

If you care,
we care.

Carers Support Centre
Bristol & South Gloucestershire

A Network Partner of
**CARERS
TRUST**

Carers News

FREE • £1.50 when sold

Issue 91 • Spring 2023

Young Carers survey reveals worrying trends

The results of our annual survey of young carers in Bristol and South Gloucestershire reveal some worrying feelings among the 237 young carers who responded.

The bottom line of the survey is that more children and young people are doing more caring than ever, with 60% saying they were providing more care than the year before.

And the pressure of that extra care is starting to tell, particularly in the mental health of young carers. The survey reports increased instances of depression, anxiety, stress and loneliness. But perhaps most worrying is the 21% of young carers who say they self-harm, a marked increase on the figures for the previous two years.

Other health problems young carers reported in large numbers are difficulties with sleeping and with their relationship with food. Overall, a third of young carers feel unhealthy.

The pressure of caring also impacts on young carers' schooling, with 10% missing school and 43% falling behind with schoolwork. Only 27% say that they are happy in school. Reports of bullying and inability to concentrate add to the picture.

All-in-all, the results of the survey show that there has never been a greater need for the services and support of Carers Support Centre's Young Carers Service.

Last year:

- We carried out 288 young carers assessments
- We delivered 388 one-to-one support sessions (online, phone and face to face) providing support and advocacy to young carers



@alyssasieb | nappy.co

- We provided 686 breaks to 212 young carers
- 104 local schools registered with Young Carers in Schools and as part of the Bristol and South Gloucestershire young carers school leads network

And to better support young people's mental health, staff are trained to run a Resilience Lab programme that helps young people learn how to cope with stress, stay relaxed, discover strengths, reach out to others and keep on top of things when life gets tough. As a result of this work and other activities attended in 2022:

- 75% of young carers said they made new friends helping to reduce their feeling of isolation
- 74% said that attending activities helps them cope with things going on in their life.

We'll be featuring the full results of the survey as one of our activities to support this year's Young Carers Action Day in March. We are also planning an event with partner organisations Bristol Black Carers, Bristol Drugs Project and Creative Youth Network.

See more about our plans for Young Carers Action Day on page 12 and by visiting our website. And you can take action to support young carers on Action Day by signing the Young Carers Pledge (see page 12).

Inside this issue:

- 7** End of an era
- 8** Micro-respites
- 12** Young Carers Action Day
- 14** Carers Groups



2 Message from the CEO

CEO Message

The cost-of-living crisis shows no signs of abating, and we know that it continues to affect carers more than other sectors of society.

Hopefully, the worst of the winter's bad weather is over, relieving slightly the pressure on fuel payments for a while. But prices across the board remain high to the point where it is very difficult to make ends meet, particularly in the context of keeping those who you are caring for safe and well.

We continue to try to give you information and advice which we hope will be of practical help. We dedicated Carers Rights Day to the subject, recognising that for many carers it is the greatest concern that you have at the moment. In this edition of Carers News, we have more information on local organisations and schemes that can help (see page 10).

But as well giving you information to help cope on a day-to-day basis, we are also dedicated to representing your views and concerns to the decision makers, both national and local, whose policies affect carers lives so much. This is particularly so in the areas that leave unpaid carers especially vulnerable to the cost-of-living crisis, namely the benefits system and the state of health and social care in the country.

We were happy that our voices were heard recently with the publication of the House of Lords Adult Social Care Committee report, 'A "gloriously ordinary life": spotlight on adult social care'.

Thank you to all of our Carers Reps, staff and carers who supplied the written evidence which we gave to the Committee. You can see that written evidence at

<https://committees.parliament.uk/writtenevidence/108895/html/>

Our submissions to the Committee can best be summed up in a quote

from South Gloucestershire carer, Amanda, when she said, "It's not possible to pour from an empty cup, so if there is no support for carers to rest and to have a tiny modicum of a life, they will continue to burn out and then two people will need state support."

Many of the ideas in our written evidence were taken on board by the Committee and reflected back in the report, particularly our key recommendation about short breaks. Overall, the Committee concluded that, "adult social care... has been historically relatively invisible in terms of national policy and politics [and] this is now increasingly damaging to both those who draw on and who provide unpaid care at a time of growing need, rising costs and a shrinking workforce."

We remain committed to making sure your voice is heard, not only in the corridors of power, but also within Carers Support Centre itself. It is important to us that our services for you are based on your needs. In that spirit, we invite you to have your say about the future of our carer well-being services (see page 4). With a change in funding provision, we need to know what direction of travel you want taken in this important area.

Key to the principle of making sure that your voice is heard both inside and outside of the charity is the work of our Carers Policy, Engagement & Involvement Lead,



Susy Giullari. Susy is the subject of this edition's 'Day in the Life' on page 14

Carers and Census data

I was taken aback by the latest release of 2021 Census data showing a reduction in the overall number carers. We are not experiencing this on the ground where we are seeing a year on year 20% increase in carers turning to us for help for the very first time.

The Office for National Statistics (ONS) suggests a number of reasons for the reduction in overall numbers, including changes in the nature of caring and the high levels of excess deaths during the pandemic. However, it also suggests that the change in question framing could have made a difference.

What is inescapable from the data, and reflective of our experience, is the fact that nationally there has been a significant increase in the number of carers providing substantial care, a rise of 152,000 providing over 50 hours of care per week and over 250,000 providing 20-49 hours of care.

