



## 25 years and a global pandemic

**At Carers' Resource, we had big ideas and extensive plans to celebrate our 25th Anniversary. For 25 years, we have been responding to the need to support unpaid carers and we wanted to be able to celebrate this, alongside those that we have had been supporting over the years.**

Due to the global pandemic, many things this year have been cancelled or postponed and our plans for afternoon teas, challenges, walks, clubs, street parties and tea dances were all put on hold.

As an organisation, throughout the year we have focused on new ways of working to ensure that we were still able to help the thousands of carers that need us across the region.

We recognised that carers needed our support as lockdown took its toll. Offering someone to talk to, accessing information around benefit entitlements and work-related queries for carers are all things that we have been able to help with over the course of the pandemic. We are delivering group support sessions online to ensure that we are still providing information, signposting and enabling interactive sessions for those who need it.

Our Care@ teams continue to deliver personal care in clients' homes and during lockdown went above and beyond for clients who weren't able to see family

members and friends. Our online group sessions have covered topics such as digital confidence, self-care, wellbeing and young carers have enjoyed imaginative online craft and baking sessions. We hope that we can take lessons learned from our experiences in 2020 to enable us to deliver flexible support for carers going forward.

In recent months we have continued our face to face meetings wherever it has been safe to do so.

Many carers have commented that they have enjoyed the online sessions, giving them the flexibility to be part of the session whilst still at home with the person they are caring for.

Chief executive Chris Whiley said "I'm proud of the way that our teams have adapted to deliver support during 2020. For 25 years, we have been supporting carers and we have continued that throughout this most challenging of years. Staff have been creative, flexible, caring and worked with determination and vigour.

"Now, as we enter another chapter, we are still here to help. Carers who are not already known to us can call our freephone number 0808 501 5939 or self-refer using the form on our website. I want to urge unpaid carers to contact us for information, advice or general support at any time. Don't struggle alone."

25

### What carers say about the online sessions

"I joined the confidence building session in September. I really enjoyed it and I liked listening to other carers who are in the same position as I am. The Carers' Resource support worker made sure that I could access the link before the session and that everything was working. I would like to attend another of the sessions in the future." **Kirsty**

"It was a really good session that I attended with lots of carers sharing their ideas about how to relax and how to make time for yourself. I was able to share some of my ideas too. It was useful to be able to log on and take part as it can be difficult to get out. I am booked on to another two sessions which I am looking forward to." **Sharleen**

"I knew as a male carer, I would be in a small minority and was a little apprehensive about how I would fit in in any meeting. Given the Covid situation, the online meeting felt like a good work around, both from a personal view and in the present climate. The video meetings have been well organised and every member made to feel confident and welcomed. The topics have reflected the concerns of carers. Thank you." **Richard**

Keeping warm this winter,  
Page 2

What's an Individual Service  
Fund (ISF)? Page 4

Carer's Allowance  
Campaigning, Page 8

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 27 January 2021.

Send copy to the editor Carol Devine by emailing [cdevine@carersresource.org](mailto:cdevine@carersresource.org), or post submissions to the Bradford office (address below).

### 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](mailto:info@carersresource.org)

#### Web

[www.carersresource.org](http://www.carersresource.org)

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# Keeping warm this winter

Winter is the time of year when many of us worry about energy bills. Finding the balance between keeping our homes warm and our heads above water financially can be a daunting challenge. We take a look at some of the schemes that are available locally and nationally to help households cut energy costs, with some advice on how to access them.

**Warm Homes Healthy People** is a service available to people living in Bradford District which offers a free, independent energy audit of your home. They can install energy efficient lightbulbs, draft excluders and other interventions that make significant savings when added together. They will also help identify better tariffs to reduce costs and help you switch from your current supplier, as well as helping you identify grants and other support, including help with fuel debt. To qualify you must meet certain criteria, which you can find out about on their website at <https://www.groundwork.org.uk/projects/warm-homes-healthy-people/> or by calling Groundworks – the body that runs the scheme – on 0808 1683547.

For people living in North Yorkshire, there is a similar programme called **Warm and Well**. Offering tailored support to people with disabilities, families with young children or those on low incomes, the scheme offers advice on how to save money on energy costs and accessing grants and financial help. Households in urgent need can access a hardship fund. You can find out more about Warm and Well on their website at [wintewintwinter/](http://wintewintwinter/) or by calling 01609 767 555.

Nationally, the government provides a number of grants and additional benefits to people who may be vulnerable in cold weather.

The **Winter Fuel Payment** offers a one-off, tax-free sum of between £100 and £300 for people born on or before 5 October 1954, who were living in the UK for at least one day during the qualifying week of 21 to 27 September 2020. The payment is not means tested, and is normally made between November and December. Anyone receiving certain state benefits, such as a pension, would usually be contacted by the government automatically about the payment, but if you do not receive benefits or a State Pension, you can claim Winter Fuel Payment – and find out more about it – by visiting the government's website at <https://www.gov.uk/winter-fuel-payment>.

