

BDCT Carer Newsletter

Spring 2022



Carly Driscoll -
Carer Experience &
Involvement
Manager

Hello Everyone,

I Hope you are all keeping well and enjoying 2022 so far.
Spring is here, lighter and warmer days are upon us.

We have plenty of updates for you all and lots of information
that we hope you find useful. Please don't hesitate to get in
touch if you have any information you would like for us to
include next time.



Fozia Shamim –
Carer Support
Officer

Contact Us

For further information contact **The Carer Service:**



01274 251112



Carerhub@bdct.nhs.uk



www.bdct.nhs.uk/support-for-carers



BD_CarerSupport



<https://www.facebook.com/BDCFTCarerHub/>

Despite the current
restrictions in place and
providing our carer services a
little differently,
we are still here to help.



We Care



We Listen



We Deliver

Carers Week 2022

‘Making caring Visible, Valued and Supported’

What is Carers week? Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities, highlight the vital role carers play in our communities and draw attention to just how important caring is.

Carers week 2022 runs from **6th to 13th June** and this year the theme is ‘Making caring Visible, Valued and Supported’.

Carers week activities and events in your area:



Join us on Microsoft teams on either

Monday 6th June, 2-3pm

or **Wednesday 8th June, 10-11am**

An opportunity to meet other carers and to find out what Bradford District Care Trust has to offer for carers of people using services and for our staff members who are carers.

Let's make caring 'Visible, Valued and Supported'

To register for a session, please contact carerhub@bdct.nhs.uk by **Monday 30th May**

Information stalls:

Come and say hello to us!

On **Monday 6th June** – 9.30am – 12.30pm we will be at Westbourne Green Community Hospital (oak lane entrance), 26 Heaton Road, BD8 8RA.

On **Tuesday 7th June** – 9.30am – 12.30pm we will be at Horton Park Medical Centre, 99 Horton Park Avenue, BD7 3EG.

We are planning some more information stalls through the week, please contact us on carerhub@bdct.nhs.uk for further details.

Carers week activities from Making Space and Carers' Resource:

Tuesday 7th June – Carers picnic in the park at Roberts Park, Saltaire.

Thursday 9th June – Party celebrating Carers week 2022, the Queen's Jubilee and Making Space 40th birthday



For full details, contact Making Space on Bradfordcarersupport@makingspace.co.uk



*you care for them,
we care for you*

Sunday June 5th

Ilkley Food Market

Join us at Ilkley Food Market for a chat – we'll have a stall at this popular event.

Where: The Grove, Ilkley

When: 10am-3pm

Contact: Claire Macina, cmacina@carersresource.org

Monday June 6th

Carers' group with Pioneer Projects

Carers' group for relatives and carers of anyone living with dementia, run in conjunction with Pioneer Projects

Where: Bentham Library

When: 10.30am-12.30pm

Contact: Debi Hawkins, dhawkins@carersresource.org 01756 700888

Oakworth Welcome Drop-in

A friendly drop in open to carers and the people they care for

Where: Oakworth Methodist Church, 107 Lidget, Oakworth, Keighley, BD22 7HN

When: 1.30pm-3.30pm

For more details, contact Carly Brunskill, cbrunskill@carersresource.org 01756 700888

Baildon Carers Group

Celebrate Carers Week with a cuppa and a piece of cake

Where: St Hugh's Centre, Coach Road, Baildon

When: 2pm-3pm

For more details contact Mel Evans at mevans@carersresource.org 01274 449660

Tuesday June 7th

Promotions stand at Morrisons in Harrogate

Come along and chat to members of our team about how we can help

Where: Morrisons, Starbeck, Harrogate

When: 9.30am-4.30pm

Wellbeing for Carers Week

Specially for Carers Week – our online group meets face to face for laughter, resilience and relaxation. Ideal opportunity to meet other carers and share ideas. Booking essential.

