

Take part in our Carers Rights Day exhibition

Carers, can you tell us your caring life story or send a piece of artwork, video or something else creative to help us make Carers Rights Day in November extra special?

We want to make up lost time after having to cancel so many events this year, so we have thought of one way we can celebrate carers while being coronavirus-proof – an exhibition.

Plans will be firmed up nearer the date – 26 November – but the exhibition would be moved online if meeting in person is still not possible. For the exhibition, we want you to tell us what being a carer, and everything it brings with it, means to you.

Maybe you could write a poem, submit a photograph, write a diary for a week, create a craft, bake a cake and take a photo, or take a photo of you doing your favourite hobby? You might even create something while at a Carers' Resource group, or with support from one of our members of staff.

Nothing is off limits, but all we ask is that you send us a little bit of information about your caring situation, your age, and where you're from, so people looking at your work can find out a bit about you. We'd love for you to include your name and a photo of yourself too, but if you would rather be anonymous that's fine.

Chief executive Chris Whiley says: "We're excited

about this project. Our main aim is to have a physical exhibition to invite carers and professionals along to on Carers Rights Day. We would also put all the stories and submissions on our website.

"But we cannot know the lie of the land regarding coronavirus in

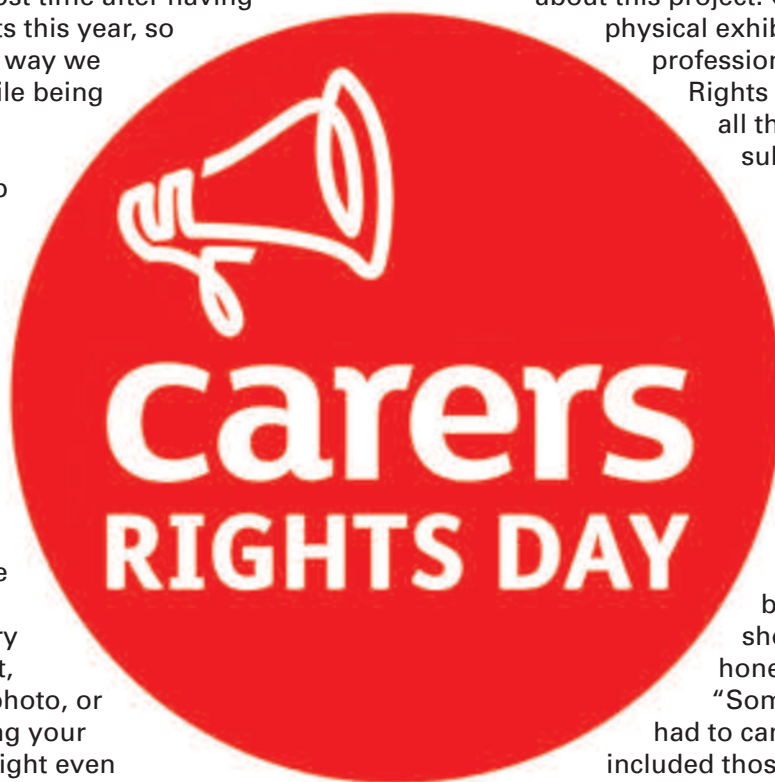
November, so if we can't pull off something that involves meeting up as normal, our back-up plan is to put everything online.

Either way, we know it will be powerful and fantastic at raising awareness of carers – because it will be carers showing their lives in an honest and creative way.

"Some of the events we've had to cancel this year have

included those to celebrate our 25th anniversary year, so if carers wanted to let us know as part of their submissions what Carers' Resource has done for them, or how we have had a positive impact on their lives, we'd really value that feedback too."

To submit your entry to the Carers Rights Day exhibition, email it to choices@carersresource.org send it in the post to Carers Rights Day exhibition, Carers' Resource, 15 Park View Court, St Paul's Road, Shipley, BD18 3DZ, or give it to a staff member. Please get it to us by 31 October.



Look after yourself to look after others, Pages 4-5

Looking back on 25 years of Carers' Resource, Pages 6-7

Stuart's top ten tips for carers, Page 12

Hundreds join online

More than 250 carers joined in our online events to celebrate national Carers Week in June.



Locality workers Kay, left, and Sarah delivered flowers to carers

Upwards of 200 of the participants were adults while 50 were young carers aged under 18. We were determined to celebrate the annual week-long celebration despite the challenges of not being able to host face-to-face events and awareness-raising activities.

Chief executive officer Chris Whiley says: "We had 22 events on YouTube, Facebook and Google Meet ranging from mindfulness to dancing and a quiz, and our young carers took part in virtual escape rooms and bingo. The feedback we have received has been incredibly positive.

"We were conscious though that not everyone is online, so we worked hard to create offline activities too. We asked people to raise their favourite drink wherever they were at the start of Carers Week to honour carers for our #RaiseAGlass campaign, and we sent out craft packs to 20 people in Harrogate who couldn't join an online session.

"We also delivered more than 100 bunches of flowers plus cakes and plants to adult carers in Bradford and Craven districts, and 33 recipe packs to young carers for a Bake Off competition, judged by Bradford Council."

A carer from Bingley who works full time from home and cares for people in their household who have autism, ADHD and multiple sclerosis says: "A lovely lady knocked on my door with a beautiful bunch of flowers and said thank you for caring, and other kind words. It was so lovely to be appreciated. I felt overwhelmed and it made me cry to think someone had



Two young carers won the Bake Off – Khia, above, with her mermaid cake and Megan, who made buns

thought of me for that kind gesture. Life can be very hard and stressful in normal times let alone this current climate, so this came at a perfect time."