If you receive the 'Guaranteed' element of Pension Credit, you may be eligible for the **Warm Home Discount Scheme**. Under the scheme, the government reduces your winter electricity bill by £140, by paying a rebate directly to your supplier between September and March (provided they are signed up to the scheme – most of the big ones are). The government will contact you by letter – usually between October and December – if you are eligible. The Discount is also available to people on low incomes who receive certain state benefits, but they aren't automatically enrolled on to the scheme, and must apply for it directly through their electricity provider. You can find out more about it on the government's website at <https://www.gov.uk/the-warm-home-discount-scheme/>





# Lifting spirits during lockdown

**I'm Rachael. I am a mum and a full-time carer. My husband works full-time and I took a career break to support my children.**

My son who is nearly seven has an autism diagnosis and hypermobility and my daughter is currently undergoing an assessment for autism; she is nearly four. Both children are so different so caring can be really challenging – managing their special interests, behaviour and personal care, as well as appointments, school meetings and making sure the children's needs are being met holistically.

During lockdown my daughter loved it as she had no pressure to see other people and she loved being at home. My son found it hard to understand, so routine was key. The children needed and wanted home schooling, focusing on science, crafts, baking and any type of messy play. My moods were up and down, I was exhausted, but as soon as they went to bed I would be planning the next set of activities and ordering craft stuff. I missed my extended family and close family – my support network.



*Rachael's children*

Sam, the Carers' Resource worker who had supported our family called me one day, checking it was ok to talk. She was a tonic. The call was unexpected but so needed. Sam checked how we were doing, dropped off an art resource pack and was the first person to ask how I was and how I was coping. It really lifted my spirits. Speaking to Sam really helps me, she understands my world, she understands that being a carer is tough and it's ok to admit that and she reminds me to be kind to myself.

Thank you from me, my husband and my children.

## Worth Connecting project extension

**'Worth Connecting', the digital inclusion programme aimed at getting over 55s online, has gained additional funding to continue until the end of February 2021 to enable more people to access the support available.**

The programme offers assistance with accessing the internet, using social media and learning basic keyboard skills over a number of weeks. People over the age of 55 can benefit from being connected to the internet in terms of being able to gather information, connect with friends and family and access services in a convenient way.

The programme offers direct assistance to participants over the 'phone and, once it is safe to do so, will offer small group sessions too in Bradford, Harrogate, Keighley and Skipton.

As an example, sessions are now on offer regarding 'Digital Health', covering the benefits in terms of

safety, convenience and reassurance. Worth Connecting can talk you, or someone you know, through and support you with any or all of the following:

- Booking GP appointments
- Requesting repeat prescriptions
- Arranging flu vaccination
- Electronic consultations (econsult)
- NHS websites and NHS approved apps
- Local health apps
- Reminders and alerts

This service is confidential and free. For further information on digital health and Worth Connecting, please call 01274 449660 or email [info@worthconnecting.org](mailto:info@worthconnecting.org)

## It's your Choices

**By Carers' Resource chief executive Chris Whiley.**

We are approaching the end of what has been the strangest year that most of us have ever experienced.

To say that it has been testing is somewhat of an understatement and our thoughts go out to those that have lost a loved one in the last few months whatever the cause.

For many of us daily tasks have become so difficult, contact with others is limited and therefore the practical and emotional support so necessary for our wellbeing has reduced. However, I think it is also important to reflect on the 'silver linings' that we have experienced since the middle of March. For example, I loved the enhanced night skies last spring, so clear and interesting, it reminded me of when I was a child and the skies always seemed so wondrous.

Most importantly now I think we need to stop thinking about temporary lockdowns and restrictions and realise that this is life now and we need to get the best quality of life we can. With this in mind everyone at Carers' Resource is busy exploring ways in which we can offer the services that carers and others want and need whilst still keeping everyone safe, so keep a look out for our new offers and services and opportunities to take part in a little light hearted fun as winter draws in. We also continue to campaign on your behalf having recently been involved in sending a letter to the minister of state with other organisations regarding Carer's Allowance. We are always keen to hear your experiences so please get in touch if you have something to share.

With very best wishes for the festive season

**Chris**



# Individual Service Fund

**What's an Individual Service Fund (ISF) and how does it work? Here we explain just how the fund works and how to find out more about the Care@ Carers' Resource service who can help as part of an ISF.**

When adult social care assess the needs of the person needing care and they are eligible for services, they have a choice.

- They can have a managed service where the local authority allocate a provider and the times days agreed.
- 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, they get the flexibility of direct payment without the responsibility of managing a budget, as we manage that on their behalf.

The ISF package is flexible and if they don't need some of the hours one week then they can use them another week to support a health appointment or a trip out.