We know that substantial levels of care significantly impact the health and wellbeing of carers as well as making the juggling of work and care even more challenging. This makes our work of supporting carers all the more important.

Tim Poole, Chief Executive

Trustee message

I am proud and honoured to have been a trustee of Carers Support Centre (CSC) since 2017 and Chair of the Board of Trustees since 2020. It's a really rewarding and enjoyable experience being a trustee, working with my fellow trustees who are all from different backgrounds and bring unique insights and experience, but all with a common, overriding desire to improve carers' lives. If you feel that being a trustee might be for you and are interested to find out more, please contact me.

During my time as a trustee I've seen many changes, both in the membership of the Board and in the staff. Some changes occurred as a result of the effects of the Covid-19 pandemic on the organisation, when we all

had to adapt to new ways of working including working from home and online meetings. Staff demonstrated huge resilience in tackling the challenges they faced and developing and embracing innovative alternative ways to deliver services. I believe that we are a much stronger organisation now as a result of their efforts.

As I write this, we are experiencing higher rates of inflation than we've seen for decades, combined with rising energy costs, which inevitably have a huge impact on the lives of carers. Recent research by Carers Trust found that carers are experiencing 'unprecedented financial hardship' as a result of the cost-of-living crisis, with 41% of those surveyed having given up work and 23% reducing their



Mary having successfully completed last year's Bristol 10k in support of Carers Support

hours they work to care for a loved one. Carers Trust are lobbying the government to increase Carer's Allowance, to make it a qualifying benefit for the £900 cost of living support payment and to publish a strategy for unpaid carers. I really hope they are successful.

Mary Whittington

✉ chair@carerssupportcentre.org.uk

New staff



Becky Knee

Becky has joined us as Trust Fundraiser. She has 17 years of experience working in consultancy PR across a diverse range of public, private and third sector clients. She enjoys writing compelling copy to highlight Carers Support Centre's aims and achievements. Becky's role includes researching new funding sources, liaising with trusts and drafting content for trust applications.



Rosalind Eunson

Rosalind has joined as Administration Assistant supporting the Adult Carers Support Team. She previously worked as an administrator at BCPC, a counselling and psychotherapy training and service provider, and is also studying herbal medicine and in practitioner training. Rosalind is looking forward to meeting carers locally and supporting the team in Bristol.

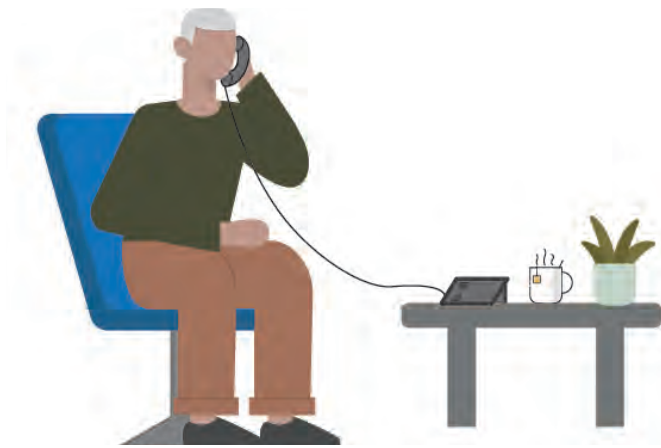


Alex Kelly

Alex has joined the Carers Liaison Team at Southmead Hospital, supporting carers of people who are admitted to hospital and raising awareness of carers' needs. Her background is in acquired communication difficulties, particularly stroke and dementia. Alex is a mum of four and a carer for one of her children, who has autism. Alex enjoys walking her dogs, doing anything with her children and has a love of food.

Have your say about our wellbeing services

Our existing funding for our adult carer wellbeing services is ending over the next 12 months. We want to understand what support would help you stay well and look after your own health and wellbeing better. Your responses will help inform the decisions we make about what services we deliver in the future and what they will look like.



To this end, in January we sent out a survey via our new monthly Carers eNewsletter, and our thanks go to the many carers who filled this in. If you don't receive information via email and would like to input your views, please call Karen Hurley, Adult Carer Services Manager:

☎ **07564 783412**

Well Aware

The Well Aware website provides information on a wide range of organisations; support groups, community groups, events and activities that can help improve your health and wellbeing in Bristol and South Gloucestershire.

Find out what's happening near you by visiting

🌐 www.wellaware.org.uk.

If you don't have access to the internet, just give them a call 0808 808 5252. One of their friendly advisers will search the database and send you the information you need, either by email or post. This is a free phone number, including from mobiles.

The telephone service is available Monday – Thursday, 9am-5pm and 9am-4:30pm on Fridays.

Well Aware is part of the Bristol-based charity The Care Forum. The Care Forum is a health and social care voluntary organisation providing a mixture of frontline services and support to individuals, groups and organisations.

Young Carers in Schools Awards

Congratulations to Bristol Brunel Academy and Broomhill Junior School on achieving Bronze in the Young Carers in Schools Awards delivered locally by Carers Support Centre. Achieving the award shows a real commitment by the schools to ensure their students don't miss out on an education because they are young carers.

Are you up to date?

The Carers Emergency Card ensures the safety of the person you care for should something happen to you. It is free to apply for.



If you already have a Carers Emergency Card, it is very important that you keep the Emergency Call Centre up to date with any changes.

