



Carers Week is an annual, national campaign to raise awareness of caring. It aims to highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

This year, people across the country are continuing to face new challenges as a result of the coronavirus outbreak. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support. They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding. Carers' Resource is here for you and we urge you to get in touch on our freephone advice line 0808 501 5939.

During Carers Week, we're coming together to help **Make Caring Visible and Valued** alongside other organisations supporting carers across the country. Carers are facing even more difficult circumstances this year

and we want to raise awareness of the current and increased challenges

facing unpaid carers. We are also looking to reach out to people who don't think of themselves as having caring responsibilities to identify as carers and access the much-needed support that we, and other organisations, can offer.

At Carers' Resource we are putting on as many events as is possible whilst still keeping everyone safe. Some of our events will be virtual as we know that many carers struggle to get to things, and for those that are able to engage digitally, this is a great way to meet new people and get involved. For example our regular Carers Forum meeting is



taking place virtually on Wednesday 9th June 1.30 – 3pm. For carers that enjoy being active there is a carers cycle ride on Monday June 7th, and later in the week two art sessions, all taking place across the Bradford District. Across Craven and Harrogate there are lots of opportunities to come together to both celebrate Carers Week and to celebrate being able to get out and about more, including a sewing/crafting session on Wednesday 9th June at our Skipton office, 10 – 12 noon, so have a look at our centre pages or get in touch for more details.

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Care@ Carers' Resource – Providing care for everyone

On page 3 of this edition of Choices, Esta talks about how she uses her ISF to support the care that she needs at home. An Individual Service Fund (ISF) can be managed by our Care@ Carers' Resource service, tailored to individual clients' needs.

Following an adult social care assessment, the person needing care can choose between a managed service – where the local authority allocate a provider and the times days are agreed – or they can take a direct payment. This is the budget allocated so they can decide who when and how they want the service. An ISF is in-between both managed and a direct payment, giving the flexibility of direct payment without the responsibility of managing a budget, as Care@ manage that on their behalf.



Head of Care Sam

Head of Care Sam Dawson said *“Whilst we manage ISFs at Care@, we also provide paid for services such as personal care, grooming, help with health appointments and to access social activities. Our aim is to uphold a person’s dignity, privacy, independence and security at all times. Our clients are our priority and our team will help clients to understand exactly what care will cost. We will also help clients to look at available options for meeting these costs.”*

To contact Care@ call **01274 588990** or email care@carersresource.org



Chris Whitley, CEO

As I write this all around is bathed in sunshine, and what a difference a bit of brightness and lighter nights can make to our mood. The past winter has been hard for all of us, and I am hoping that the effect of the lockdown, vaccinations and the better weather means that we can all get out more, see family and friends and socialise a little more.

The theme of this year's Carers' Week is all about visibility, and getting society to recognise the contribution family members and friends make in caring for their loved ones, and this is particularly needed after the sacrifices made over the last year. Most people who care are proud to undertake their role and wouldn't choose to stop doing it. However this doesn't mean that it doesn't get really hard at times and a bit of recognition, and support is very welcome. We try hard to make sure that what we offer in the way of support is what each individual needs to carry on caring in a positive way, and are always open to new ideas and suggestions, particularly to support people back out into society once again.

Best wishes,

Chris

Summer Eating

Greek Salad



Ingredients

1 red pepper, deseeded and sliced
1 green pepper, deseeded and sliced
4 salad tomatoes, sliced into 1/8ths
1/2 cucumber, peeled and finely sliced
1 red onion, finely sliced
100g feta cheese, cubed
100g canned black olives, drained
25ml extra-virgin olive oil
Juice of 1/2 lemon
Pepper

Method

1. Dress the peppers with the olive oil and lemon juice. Toss in a large mixing bowl with the red onion, tomato and cucumber.
2. Spoon into serving bowls and dress with the cubes of feta and the black olives. Season with a little pepper before serving.

Indian-style cucumber salad



Ingredients

1 long cucumber
1 medium red onion, diced
2 tomatoes, deseeded and diced
Handful fresh coriander leaves, chopped
1 red chilli, deseeded and diced
1 green chilli, deseeded and diced
2 limes, juiced
1 tbsp vegetable oil
3 tbsp roasted peanuts, chopped
1/4 tsp chilli powder
1/4 tsp ground cumin

Method

1. Peel the cucumber, remove the seeds with a teaspoon, then cut into slices.
2. Put the cucumber slices into a bowl. Add the onion, tomatoes, coriander, red and green chillies, lime juice, vegetable oil and chopped peanuts.
3. Sprinkle in the ground spices, and season well. Toss together.



I am enough!

By Esta Watson

Lockdown has been hard for everyone, day after day feels the same and mentally it's hard.

Before Covid I'd thought of lots of volunteering I could do but unfortunately the places I wanted to go to were not suitable with my health conditions and Covid floating around. Last year, I'd finally got to a point in my life where I could properly start living as my care team was stable and fab and my acute health was stable too. I was at a great point with lots of plans. Going from positive ideas and hopefulness to then Covid coming and having to stay safe was hard as I was ready for my new life which had taken years to come.