We closed Carers Week on Sunday, 14 June, by posting a video of young carers thanking NHS workers. Watch the video at www.youtube.com/watch?v=51_9hOq11X8

Chris adds: "The theme of national Carers Week was Making Carers Visible and we hope we have helped to achieve this aim. Carers have been unseen and unsung more than ever during the coronavirus crisis.

"During lockdown, the extended support networks of carers have been no longer available and carers are struggling to get any sort of break from caring. Some carers are juggling work or school work with 24/7 caring. Many are also struggling financially, with one reason being that Carer's Allowance is too low and retired carers cannot even claim it.

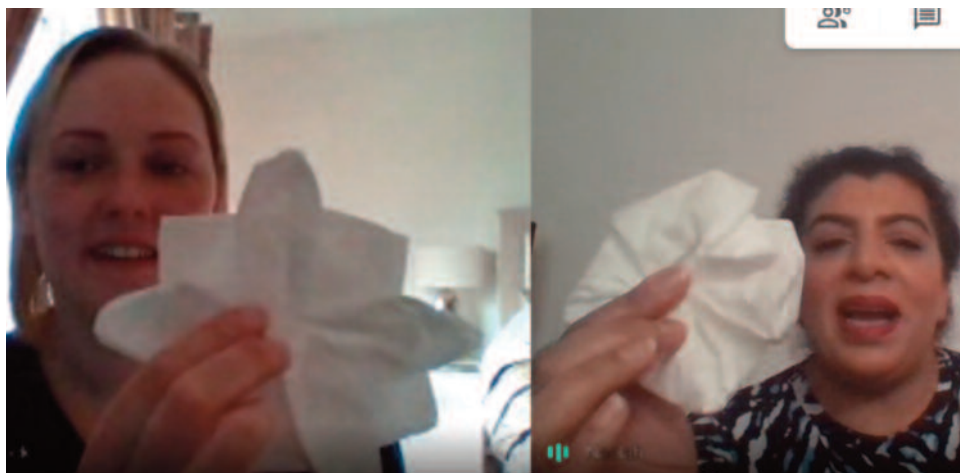
"Carers in Scotland were given a one-off payment to help them through coronavirus and six-monthly Carer's Allowance top-ups, but this is not the case in the rest of the UK. It's time carers were treated with the respect they deserve. We have written to the Government about this."



Bradford Young Carers team leader Ketisha raised a drink to carers



Young carer Imaan with a Bake Off delivery



Staff showed carers how to make a water lily from a tissue or piece of kitchen roll



A group of carers in Craven played Blockbusters on Google Meet

Carers' Resource is an independent and nationally recognised Yorkshire charity which gives tailored information and support to carers, those in need of care and support, and the professionals who work with them. Our services support people to remain independent, and have choice and control to improve their lives or situations.

Carers' Resource is a company limited by guarantee.

Reg charity number 1049278.

EDITORIAL CONTRIBUTIONS

Contributions (300 words max) are welcomed but may be edited.

The views expressed do not necessarily reflect policy of Carers' Resource. Reference to any service does not imply recommendation.

The submissions deadline for the next issue is 2 November 2020.

This is editor Caroline Firth's last edition. Email your submissions to choices@carersresource.org, or post them to the Bradford office the new editor will pick them up.

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Look after you after others

During the coronavirus crisis, 48% of adults are thought to be caring for friends or relatives – up from 11% in 2017/18, says the Office for National Statistics.

Caring can take its toll and can limit the amount of time and headspace available for carers to look after themselves. But taking care of yourself isn't selfish, it's necessary. In the same way that we can't pour from an empty cup, we can't look after others unless we look after ourselves. Mental health charity Blurt Foundation offers this advice to stay well:

KEEP BOUNDARIES

Carers often neglect their own needs but protecting your limits is vital. It's important to take annual leave from any paid work, and that you don't work outside of work time. If you're not in paid work, try to separate caring and non-caring time. If you need five minutes for a cup of tea then someone asks for something (non-urgent), you're allowed to say, "No", or, "Later", however uncomfortable it might feel at first.

PROTECT YOUR DOWNTIME

Carers tend to be empathetic, so you may find loved ones often ask you for support and advice. As a consequence, downtime is taken over by others. Protect your downtime.

DRINK ENOUGH FLUIDS

When life gets busy, it is easy to forget to drink enough, or your fluid intake can be only caffeine-based such as tea or coffee, which aren't very hydrating. Keeping a topped-up water bottle in your bag can ensure you drink enough.

EATING REGULARLY

Everything is harder to cope with when you're hungry. Carers don't have set breaks, so you may end up forgetting to eat during long, exhausting days. Writing a meal plan and batch cooking meals can help you to be organised and save portions for later. During the day, have a packed lunch and snacks in your house, car, office or bag.

GET SOME EXERCISE

For those of you who are able to exercise, it can be a great release, can encourage sleep, and can lift your mood. Try simply walking or cycling to work or the shops. Team up with a friend or family member for motivation to get out of the door.

ENJOY A HOBBY

Whether you're into pot-painting or potholing, hobbies can lift your mood, help to get you out of the house, introduce you to others with similar interests, and allow you to have a break from caring.

KNOW WHEN YOU NEED HELP

There are times when you'll need to ask for help. There is no shame in this and the earlier you seek it, the better. Burn-out occurs when you're repeatedly expecting an awful lot of yourself or feel an expectation from others that's not sustainable.