One of the families who have an ISF and use the Care@ service have explained it in their words: "If you need support, how and where that comes from can be confusing. The support needs to be truly person-centred and tailored to each individual's needs. The options can be bewildering and confusing and it is challenging to decide which one is best for you. Initially for my daughter's support, which consists of 24hr support in her own home, we went with a direct payment as this would give us flexibility and her the individual support she needed to live her life.



"It was myself and my husband who managed the direct payment and we personally found it quite daunting. Overnight we had become employers with all the

responsibilities that carries. With the help of two very good social workers, we first heard of the Individual Service Fund and were introduced to this idea. In our case it is Care @ who are part of Carers' Resource, who manage our ISF, it is like a Pick n Mix! You can choose to have as much help or as little as you want from the third party provider. The Individual Service Fund has given us peace of mind and an element of future proofing our daughter's care. We have had our first break away together for six years recently and the scenery was breath-taking."

Sam Dawson, head of care at Care@ Carers' Resource said "We have an easy read guide available, please get in touch for further details. We have been awarded the contract with Bradford local authority as an ISF provider and we also provide ISFs in North Yorkshire too. We have also just heard this week we have been shortlisted for the Great British Care Awards Yorkshire and Humber for 'Innovative Provider for our ISF work' and we are delighted that this has been recognised."

Call 01274 588990 or email [care@carersresource.org](mailto:care@carersresource.org)



## This is a year like no other

**Emma Clayton is the Community Content Editor of the Telegraph & Argus, Bradford's daily newspaper.**

It goes without saying that this has been a year like no other. "Christmas won't be Christmas this year," I said the other day, not for the first time lately.

No Christmas markets to browse around, no parties to dress up for, no festive lights switch-ons, no brass bands playing jolly carols.

It seems Christmas, along with the rest of life as we know it, is on hold until a time when the world feels a safer place. So we could be forgiven for feeling rather flat this year, as we approach the festive season.

But taking time out from the usual frantic build-up of this time of year might be what we need right now. Remember last spring when we went into the first lockdown, and it felt like the world was taking a breather? With fewer cars on the road, and no noisy crowds gathering, there was a quiet stillness, with clear birdsong and brighter skies, and it felt quite soothing.

Maybe this Christmas will allow us to step back and enjoy the simple pleasures of the festive season. We might find we don't actually miss being caught up

in a frenzied round of shopping and socialising.

When I was helping to care for my mum, who had long term dementia, I used to stay at my parents' house on Christmas Eve. It was to help my dad with caring for her at home and also to provide some company at what can be the loneliest time of the year.

One year I arrived at their house on Christmas Eve, after work, with last-minute presents still to wrap and other jobs to be ticked off the endless list of festive chores. I was tired and tetchy and feeling far from festive. As I fed Mum her tea then got her ready for bed, I was seething with quiet resentment and longing for a time when I would no longer have to do this. When I would no longer be a carer.

That was the last Christmas I had with my mum. She died the following summer. And now, when I'm driving home from work on Christmas Eve, with carols from King's College on the radio, I think of her sitting in the kitchen, prepping Christmas food with those lovely carols filling the air. It was her Christmas Eve tradition – Carols from King's and a glass of sherry on the go.

And then I miss her terribly, and I would give anything to care for her once again.

I hope this Christmas brings you, as carers, some respite. And a chance to take a bit of time out, and appreciate the people you have still around you.



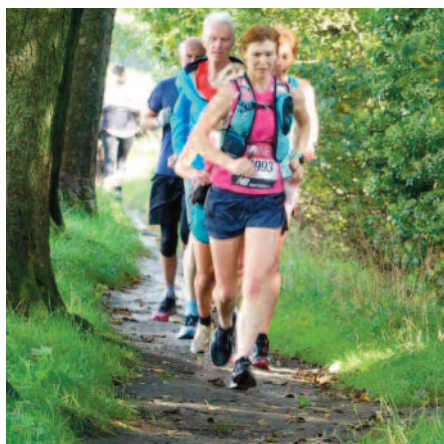


# Virtual London Marathon fundraiser

Cast your mind back to the wind, sleet, rain and gale force winds which dominated early 2020 – yep, those were the dire conditions I was training in for April's London Marathon. I endured the foul weather week after week in the knowledge that a bit of suffering was a small price to pay to raise some much needed funds for Carers' Resource.

I had discovered Carers' Resource through my job as a dietitian. I work closely with people who are reliant on unpaid carers due to all sorts of debilitating conditions such as MND, stroke, cerebral palsy... most of the people I work with need some level of support because of physical and often learning disabilities. I wanted to run for a local charity who I knew would put all the money to really good use.

So, at a point where, after months of gruelling winter training, I was fit and raring to go... and then coronavirus hit. I ended up working on the hospital wards and pretty much everything got cancelled –



including London marathon.