If any contacts, addresses, phone numbers or keysafe numbers have changed – or if your cared-for's needs have changed – **call the number on the front of your Carers Emergency Card to update them.**

The same phone number is also used to cancel your card if it is no longer needed.

If you would like to apply for a Carers Emergency Card:

Bristol Carers Emergency Card

Apply for this card if the person cared for's Council Tax is paid to Bristol City Council.

Apply online: 🌐 www.bristol.gov.uk/residents/social-care-and-health/carers

and choose 'Emergency planning for carers' or call

Care Direct at Bristol City Council: ☎ **0117 922 2700**

S. Glos Carers Emergency Card

Apply for this card if the cared for's Council Tax is paid to South Gloucestershire Council.

Visit: 🌐 www.carerssupportcentre.org.uk/ or call CarersLine at Carers Support Centre:

☎ **0117 965 2200**

Home fire safety

Did you know that you or the person you care for might be entitled to a free Home Fire Safety Visit?

Avon Fire and Rescue offer visits to those who are most vulnerable, such as those who:

- are aged 65 years or over
- have sight and/or hearing loss
- have mobility concerns
- have mental health concerns
- have memory concerns
- are unable to escape unaided if there is a fire
- are a family with children under the age of 5 years

A Home Fire Safety Visit is a free pre-arranged visit to your home to carry out a fire safety assessment and provide you with advice on how to stay safe from fire, including:

- how to prevent fire happening
- what to do in the event of a fire
- cooking and electrical safety
- planning an escape route
- a night-time routine

Find out more and request a visit by calling

📞 **0117 926 2061** or visiting 🌐 www.avonfire.co.uk

Let the train take the strain

Did you know that GWR have a dedicated accessibility team whose primary focus is to work with groups or individuals who need a little extra guidance and reassurance before travelling independently?

They offer tours of a station near you followed by a short train trip and can provide a bespoke approach according to your individual needs or those of the person you care for. This service is completely free. Arrange your tour and trip by getting in touch at 📧 accessibilitymentors@gwr.com

Alzheimer's Society – Chipping Sodbury Tea Dance

Take your partners for the Alzheimer's Society's Chipping Sodbury tea dances - an opportunity to enjoy an afternoon of music and dancing.

This informal activity group gives you or someone you know who is affected by dementia the opportunity to take part in an activity which focuses on socialising and getting to know the others in the group.

The dances take place at Chipping Sodbury Town Hall, BS37 6AD. To find out more, call the Alzheimer's

Society on 📞 **0117 961 0693** or drop them a line at 📧 SouthGloucestershire@alzheimers.org.uk



Thank you to Paul Jones at Co-op Winterbourne for generously donating food to our carers coffee morning, run by GP Carer Liaison Worker, Mary Bennett. Carers enjoyed the opportunity to meet other carers and health professionals, together with the people they look after, in a friendly environment. We heard that the mince pies were particularly tasty!

Let your doctor know you are a carer

Make sure your details are added to the carers' register at your GP practice.

In most cases the surgery will:

- provide you with a free flu vaccination
- be flexible with appointment times, for both appointments for yourself and/or the person you care for
- share information about the condition of the person you care for (with their consent)
- If you are age 40-74 you can request a health check.

The right help for you – have you had your Carer's Assessment?

As a carer you have a right to an assessment. A Carer's Assessment will help you think about the ways that caring affects your life. It also looks at anything you would like to change to be able to continue to do things that are important to you and your family. Your physical, mental and emotional wellbeing will be at the heart of this assessment. The person you are caring for doesn't need to be getting support themselves from the council. To find out more call CarersLine.

Park life

We were happy to contribute to the new report from Your Park - Bristol and Bath, 'Not just a check box'.

The report looks at the experience of local disabled people and unpaid carers in the cities' parks and reveals some stark findings. You can read it at

<https://yourpark.org.uk/not-just-a-checkbox>

Dementia Safeguarding Scheme

If you are caring for someone with dementia, then it is worth considering signing up with Avon and Somerset Police's Dementia Safeguarding Scheme.

The Scheme enables you to upload vital information about those you care for which can be used if they go missing. With reports that over 40,000 people with dementia go missing each year in the UK, joining the scheme could make a real difference in ensuring the early return of your loved one.

As part of the Scheme, you can request a wearable wristband, hangtag or lanyard with glow-in-the-dark card for the individual which stores electronic information about the wearer, such as their name and next of kin. The device will be scanned by emergency services if the individual is found wandering.

Register at

<https://www.avonandsomerset.police.uk/apply/dementia-safeguarding-scheme-herbert-protocol/>

You can also use this address if you are already in the scheme and need to report a change of circumstance.

Please note, devices are only available for those with dementia and not any other type of medical condition.



We were delighted to see so many of you in person and online at our Carers Rights Day event focussing on the Cost-of-Living Crisis.

Talks included a Warm and Well workshop with Severn Wye Energy Agency as well as presentations and a question-and-answer session with representatives from local councils and Bristol Citizens Advice Bureau.

Thank you to the speakers for giving up their time to share their knowledge with us. Our thanks also to Inner Sky Song for supplying massages to carers and Bristol Women's Commission for their caregiving displays.

End of an era for employment service



We are proud of our work on the Building Better Opportunities – West of England Works project which after several funding extensions is now coming to a close after nearly five years.

The project funded by the European Social Fund and the National Lottery Community Fund, started in April 2017 aiming to support people with complex barriers into work, training or steps towards independently job searching. Our team, initially made up of six staff, aimed to support carers already registered with us and reach out to those who were not.