Despite the days blurring into one another, my care team kept me safe and Care@ who manage my ISF continually checked in with me and my staff, which has been good. I have really struggled through the whole of Covid with lack of motivation, routine not being the same and feelings of loneliness along with a hint of not being good enough. It's hard to see others doing well, doing their bit for the community and I couldn't, I was comparing myself to them and feeling useless. I wanted to help out so much but I couldn't risk my health. Care@ stayed in touch with me and involved me even more with my care package.

Through Care@, I was invited to help interview care support workers to work in Supported Living which I said yes to straight away. I was so happy to be able to do something. So on Thursday 7th January, with all social distancing taken into account I went to Carers' Resource in Skipton with my mask on ready for interviewing. A few days before I was asked if I could ask any question at the interview what would it be! I replied and didn't know if it was actually a worthwhile question. However, on the 7th I was chuffed to see my question on the list.



Every person who came for an interview got asked the exact same questions as then it was equal and fair for everyone.

I was excited to be on the interview panel and interested in the process of it all, especially now with Covid. In the room there were 3 tables spaced apart in a line to keep safe and the interviewee sat at the end of the table. Once I'd had my builder's tea and washed my hands I got a clipboard, pen and paper to make notes during the interview. The first interviewee set the bar at a good standard and answered the questions with lots of examples, all round a great start. For the first interview I wore a mask however I felt like I was literally inhaling it so I got given a visor to wear.

I liked wearing the visor it meant I could smile at the interviewees and I hope that reassured them that it was okay, they were answering well and just relax a little. All together there were 5 people to interview and it was interesting the way they all answered differently.

Sometimes you could tell it was based on life experiences or work experiences. After every interview me and the other 2 interviewers discussed how it had gone and chatted about some of the good and just okay bits, plus anything extra we felt we learnt from each person.

Overall it was a fantastic experience and I learnt a lot. One thing is – I'm a tad more blunt than I thought! But it does always mean you'll get honest answers from me and in this case that was a good setting to have the bluntness. After the interviews I felt good in myself and even more so with the feedback both from Care@ and the interviewees. What made me feel even better was that I got invited to do another few interviews. In the future I'd love to carry on doing stuff like this. One last thing to say is that I finally feel useful, good enough and chuffed with myself.

Just remember you are enough, worth it and valued.



Valerie and Ronald Skillen – a story of love and perseverance

Recently, Valerie's husband Ronald aged 91 was diagnosed with dementia. In the past few months, Valerie has been providing care for her beloved partner whilst watching his symptoms worsen. Valerie was struggling to get any sleep as Ronald was waking many times during the night, unaware of the time and at times trying to leave the house.

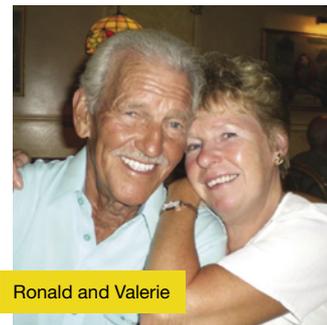
"I couldn't function any more due to lack of sleep" said Val. "I knew that Ronald needed some sleeping tablets to help him to get a good night's sleep, and me!" Val persevered with the doctors, eventually secured a repeat prescription, rather than short term prescriptions. "I didn't give up" said Val "It was a case of knowing what we needed and making it happen".

Whilst the couple have had a difficult few months, Val has also made a breakthrough for Ronald by sourcing him a tenor saxophone. *"I thought that it would be good for him to pick up a saxophone again. He hasn't played for 50 years. Now, with his dementia worsening, I wanted to bring a smile to his face."*

Val secured a saxophone from a rental shop on a

monthly basis. *"It was beautiful to see him pick it up again. On day one, he couldn't remember how to play. By day two he could just get a note out of it and by day three, he was playing a little of Glenn Miller's Moonlit Serenade."*

"It has been a delight for me to see and hear him play again. And it has made him smile. These are precious memories for me and ones I will cherish."



Ronald and Valerie



Ronald

As Seen on TV



By Emma Clayton

Community Content Editor of the Telegraph & Argus, Bradford's daily newspaper

THERE has been quite a suspension of disbelief required with Kay Mellor's latest TV drama, *The Syndicate*, about a group of lottery winners on the trail of a missing ticket.

Of course it's harmless fun, and a hit with viewers, and since much of it was shot locally – in Burley-in-Wharfedale and Apperley Bridge – it's nice to check out some familiar backdrops to scenes.

But isn't it all a bit daft? There is of course the unlikely scenario that such low-paid Yorkshire kennel workers could afford a trip to Monaco; playground of the super rich. Despite barely managing to scrape together the cash for air fares, they landed an apartment overlooking the luxury yachts of Monte Carlo Bay. Then there's the hapless fraudster who stole their £127m jackpot-winning lottery ticket flashing his cash freely in casinos around the French Riviera.