Skip forward to late summer – having lost a load of fitness but back running again, the “virtual London Marathon” was announced – I duly entered, did what training I could and, on 4 October 2020, did the 26.2 miles around Ilkley, supported by a small (socially distanced) group of running chums. It turned out to be a lovely morning with perfect weather (unlike the elite marathon taking place in London where it threw it down!), good company

and the knowledge that this was all for a great cause taking my mind off what my legs, heart and lungs were doing. We got it done in 4 hours 6 mins and, more importantly, raised a much needed £690 for Carers' Resource!

**Louise Nash**

Congratulations and thank you so much Louise!

## Support when it matters

**A huge thank you to Skipton Craven Rotary for helping to support young carers with dance lessons in recent months.**

Mum to the two young dancers said “Both children benefit so much from dancing, both from the physical and mental health side of things. I know how much it helps them.” If you would like to sponsor these young carers, please get in touch.

As COVID-19 continues, we are finding our carers now need more support than ever. In response to this we are setting up ‘The Carers' Resource COVID-19 Emergency Fund’. The Carers' Resource COVID-19 fund aims to provide emergency financial funding for carers who are currently facing financial challenges due to the Coronavirus Pandemic.

Any support is much appreciated. Thank you!

If you would like to support our Emergency Covid-19 Appeal, please go to <https://www.justgiving.com/campaign/covid-19emergencyfund>. For further information, please contact Claire on [cmacina@carersresource.org](mailto:cmacina@carersresource.org)

## Cycling 250 kilometres to make a difference



**On 22nd August, two intrepid cyclists – Chris Waddington and his friend Mark – completed a 250k bike ride around the Carers' Resource patch visiting all three offices taking in 14,000 feet of climbing, one mechanical problem and a puncture, raising £860 to support carers (over £1000 including Gift Aid).**

After leaving home, the pair left Skipton office at 6:45am, and passed through Bolton Abbey, Addingham, Silsden, Haworth, Denholme, Queensbury, Bierley and central Bradford before arriving in Shipley at 10.30am; and after a quick break, on to Ilkley and

Harrogate where there was chance for lunch.

Boroughbridge, Knaresborough, and Ripon followed, with a brief stop after the climb out of Pateley Bridge where cake was a welcome sight. The final stage was the most challenging as the rain set in by the time they reached Grassington and was a constant feature through the hills of North Craven as darkness arrived through Arncliffe, Settle, Rathmell and Hellifield before they finally arrived back in Skipton, in the dark and rain at 10:15pm.

A long day indeed – but a real sense of achievement at completing the ride, and raising money at the same time. Well done and thank you Chris and Mark. Anyone up for it next year?





# Virtual carer forums cross boundaries

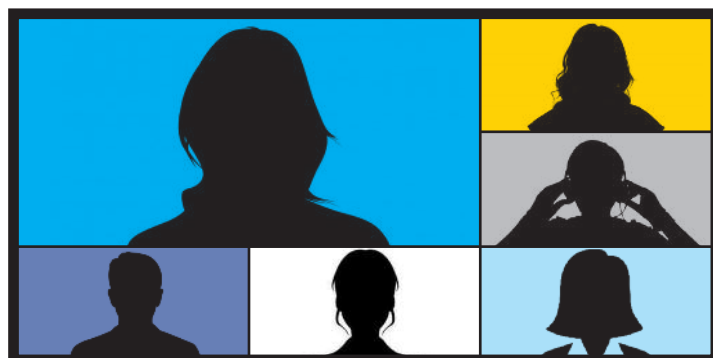
We have been running our carer forums for a number of years, inviting people who look after a relative or friend to access support and share their views. Since March, we have been holding these forums virtually, inviting carers from across all of the regions that we cover to come together, meet other carers, access information and discuss current issues. We have found that the online sessions have been popular, enabling more carers to attend and facilitating productive discussions. If you would like to attend, please do contact us on 01274 449660.

Future forums will be held on:

**Wednesday December 9th 1.30-3.30pm**

**Thursday February 11th 1.30-3.30pm**

**Wednesday April 7th 1.30-3.30pm**



The forums will:

- Consider how the service of the Carers' Resource can be improved to meet the needs of carers more effectively
- Discuss and comment on local issues that affect carers
- Discuss national issues and initiatives that affect carers.

## New ideas for groups

Our Lister Park walking and cycling groups have been popular this year but are currently on hold. If you would like to put your name on a waiting list to be the first to hear when groups restart, please email Kauser on [kmukhtar@carersresource.org](mailto:kmukhtar@carersresource.org)

Also, if you have any ideas for groups that you would be interested in taking part in, please let us know! We'd love to have your ideas!

Some of the suggestions that we have had so far are:

- Yoga weekly online or in person when possible
- Book group online fortnightly or in person when possible
- Allotment/gardening/outdoor cooking
- Walking groups at various parks throughout Keighley and Bradford District.