During the life of the project, an impressive 217 carers have benefitted from the service. Many accessed training courses, started volunteering, and gained confidence around job searching, including CV writing

and interview skills. Gratefully, many carers exited the programme into employment.

It is an important principle of our work at Carers Support Centre that we are collaborative in our approach to supporting carers, working closely with partner organisations. During the project we engaged with employers, training providers and support services, working with local organisations such as HWV IT, City of Bristol College, N Gaged training and SGS College. They provided free training and support to carers needing part time courses, job searching advice and guidance.

At the closure of the project Abi Unwin, Carers Support Officer who has been with the project since the beginning, said, "I have really enjoyed working with carers and witnessing all the positive changes that have happened in their lives. There is nothing better than supporting someone to find a job which can be fitted alongside their caring role or empowering them to start a training course which is going to help them learn new skills and boost confidence.

My time at Carers Support Centre has been so enjoyable and I feel really proud of everything our team has done to help carers move forward with increased confidence and happiness."

Abi's words were endorsed by a carer who used the service and told us, "Abi has been amazing, always friendly with helpful advice on training and job opportunities and helping me to find something that worked around my role as a carer for my son ... She didn't do it all for me which really helped because I built courage and confidence doing things for myself."

While the project has come to an end, there is still help and advice available for carers looking to get into employment:

- If you are interested in finding out more about support available for employment, training or volunteering opportunities, you can contact Welcome to Bristol – One Front Door
<https://onefrontdoor.org.uk/welcome-to-bristol/> ☎ **0117 922 3440** if you live in Bristol. In South Gloucestershire, try Community learning and skills service ☎ southglos.gov.uk ☎ **01454 865924**
- There is funded support available through Future Bright
<https://www.westofengland-ca.gov.uk/what-we-do/employment-skills/future-bright/> ☎ **0117 922 2250** if you are currently working and on a low wage and would like help to increase your hours or access training
- If you would like to explore an idea to become self-employed, you can also contact Cool Ventures
<https://coolventures.co.uk/> ☎ **0800 0418293** in South Gloucestershire and Bristol IPC
[https://www.bristol.gov.uk/residents/libraries-and-archives/business-and-ip-centre-bristol -](https://www.bristol.gov.uk/residents/libraries-and-archives/business-and-ip-centre-bristol-)
 ☎ **0117 922 3999** for Bristol residents.

Time to care for yourself

There's one thing that is certain about time – there's never enough of it. Never enough time to get everything done that needs to be done when you're caring for other people. And the thing that always slips to the bottom of the to-do list? Looking after yourself.

Invisible Army



But, in the long run, that saving of time by not looking after yourself might come back to bite you. The better you look after yourself, the better you'll be able to look after others.

Not paying attention to your own wellbeing can lead to problems which can make your life more difficult as a carer, including:

- Anxiety
- Depression
- Physical health problems like headaches and digestive problems
- Cognitive problems like memory or concentration impairment
- Sleep problems

But attending to your welfare needs is easier said than done. In a perfect world, there would be time enough to spend the whole day out walking, the money and time to pamper yourself at the spa or even drinks and dancing with a few friends.

So, how can you make sure you care for yourself when so much of your time is spent looking after others? The answer might be a new idea called “micro-

respite” or small moments of wellbeing, moments when you can recharge the batteries. With micro-respite you may well find that a little goes a long way.

The toughest thing about micro-respite is making that initial commitment to doing it. Even thinking about planning time for yourself can seem daunting or a waste of time when there are so many other things to do. But the rewards for planning some short me-times into even the busiest of schedules can far outweigh the time taken in planning.

So, commit to a few minutes to micro-respite every day. Some people find that setting aside the same time(s) every day helps to establish this caring practice.

But what kind of things can you do in minutes? Obviously, long walks are out of the question, but there are plenty of beneficial things you can do, like:

- Reading
- Playing/listening to music
- Singing
- Having a cuppa
- A bit of gardening
- A short yoga/t'ai chi
- Conscious breathing (see inset box)
- Meditating
- Simply sitting in silence and being aware of your surroundings

Some other really good suggestions are

Drink water

It'll only take you a minute, but it can be highly beneficial, as dehydration can lead to all sorts of problems. We tend to be particularly dehydrated after a night's sleep, so why not start the day with a micro-respite glass of water?

A mindful minute

Stop what you're doing and pay attention. What are you seeing, hearing, smelling, touching and feeling? So often, we're so busy 'doing' that we forget that we can just be 'being'. Just stop for a minute, once in a while.

You can have a mindful minute at any time, say when you're hanging out washing or brushing your teeth.

Think of three things that were ok today

For a couple of minutes think about things that you are grateful for. Sometimes it seems that life is just one big worry, but if you stop and think you might find good things in your life.

Now micro-respites aren't an excuse to give up on wellbeing activities that might take a little longer, (if you can plan that walk, do it!), more a regular

chance to bring a greater sense of calm, resilience and optimism into our daily lives.

And we need to bring a bit of that in our hectic caring lives because as mobilise.com, who coined the term micro-respite, say, "Ultimately if we burnout we will be unable to continue caring."

What micro-respites have you got planned for today?

Breathing micro-respite

It's so natural for most of us that we sometimes hardly notice that we're breathing.

But conscious breathing can be one of the best micro-respites and can have a calming effect that can help put the rest of our day into perspective.