LET IT OUT

Talking can help, but that doesn't work for everyone. It can be helpful to find a few different ways of expressing stress. Try running, walking, painting, swimming, drawing, writing, singing, dancing, listening to loud music, baking, going to the gym, scribbling, gardening, throwing pillows at a wall... whatever works.

LISTEN TO YOUR BODY

Your body tells you when you're hungry, thirsty, tired, need to sit down, and when you're doing too much and need to slow down. Many of us ignore these signals – they're often not convenient. Check in with yourself and work out what your body needs so you can respond and stop burn-out.

CALM ENVIRONMENT

A tidy environment can be calming and settling. If you're stressed out by that pile of post, blown bulb, or lack

yourself to look



of clean mugs then it's an act of self-care to deal with it. And these are great practical things for which you can ask for help.

GET OUT IN NATURE

Getting fresh air is something we can forget to do each day. If you can, take the person you care for outside. Or do something as simple as walking around the block, opening a window, or sitting out in the garden.

PREPARE FOR SLEEP

When you're tired, life gets harder. But lots of us skimp on sleep to fit more tasks into our day then struggle to sleep due to thinking too much. Being a carer can also mean you are up in the night or awake for long hours. Follow sleep hygiene principles (calming routine

before bed, exercising in the day, limited caffeine and fatty foods before bed etc) to help you nod off a little more easily.

IT'S GOOD TO TALK

Some days might leave you feeling worn down. Having someone to talk with can help you cope. This could be a supervisor or colleagues at your workplace, a therapist, friends or a family member.

SWITCH OFF

If your caring role means you have barely any time to interact with loved ones or to see anything beyond your four walls, the internet can provide light relief and company. But if you find the internet overwhelming, unplug your gadgets and practise being still.

NEED SUPPORT?

- www.blurtitout.org is a treasure trove of mental health advice and has several free downloadable resources. Our article is an edited version but you can see the full version at <https://www.blurtitout.org/2019/06/27/care-a-caring-role/>
- If you are from Bradford or Craven districts and need urgent help with your mental health, call First Response on 01274 221 181. To talk about your mental health, call Guide-Line on 01274 594 594, 12pm to 12am every day or chat online at saferespaces.app/guideline. Young people can use both those services, or alternatively can visit Kooth.com to chat, read articles or write a journal.
- If you live in North Yorkshire, call 0800 561 0076 free and confidentially Monday to Thursday, 5pm to 8.30am, on Fridays from 4.30pm (24 hours at weekends, including bank holidays). Samaritans has a free 24-hour helpline – call 116 123 from any phone.

It's your Choices

By Carers' Resource
chief executive Chris Whitley.



The past few months have been beyond anything any of us could have imagined a year ago and, no matter what our situation, all of us have had our difficulties and challenges. In all honesty, it doesn't feel that it is over yet.

Carers' Resource prides itself on responding positively to the needs of the people we are here to help and in these peculiar times I want to urge everyone to contact us if you need a bit of support.

Whether you are feeling worried about going out or you're needing a break, or if you're struggling with a particular problem, we are here to listen. We can't work miracles but we will do our best to get you on the right road to solving your issues.

Despite the uncertainty, we are continuing to plan events and activities, and we are particularly keen to promote Carers Rights Day in November as a reminder to wider society about the contribution carers make. We're planning an exhibition to showcase carers alongside information about our history, as we're 25 this year. We hope carers will come forward and take part.

We'll know nearer the time whether it will be online or in person, but either way we know it will be powerful if carers are able to contribute. Find out more about the exhibition on page 1, and see pages 6-7 for a timeline of our history.

Chris



Looking back on 25 years of

It is our 25th anniversary year and we had loads of events planned so we could celebrate together – but, due to coronavirus, they have had to be cancelled. But one thing we can do is reminisce, so we've delved back through the Choices archive to look at the key themes we've written about since the magazine was first printed in 1995, when it was called *Carers' Concerns*...

How it all began

Carers' Resource was founded by Anne Smythe in 1995, when five employed staff worked out of a single office in North Park Road, Harrogate. We now have a 184-strong team operating a broad range of services across the Bradford, Craven and Harrogate districts overseen by chief executive Chris Whiley, who took over from Anne in 2015. Our chair of trustees is Liz Jones.

Volunteers have always been an important part of our organisation, and we now have 100+ volunteers across our services. Our first carers' group was set up in Killinghall in 1995 and our first course took place the following year, introducing carers to the benefits of aromatherapy, massage and other relaxation techniques over six sessions.



Landmarks through the years

1995 – Carers' Resource moved from Harrogate Hospital to become an independent, not-for-profit charity at North Park Road. Referrals from GPs and social workers doubled in a year. Our Carers' Time Off service was created to provide short break relief in the home by trained volunteers, for dependents of carers aged 40 years and above.

This was the year that carers' rights were recognised for the first time under the Carers (Recognition and Services) Act 1995, which came into force on 1 April, 1996.

It was also the year unemployment benefit and income support was replaced by Jobseeker's Allowance, and invalidity benefit was replaced with incapacity benefit (now Employment and Support Allowance).

1996 – Our young carers' service and specialist information service were launched.

1997 – Invalid Care Allowance was replaced with Carer's Allowance, and the weekly rate was £37.35.

1998 – Prime Minister Tony Blair announced a national strategy for carers, looking at meeting health needs and providing respite care, employment and community networks. It included £140 million in carers' grants over three years. We were invited to join the Princes Royal Trust for Carers, a network of carers' centres.