But perhaps most unlikely of all is that one member of the syndicate is a carer. Gemma, played by Liberty Hobbs, spends much of her life caring for her grandmother and it's hard to believe that anyone in her position could simply jet off to Monaco for an impromptu adventure.

The experiences of carers is largely unexplored in television drama. Some soaps have dipped into it – *Coronation Street's* Nina was initially introduced as the sole carer of her dying father and Laurel in *Emmerdale* cared for her husband, Ashley, in the

later stages of his dementia – but generally it isn't portrayed with any real depth or understanding.

Yet anyone can become a carer, at any time. Three in five people will become carers at some point in their lives, with men almost as likely as women to be a carer. There are more than seven million carers in the UK – and it is estimated that by 2030, this will increase by 3.4 million.

So isn't it about time that TV screenwriters recognised this as an issue that affects many people? The emotional, practical and financial impact of being a carer, the logistics of juggling a caring role with a job or a young family, or the moments of joy and love that caring can also bring are all rich seams for writers to mine.

And weaving all this into a credible storyline, particularly in a soap or other popular TV drama, takes issues affecting carers into living-rooms across the country, via our TV screens. It's about time.





Options for Respite and Activity Post-Lockdown

As the country continues its cautious move out of lockdown, we take a look at the prospect of some respite for carers and their loved ones as things return to normal.

There can be little doubt that the previous year has been stressful for many carers. With day care, social activity and meaningful respite largely removed, opportunities for carers to take time to catch their breath and have a moment for themselves have been greatly reduced.

But now as we follow the government's roadmap and the country gradually opens up, some structured group events, such as exercise or walking groups, open-air family activities and gatherings are permitted once again, allowing carers and their loved ones the chance to explore time apart or with others, to recharge those batteries.

For carers both in North Yorkshire and West Yorkshire there are a number of different sources of respite and ways to have a break. You may want to know more about sitting services to keep the person you care for company while you take some free time for yourself and you may be eligible for a grant to help pay for your break. It's helpful to remember that carers are entitled to an assessment of their needs independently of their loved ones and this can be a useful opportunity to discuss respite and to look at services available to support it.

Carers' Resource can help you learn what's available in your area and also look at your needs as a carer.

- ☎ **Contact our Advice Line** on 0808 5015939 to discuss these with a Carers' Resource worker
- ☎ **Where to Turn** (hadca.org.uk/Wheretoturn) in North Yorkshire is a directory of services
- ☎ **Connect to Support** (bradford.connecttosupport.org) in Bradford District can provide valuable signposting and support

Some organisations have responded creatively to the changes the pandemic has wrought. For many years, Equality Together offered holiday grants to carers and the people they look after in the Bradford district, but recently they've developed a new service, called 'HoliBreak Plus'. The service provides an alternative to traditional

respite care in a care home by using the cared-for's Personal or NHS Continuing Care budget to fund holidays, breaks and activities for disabled people. Carers who have had a Statutory Carer's Assessment and have been awarded respite funding can use the service to access holidays with their loved one, or to have a separate break. Self-funders can access the service to find advice on suitable holidays to match their budgets.

Did you know Carers' Resource will be running some gentle online exercise sessions soon to help carers get active again? Or if you prefer to have a go at cycling, to take a gentle stroll in a park or perhaps just have a coffee and chat with other carers, we are offering a range of activities across the area to give carers that chance to give themselves a break.

Take a look at the lists of activities in the centre page of Choices and contact us to find out more.



Street Marathon does it again!

Residents of St John's Road in Ben Rhydding, ran an amazing 68 miles as part of their street Marathon Fundraiser on Saturday 24th April raising an amazing £1,420 that's 473% over their target of £300 for Carers' Resource justgiving.com/fundraising/stjohnsroad2streetmarathon if you'd like to have a street event or set yourself a new challenge please get in touch cmacina@carersresource.org





Carers Week 2021

7-13TH JUNE 2021

Making Carers Visible and Valued.

Join us for one of our special carers week events.

Please note all carers week events may be subject to change depending on government restrictions.

Contact us to join an event.

MONDAY 7TH JUNE

☉ Carers Cycle to Saltaire

Set off from a Bradford park to take part in a guided cycle ride with professional cycle tutors to Salts Mill for a meet up in a cafe. All equipment provided.

For more details contact Mel and Kauser at groupworkers@carersresource.org 01274 449660

☉ Salts Mill Lunch

Carers meet at Salts Mill for a stroll followed by treating themselves at Salts Mill Diner. Some transport available.

For more details contact Mel and Kauser at groupworkers@carersresource.org 01274 449660

TUESDAY 8TH JUNE

☉ Who Knows You're a Carer?

Come join us for a coffee and informal chat about your role as a carer. Who knows you are a carer? Friends? Family? Professionals? Do you share this information? What does it mean to you to be valued as a carer?

Bradford venue or online and time to be confirmed

For details contact Nazma Akhbar nakhbar@carersresource.org or Catherine Knight cknight@carersresource.org 01274 449660

☉ Art in the Park, Lister Park

Join carers for a stroll round Lister Park, Bradford and take part in a relaxing art session. All materials will be provided.