Other benefits of conscious breathing can be:

- Increasing your good energy levels and feeling fully alive - the better (fuller) you breathe, the more energy you will have.
- Less stress and better digestion
- Slow deep breaths help to activate the parasympathetic nervous system, meaning the body gets the chance to recuperate, regenerate, and heal.
- More awareness - the slower you breathe, the more awareness you have in the present moment.
- Better relationships.

In the last edition of Carers News, we talked about how it can be better if we respond rather than react to situations in our caring relationship. Reacting tends to drain us of energy, as the stress hormones kick in. Conscious breathing calms the stress releasing hormone system, leading to a more measured way of dealing with problems and challenges.

You need no special equipment or skills for breathing exercises, just a few moments of me time. You can do it anywhere and anytime and it does not cost anything.

There are many forms of breathing exercises but why not start with one of easiest - 3-4-5 breathing?

- breathe in for 3 seconds
- hold for 4
- breathe out for 5

Even a couple of minutes of conscious breathing a couple of times a day can make a big difference. Give it a go!

Walk and Talk

Want to improve your health and wellbeing? Want to enjoy a walk with other carers? Want to get useful information and advice about the support available to you? Then, Walk and Talk is for you.

We have new Walk and Talks starting soon which cater for carers wishing to walk with and without the person they care for. Each set of Walk and Talks consists of six walks.

Winterbourne – For carers – Thursdays 11.00am to 12.30 p.m. – Starting 23 February

Westbury (North Bristol) – For carers and their cared for – Wednesdays 1.30 to 3.00 p.m. – Starting 8 March 2023

Downend – For carers and their cared for – Thursdays 11.00 to 12.30 p.m. – Starting 20 April 2023

To join one of our walks, contact Stacey: ✉ walk@carerssupportcentre.org.uk ☎ **07742 291073**

🌐 www.carerssupportcentre.org.uk/our-services/welcome-to-walk-and-talk



10 Cost-of-living crisis

Local sources of help and advice

The cost-of-living crisis continues and is still affecting carers more than others in the UK.

As with our recent submission to the House of Lords (see page 2), we are working on a national level to try and improve the financial situation that many carers find themselves in as a result of caring for others. But we recognise that change on a national level tends to happen slowly and that help is needed now.

With that in mind, here are sources of information and help to aid carers with a particular emphasis on what is available locally.

Bristol

Welcoming spaces

A Welcoming Space is a place already established in the community (such as a community centre, children's centre or place of faith), where people can meet up, socialise, and access support relating to the cost of living. Services available at each Welcoming Space will vary but may include:

- access to support about money, welfare and mental wellbeing
- community activities, including homework club, community meals and film nights
- access to computers, free Wi-Fi and charging points
- heated space

For your nearest Welcoming Space, visit Bristol City Council's website at www.bristol.gov.uk/residents/people-and-communities/cost-of-living-support or call their We Are Bristol free helpline on ☎ **0800 694 0184**, Monday to Friday, 8.30am to 5pm.

Keeping warm

For easy ways to make your home more energy efficient in Bristol, visit the Centre for Sustainable Energy at www.cse.org.uk/advice or call Freephone

☎ **0800 082 2234**

Food

FOOD (Food on our Doorsteps) clubs are available to people who live/work in the Bristol area. Families can join clubs at a cost of £1 a year. Once you have joined, you can buy a bag of food items every week worth approximately £10 to £15 for just £3.50.



Invisible Army

To become a member, you must live or work within 15 minutes of a club. No referral to a food club is necessary. You can just go along to your nearest club to complete a very short application form.

Lockleaze The Vench, Romney Ave BS7 9TB
Tuesday 9.30-11am and Friday 9-11am

Broomhill St Peter's Methodist Church, 170 Allison Rd, Brislington
Tuesday 12.30-2.30pm

St Pauls Children's Centre Family Hub, Little Bishop Street BS2 9JF
Wednesday 9-11am

Redcliffe Children's Centre Freeling House, Prewett Street BS1 6RE
Wednesday 12.30-2.30pm

Barton Hill Wellspring Settlement, 43 Ducie Rd BS5 0AX
Wednesday 1-3pm

Inns Court Community & Family Centre, 1 Marshall Walk BS4 1TR
Thursday 1-3pm and Friday 1.30-3pm

Oldbury Court Children's Centre, Frenchay Rd BS16 2QS
Thursday 1-3pm

Hartcliffe Methodist Centre, Mowcroft Road BS13 0LT
Friday 10-12pm

Speedwell Speedwell Methodist Church, Bristol, BS15 1ES Friday 12.30-2.30pm

Bedminster United Reformed Church, 48 Stanley St S, BS3 3PG
Friday 3-4.30pm

Food banks

Talk to your local food bank for information on how to get food parcels if you're eligible:

North Bristol & South Glos Foodbank

Ebenezer Church 286 Filton Avenue,
Horfield Bristol BS7 0BA

☎ **0117 472 5172** 🌐 <https://nbsg.foodbank.org.uk/>

Bristol North West Foodbank & Homebank

Social Justice Hub St. Andrew's Church
Avonmouth Road, Avonmouth Bristol BS11 9EN
Tel: 0117 923 5343

🌐 <https://www.bristolnorthwestfoodbank.org.uk/>

South & East Bristol Foodbank

32 Stapleton Road, Easton Bristol BS5 0QY

☎ **07584 625082**

🌐 <https://eastbristol.foodbank.org.uk/>

South Gloucestershire

Welcoming spaces

Community Welcome Spaces offer a warm and friendly welcome and are free to use. They are often located in a community centre or a town or village hall. Some offer hot drinks, activities and information on local financial support, energy saving tips and help with the cost of living.