Where: Carers' Resource, Shipley BD18 3DZ

When: 10am-11.30am

Contact: Nazma Akhbar 01274 449660 nakhbar@carersresource.org

Carer Craft and Chat

Join other carers to celebrate Carers Week and make something special for yourself while enjoying some cake

Where: The Life Centre, 102-104 Bierley House Avenue, Bradford BD4 6BU

When: 10am-12noon

For more details contact Mel Evans at mevans@carersresource.org 01274 449660

Ilkley Carers Coffee and Cake

A group for carers in the Ilkley area to meet together and enjoy coffee and cake

Where: Clarke-Foley Centre, Ilkley

When: 10.30am – 12noon

Contact: Fiona McKinnon-Evans Fmckinnon-evans@carersresource.org 01756 700888

Bradford Allotment Carers Week celebration

Informal drop-in event at the Carers' Resource allotment in Bradford. Including a willow-weaving workshop and a drumming session!

Where: Undercliffe Allotments, Bradford

When: 10am-1pm

Contact: Becca Marshall bmarshall@carersresource.org 01274 449660 or 07842312719

Wednesday June 8th

Re-filling your own jug! Wellbeing for carers

We often say "you can't pour from an empty jug" when we mean that you need to look after yourself before you can support others. But how do you replenish your jug?

This special day during Carers Week will give carers time to pick up some new tools for replenishing their own energy, with information and demonstrations on Emotional Freedom Technique, hypnotherapy and an afternoon dedicated to fun and practical ways of looking at and working on self-care.

There will also be the opportunity to have a go at a variety of hands on crafts. Bring your own lunch but cake and brews a-plenty will be on offer! All free but booking is essential.

Where: Carers' Resource, Ronaldsway House, Brook St, Skipton

When: 9.30am-4pm

Contact: Debi Hawkins dhawkins@carersresource.org.uk 01756 700888

Cliffe Castle Stroll

Join other carers for a stroll around Cliffe Castle Park, Keighley, followed by cake to get together and celebrate Carers Week

Where: Cliffe Castle Park, Keighley

When: 10am

For more details contact Mel Evans at mevans@carersresource.org 01274 449660

Carers Week Special – Men on a Boat Trip

Join other male carers for a relaxing cruise along the Leeds-Liverpool canal in a narrow boat from Saltaire, Bradford and have a good chat along the way. Free of charge! Please contact us for more details and to book your place.

Where: Saltaire, Bradford

Contact: Mohammed Mahboob 01274 449660 mencare2@careresource.org

Harrogate Open Office Afternoon

Come and see us at our new office in Harrogate! Complementary refreshments available.

Where: 3 Grove Park Court, Grove Park Terrace Harrogate HG1 4DP

When: 2pm-4pm

Contact: Harrogate office 01423 500555

Thursday June 9th

Airedale Centre Carers Week Event

Carers' Resource staff are joining the local Modality Surgeries for a Carers Week event.

Where: Airedale Centre, Keighley

When: 11am-2pm

You are Not Alone – Child to Parent Violence Support Group

For parents/carers of school age children up to 18 yrs old. Peer support, advice, guidance and reassurance.

Where: Carers' Resource, Shipley BD18 3DZ

When: 10am-12noon

Contact: Sam Bland sbland@carersresource.org or 01274 449660

SEND Parent Carer Group, Shipley

An informal meeting for parent carers in Shipley area for parent carers to get together, receive support and share experiences and build confidence together.

Where: Shipley (venue TBC)

When: 11am-1pm

Contact: Kathryn Leakey kleakey@carersresource.org 01274 449660

Dales Diners

Dales Diners will celebrate carers week with a special party lunch for carers and cared for with memory problems.

Cost £5 per person. Booking essential.

Where: Christ Church Hall, Darley

When: 1pm Contact: Carol Lancaster clancaster@carersresource.org 01423 500555

Online Trivia Quiz

Come and have some fun with our quiz in Carers Week! Prize to be awarded!

Where: Virtual

When: 2pm-3pm

Contact: Naomi Evans nevans@carersresource.org 01423 500 555

STAR Club Parent Carer Drop-in

Monthly drop in session for parent carers of young people attending STAR club

Where: Culture Fusion Building, Thornton Road, Bradford BD1 2EP

When: 6.30pm-8.30pm

Contact: Lucy Cartwright lcartwright@carersresource.org 01274 449660

Friday June 10th

Skipton Allotment Group

Take part in some gardening and enjoy growing your own with other carers.