*Photos taken at Lister Park, Bradford by a member of our walking group*



# Virtual Groups



## Brew & Babble Morning for Parent Carers

Bradford District (East, South, West) Shipley & Keighley. A virtual get together over google meet for carers to join and talk with each other. Sharing experiences, ideas, strategies and peer support. The session will be one hour long 11-12noon. There maybe a guest speaker every so often who will introduce their service, speak about a focused topic or offer some self care for 20-30mins of a group.

**Thursday 3rd December and every other Thursday 11-12 thereafter.**

Contact Sam on [sbland@carersresource.org](mailto:sbland@carersresource.org)



## Webinars for Parent Carers

Topic based presentations, question and answer sessions on relevant subjects for Parent Carers. Topics such as DLA, PIP, SEND and EHCPs, Children's Complex Health and Disabilities Team etc.

**These are held every second Wednesday of the month at 1:00-2:30pm via Google Meet.**

Contact Sam on [sbland@carersresource.org](mailto:sbland@carersresource.org) for details



## Just for Fun Carers Online Quiz Group

Join us for a fun virtual quiz.

**3rd Wednesday of the month, 3pm**

**Wednesday 16th Dec**

**Wednesday 20th Jan**

**Wednesday 17th Feb**

**Wednesday 17th March**

Contact Rachel [rwaddington@carersresource.org](mailto:rwaddington@carersresource.org) or Julia [jrush@carersresource.org](mailto:jrush@carersresource.org) 01756 700888.



## Carers Connect

These sessions will take place on the following dates from 11am-12.30pm  
**10/01/2021**

**17/02/2021**

**24/01/2021**

**31/01/2021**

Contact Melanie for details [mevans@carersresource.org](mailto:mevans@carersresource.org)  
07801 577256



## Wellbeing Coffee Mornings

These sessions will run on the last Monday of the month from 10.30am-12pm

**23/11/2020 Aromatherapy and Therapeutic Hand Massage**

**21/12/2020 Resilience and Coping Strategies**

**25/01/2021**

**22/02/2021**

**29/03/2021**

Contact Sarah [sczujko@carersresource.org](mailto:sczujko@carersresource.org) or Eileen [emcalonan@carersresource.org](mailto:emcalonan@carersresource.org)



## Wellbeing Online Sessions

These sessions will run on the last Thursday of each month with free goody bags for all who attend.

**26/11/2020 Be ready for the digital future**

**15/12/2020 Self Care**

**28/01/2021 Healthy Eating**

**25/02/2021**

**25/03/2021**

Contact Gurchehn [gsingh@carersresource.org](mailto:gsingh@carersresource.org) or Nazma [nakhbar@carersresource.org](mailto:nakhbar@carersresource.org)



Practical tool deliveries for wellbeing sessions go down a treat



I recently wrote about how much I missed Pilates during lockdown. I have also found that walking is good for my mental health, especially with a friend or my sister.

This is dependent on whether my husband is ok to be left alone that day or not – and the weather of course. Like everyone else I find there is constant pressure between my caring for others and my own wellbeing. I do not just care for my husband I also have an elderly mother who needs help with various things.



Christina Bevan, carer for her husband

## Walking for wellbeing

When I can get out for a walk it is often more about chatting than walking. I then pop to see my mother at the end of it which stupidly seems to let me justify my time away from my husband.

On our walks we talk about anything and everything no matter how insignificant it seems. One day we were chatting and I said that I had a busy week. My husband had a massage booked, he goes every two weeks, this is a highlight for him but a bit of a struggle for me. This stopped but has started again now. We had a dentist appointment, which is very difficult for me to get my husband to. There was also someone coming round to give us a quote for some work that needed doing. We both realised that during the lockdown in some ways life had been a lot simpler. I put myself under a lot of pressure to ensure my husband has a fulfilling life and this often means I am quite

stressed about timings, parking and appointments. During lockdown I had none of these things to worry about. My husband didn't really go out and as long as I was quite near to him he didn't seem to mind.

I realised my husband does not need to go out every day he is quite happy to stay in, it is me who thinks he needs to go out. Lockdown has been almost unbearable in some ways but it has made me re-evaluate what is important to me but also what is important to my husband.

Although my busy week was actually only three appointments it was the entire focus of the week for me. Appointments are beginning to encroach on our world again but this also means being able to see family and friends.

For as long as I can I will continue with some 'me' time because I realise this will help me cope with my caring role too.

## VE Day celebrations



**Support worker with Care@ Carers' Resource, Susan Gilbert, wanted to ensure that her service users didn't miss out on the VE days celebrations this summer!**

Sue has enjoyed listening to many of the stories from the people that she supports and felt it was important for them to feel part of the celebrations. Sue recognised that they have so many memories of the war and vivid memories of the impact on our country and she wanted to mark this historical milestone with them.

Due to Covid19, many national and local celebrations had been cancelled and family members were unable to visit loved ones. As a consequence during lockdown, often the only contact that service users had face to face was with their Care@ support workers. Support workers used their work phones to facilitate WhatsApp video calls with family members to ensure face to face contact was still made.