If you have internet access, you can find your nearest Community Welcome Space on the Council's website at <https://beta.southglos.gov.uk/community-welcome-spaces/> or call the Council on their freephone helpline

☎ **0800 953 7778**

(open 8.45am to 5pm Monday to Thursday and 8.45am to 4.30pm Friday) to talk to a Customer Care Officer in confidence.

All of South Gloucestershire's libraries also provide a warm and friendly place to stay for as long as you like within their opening times. Many have coffee and tea-making facilities during staffed hours.

Keeping warm

Warm and Well is a service which offers free, local energy efficiency advice to households across Gloucestershire and South Gloucestershire. They can give you information on ways to keep your home warm and your bills down.

Warm and Well also administer grants that can help with energy bills or getting home insulation installed on behalf of South Gloucestershire Council. Call their Helpline on

☎ **0800 500 3076** or visit them at

🌐 <https://warmandwell.co.uk/>

Food

Foodbanks are designed to provide short-term, emergency support with food during a crisis. You need to be referred to a foodbank to use it. In South Gloucestershire you should contact the Council's One Stop Shops for a referral. One Stop Shops can also offer advice on welfare benefits, housing and money issues:

Kingswood One Stop Shop

Civic Centre High Street, Kingswood BS15 9TR

Patchway One Stop Shop

The Patchway Hub Rodway Road, Patchway BS34 5PE

Yate One Stop Shop

Kennedy Way Yate BS37 4DQ (access via West Walk)

One Stop Shops offer drop-in sessions and are open from:

- Monday to Wednesday 8.45am to 5pm
- Thursday and Friday 8.45am to 4.30pm

Foodbanks in South Gloucestershire that can support you are:

- North Bristol & South Gloucestershire Foodbank – covers Yate, Thornbury, Patchway and Mangotsfield Foodbanks
- East Bristol Foodbank which covers the Kingswood Foodbank.

For residents of BS30 only, the Juice Project can provide help with emergency food parcels (and shopping, prescription pick-ups). No referral is needed.

Juice Community Project

56 -60 Newton Road, Cadbury Heath BS30 8EL

☎ **01454 302302**

12 Young Carers



Contact us on 0117 958 9980

YoungC@carerssupportcentre.org.uk

Young Carers Action Day

This year's Young Carers Action Day (YCAD) is on 15th March. Through conversations with hundreds of young carers across the country the one issue that keeps coming up was how important their health and well-being is to them.

SAVE THE DATE!

**YCAD 2023
will be on
15 March**



Young carers often highlight that key to this is that adults need to make more time for young carers so they can get the support they need to balance their caring role with their education and training. So, "Make Time for Young Carers" is the theme for this year's Action Day. The theme communicates two imperatives for young carers:

- the need to support them with their caring roles so they have more time for activities that lead to health and wellbeing
- the need for professionals and responsible adults to make more time for young carers so they can hear and better understand the challenges they face as a first step towards tackling these challenges.

Young Carers Voice and the Young Carers Service are working in partnership with Creative Youth Network, Bristol Black Carers, and the Bristol Drugs Project to plan a YCAD event.

We would also encourage you to mark Young Carers Action Day by signing the Young Carers Pledge (see right).

Welcome to Tiffany Lawrence

Hiya! I'm Tiffany I work in the Bristol Young Carers team as a Support Worker. I have worked in a variety of settings over many years with young people, including a children's home, youth centres, nurseries and creches! I enjoy working with young people helping them to achieve their full potential and thrive in life. When I'm not at work, I really enjoy spending time with my family and friends, camping, pond dipping, rock climbing/high ropes and eating.



Young Carers has a Facebook page to share useful information with young carers, their families and professionals!



Please 'Like' our page

Young Carers Bristol & South Glos and follow us on Twitter @YoungCarersBSG



Thank you to Ernestine who raised £75 for young carers at her school Christmas market selling her hand made jewellery.

Ernestine's fundraising contributes to the Happiness Project – our respite activities programme for young carers. For 2023, the cost of the Happiness Project is £50,000 of which we have, so far, raised just over half of this. So, we need your help. If you have a community fundraising initiative like Ernestine's or like the sound of our Happiness Project and want to support this work, please get in touch with Laura on 075 1953 4222 or email supporter@carerssupportcentre.org.uk

Join us in signing the Young Carers Pledge

Being a young carer can have a huge impact on wellbeing, education and life chances.

We have signed Young Carers Alliance's national Young Carers Pledge to ensure that all young carers can benefit from the rights that they have and get the support that they need and deserve.

Individuals and organisations can find out more and sign the pledge on the Young Carers Alliance website at <http://bit.ly/3XBAfXR>



**Young Carers
Alliance**

Helping Jake with his education

One of the main take-homes from our annual young carers survey (see front page) is the detrimental impact that caring can have on schooling. Jake is a case in point.

Jake is 16-years old and has been with our service since 2016. He cares for his mum who has impaired mobility. His caring role includes cooking, cleaning, helping mum off the sofa, looking after pets, fetching and carrying things and emotional care.

Jake has not accessed school for the past 18 months due to a bullying incident with a friend. Due to his diagnosis of autism, Jake struggled with school and felt unable to return following the pandemic.