1999 – The Time Off Work: Employment Relations Act meant carers combining caring with employment were granted "the right to take reasonable time off work to deal with a whole range of caring situations".

2000 – We opened a new office in Craven, based at Skipton General Hospital. Carers' Resource received Government's first Caring About Carers award in London.

2001 – Changing Lives (now CReate) welcomed its first clients, and our Home from Hospital service began at Age Concern North Craven.

2002 – Carers saved the public purse the cost of a second NHS, at £57 billion annually, research found.

2003 – Our Craven service moved to Broughton Park after a major injection of funds from Airedale Primary Care Trust, and we launched our parent carers' scheme.

2004 – We were presented with the Queen's Award for Voluntary Service at St James's Palace.

2005 – The Carers (Equal Opportunities) Act 2004 ensured carers' own needs were considered so they could continue caring while leading a fulfilled life of their own. In the same year, MPs met for the first All-Party Parliamentary Group for carers, and the Blue Badge scheme was launched for disabled people.

2006 – A new service started, supporting young carers of siblings.

2007 – HRH The Princess Royal visited Broughton Park to attend our health seminar. In the same year, we started to give out carer emergency cards and carer



Choices and our online presence

In 1998, we had 2,000 readers of Choices, rising to 3,300 in 2002. Choices got a new look in 2013 and at our peak in early 2018 there were more than 7,000 subscribers. Legal changes in 2018 under GDPR meant our mailing list was wiped out, and we now have 4,131 subscribers.

The number of carers and professionals signed up to our electronic version by email is rising all the time, which saves us money on printing.

We launched our own website in 2003 and found our new home www.carersresource.org in 2007, before joining Facebook and Twitter in 2010. We relaunched the website in 2013, and it's currently going through another revamp.

caring for carers



2007, HRH meets guests at Broughton Park



2015, Princess Anne at Bradford office



2013, Crossroads



2016, CReate



2015, Chris and Anne



2019, young carers



1995, Harrogate office

contact cards. We receive awards for Investors in People, Matrix, and Investors in Volunteers.

2008 – Work and Pensions Select Committee visited our office in Harrogate. Read the resulting report here <https://bit.ly/3eMihuY>

2009 – The Bradford office opened, in Shipley, and we won four new contracts – first contact and emergency planning, Airedale Community Collaborative Team, Caring with Confidence, and a specialist parent carer worker in Airedale.

2010 – Princess Anne visited our new Bradford office.

2011 – Caring Sectors Oscar for director and founder Anne Smyth at the Great Yorkshire and Humber Care Awards, for her outstanding contribution to social care.

2012 – Our CReate and Home from Hospital services began in the Bradford district. This was the year Personal Independence Payment replaced Disability Living Allowance for over-16s. Personal Health Budgets were also introduced, and the Welfare Reform Act 2012 paved the way for Universal Credit.

2013 – Founder Anne Smyth received an OBE from the Queen at Buckingham Palace. Crossroads (Airedale and Bradford) joined us, meaning we could provide direct paid-for care for the first time. It became our not-for-profit regulated care service Care@ Carers' Resource.

2014 – The Care Act and Children and Families Act 2014 became law, bringing new rights for carers including a right to an assessment of their needs and the right for support if they meet eligibility criteria. It replaced special educational needs and disabilities statements for young people with an education, health and care plan. The second National Carers Strategy and action plan was created, covering 2014-2016. In the same year, we won a major new contract – the integrated carers service in the Bradford district and Craven.

2015 – Princess Anne visited the Bradford office and encouraged business leaders to recruit, train and retain carers as employees.

2016 – We won new contracts in North Yorkshire: Carers' sitting service and Carers' Time Off. CReate secured funding for a further four years and expanded into North Yorkshire.

2017 – Our Craven office moved to new premises in central Skipton and we received a Centre of Excellence award. The Worth Connecting project was launched in the Bradford district, to get people aged 55+ online. We worked with the National Development Team for Inclusion to create a national framework to support carers through their journey. Carer forums were launched in all three of the districts we serve.

2018 – Carers' Resource won the contract for Home from Hospital in North Yorkshire and Care @ Carers' Resource was a regional winner in the Regional Great British Care Awards in the Care Innovator category. This was the year the Carers Action Plan was published, but in 2020 there is still no update or replacement of the National Carers Strategy. The Department for Work and Pensions started to claw back £150 million of Carer's Allowance it overpaid to carers in error, rather than write it off as a loss.

2019 – We were granted the young carers' contract in the Bradford district, and retained the adult carers' contract. Carer navigators were introduced into hospitals in the Bradford district to support the families and friends of patients. The Blue Badge scheme was extended to include people with hidden disabilities such as autism and dementia.

2020 – All Carers' Resource services continued during the coronavirus crisis and lockdown. Unpaid carers are now thought to save the economy £132 billion a year.



25k challenge marks our 25th anniversary

Eighteen staff and supporters of Carers' Resource and their families took part in a challenge in Carers Week to complete 25k to mark our 25th anniversary year. Some chose to walk, while others ran or cycled 25k – one couple even cycled 25k a day! Thanks also must go to pupils from Skipton Academy, who baked and sold cakes during Carers Week.