Sue's priority was to ensure that her clients felt that they were taking part in national celebrations and set about making bunting. She also encouraged others to join in and many did by helping with the bunting, printing orders of service and baking buns.

The buns were wrapped in VE day wrappers, iced with a national flag in each. These were then delivered by Sue and homes decorated.

Care@ Head of Care Sam Dawson said "This was a fabulous example of going above and beyond by Sue. She knew how important the celebrations were to some of our clients and she wanted to ensure the day was marked. Not only did Sue go that extra mile but she also inspired her colleagues to contribute. I am so proud of Sue and her colleagues who have continued to deliver front line services to our most vulnerable during lockdown but to ensure that VE day was special for many was just wonderful to see. I have recently nominated Sue for an award and she has been shortlisted. Fingers crossed that she wins!"





# Carer's Allowance

Alongside Carers UK, Carers Trust and other charities supporting carers, we have been campaigning for better financial support for unpaid carers for many years. Carer's Allowance, the main benefit for people caring unpaid for family or friends, remains the lowest benefit of its kind at £67.25 per week (2020/21 rates).

Because of the low level of the payment and other entitlement conditions, including an earnings limit, the benefit continues to be ineffective in preventing financial hardship.

Despite the huge contribution unpaid carers make to society, too many face financial hardship. At least 1.2 million carers are now living in poverty across the UK\*, whilst half of working age carers live in a household where no-one is in paid employment. Compounding this situation, on average, 600 carers a day are having to leave work to provide unpaid care.

The coronavirus crisis has only compounded the difficulties many carers face; Carers UK research into the impact, Caring Behind Closed Doors, found that carers' costs were rising, whilst their benefits are not keeping pace. 81% of carers are spending more during the coronavirus outbreak – the rising costs they face include increased domestic bills, paying for additional care and support services, buying equipment to adapt homes, and/or purchasing technology to help with caring.

\*New Policy Institute (2016) Informal care and poverty in the UK.



On November 3rd 2020, Carers UK organised and delivered a second open letter to the Secretary of State for Work and Pensions – copied to the Chancellor – which was co-signed by 75 organisations including Carers' Resource, restating the case for an immediate increase in the level of Carer's Allowance and expressing disappointment that the Government did not respond to the original letter from July.

In addition, Gareth Howells, CEO of the Carers Trust, recently wrote a letter which was published in The Guardian. We will keep calling on the Secretary of State for Work and Pensions to recognise the contribution of carers and increase the level of Carer's Allowance.



The health and social care select committee rightly highlights the social care system as "unfair, confusing, demeaning and frightening for the most vulnerable people in our society and their families" (Social care in England needs input of at least £7bn a year, say MPs, 22 October).

But while the select committee's report rightly stresses the need to "address rising levels of need among older and disabled people and to improve pay and skills for care workers", unpaid family carers seem to have been forgotten yet again.

Successive governments have failed to tackle the social care funding crisis. The result is a broken social care system. It's hardly surprising, therefore, that unpaid family carers are shouldering ever more of the burden of providing care in the community. In fact, the value to the state of the care they provide to family members is £132bn a year.

You'd think they'd be heralded as heroes. Instead, despite everything they do to keep the fabric of society from tearing apart, many are "compensated" with carer's allowance of just £67.25 a week.

A green paper on social care funding was a Conservative manifesto commitment in 2017. Nothing has been heard since. The government must not continue to exploit exhausted unpaid carers, hoping they will carry on providing social care on the cheap. It must raise the carer's allowance immediately, and then work urgently to fix our broken system. Failure to do so will only place an unbearable strain on millions of unpaid carers who are already at breaking point.

Gareth Howells  
CEO, Carers Trust, London



# Shout out to all carers!

## Are you registered as a carer with your GP?

Please check and also make sure there is also a link on the record of the person you care for with your contact details.

## Carers' Resource ID Card



**Carers' Resource is delighted to announce that we have been working hard on an exciting new project behind the scenes and we are now in a position to launch a Carers' Resource Identification Card.**

The aim is to recognise carers registered with us throughout our geographical area, and we will be doing this by issuing qualifying carers with an ID Card.

The card will include a photo of the carer, a unique identification number and details of how organisations can check authenticity with us.

We know that, over the years, carers have been challenged to prove that they are carers. Sometimes this could have been to get information about the person they are caring for, other times it may be to access benefits or to get reduced-price entry or discounts. More recently, carers have been challenged when trying to shop during protected hours at supermarkets. For these reasons, Carers' Resource has created a carer ID card and our hope is that it will be beneficial to those caring.