As a result of staying at home during the pandemic, Jake's anxiety towards school grew and he became quite isolated. Jake wanted to return but due to his age he couldn't.

Jake had applied to college and was accepted to do a course in IT and business as well as English and maths. Jake was very excited to be starting at college but still

had anxiety around accessing the college and how he would get there on public transport.



Jake identified that he would like some support around reducing his anxiety, allowing him to get out of the house more often and meeting with his friends. He also wanted to gain confidence to travel to college via public transport and be in a college environment.

Last August and September we supported Jake with travel training from his home to college and back, recreating his journey. Jake became familiar with the journey, what buses he could take, where he could get off and what to do

if he missed his stop. Jake's own health had also suffered during the pandemic, and he found he struggled with a 10 minute walk. So, during the sessions, Jake also explored how he could increase his fitness.

As a result of the sessions, Jake was able to overcome his anxiety, increase his self-confidence and started attending college full-time. He rekindled friendships and made use of social circles at college which significantly reduced the isolation he had experienced whilst not attending school. Jake has also improved his physical stamina and has lost weight due to regular exercise and not being stuck inside the house.

"It's really easy to get to College and I love being here. I really enjoy spending time with my friends again and like all my teachers, everyone is really friendly here. I've even made friends with a bus driver!"

YCV deliver workshop to health and social care professionals



Young Carers Voice (YCV) members plan and deliver workshops to professionals working with children and young people.

In the latest, much praise was received by four members of YCV, Hewa, Zara, Calum and Adam, from the over 50 professionals attending the recent Multi Agency Network meeting in November.

The session raised awareness about young carers and the impact caring has on their lives. It got professionals thinking about how they can make sure young carers are identified and ways to improve the support they offer. 93% of those who attended said they gained a better understanding of who young carers are and what responsibilities they have. As an outcome of the workshop, participants made a commitment to take positive action, for example:

- To ensure that our service can identify young carers and to be aware of what support services are out there for them
- Make more contacts with our special needs students' sibling's schools to make links and let them know they have a young carer at their school
- To ensure that the young carers charter is regularly promoted in my centre.

A day in the life of Susy: Policy, Engagement and Involvement Lead



Leading on carers voice is very exciting. My role is to support carers in making a difference for all carers. Often this done by influencing local councils, service providers and the NHS to understand carers' issues. The aim is to get these organisations to understand the needs of carers so that they design services for those needs. It's a role which I feel privileged to have.

My job is mostly desk-based, with lots of reading, writing and meetings. I work from home and in the office. Since the pandemic we realised that hybrid meetings, that give a choice to join in person and online, work best for carers. I enjoy meeting with carers and catching up with colleagues in person.

I am not a morning person, and I have two young and demanding teenagers so I rarely start before 9.30. The first thing I do most mornings is to check messages/ emails, reflect on my priorities for the day, check my tasks list, and check Twitter for relevant policy or research news, this way I find out about new issues and policies relevant to carers.

No two days are the same. Sometimes I spend the remainder of my day reading new research reports and/or government papers. Later I present a summary to carers and staff at preparation meetings, where we discuss what we want to address at our next

partnership boards meetings with the council, hospital trusts and social care providers.

Other days are spent facilitating prep meetings and supporting carers to have a voice at local policy meetings. I currently support 15 amazing carer representatives, currently representing carers issues in 10 local multi-agencies partnerships, forums and boards. I also engage many more carers in open meetings on emerging issues.

The favourite part of my job is when carers, staff and policy makers come together and produce realistic solutions to problems that policy makers in the council and the NHS are able to implement. Making a difference is difficult and not always immediately apparent, often frustrating. It takes a lot of passion, persistence and patience, but when it happens it is so worthwhile, and deserves celebrating with a shared lunch or two!

For a few months we have been raising the impact of the cost of living crisis on carers, asking local authorities to target carers in the provision of hardship funds, and we are very pleased to see that SGC has allocated a pot of the Housing Support Funds to carers who are finding hard to make ends meet.

In Bristol we have been meeting with the Bristol, North Somerset and South Gloucestershire NHS team to develop a carers voice forum made up of carers and staff, to influence the development of the new Discharge to Assess Transformation Program. Essentially this program aims to deal with systems pressures in hospitals such as long waiting lists, free up beds and improve people's and carers' experiences of hospital discharge, and the support and care they need.

Another important part of what I do is organise carers voice events like Carers Rights Day in November and during Carers Week in June. This is an energy intensive effort. At the end of those days, you usually find me resting on a chair exhausted and with a big smile on my face.

Last but not least, a big part of my work is to engage more carers into carers voice work. There are several ways you can do this. You can join our discussion groups and events, or even become a carer rep. Your perspective and experience are invaluable. With the crisis in social care and the rising cost of living it is more important than ever to speak out for carers.

To find out more give me a call on

☎ **0752 194 5943** or drop me an email at

✉ SusyG@carerssupportcentre.org.uk.

We run a range of carers groups across Bristol and South Gloucestershire, as well as an online group which you can join from home. All our groups are welcoming new members, and they are a great way to get support, advice and connect with other carers. **Please call or email the group contact if you would like to join a group. We look forward to seeing you there.**

We also have lists of independent carers groups on our website at <http://bit.ly/3RoRw4P>. If you do not have internet access call CarersLine for this information.