So far, the Walk 25 challenge participants have raised just over £2,000. To sponsor them visit www.justgiving.com/campaign/walk25

If you want to make up your own fundraising challenge involving the numbers 2 and 5 to celebrate our anniversary year, contact fundraiser Claire Macina: 07936 368424, cmacina@carersresource.org



Clockwise from top left: Claire and Stefan Macina cycled 25k a day during Carers Week; Care@'s James Elwood and Sam Dawson walked 25k on the canal from Skipton to Shipley to raise money; Claire Gerard did 25k on a treadmill dressed as an elephant; Sally Horner ran 25k (and more!); Kathryn Leahey walked 25k with her furry friends; Craven locality team leader Vanessa Rayner walked 25k with her family

Gill's blooming marvellous idea



Thanks to Gill Marczak and all our friends on Stone Rings Close, Harrogate, who moved their annual open gardens fundraising event – which was supposed to be in early May – online.

Jon at No.9 is asking for a small donation for a virtual tour after he created a website featuring the beautiful gardens. Usually the entrance cost of £5 is combined with the takings from refreshments, plants and other stalls and donated to local charities – and we were due to be one of the recipients.

Support us and enjoy the bluebells and tulips via the link, which has a donation button. <https://jfdening.wixsite.com/stoneringsclose>



Being online has been a lifeline

Emma Clayton is the Leisure and Lifestyle Editor of the Telegraph & Argus, Bradford's daily newspaper.

Cushions plumped: Tick. 'Casually arranged' bookshelves: Tick. Vase of freshly cut flowers in view: Tick. Creating an impressive backdrop is essential to video conferencing, right?

Well, no, not really. But when I first started working from home in late March, a week before lockdown was announced, the lines between home and work quickly became blurred. Daily meetings were virtual; it felt like I'd invited all my colleagues into my kitchen and I was suddenly very aware of the wall that needs replastering, the chipped teapot behind me, and the packet of biscuits that may or may not be in view on my desk (initially my kitchen table – I've since re-located to a proper desk in the spare room).

I felt awkward, self-conscious, and not quite sure how to arrange my face. But, gradually, virtual meetings have become the norm. Like many people, I've embraced the video link as a whole new way of communicating – not just at work, but with family and

friends too. Virtual quizzes, book group meetings and Friday night get-togethers have given me some much-needed social contact and light relief during lockdown. Never before have I had so many WhatsApp groups on the go. The Eurovision one is still going...

For many carers, this technology will have been invaluable over recent months. It has enabled working carers to continue their job at home, while being with loved ones who need them, and there is respite too from the social aspect of connecting via video links.

And Carers' Resource has worked hard through this pandemic to continue providing help, advice and support to carers, online and by phone.

Of course it's no substitute for face-to-face contact, or the cherished respite that comes with meeting others physically. But, as we've heard countless times, this is an unprecedented situation and we have all found ourselves having to adapt to new ways of living, not least the way we communicate.

Over-70s have learned how to Skype, so they can read their grandchildren bedtime stories. Crafting, cookery classes, singing sessions and support groups are all part of the 'new normal' bringing people together. For carers confined to the home, these connections can be a lifeline.

'Being a carer is exhausting but at Pilates I am me for an hour'

Pilates was a lifeline for carer Christina Beaven, who went to classes twice a week to take a break from caring. Then lockdown struck.

The exercise sessions are a series of stretches that are usually done on a mat and aim to strengthen the body, and improve general fitness and wellbeing. Chris, 61, of Ripon, says: "I honestly did not realise how much Pilates meant to me until it stopped. Each session was an hour and in that hour I did not have to talk or think, all I had to do was concentrate on following instructions. Sometimes I was more successful at doing this than at other times, but that didn't matter.

"Before and after class we would chat and I was just like everybody else. I was there to do a class and get fit, I was not a carer. Being a carer can be exhausting and can

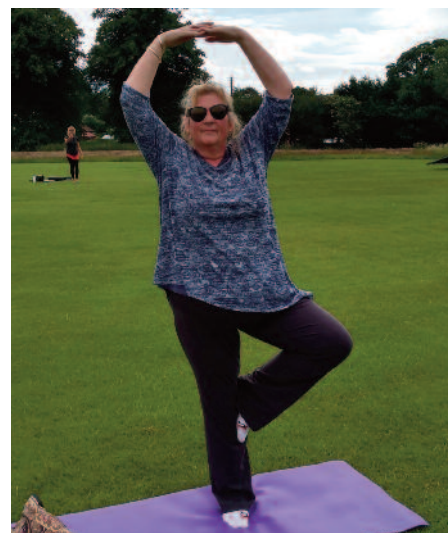
feel all encompassing but for an hour I was me."

Chris cares for her husband, who has cerebellar ataxia, which is a general term for brain degeneration and erratic movements. She adds: "When the lockdown happened I was in a bungalow with my husband for 24 hours a day, just the two of us. It was hard for both of us.

"I don't resent my duties and I carry them out the best way I know how but my husband always has to come first. I love him dearly but I am not ill and sometimes I just want to have fun."

As lockdown eased, Chris's instructor got in touch to say the Government was allowing groups of six to meet at a social distance and Pilates was going to start again in a nearby field. Chris says: "I was the first to reply: 'Yes, yes and yes again.' So, for now, I am often to be seen in a very inelegant stance with my bottom in the air."

Chris first heard about Carers' Resource after reading about us in her doctor's surgery. She had a one-to-one meeting with a locality worker and started to go to the Ripon afternoon tea group. She adds: "During the lockdown I have had many phone calls from Carers'



Resource to see if me and my husband are OK. This has been very reassuring and I feel I am not alone. It has been much appreciated."

She adds of Pilates: "I do it in the middle of a field that is sometimes wet and the weather is sometimes a little grim but I have a smile on my face because, for that hour, I am me again."

