/](http://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](http://www.mind.org.uk)

National Domestic Abuse helpline  
(The freephone, 24-hour National Domestic Abuse)  
0808 2000 247  
[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

North Staffs Mind  
01782 262100  
[nsmind.org.uk](http://nsmind.org.uk)

Parkinson's UK — Staffordshire Branch  
0808 800 0303  
[localsupport.parkinsons.org.uk/provider/stafford-branch](http://localsupport.parkinsons.org.uk/provider/stafford-branch)

Rethink — Advice Service  
0808 801 0525  
[www.rethink.org](http://www.rethink.org)

Samaritans:  
116 123  
[www.samaritans.org](http://www.samaritans.org)

Staffordshire Women's Aid  
0300 330 5959  
[www.staffordshirewomensaid.org](http://www.staffordshirewomensaid.org)

Switch — LGBT Helpline  
0330 330 0630  
[switchboard.lgbt](http://switchboard.lgbt)

Victim Support  
0808 1689 111  
[www.victimsupport.org.uk](http://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](mailto: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](mailto: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](https://www.facebook.com/groups/1644398985765072) or call **0300 303 0621** before setting out

Welcome  
to  
the **15<sup>th</sup>**

Staffordshire  
Together for Carers  
Service Newsletter

## Dear young carers and families,

Since our last newsletter we have had a fantastic start to our new groups in South Staffordshire and Staffordshire Moorlands where the young people have accessed some great sessions including animal therapy, crafts and multisports. Our new 12+ Rugeley group is also off to a great start, young carers have been able to utilise the inside and outside space, having played some sport along with plenty of craft activities and peer support.

We are so pleased to see so many young carers attend some fantastic trips and activities this summer. They included two cinema trips, a tour of the Wolverhampton Wanderers ground as well as Stoke City FC, and for our animal lovers we held a trip to Rodbaston

animal zone as well as Monkey Forest. For all the tech enthusiasts there was a three-day animation workshop where the children showcased their creations at the end. We are so happy that all the children had such a brilliant time and are looking forward to the many exciting things we have coming in the next few months, we hope to see you there!

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.

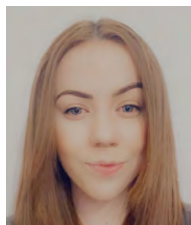
**The Young Carers team**  
**Staffordshire Together for Carers**



**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](mailto:youngcarers@staffordshiretogetherforcarers.org.uk)**

🌐 **Website: [www.staffordshiretogetherforcarers.org.uk](http://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](https://www.facebook.com/groups/759879348001578).**

📷 **Follow us on Instagram for updates, advice, and support for young carers 14+: [www.instagram.com/st4cyoungcarers](https://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](http://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](mailto:firstcontactcarers@staffordshire.gov.uk)**

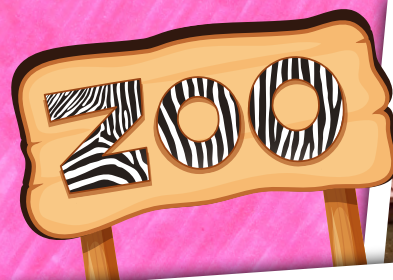


# What we've been up to



Looked after the goats

Went to Wolverhampton Wanderers ground!



Went to the zoo



Watched films at the cinema



Toured the Stoke City stadium



Played new sports!



## 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 [linked on page 6 to sign up](#) and a Zoom link will be sent to you. A pack of resources will be given/sent out ahead of the session.

Thursday 17th October, Thursday 21st November Thursday 19th December

PRIMARY AGED: 4.15pm-5.00pm

SECONDARY AGED 5.00pm-5.45pm



## Holiday Activities

### Activity day

Join us for a multi-sports activity day with ASM



Aged 6-16

**Tuesday 29th October  
10.30am-3.30pm**

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

### We Care

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

This will all be delivered in a 2-day holiday project and the course will be delivered through fun activities and interspersed with games.

Aged 8-12

**Wednesday 30th & Thursday 31st October**

Holmcroft Youth and Community Centre, Stafford

### Cinema trip

Join us with 13+ young carers for a trip to the cinema. If you are interested in attending, please select this on the booking form and we will let you know the confirmed day and time.

**Tuesday 29th October OR Wednesday 30th October  
(Film availability and times dependant)**

Odeon Cinema Tamworth



## 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 14th October, Monday 11th November, Monday 9th December  
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**

**Wednesday 16th October,  
Wednesday 27th November. (no session  
in December) 4.30pm-6.30pm**

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

**AGED 12+**

**Wednesday 2nd October,  
Wednesday 6th November, Wednesday  
4th December. 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 9th October, Wednesday 13th November Wednesday 18th December  
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 15th October, Tuesday 19th November. (no session in December)**

**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!



**Thursday 1st October, Tuesday 12th November, Tuesday 10th December.**

**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 **NEW GROUP**

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*

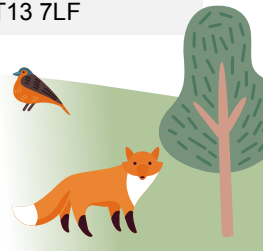
**Tuesday 26th November**

**4.30pm-6.30pm**

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

### South Staffordshire **NEW GROUP**

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 second Monday of the month in term time*

**Monday 21st October, Monday 18th November Monday 16th December.  
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

# CHRISTMAS THEATRE TRIPS

Young carers are invited to attend one of these special events, either with a parent enjoying quality time together, or without a parent to have fun with other young carers!

## The Three Musketeers

**NEW VIC**

Join us for a story about friendship, courage and doing what is right, The Three Musketeers is one of the greatest adventure stories ever told! Brought to life in the New Vic's spectacular style, this show will be filled with fast-paced action, swashbuckling adventure, music and lots of fun. A perfect festive treat for all ages!

**Monday 23rd December 2.15pm**

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

Age  
5+

## Jack and The Beanstalk

LICHFIELD  
**GARRICK**  
THEATRE & STUDIO

With stunning sets, hilarious comedy, audience participation and breath-taking special effects, Jack and the Beanstalk promises to be our funniest and most spectacular pantomime ever! This fun-filled extravaganza is guaranteed to delight all ages.

**Friday 3rd January 2.00pm**

Lichfield Garric Theatre, Castle Dyke, Lichfield WS13 6HR

Age  
5+



## 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.



## Your Feedback

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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](mailto:enquiries@staffordshiretogetherforcarers.org.uk)

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