Group	Venue	Contact	Times	FEB	MAR	APR	MAY	JUNE
Online Carers Support Group for Bristol and South Glos	Zoom	Luke*	13.00 - 14.30 First Thurs	2nd	2nd	6th	4th	1st
Brislington Carers Group for carers of someone with dementia	St Peters Church 170 Allison Road, Brislington, Bristol BS4 4NZ	Carers Line*	10.30 - 12.30 First Wed	1st	1st	5th	3rd	7th
Lawrence Weston	Lawrence Weston Farm Community Room, Saltmarsh Drive, Bristol BS11 0NJ	Carers Line*	14.00 - 16.00 Third Thurs	16th	16th	20th	18th	15th
Hartcliffe	Dundry Room, Symes Building, Peterson Avenue, Hartcliffe BS13 0BE	Louise*	10.00 - 12.00 Second Thurs	9th	9th	13th	11th	8th
Hanham	Hanham Community Centre 118-124 High St Hanham, Bristol BS15 3EJ	Luke*	13.30 - 15.30 First Tues	7th	7th	4th	2nd	6th
Kingswood	The Park Centre Kingswood High Street, Bristol BS15 4AR	Luke*	14.00 - 16.00 Second Wed	8th	8th	12th	10th	14th
Downend	Badminton Gardens Beaufort Road, Bristol BS16 6FG	Luke*	14.00 - 16.00 Fourth Wed	22nd	22nd	26th	24th	28th

***Contact:** carersline@carerssupportcentre.org.uk 0117 965 2200 – LukeK@carerssupportcentre.org.uk 07515 130 091 – LouiseB@carerssupportcentre.org.uk 07752 340 370

External groups

The first two groups are run by Abbeyfield. They are designed for seniors, and carers and the people they care for are warmly welcomed. They are also dementia friendly.

Tea and Memories

Hanham Baptist Church, BS15 3QZ

This group is held on the second Thursday of every month at 2:30pm. Come along to watch film clips from the 1940s to the 1980s and connect with others over a cup of tea. Many attendees enjoy reminiscing and swapping stories. There is disabled access and a car park at back of church.

Vintage Adventure

Christ Church Centre, Downend, BS16 6JG

This group is held on the fourth Tuesday of every

month at 2pm. Take part in activities such as simple crafting and singing hymns, or you are welcome to just enjoy a chat and refreshments. The group is faith-centred but inclusive and provides great opportunities for friendship.

For more information about these groups contact Anne-Louise Critchlow.

☎ **07580 868631**

✉ A.Critchlow@abbeyfield.com

Memory Café

A relaxed, informal and free drop-in café, providing support for people with dementia and their carers. Activities, refreshments and friendly faces!

2.00- 4.00pm on the first Thursday afternoon of every month in Doynton Village Hall BS30 5SY.

Contact ☎ **07817 311001**

How to get help from us

If you are new to caring, you may be feeling overwhelmed and unsure where to start. We can help guide you through the maze of what support is out there. Or it could be that the person you care for is starting to need more care. As things change you may find you have new questions. The place to start for information and advice is our online information hub, available for anyone to access.

If you want to access any of our services, you will need to register with us. All our services are free, and you can register on our website. Or, you can contact CarersLine our confidential phone and email service.

Once you are registered, we will keep you up to date with our Carers News magazine and monthly eNewsletter.

www.carerssupportcentre.org.uk

carersline@carerssupportcentre.org.uk

CarersLine ☎ 0117 965 2200

Mon–Fri 10–1pm,

Mon – Thur 2pm – 4pm

An answerphone operates outside these hours.



Tell us if your contact details change

To update your contact details, please contact: ✉ info@carerssupportcentre.org.uk ☎ 0117 939 2562
If you are able to receive this newsletter by email please let us know, as this helps reduce our costs.

Join our lottery Join our lottery for the chance to win 1 of 5 cash prizes every month. It's just £1 a month for each number, and you'll also be supporting our work with carers!

Visit our website www.carerssupportcentre.org.uk/support-us/lottery/ Or call on ☎ 0117 939 2562.

Lottery Winners

Sept C Peat M Nash M Palmer E Cross D Siddorn

Oct J I Gowers B Bell R Kaur A Northcott J Hayes

Nov L Jones R Whale J Hayes D Crump M Nash

Dec M Parsons R Howes E Black A Buckell D Crump

Thank you to everyone who has generously donated funds in the last few months to help support carers including: Bristol Breakfast Rotary Club, Co-op Local Community Fund, Frome Valley Lodge, John Lewis Community Matters Scheme, Moira Lodge of Honour, The Thompson Charitable Trust, Stone King Foundation, Waitrose.

Donation form Spring 2023

Your generous donations help us make life better for local carers. If you pay tax, you can make your donation worth an extra 25p in every £1 by completing the Gift Aid declaration.

Title _____ First Name or initials _____ Surname _____

Address _____

Postcode _____

GIFT AID DECLARATION Please treat the enclosed gift of £ _____ as a Gift Aid donation.

I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to Carers Support Centre. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Gift Aid is reclaimed by the charity from the tax you pay for the current tax year and will boost your donation by 25p for every £1 you donate.

Signature _____ Date _____

If you want to receive our supporter email newsletter please include your email address.
You can unsubscribe from this at any time.

Email address _____

Please send your donation and this form to: Carers Support Centre, FREEPOST (RSSU-EZEA-JLLR) Fishponds, Bristol, BS16 2QQ