● Get in touch with us if you need help to find exercise opportunities in your area. A free way to get fit is by using the NHS Couch to 5k app that we wrote about in our March edition. More than 858,000 people downloaded it during lockdown – a 92% increase over the same period in 2019. Join the crowd at www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/



Nafees coining it in for Carers' Resource

Our resident coin enthusiast, carer navigator Nafees Nazir, is selling 25 25p coins from the Queen's 25th year (1977) to celebrate the 25th anniversary of Carers' Resource.

Nafees has been dabbling in antiques since he was a teenager and is selling the Crowns (25p coins) from his own collection. He says: "These 25p coins would make a great present for someone's 25th birthday, a 25th wedding anniversary or for anyone who was born in 1977."

His 25 1977 Crowns will be available on a first-come, first-served basis:

● 1 x sterling silver proof, limited edition boxed Crown with certificate for £25. This coin is in excellent condition.

● 2 x 22ct gold plated on sterling silver, £25 each.

● 22 x standard issue Crowns, £6.25 each. These are made of the same metal as a 5p, 10p, 20p and 50p coin and come in their original Perspex cases. These 25p coins are 40 years old, so may have some age-related blemishes. There are some minor marks on the Perspex cases.

Purchases can be made available to pick up from our Shipley, Skipton or Harrogate offices subject to prior agreement and with socially distancing measures in place. The coins can be posted Royal Mail 2nd class signed for at a cost of £2.50.

For more information, contact Nafees: 07394 569714 nnazir@carersresource.org



Carers' groups: Airedale, Bradford, Craven, Harrogate, Ripon & districts

At the time of going to press all our events are scheduled to be online. However, as rules change so may our plans, so please check with the group contact in the days before the event.

BRADFORD: Unit 15, Park View Court, St Paul's Road, Shipley, BD18 3DZ, 01274 449660.

HARROGATE: 11 North Park Road, HG1 5PD, 01423 500555.

SKIPTON: Ronaldsway House, 36 Brook Street, Skipton, BD23 1PP, 01756 700888.

ALL AREAS

Carers' catch-up and quiz

Dates: 23 Sep.

Time: 11am-noon.

Where: This virtual session is a chance to put your general knowledge to the test and pit your wits against other carers. Carers from across all our areas are welcome to attend.

Contact: Rachel Waddington, 07590 877908, rwaddington@carersresource.org

CV writing and job applications

Dates: 30 Sep.

Time: 10.30am-11.30am.

Where: This virtual session will cover: How to create a winning CV, paper and online applications, and personal statements/supporting evidence.

Contact: The CReate team, 01756 700888 or 01423 500555.

Interview preparation and next steps

Dates: 7 Oct.

Time: 10.30am-11.30am.

Where: This virtual session will cover: How and what to prepare, types of interview questions, and using the STAR (situation, task, action, result) method.

Contact: The CReate team, 01756 700888 or 01423 500555.

Job searching

Dates: 23 Sep.

Time: 10.30am-11.30am.

Where: This virtual session will cover: Discovering your skills and motivations, how do employers recruit, and how and where to search for jobs.

Contact: The CReate team, 01756 700888 or 01423 500555.

BRADFORD DISTRICT

Bradford Young Carers Club (primary school age)

Dates: Tuesdays.

Time: 4.30pm-5.15pm.

Where: Our WhatsApp virtual youth club is full of fun, chat, crafts, games and laughs.

Contact: Chris Windsor, 07761 510606, cwindsor@carersresource.org

Bradford Young Carers Club (secondary school age)

Dates: Thursdays.

Time: 6.30pm-7.15pm.

Where: Our WhatsApp virtual youth club is full of fun, chat, crafts, games and laughs.

Contact: Chris Windsor, 07761 510606, cwindsor@carersresource.org

Brew & Babble

Dates: Every other Thursday (10, 24 Sep; 8, 22 Oct; 5, 19 Nov).

Time: 11am- noon.

Where: Have a coffee and a chat using Google Meet. Bring a pen and paper along, and children are welcome too. This session is for parent carers in Bradford East, Bradford South, and Bradford West, Shipley and Keighley.

Contact: Sam Bland, 07801 577091, sbland@carersresource.org

Carer forum

Date: 22 Oct.

Time: 1.30pm-3.30pm.

Where: Google Meet. This is an opportunity for carers to meet one another and discuss the issues they face. People who come along also learn more about the services Carers' Resource offers and feed back about how we can improve.

Contact: Jan Burrows, 01274 449660, 07801 577217, jburrows@carersresource.org

Carers Connect

Dates: 25 Sep, 23 Oct, 27 Nov.

Time: 11am-12.30pm.

Where: Google Meet. Please contact Melanie to request the link.

An opportunity for carers to have a virtual get-together with speakers, a fun quiz and time to chat.

Contact: Melanie Evans, 07801 577256, mevans@carersresource.org

DLA for children

– webinar for parent carers

Date: 9 Sep.

Time: 1pm-2.30pm.

Where: This Google Meet webinar is for parent carers in the Bradford district to learn how to understand and complete forms to apply for Disability Living Allowance for under-16s. The presentation will provide a step-by-step guide to how to apply for DLA, the process, and hints and tips on how to complete a successful application.

Contact: Sam Bland, 07801 577091, sbland@carersresource.org

Special educational needs and disability (SEND)/Education Health and Care Plans (EHCPs)/ My Support Plans

– webinar for parent carers

Date: 11 Nov.