Where: Middletown Allotments, Skipton

When: 10am-12noon

Contact: Carol Hudson 07936 938567 chudson@carersresource.org

Woodland walk and picnic

A short woodland walk and a complementary picnic at Grewelthorpe's Hackfall Woods . Carers and cared for welcome ! Meet outside The Crown Inn at Grewelthorpe and please ring Helen Dickinson to arrange. This is woodland, and although it is a gentle walk, we recommend sturdy shoes to be worn. No slippers or flipflops! Looking forward to seeing you there.
Where: The Crown Inn, Grewelthorpe
When: 11am

Contact: Helen Dickinson hdickinson@carersresource.org 07706 334260

Volunteering opportunity within a new walking social support group for carers

We are currently in the process of setting up a brand new group for carers. Working closely with the Well Together network, we are starting a group for carers to meet with one another walk and talk. This might be about their role and experiences as a carer, but it might also be about where they are going on holiday or what they are having for tea. We wanted to create a safe, social environment for carers to come together.

We are looking for a volunteer to support with the group.

If this is something you would like to do, please contact Fozia or Carly at carerhub@bdct.nhs.uk

Opportunities to be involved

There are various ways that you can be involved in the Trust, beginning with your own experiences as a carer and extending to team, service or Trust wide involvement. We welcome you to be involved at all levels because you have first-hand expertise as a carer of someone who has used Trust services and you can tell us your views, from your perspective, in your own words. You can do this as and when it suits you and can always say 'no'. For example:

- **in decisions about the care/treatment of the person you care for**

We recognise that care is made better by good working relationships and communication between the person using our services, the professionals, and carers. We believe that the carer contribution and their expert knowledge should always be considered and included in individual care wherever appropriate. Where carers are active partners in the care planning and treatment of those using our services, it also promotes safety, supports recovery, and sustains well-being.

- **being involved in a team or service**

helping to develop information

- sharing your experience to support staff training and awareness
- joining a recruitment panel to provide a carer perspective in the appointment of staff
- taking part in an improvement initiative
- or many other ways – you can also suggest ideas on how you want to be involved.

- **involvement in the wider work of the Trust**

- taking part in the design of new facilities, like the redevelopment of Lynfield Mount Hospital
- attending events, meetings, and consultations
- bringing a carer perspective to Trust Committees, groups or projects
- becoming a member or Governor of the Foundation Trust



We want to encourage carers of all ages, including young people who are carers, to join with us as Involvement Partners to work together in improving all our services – physical and mental health, Learning Disabilities and Children's Services. You can help decide and improve what we provide, and the experience of using services for everyone including carers.

If you are interested, or would like further information, please contact the Patient Experience & Involvement Team on **01274 228298** or e-mail involve@bdct.nhs.uk



Carer Development Group

You may remember from previous updates, that we have set up a Carer Development group. The purpose of this group is to refocus and refresh our commitment to carers across the trust services.

Our last Carer Development group meeting took place on 8th November 2021 and was attended by a wide range of internal and external services. We now have 3 carer representatives within the group, but we welcome and encourage the involvement of more carers.

It would be great to get a mix of people with different sorts of caring experience - because we provide a whole range of types of health service, physical, mental health, learning disability, children and so on – and to have a range of people from different areas in our 'patch', and from a range of backgrounds, age groups and cultures.

We will pay a fee, in line with Trust policy, plus out of pocket expenses to Carer members of this group. This could include the costs of care to release you to attend, if this cannot be met through other sources such as a care package.

The next Carer Development group meeting will take place in the new year, date to be confirmed. This is currently planned as a Microsoft Teams meeting.

If you are interested in joining this group, please contact carerhub@bdct.nhs.uk as soon as possible – we will ask you to fill in a short form to tell us about yourself and why you are interested. We will try to involve everyone who is interested but if a lot of people respond, we may need to select those who we feel will bring a good range of experience and representation to the group

Groups

Carers in Action - This is a monthly group of carers who meet to share information/experiences/expertise, drive discussions, provide support and find out about things affecting carers who care for people who access/use Bradford District Care NHS Foundation Trust services.