For more details contact Mel and Kauser at groupworkers@carersresource.org 01274 449660

WEDNESDAY 9TH JUNE

☉ Art in the Park, Cliffe Castle Park

Join carers for a stroll round Cliffe Castle Park, Keighley and take part in a relaxing art session. All materials will be provided.

For more details contact Mel and Kauser at groupworkers@carersresource.org 01274 449660

☉ Boroughbridge Group Celebration

Treat yourself to something special to celebrate Carers Week with coffee and chat. You deserve it!

Bean Café, Boroughbridge 10am

Contact Carol Lancaster clancaster@carersresource.org 01423 500555

THURSDAY 10TH JUNE

☉ Meet the Author at Book Reading

Meet local Bradford author Sairish Hussein at a special event and at our online book group and hear her reading from her successful debut novel Family Tree.

Time to be confirmed

For more details contact Mel and Kauser at groupworkers@carersresource.org 01274 449660

☉ Who Knows You're a Carer?

Come join us for a coffee and informal chat about your role as a carer. Who knows you are a carer? Friends? Family? Professionals? Do you share this information? What does it mean to you to be valued as a carer?

Bradford venue or online and time to be confirmed

For details contact Nazma Akhbar nakhbar@carersresource.org or Catherine Knight cknight@carersresource.org 01274 449660

☉ Cedar Court Group Celebration

Treat yourself to something special to celebrate Carers Week with coffee and chat. You deserve it!

Cedar Court Hotel, Harrogate 11am

Contact Carol Lancaster clancaster@carersresource.org 01423 500555

FRIDAY 10TH JUNE

☉ Pateley Bridge Group Celebration

Treat yourself to something special to celebrate Carers Week with coffee and chat. You deserve it!

Venue to be confirmed 11am

Contact Carol Lancaster clancaster@carersresource.org 01423 500555

Meet carers online

All our online sessions are held via Google Meet and you will be sent a link when you book your place. We can help you join.

VIRTUAL CARER FORUMS

Our carer forums are a chance for carers to offer support and share their views. We consider ways the service of the Carers' Resource can be improved and discuss both local and national issues that affect carers.

Wednesday 9th June 1.30-3.30pm

Wednesday 4th August 1.30-3.30pm

Contact Amy Stoddart astoddart@carersresource.org 01756 700888

WELLBEING COFFEE MORNING

An informal get together to have a laugh and get peer support. Share experiences, wellbeing tips and skills if you want to, or just relax with a cuppa!

Monday 28th June, 26th July 10.30am-12 noon

Contact Eileen McAlonan on 07801 577163 emcalonan@carersresource.org or Sarah Czujko on 07843 352874

VIRTUAL WELLBEING SESSIONS RUN BY LOCALITY WORKERS

Monthly Sessions promoting Self Care, Laughter, Resilience and Relaxation. Ideal opportunity to meet peers and share ideas. Different topics each time including craft sessions and soup making – practical tools will be made available for attendees. Carers and cared for welcome. Do something for yourself, come join us!

Last Tuesday of every month, morning & afternoon sessions

Contact Nazma Akhbar 01274 449660 nakhbar@carersresource.org or Catherine Knight 01274 449660 cknight@carersresource.org

CARERS PODCAST

Spoken digital audio programme which focuses on laughter, self care and friendship. Just like Talk Radio! Just subscribe to the group and then listen to the episodes whenever you like.

Every Wednesday a new podcast (starting in May 2021)

For details contact Tracy McGrory tmcgrory@carersresource.org 01274 449660



JUST FOR FUN QUIZ GROUP

Light hearted fun and a chance to meet other carers online.

Wednesday 16th June, 21st July, 18th August 3-4pm

Contact Julia Rush jrush@carersresource.org or Rachel Waddington rwaddington@carersresource.org 01756 700888

LGBTQI CARERS SUPPORT GROUP

Support and social group.

First Thursday each month 6-7pm

Contact Gavin Williams on 01274 449660 gwilliams@carersresource.org

ONLINE BOOK GROUP

Guided discussion on chosen book.

Fortnightly Thursday from 27th May 2021; every fortnight thereafter 7.30pm-8.30pm

Via Google Meet – a link will be sent when you book. Contact kmukhtar@carersresource.org 01274 449660

ONLINE INFORMATION DROP-INS FOR CARERS

Got a question? Want to know how to access support or need advice about your caring situation? Connect and chat with the Information Team.

Monday 21st June, 19th July, 16th August 10am-2noon

For details contact your Carers' Resource worker or ring 01274 449660

Meet carers in person

Our face to face groups are subject to change depending on government Covid restrictions and changing circumstances. Please contact us for more information and to join a group.

BOROUGHBRIDGE COFFEE & CHAT

Friendly carer meet up to have a chat and get to know other carers.