If you would like a card, please contact [carercard@carersresource.org](mailto:carercard@carersresource.org)

## Have you had a flu jab?

### Who can have the flu vaccine?

The flu vaccine is given to people who:

- are 65 and over (including those who'll be 65 by 31 March 2021)
- have certain health conditions
- are pregnant
- are in a long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who's at high risk from coronavirus (on the NHS shielded patient list)



Due to high demand for the flu vaccine, there may be some delays getting a vaccination appointment. Your GP surgery or pharmacy should be able to tell you when more appointments are available.\*

\*NHS ENGLAND website.

## Do you or the person you care for have a diagnosis of asthma?

**Asthma UK and the UK Inhaler Group have created a new collection of easy-to-watch videos covering all the major brands – you can improve your technique in three minutes!**

The videos have been developed with support from the UKCPA Respiratory Group and other organisations as members of the UK Inhaler Group. These are a great resource to support inhaler technique training for both patients and healthcare professionals in addition to face-to-face training. <http://www.asthma.org.uk/inhalervideos>

## Still #heretohelp during lockdown

**Carers' Resource support worker, Sarah, was recently in contact with a lady caring for her elderly mum with dementia and also her son with ADHD. Sadly she was feeling stressed and depressed and reached out for help.**

She was especially stressed about her son and didn't realise that there were support groups for ADHD. Sarah quickly signposted to the ADHD Foundation. She helped her complete a DLA application for the son and issued an Emergency Planning form as she thought that was an excellent idea for her mother.

Signposting to support services throughout the region and navigating the health and social care system is a key part of the role of our support workers. Sarah also introduced Carers' Resource Young Carers as support for the

other children in the family.

Sarah said "I was pleased that I was able to support in as many ways as I could. I also completed an application for a Carer Wellbeing Grant for gym membership for the carer as she said that would be good for her own wellbeing. Finally I recommended the online group we held in September on 'Managing stress and anxiety'. She thoroughly enjoyed the session, being able to see others in a similar situation, but while still being within earshot of her mother was wonderful and led to her feeling less isolated. She enjoyed it so much she is also attending the October session on Confidence Building."

If you or someone you know needs support from Carers' Resource, please get in touch.





# Pizza making fun!

**Thea is a very intelligent, sensitive and thoughtful young girl who lives with her mum, dad and younger sister on the outskirts of Keighley. Her younger sister who is three, has a very rare genetic condition. She is tube fed and has complex health needs that impact on the family significantly.**

At a very young age Thea, who spends lots of time with her sister, has learned to assist with daily tasks such as dressing, keeping an eye on her and also support with her communication needs. She also helps out with household jobs.

When Thea first became involved with the Young Carers' service at the beginning of 2020 she was extremely shy and her Dad stayed with her throughout the whole of her first visit to one of our younger youth groups at the Shared Church in Keighley.



As the months have passed and despite the restrictions placed on our service as a result of the Covid 19 pandemic, Thea's confidence and self esteem have grown massively. She has actively participated in many of our Young Carers' video groups and also developed a competitive streak participating in some of our bake off and art and crafts initiatives with 100% gusto and enthusiasm as her pictures demonstrate. She even made a very realistic self portrait with pizza food ingredients. She then decorated her pizza box very imaginatively with the Italian flag and colours.

Unfortunately our usual summer activities schedule involved much less face to face contact than last summer due to the pandemic. However, Thea did attend one of our outdoor group sessions rock painting in Cliff Castle park in Keighley. We observed a different child to the one we saw at the Shared Church youth club earlier in the year. Thea grinned from ear to ear for most of the morning and would definitely have won the chatterbox competition if that had been on the itinerary.

Life can be hard sometimes for Thea, at home. Sometimes her sister will lash out at her physically and Thea finds these behaviours upsetting and difficult for obvious reasons. She was therefore nominated for some funding from the Covid 19 Emergency fund that became available to our service this summer. We purchased her a TV with integral DVD player so that she could enjoy some respite in her bedroom and time to herself where she can just be the six year old girl that she is and enjoy her favourite programmes and films.

Thea's mum told us "Thea started Young Carers a few weeks before lockdown. She was so excited to go as she knew it was her time to enjoy other things, away from her sister. For me, looking after a child with special needs is hard, but Thea also needs attention. Having the virtual groups really helped. The activities helped her wellbeing as she felt part of something. She enjoyed meeting at Cliff Castle which gave her the boost that she needed.

"Thea needs to feel a sense of belonging and Young Carers and the staff make her feel good. During the lockdown Thea has experienced some challenges at home but has dealt with them so well considering she's so young. She wants to learn and share her experiences with people and I think this is acceptance that her sister is different. Since returning to school Thea has become very anxious about a lot of things and is constantly worrying so the little groups as and when can help her."

Thea said "Young Carers is amazing. I like it because it's about me.

I miss the group as I made new friends. I am so excited that one day we may get the teddy bears picnic. In lockdown Carrie came round and brought me pizza making things I decorated a box and called my pizza shop Pizza Thea. I made silly faces."