Trust Wide involvement group – You are welcome to attend as an involvement partner or as a guest. Maybe you are thinking about becoming an involvement partner?

New members are always welcome. For further information or to be added to the group, call the Carers Hub on 01274 251112 – please leave a message we do check these regularly and will call you back if you leave your name and number - or email carerhub@bdct.nhs.uk.

We are still meeting virtually right now, however we hope that face to face meetings will resume in the coming months. We are eager to get back to meeting with you all but our priority is to keep you and those you care for safe.

Taking Part in Virtual/Online activities.

If you have not used online technology before, there are plenty of opportunities ahead to give it a try. You don't need to have a camera on your computer or phone, or even have the camera turned on if you do not want to - you can just use the microphone and be on audio.

Once you sign up to a virtual/on-line event, we will send you easy to follow instructions on what to do and we will gladly support you in getting connected. If you have a problem one of us will be on hand to reassure you and to talk you through it.

We hope it will not be too long before we have more options in what we can do, and we look forward to that, but we also know that this can make it easier for some people, including carers, to take part in things without having to come to a venue. Why not give it a try?

If you have ideas for things you would like us to provide online, or when restrictions ease, please let us know. We want to know what works for you!



Support for carers

Making Space –

**Mental Health Carer
Support Service**
Bradford and Airedale



Are you caring for someone who has a mental health condition?
If yes, *we are here to help.*

Contact us

Get in touch with us today to find out more about what we can do to support you.

Airedale 07843 268029 and 07972 732859

Bradford City 07843 267952

Bradford South & West 07843 268051

Bradford North 07843 268115

Email: Bradfordcarersupport@makingspace.co.uk

Carers' Resource –



*you care for them,
we care for you*

Carers' Resource offers a range of services across all its localities. We can provide individually tailored information on subjects including:

- available support – whether financial, practical or emotional – and how to access it
- hospital admission and discharge processes
- advice on benefits entitlement (where we are able to do so)
- how to plan for the future
- how to develop new hobbies and interests
- how to find leisure, learning and employment opportunities
- where you can go to form links with other carers through groups and activities

Contact:

Bradford - 01274 449660

Harrogate - 01423 500555

Skipton - 01756 700888

Young carers

In Bradford, young carers can access support through the young carers programme at Carer Resource'. You can contact them on **01274 449660**.

Young Carer Support App:

West Yorkshire Health and Care Partnership have launched an app to help young carers access the help and support they might need.



West Yorkshire and Harrogate
Health and Care Partnership



Young Carers Support App



Download from the android app or apple store for free advice and support with your:

- ❖ Mental Health
- ❖ Education
- ❖ Emergency planning
- ❖ Support
- ❖ Carer Skills
- ❖ Conditions
- ❖ Relationships

COVID-19- Support information

We understand that during this difficult time you may be worried about your own health, be it Mentally or Physically, as well as the health of those you care about.

Below are some links to sites that can offer local support:



- Bradford Council:
<https://www.bradford.gov.uk/health/health-advice-and-support/coronavirus-covid-19-advice/>
- NHS Website links: <https://www.nhs.uk/conditions/coronavirus-covid-19/> ,
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>
Please note - If you don't have anyone or any organisation that you can ask for help, please call the Bradford Council Contact Centre on 01274 431000 open 8am to 6pm Monday to Friday, and 10am to 4pm Saturday and Sunday

Other services for support

- NHS coping with stress: <https://www.nhs.uk/oneyou/every-mind-matters/stress/>
- Age UK: <https://www.ageuk.org.uk/information-advice/coronavirus/> - 01274 391190
- MIND: <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
General enquiries: 01274 730 815
Telephone helpline: 01274 594 594
- Carers Resource <https://www.carersresource.org/>
Bradford and Airedale: 01274 449660
Craven and Airedale: 01756 700888
- Making Space: [https://makingspace.co.uk/services/centres/bradford-airedale-carer-support-service - 07843267954](https://makingspace.co.uk/services/centres/bradford-airedale-carer-support-service-07843267954)