Wednesday 14 July, 11 August 10am

Bean Café, Boroughbridge
Contact Carol Lancaster 01423 500555 clancaster@carersresource.org

PATELEY BRIDGE COFFEE & CHAT

Friendly carer meet up to have a chat and get to know other carers.

Friday 2nd July, 6th August 11am

Venue to be announced
Contact Carol Lancaster 01423 500555 clancaster@carersresource.org

WETHERBY COFFEE & CHAT

Friendly carer meet up to have a chat and get to know other carers.

Monday 21st June, 19th July, 16th August 2pm

Sant' Angelo Restaurant, Wetherby
Contact Carol Lancaster 01423 500555 clancaster@carersresource.org

HARROGATE CEDAR COURT GROUP

Friendly carer meet up to have a chat and get to know other carers.

Wednesday 21 July, 18 August 11am

Cedar Court Hotel, Harrogate
Contact Carol Lancaster 01423 500555 clancaster@carersresource.org

MASHAM COFFEE & CHAT

Friendly carer meet up to have a chat and get to know other carers.

Wednesday 21 July, 18 August 2-3pm

Park Street Methodist Church, Masham
For details contact Isobel Holmes 01423 500555 iholmes@carersresource.org

RIPON COFFEE & CHAT

Friendly carer meet up to have a chat and get to know other carers.

Thursday 8 July, 12 August 2-4pm

Wakeman's House Café, Ripon
For details contact Isobel Holmes 01423 500555 iholmes@carersresource.org

DALES DINERS

Home made lunch for Carers and their Cared for with memory problems.

Thursday 1st July, 5th August 1pm

Christ Church hall, Darley; Cost £5
Contact Carol Lancaster 01423 500555 clancaster@carersresource.org

DANCING FOR WELLBEING

Gentle seated exercise to music, no dancing necessary! Followed by afternoon tea.

Thursday 15th July, 19th August 2pm

Christ Church Hall, Darley; Cost £5
Contact Carol Lancaster 01423 500555 clancaster@carersresource.org

GENTLE YOGA FOR CARERS

Gentle Yoga classes for carers by FoZIA

Day and time to be confirmed

Thornbury Centre, Bradford
Contact kmukhtar@carersresource.org 01274 449660

BEGINNERS YOGA FOR CARERS

Beginner Yoga classes for carers by FoZIA

Day and time to be confirmed

Manningham Mills, Bradford
Contact kmukhtar@carersresource.org 01274 449660

PATELEY BRIDGE CRAFT GROUP

Learn a different craft each month with lots of laughter too! No experience necessary!

Wednesday 21 July, 18 August 2-3.30pm

Nidderdale Plus, Pateley Bridge
Contact Carol Lancaster 01423 500555 clancaster@carersresource.org

INTRODUCTION TO BREAD MAKING

A 3 week introductory course for carers learning the basic skills of bread making. Limited places, booking essential.

Wednesday 9, 16, 23 June 9am-1pm

Kirkgate Centre, Shipley
Contact Bev Knipe on 01274 449660 bknipe@carersresource.org or Rachel Waddington rwaddington@carersresource.org

CARER BRADFORD PARK STROLLS

Join us with other carers for a gentle stroll around one of Bradford's beautiful parks

Lister Park alternate Tuesdays, starting Tuesday 8th June at 10am.

Cliffe Castle Park alternate Wednesdays, starting Wednesday 9th June at 10am.

Myrtle Park alternate Thursdays, starting Thursday 3rd June at 10am.

Harold Park alternate Fridays, starting Friday 24th June at 10am.

Contact Mel and Kauser at groupworkers@carersresource.org 01274 449660

ILKLEY WALKS & WELLBEING

We are planning a series of activities and events in the Ilkley area, including walks and wellbeing activities. Dates and times TBC, get in touch if you are interested.

Contact Fiona McKinnon-Evans fmckinnon-evans@carersresource.org or Rachel Waddington rwaddington@carersresource.org 01756 700888

CRAVEN CARERS ALLOTMENT GROUP

A chance for carers to meet in an outdoor space, engage with nature and take a break from caring.

Fridays 10.30am-12 noon

Middletown Allotments, Skipton
Contact Carol Hudson 07936 938567 or chudson@carersresource.org



Who's calling?

Our teams are working hard to stay in touch with carers using the telephone and electronic methods in place of our usual face to face meetings and group sessions. We have teams across Bradford, Craven and Harrogate and in this issue, we are shining a light on our 'Craven Calling Team', other teams will follow in future editions. If you have ever wanted to put a face to the person calling you, you might find your caller here!



I'm Helen King and I have worked as a locality worker for the last 6 years, covering the Craven area. I have loved my job, in particular my contact with

carers and consider it a privilege to get to know them, visit them (before lockdown) in their homes and to be able to offer them some help, even if in just a small way. Supporting carers either by phone or visits has given me an insight into different peoples lives, and I always find people fascinating! In 'normal' times, I support the carers lunches at the Gamekeepers in Threshfield – a lively affair with plenty of camaraderie. And I also run a men's games session where we play dominoes, cards and connect 4 – everyone loves it and allows carers time away from their caring role.