Time: 1pm-2.30pm.

Where: This Google Meet webinar is for parent carers in the Bradford district to understand your rights about EHCPs, who is involved, the processes that take place and how to ensure the voices of you and your child are heard and documented properly.

Contact: Sam Bland, 07801 577091, sbland@carersresource.org

Transitioning to Personal Independence Payment (PIP) from Disability Living Allowance/Applying for PIP – webinar for parent carers

Date: 14 Oct.

Time: 1pm-2.30pm.

Where: This Google Meet webinar is for parent carers in the Bradford district to understand the process of applying for PIP, what to expect, the role of an appointee, the differences between PIP and DLA, and answers to many frequently asked questions.

Contact: Sam Bland, 07801 577091, sbland@carersresource.org

CRAVEN DISTRICT

Carer forum

Date: 4 Sep.

Time: 10am-noon.

Where: Google Meet. This is an opportunity for carers to meet one another and discuss the issues they face. People who join us also learn more about the services Carers' Resource offers and feed back about how we can improve.

Contact: Candy Squire-Watt, 01756 700888, cswatt@carersresource.org

Craven Carers' Group

Dates: Every other Thursday (3, 17 Sep; 1, 15, 29 Oct; 12, 26 Nov).

Time: 2-3pm.

Where: This will be an informal friendly discussion via video chat, where carers living in Craven can talk about how things are going for you during lockdown, what is going well, what support you have been getting, and what special things you have been doing to keep yourself entertained. If you haven't used your computer/ laptop/ tablet or phone for online video chat, contact Helen or Debi for a one-to-one practise session so you can join the group. Contact: Helen King, 07590 877916, hking@carersresource.org or Debi Hawkins, 07522 226334, dhawkins@carersresource.org

HARROGATE DISTRICT

BUDZ (Harrogate Young Carers – primary school age)

Dates: Thursdays fortnightly during term time.

Time: 4pm-4.45pm.

Where: Our Google Meet virtual youth club is full of fun, chat, crafts, games and laughs. We are also encouraging young carers moving to Year 7 in September to get in touch for support with the transition.

Contact: Sarah Beard, sbeard@carersresource.org

Carer forum

Date: 7 Oct.

Time: 2pm-4pm.

Where: Google Meet. This is an opportunity for carers to meet one another and discuss the issues they face. People who join us also learn more about the services Carers' Resource offers and feed back about how we can improve.

Contact: Candy Squire-Watt, 01756 700888, cswatt@carersresource.org

uTime (Harrogate Young Carers – secondary school age)

Dates: Thursdays fortnightly during term time.

Time: 5.30pm-6.30pm.

Where: Our Google Meet virtual youth club is full of fun, chat, crafts, games and laughs. We are also encouraging young carers moving to Year 7 in September to get in touch for support with the transition. Follow us on Facebook (Harrogate Young Carers) or Instagram (Young_carers) for competitions and activities.

Contact: Sarah Beard, sbeard@carersresource.org



Cards sent to thank our volunteers

Volunteers Week took place at the beginning of June, so we sent our 100+ volunteers a thank-you card with a save the date and a tea bag, inviting them for a coffee and cake event once we are able to meet again.

Frances, a volunteer for our Carers' Time Off service in North Yorkshire, says: "How kind of you to send us all cards. It seems such a lovely and kind idea, so thank you very much for mine. I shall think of you when I drink my cup of tea."

Seven volunteers – Barbara, Daphne, Debbie, Tahira, Laura, Nic and Sarah – were on the big screen in City Park, Bradford, throughout the week as part of a district-wide thank you, and the council's People Can team used their photos and that of our Home from Hospital team member Wendy, who volunteered in the Keighley coronavirus response hub, in a video.

The Bradford Young Carers team held a quiz night for their volunteers. Nic Bocarro, of Wilsden, won the quiz and says: "It was nice to have a bit of a natter and some fun. I volunteer with the Keighley group sessions, giving young carers time out. I am a tattoo artist, so I bring my artistic skills to the organisation. I love to get



Dawn Tesseyman, of Carers' Time Off, posts cards to volunteers

involved with cool projects and bring something to the table that's more fun than just drawing."

Our volunteer co-ordinator Sally Horner says: "It's been a tough year and some volunteers haven't had the opportunity to carry out their roles in the way they might have liked due to coronavirus, but people have been incredibly adaptable and supportive. A huge thank you to all our fabulous volunteers for their ongoing support of Carers' Resource and unpaid carers."

If you could volunteer for Carers' Resource, contact Sally: 07761 510603, shorner@carersresource.org

CReate team still in business



During the coronavirus crisis, our CReate team has continued to support carers with employment and learning.

Team leader Jenny Sengel says: "We have been working in ways we never expected, and have learnt to deal with the new challenges. We've also been talking to carers by phone and online."

For some working carers, lockdown was especially difficult and the CReate team helped them to navigate through complex and upsetting situations. Jenny, left, adds: "We have been advising people through

furlough and job losses, and we have supported carers who are frontline workers to juggle the caring alongside stressful and high-risk jobs."

Despite setbacks and uncertainty, Jenny says carers are looking to the future. She adds: "For some people, the crisis has been a time to rethink plans. More carers than ever have told us they want to make positive changes to their jobs and lives."

"We ran a wellbeing course on the Carers' Resource YouTube channel. It is still available to watch at <https://www.youtube.com/channel/UCwfNPFjshXBaxCuobxSJZLQ> and the final session looked at planning goals. Many of the carers we've been speaking to have new and exciting plans to study, volunteer or work in the future."