For further information about our Young Carers service, please go to [youngcarersresource.org](http://youngcarersresource.org)



## Christmas dinners

At the time of going to print, we did not have any information from partner agencies about provision of Christmas lunches. Please check our website and social media pages for details as we will be updating these as and when we get notifications.

## How could you help us to raise funds?

### Did you have a lockdown clear out this year?

Do you have unwanted items and don't know what to do with them? Recycling for Good Causes help us raise much needed funds by recycling donated items that are no longer of use.

### Here's where YOU can help!

You can clear out your unwanted items and help raise funds for Carers' Resource. We can recycle all of the following, even damaged or broken:

- Jewellery (any material, wearable or broken)
- Watches
- Used stamps
- Gadgets (mobile phones, cameras, satnavs, game consoles, tablets, MP3s etc.)
- Unwanted currencies (all those foreign coins and banknotes from your holidays, no matter how old)
- Empty crisp packets

Please drop items off at our offices when we are open (at the moment on Tuesdays and Wednesdays).

## Christmas food wordsearch

A	S	T	T	U	R	K	E	Y	F	G	A	X	E
F	R	U	H	H	J	W	T	U	D	I	D	Y	T
X	S	I	J	W	M	E	H	L	R	N	R	W	A
E	B	H	T	R	I	F	L	E	Q	G	T	S	L
K	R	N	K	C	V	N	I	L	F	E	Y	E	O
A	U	E	P	L	O	Y	E	O	I	R	I	D	C
C	S	T	U	F	F	I	N	G	L	B	K	R	O
T	S	Y	D	L	J	B	J	Y	J	R	I	O	H
I	E	S	D	T	U	I	M	H	P	E	J	L	C
U	L	W	I	E	U	L	K	B	R	A	N	D	Y
R	S	Q	N	U	T	S	L	D	M	D	D	H	Q
F	I	G	T	E	Y	H	B	E	N	B	C	J	H
L	Y	U	V	E	N	M	F	R	B	V	S	T	Z
O	J	X	S	Z	S	E	I	P	E	C	N	I	M

TURKEY

PUDDING

CHOCOLATE

TRIFLE

NUTS

BRANDY

WINE

FRUITCAKE

STUFFING

BRUSSELS

GINGERBREAD

MINCE PIES

YULE LOG

FIG

## Last minute present buys can raise money for carers

### Did you know your Christmas shopping can make money for us while costing you nothing?

This Christmas, we're asking if you could please make a small habit change to raise money – at no cost to you – to benefit unpaid carers in the district.

It's really simple – if you shop on Amazon, swap to Amazon Smile. The site and log-in details are just the same but with an added bonus: Amazon will make a donation to Carers' Resource for every purchase you make. Simply sign in at [smile.amazon.co.uk](https://smile.amazon.co.uk) and choose Carers' Resource as your charity. You need to buy every time via the Amazon Smile website rather than [amazon.com](https://amazon.com).



Some people don't buy using Amazon for various reasons, so an alternative shopping site that donates to Carers' Resource at no cost to you is easyfundraising – it features more than 3,300 online and high street retailers such as Booking.com, Sainsbury's, John Lewis, eBay, ASOS, M&S and Argos. Any of your usual discounts and codes still apply, and there's an app.

See [www.easyfundraising.org.uk/causes/carers-resource/](https://www.easyfundraising.org.uk/causes/carers-resource/) or download the app.



## Try a new recipe this Christmas – Brussel sprouts with bacon and chestnuts

### Ingredients

- 1½kg Brussels sprouts, trimmed (or if buying pre-trimmed, buy 1kg)
- 6 rashers smoked streaky bacon, cut into bite-sized pieces (or use more, if you like)
- 200g vacuum-packed chestnuts
- 50g butter

### Method

1: Bring a large pan of salted water to the boil, then tip in 1½ kg trimmed Brussels sprouts. Once back to the boil, cook for 5 mins. Drain, run under the cold tap until cold, then drain again.

2: Heat a large frying pan, add 6 rashers smoked streaky bacon, cut into bite-sized pieces, and gently fry for 10 mins until

crisp and golden.

3: Tip out of the pan, leaving the fat behind,

then add 200g chestnuts and fry over a high heat for about 5 mins until tinged. Tip out of the pan.

4: Add the Brussels sprouts to the pan with a splash of water, then cover and finish cooking over a medium heat for about 5 mins, stirring now and again, until just tender.

5: Uncover, turn up the heat, then add most of the 50g butter and sauté the sprouts for 2 mins more.

6: Tip in the bacon and chestnuts, season generously with salt and pepper, then serve with the last knob of butter on top.



From everyone at Carers' Resource, we wish you well over Christmas and New Year. Festive opening times are as follows:

The Harrogate, Skipton and Shipley offices will be closed on 24 December and also on the bank holidays (Friday 25 December, Monday 26 December and Friday 1 January).

Office hours Harrogate, Bradford and Skipton 9am to 4.30pm Monday to Friday.