Lockdown has been so difficult for people over the last year, particularly for carers supporting someone at home, and it has been good to chat over the phone, providing them with another person to talk to. My favourite story – my carer who set off to North Yorkshire with her husband to purchase new chickens!



Hi, I'm Debi and I work as Locality Worker across the North Craven part of the district.

This past year, although I've not been out and about in the

car as much to see people, I've had more time to make telephone calls.

I've really enjoyed being able to chat and take time with people, as well as help out with information and support, and I've been really impressed by how people have found ways to deal with things, and how local communities have rallied around with solutions to the problems people have had.

In addition to the telephone, I've managed to keep in touch with some carers over the internet via Google meet – it's not for everyone but those who have managed to join in always say how much they enjoy the time to meet up with others.

It works both ways, I have to admit that being forced to work from home, in my spare bedroom, it has been lonely at times, but being able to make calls to carers, have a chat and a laugh, it's kept me going too.

There isn't much that can't be sorted out over the telephone, and in recent months it's been great to have been able to carry on providing a service to carers across Craven.



I'm Vanessa and I'm the team leader for the Craven Locality. I've been in post for 4 years. Things changed so drastically for our service when the pandemic

hit and I've really enjoyed connecting with carers through the Carer Forums. I have enjoyed listening to how people have coped during the last year and more recently what carers would like to see in the future from us.

Carers' Time Off

Carers' Time Off offers those people looking after an adult relative or friend an opportunity to take a break and have some time for themselves. Running across Harrogate, Craven and Selby, volunteers are matched with a suitable client and offers carers a break of 2-3 hours during the day, evening or weekend, in or outside the home, on a regular or occasional basis.

As part of Howard's volunteer role, he took client Sharon on numerous outings which inspired her to start painting. Sharon finds it calming and therapeutic to paint. When she first began painting, it was with acrylics but now also uses watercolours. Sharon loves to paint the animals and pets of friends and hopes to paint her own dog soon. Howard and Sharon have been keeping in touch during the lockdown period by telephone and WhatsApp and have been sharing photos and paintings and making plans about places they would like to visit when they can.

If you are interested in becoming a Carers' Time Off volunteer, please call Dawn Tesseyman Project Manager on 07590 877917 or email dtesseyman@carersresource.org



 carers' resource

Carers' Time Off



Volunteering

Despite the pandemic, volunteers have continued to support carers by keeping in touch with them by telephone or WhatsApp groups, in place of seeing them for lunch groups. This has provided invaluable support especially for those who are feeling especially isolated.

Some Harrogate and Craven volunteers ordinarily provide phone calls to carers from the office, and during the pandemic they have also continued to call their clients but without the support they usually have when working within the office. This has meant supporting clients through hospital admissions, deaths, loneliness and massive levels of fear. One volunteer said:

“Fortunately we have been able to continue with phone calls from home over the past year and also to keep in touch with members of the Carers group even though we have been unable to meet regularly as usual. Volunteering for the Carers Resource is fulfilling and enriching. The organisation has always been supportive of its volunteers by appointing excellent volunteer coordinators who have kept in touch and offered appropriate training and updates. It is so important as a volunteer to have work to do, and support in doing it.”

Amina Khan, is both a volunteer and a carer and is grateful for the support provided by Carers' Resource.

“I decided I wanted to be part of something like this. As I couldn't work, volunteering was the next best option for me. I have met some wonderful people along the way and gained vital skills to help me move forward in a positive and meaningful way. Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.

My volunteer coordinator has been exceptional in supporting and encouraging me to put my ideas into practice. She has the ability to recognise my strengths and has given me more responsibility by allowing me to take charge. This is valuable to me as it shows she has faith in my abilities. She makes time to come over and have a chat and make you feel important. I am honoured that I am part of a team and I feel

Fundraising

Nidderdale Walk 2021

Harrogate Rotary Club offers you the opportunity to get out into the countryside, fill your lungs with Yorkshire's fresh air, stretch your legs and raise funds for Carers' Resource.

The 2021 event takes place on Sunday 5th September, starting at 9am in Pateley Bridge and heading into Nidderdale towards Lofthouse. There are 5 different walks (or runs if you prefer) to suit all levels of participant.

Full details can be found on the dedicated website www.nidderdalewalk.com

Now in its 27th year, this superbly organised and stewarded event has raised £880,000 for local charities. Shake off that lockdown lethargy and register to take part in this great fundraising activity. It is designed for families and friends, athletes and couch potatoes alike. Harrogate Rotary club is determined to continue its support for local good causes, particularly since the pandemic has had such a devastating effect on fundraising. Please help them to help us – and don't forget to let us know when you sign up.

awragg@carersresource.org
Alison – Community Fundraiser
North Yorkshire

cmacina@carersresource.org
Claire – Community Fundraiser
Bradford and District



Testing for a good cause!