The CReate team is supporting carers to plan and some examples are:

- A young woman in Bradford who left school to care for her brother plans to go back to college then join the police.
- A parent carer in Skipton wants to become a lawyer and is volunteering as an adviser.
- A long-distance lorry driver thinks the time has come to stop travelling and is looking for a job near his elderly parents in Harrogate.

If you are looking for work or volunteering, or might want to do so in the future, the CReate team is running sessions about job searching, CV writing and job applications, and interview preparation and next steps. For full information, see page 10.

Home from Hospital 'sorted out my chaos'

A man overwhelmed by his caring situation says our Home from Hospital service in North Yorkshire was a "life saver".

The man, who wants to stay anonymous, had been discharged home from hospital shortly after his wife died and was the sole carer for his adult disabled son.

Team leader Julie Duerden says: "There was so much for him to sort out. He felt completely overwhelmed and had no friends or family. We were able to give him intensive support."

Julie's team aims to help people feel more confident and comfortable at home after a hospital stay. They can provide essential food, prescription collections, light household tasks and more.

The carer adds: "It really was a life saver for me. The team set up the longer-term support I needed and sorted out the chaos following my wife's death. They were there when no one else was."

● Home from Hospital in North Yorkshire is a free service for any North Yorkshire residents aged 18+ who have had a hospital stay in A&E or a day procedure. Call 0300 365 4600, email hfhny@carersresource.org or see www.carersresource.org/hfh-ny-referral



Stuart hopes his Top 10 will be music to carers' ears

Like many couples, Stuart and Pamela Atkin had settled down for their retirement and all sorts of plans for their future. Then Pamela had a stroke last year, and their lives turned upside down.

"It came as a great shock to all of us," says Stuart, 77, who lives in Queensbury, Bradford. He found himself devoting all his energy to caring for Pamela while she was in hospital and adds: "I would arrive first thing in the morning and spend the whole day with her."

As the weeks went by, Stuart did not realise that he was becoming increasingly stressed and anxious. "It just seemed that everything was moving really slowly. The road to recovery is a very long journey. You just can't see any progress because you are there every day," he says.

Stuart's own health started to deteriorate and he received information and advice from a wide range of sources. He adds: "A lot of the time, what you need to know is buried in information sheets or web pages and it's not to hand."

"There were many things that I found out long after I needed to know about them. I had never heard about the council tax reduction or being able to claim back VAT on certain equipment, so I thought I should jot things down that I could share with others."

Working with Nafees Nazir, from Carers' Resource, Stuart came up with the idea of top 10 tips for carers, which then took on the theme of Top of the Pops. Stuart adds: "Each of the tips has a personal experience behind it and I really hope that other carers will benefit from them."



Stuart Atkin with his wife Pamela. Photo: Stroke Association

Stuart's Top 10 for carers of people who have had a stroke

In at 10 – I Heard it Through the Grapevine

Keep a list of relevant telephone numbers for services, wards and people involved in the care of your loved one and do not rely on the grapevine.

At 9 – Bridge Over Troubled Water

You have a right to be treated with dignity, compassion and respect as a carer while your loved one is in hospital.

And 8 – Our House

There is a lot of help and advice available if you are thinking about making any adaptations to your house, so please use these services. Your local council has a housing service that may be a useful first call.

Number 7 – Under Pressure

Life can be very stressful when your loved one has a stroke and the recovery can take some time. If you are feeling stressed and under pressure, seek help - including advice from your GP, and assistance from organisations such as Carers' Resource and the Stroke Association. If you have anxiety, depression, or feelings of isolation, speak to a GP or get advice about coping strategies.

In at 6 – I Can See Clearly Now

Get planning, keep a schedule, and write a diary of recovery that includes goals for recovery.

Number 5 – Money, Money, Money

Look into finance and benefits, and reclaim VAT for equipment.

At number 4 – Can't Buy Me Love

You can often try before you buy, so ask for trial period for equipment or hire it where you can, so you can avoid buying things that you do not actually need.

In at 3 – Reach Out (I'll Be There)

I got help from Carers' Resource and the Stroke Association.

At 2 – Lean On Me

Get involved in your loved one's physio and other therapies.

And at No. 1 – With a Little Help from my Friends

Keep in touch with your social circle and make time to meet them.

Food and Mood – most popular recipe

During Carers' Week, our Craven carers' online catch-up discussed food and mood. Carers shared recipes and agreed on a favourite, which is a Nigel Slater flapjack. Give it a go...

Flapjack

(Makes 12)

150g butter

4tbsp golden syrup

70g soft brown sugar

150g porridge oats

100g jumbo oats

Pinch salt

65g mixed seeds

25g (shelled weight) pistachios

90g dried fruits

- Line a shallow baking tin – a roasting tin will do – about 22cm x 24cm, with baking parchment. Turn on the oven at 170C/gas mark 3.
- Melt the butter in a deep saucepan. Add the golden syrup to the melted butter. Stir in the sugar until it is dissolved.
- Stir both sizes of oats into the mixture. Add the salt. Remove the

pan from the heat, then stir in the dried fruits, nuts and seeds.

- Tip the mixture into the baking tin and gently smooth the surface, but do not compress or compact the mixture.
- Bake for 25 minutes. The flapjack is done when it starts to turn a darker gold around the edges. The centre should be firm and springy to the touch.
- Remove the tin from the oven and score, without cutting right through, into 12 rectangular pieces.