Having supported our Young Carers services in 2020 via her golf club, Moortown Golf Club, Leeds, Beverley Burrows carried on her interest in Carers' Resource in 2021 through some volunteering.

When her neighbourhood school needed volunteers to help set up and run Covid testing in school, Beverley stepped forward and willingly gave her time and skills to this new aspect of school life. What she had not bargained on was being paid for her work so when the school offered to pay her, she declined to accept the money herself and asked Roundhay School to donate the funds to Carers' Resource, specifically for Young Carers services.

Fundraiser Alison Wragg said *“Our thanks to both to Beverley and to Roundhay School for this kind donation of £345. We are always so grateful to receive local support to fund our work.”*

privileged that I have been given the opportunity to be part of something special.”

As Amina has increased her confidence due to volunteering, she is currently applying for paid employment, saying ***“that there is no way she would have felt able to do this without the support given to her during her volunteering”.***

For general volunteering enquiries
email volunteering@carersresource.org



Staying Safe Online

Over the last year we have been adapting to many changes, and a lot of us have used the internet more than ever before to keep in touch, to shop, to work, for school lessons, to play games, to see a doctor and more. Internet usage doubled in 2020 and carers tell us it has provided an essential link to the outside world for them and the person they care for.



Unfortunately scammers have been finding new ways to trick people into handing over their personal details or money. Computer fraud isn't always easy to spot so here are some of the most common scams and what you can do to keep yourself safe online.

☉ **Phishing** – an official-looking email or phone message pretending to be from an organisation you would usually trust, such as your bank, a government department or a shopping site. The message could be about a fraudulent transaction, a virus on your computer, a fine you owe or a payment you don't recognise. Often they tell you to take urgent action, and to click on a link, which can activate a virus or takes you to a fake website asking for personal information. Scammers can use this to access your account and everything else on your computer.

A common lockdown phishing scam has been a message apparently from a delivery company telling you that you have missed a parcel delivery. You are told to click a link and pay a small fee to rearrange the delivery. Once you have entered your payment details your account can be accessed by the scammers.

North Yorkshire police reports that phishing scams increased by 65% last year with many disguised as familiar organisations like Amazon Prime, HMRC, or Microsoft. To protect yourself never click on a link in an email or social media message. Always go to your internet browser and put in the correct website address of the company and log on to check messages from there. Check the details with the company directly if you are in any doubt.

☉ **Fake friend emails** – an email from someone you know and trust telling you they are in trouble, needing money urgently or asking you to open an attachment to look at a photo. Be aware that hackers can get into people's email address lists and in that way send computer viruses to all their contacts.

☉ **Health, finance and romance frauds** – an increase in the number of unscrupulous scams preying on vulnerable people has been noticed. They might offer miracle cures or easy ways to make money. Websites that offer cures for Covid, promising amazing results or guaranteed financial investments are almost always fraudulent. 'Romance scammers' pretend to build a trusting relationship and with someone and then start asking them for money, perhaps due to a sudden family emergency. Scammers spend a lot of time making things seem genuine so always check things out with people you trust before making any commitment.

If you have any doubt that a person or a product on the internet is genuine then don't send any money, or share any personal information. Ask your doctor or pharmacist before buying any medication online. A registered online pharmacy should display the General Pharmaceutical Council logo.



How to Spot a Cyber Scam

1. **Is the email address wrong?** – does the sender's email match the official website?
2. **Is the message urgent?** – is there a deadline to avoid a cost or a threat?
3. **Is it too good (or too bad) to be true?**
4. **Is there a link to click for more details?**
5. **Do they use a term like 'Dear Friend' or 'Customer' instead of your name?**
6. **Does the email ask for personal details?**

If the answer to any of these questions is yes then it may be a scam.

To reduce the chances of being targeted by scammers

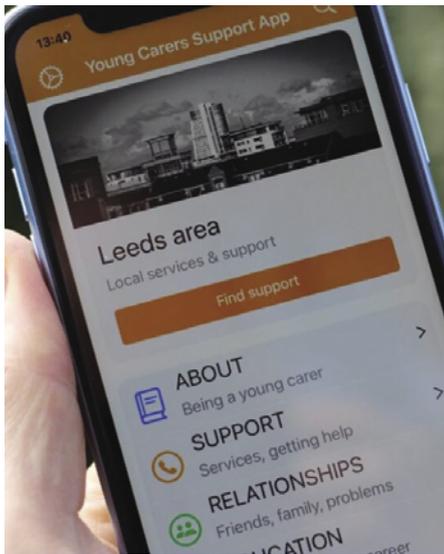
- ☉ Make sure you are protected by antivirus software and keep your phone and computer software updated, these contain security improvements
- ☉ Keep passwords safe and have a different one for each site you use. A Password Manager can help keep them safe.
- ☉ Increase your settings on social media to the highest security levels
- ☉ If you think someone might have taken your log in details then contact the provider (e.g. your bank) immediately

If you have lost money as a result of a fraudulent activity report it to Action Fraud, the UK's national fraud reporting centre by calling **0300 123 20 40** or by visiting www.actionfraud.police.uk

Report spam texts directly to your mobile phone provider by forwarding the message to 7726, which is free of charge.



Young Carers Update



A New App

We were delighted to be part of a project to develop an App for young carers alongside West Yorkshire and Harrogate Health and Care Partnership, other charities and young carers themselves this year. The new Young Carers' support App, 'YC support', is a one-stop shop for young carers in West Yorkshire and Harrogate District, with advice and information on relationships, education, health and more.

The aim of the App is to make it easy for young carers to find reliable information and services.

- 🕒 Learn how to keep well – physically and emotionally
- 🕒 Know how to get help and support when you need it
- 🕒 Develop useful everyday skills
- 🕒 Make better-informed choices about your health and wellbeing
- 🕒 Find local information if your area has subscribed to a local page

You can download the app from the Apple store apps.apple.com/gb/app/young-carers-support-app/id1556955591 and Android play.google.com/store/apps/details?id=com.expertselfcare.youngcarers

Spring time fun!

Our young carer support team had a busy time during the Easter school holidays, meeting up with young carers and taking them on some eggcellent adventures!

Carrie took her group to Low Wood Nature Reserve and they had great fun discovering, chatting and catching up. They did an Easter egg hunt, spending time searching for eggs hidden in redundant badger setts, exploring the woods, climbing, pond dipping, picnicking, playing ball games and tiring themselves out skipping.

Carrie said *"Four hours later and none of the young carers wanted to leave! We were having such fun after such a difficult few months for everyone. It was wonderful to see the smiles on the faces of the young carers and for them it was an opportunity to talk, share their feelings and open up*

about how they were coping in a safe environment. I am looking forward to taking them on more adventures in the coming months as restrictions allow."

"It was lovely to be able to distribute the Easter eggs that had been donated to our fundraiser, Claire. These were really appreciated by the young carers and we continued to distribute them during the rest of the holidays."

Our teams have also been continuing to run virtual sessions for young carers, encouraging them to take part and have break from their caring responsibilities. These have included online magic shows, which have proved to be engaging and hugely entertaining, giving young carers something to talk about long after the shows had finished.

To find out more about our young carer service call 01274 449660 or go to youngcarersresource.org



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 no. 1049278.

If you look after a partner, relative, child or a friend who is disabled or ill due to physical or mental health, you are an unpaid carer, even if you don't think of your-self as one. Find out about the emotional, practical and financial support available to you.

We are here to help – talk to us

Call our freephone advice line on **0808 501 5939**. Lines are open 10am–4pm Monday to Friday and will be answered by our specialist team. Our team will give you information that is reliable and up to date and help you to access the advice and support you need.

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 26 July 2021. Send copy to the editor by emailing choices@carersresource.org, or post submissions to the Bradford office (address right).

CONTACT US

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

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

Bradford
15 Park View Court,
St Paul's Road,
Shipley, BD18 3DZ.
Tel: 01274 449660
Fax: 01274 449673

Email: info@carersresource.org
Web: www.carersresource.org

Follow us on social media to find out more about events and other resources:

 /carersresource

 @CarersResource

Carers Coming Out of Lockdown

With lockdown lifting we're finally able to get back out into the world. For carers, the easing of restrictions that have kept us safe can be accompanied by a whole range of emotions. When you've not seen friends or family for a year, it can be both exciting and daunting to meet up again.

Picking up our social lives is a huge step that involves new interactions, routines and freedoms. If you've been shielding or you are caring for someone in a vulnerable group, it's likely that as other people start getting together in crowds, you may feel more isolated. Some of us may be experiencing a sense of cautiousness, anxiety or lack of trust. Remember everybody's situation is different, so it is important not to compare yourselves with what others are doing. The lifting of lockdown can be as hard for us as it was at the beginning. We had to find ways of coping, so we should expect that it will take us time to find our feet again and reconnect with one another.

If all goes to plan, late June will see a further lifting of restrictions. Step Four of the roadmap focuses on the complete removal of legal limits on contact between people, and most major venues should reopen – though the government is still maintaining its 'hands, face and space' guidance.

Regulations are changing frequently, if you feel overwhelmed keeping up with the new rules, you can check on gov.uk for the latest. But amid the constantly changing situation and with such a mix of emotions, underlying distress can go unnoticed. If you need someone to talk to, here are some local numbers:

Guide-Line (Mind) 0800 1884884 – a confidential mental health support service for anyone living in Bradford, Airedale, Wharfedale and Craven.

Hear to Help 01423 856 799 – a contact helpline in Harrogate for those struggling with emotional wellbeing.

Kooth www.kooth.com – an online platform for anyone aged between 11 and 24, offering mental health support.

It is very important to remember that although a lot of things are uncertain at the moment, there are things to be hopeful about like the vaccines, rapid testing and more. Most of all, as we move towards the next stage, remember it's important to CARE for ourselves and each other.

Celebrate small (and big) wins
Access support for you
and your loved ones
Restart your social life
Engage with services

