

NEWS-SHEET

Issue No. 92

Spring 2023



COMPLETE OUR CARER SATISFACTION SURVEY AND BI	E IN WITH A
CHANCE OF WINNING ONE OF THREE £25 SHOPPING V	OUCHERS!

We would like to hear about the experiences you have had while using our services

023	during the last 12 months. Your responses are important to us and will help us to review and improve the way that our organisation works. Please complete all questions to qualify for the prize draw.
0	Please tell us the date you last used our services:
N	SERVICES
	 Have you been satisfied with the response time when you have made an enquiry? ☐Yes ☐No
Survey	
	2. What has been your main reason for contacting us?
3	☐Advice and information ☐Support groups ☐My Time grant ☐Training
S	□Social activities □Other (please specify)
0	3. Did staff respond in an appropriate and professional manner? ☐Yes ☐No
H	
sfaction	4. Would you use our services again? □Yes □No
S	
#	CARER SUPPORT GROUPS
O	1. Which, if any, of our support groups do you attend?
S	
	2. If you previously attended a support group and no longer do so, why did you stop attending?
O	
a	3. Have you felt at ease and supported at the groups that you have attended? ☐Yes ☐No ☐Not applicable

2. Which ses	ssions have you found beneficial?
MY TIME (GRANT
1. Do you kr	now about the 'My Time' grant to provide a break for carers? ☐Yes
2. Have you	applied for a My Time grant? □Yes □No
CARERS	IN EMPLOYMENT
1. If you are □Yes	
	nployer supportive of your carer responsibilities? i.e. offering carer leading hours etc. ☐No ☐Not Applicable
3. Are you h	nappy to leave the name of your employer?
/	SERVICES eel competent using IT e.g. laptops, tablets, phones? □Yes □No
2. Do you ha	ave the necessary equipment to be able to go online? □Yes □No

	VOLUNTEERS				
	1. Do you know that we use volunteers who support our carers in a number of roles? □Yes □No				
023	2. If you have been supported by a volunteer, how have you found this support?				
, 20	OTHER SERVICES				
	1. Do you find our newsletter useful? □Yes □No				
Survey	2. Have you seen our information in your GP Surgery? □Yes □No Name of your GP surgery				
	3. Do you know that we have Support Workers who support carers with a loved one in a Care Home? ☐Yes ☐No				
action	4. Do you know that we have Support Workers based at Pinderfields who can support you if you have a loved one in hospital? □Yes □No				
atisf	5. Are there any services or activities that Carers Wakefield do not already provide that you think we should?				
S	6. Is there anything else you would like us to know or any further comments you may have?				
Care	7. Would you like to take part in our new Carers Voice group where you can give your opinions and help shape services for carers across Wakefield. If so, please leave an email address or contact number below:				

if you would like to know more about of	ai services, piease	tick all the relevant boxes belo		
☐ Training For Carers	☐ Newsletter	■ My Time Grant		
☐ Digital Champion	☐ Volunteerin	ng Opportunities		
☐ Care Home	Геат 🛚 Hosp	ital Team		
If you would like information about one of our Support Groups, please tick the relevant boxes:				
☐ Wakefield Group ☐ Outwood Group		od Group		
☐ Hemsworth & SESKU Group	☐ Ackwo	orth Group		
☐ Pontefract & Castleford Grou	ıp 🚨 Knottiı	☐ Knottingley & Ferrybridge Group		
☐ Men's Group ☐ Mental Health Carers Gr		Health Carers Group		
☐ Ladies BAME Group	☐ Young	Adults Carers Group		
☐ Working Carers Group ☐ Care Home Support Group		lome Support Group		
If you have requested further in draw then please enter your de	nformation or y			
Name				
Contact Number				
Address				
	Post Code			
Please return by 10th Ma	Post Coderch and return to	the address below:		
Please return by 10th Ma Carers Wa 25 King	Post Code	the address below:		
Please return by 10th Ma Carers Wa 25 King	Post Code rch and return to akefield & Di Street, Wake WF1 2SR	the address below:		

Carers Wakefield & District

25 King Street, Wakefield WF1 2SR Tel: (01924) 305544

E-mail: info@carerswakefield.org.uk Website: www.carerswakefield.org.uk A Company Limited by Guarantee Registered in England No. 3143673 Registered Charity No. 1053295

CARERS GROUPS ACROSS THE DISTRICT

Name	When	Where	Dates & Activities
Ackworth Carers Group (Includes hot soup and sandwich)	3rd Friday each month 1.30pm - 3.30pm	Ackworth Library Bell Lane Ackworth WF7 7JH	17th Feb; 17th Mar; 21st Apr; 19th May
BAME Ladies Carers Group (Includes hot soup and sandwich)	Last Tuesday each month 10.00am - 12.00 noon	Carers Wakefield 25 King Street Wakefield WF1 2SR	28th Feb; From March, the group is then renamed as 'The Ladies Group', open to all ladies who are caring: 28th Mar; 25th Apr
Ferrybridge & Knottingley Carers Group	Last Wednesday each month 10.00am - 12.00 noon	Knottingley Club (British Legion) 29 Hill Top Knottingley WF11 8EX	22nd Feb; 29th Mar; 26th Apr; 31st May
Hemsworth & SESKU (South Elmsall, South Kirkby & Upton) (Includes hot soup and sandwich)	1st Thursday each month 12.30pm - 2.30pm	Hemsworth Methodist Church Westfield Road Hemsworth WF9 4QG	2nd Mar; 6th Apr; 4th May
Men's Group (Includes hot soup and sandwich)	Last Friday each month 10.30pm - 12.00 noon	Carers Wakefield 25 King Street Wakefield WF1 2SR	24th Feb; 31st Mar; 28th Apr; 26th May
Mental Health Carers Group (Includes hot soup and sandwich)	1st Tuesday each month 10.30am - 12.00 noon	Please ring to confirm your attendance and for the venue.	Cuppa and a chat; Activities; Speakers Please ring for dates.
Outwood Carers Group (Includes hot soup and sandwich)	2nd Thursday each month 11.00am - 1.00pm	Bevin Community Centre, Bevin Close, Outwood	9th Mar; 13th Apr; 11th May
Pontefract & Castleford Carers Support Group (Includes hot soup and sandwich)	2nd Tuesday each month 10.30am - 12.00 noon	Baileygate Court Sheltered Housing Complex, North Baileygate, Pontefract	14th Feb; 14th Mar; 11th Apr; 9th May: Speaker from the Library
Wakefield Carers Group (Includes hot soup and sandwich)	Last Thursday each month 10.30am - 12.00 noon	Quaker Meeting House, Thornhill Street, Wakefield	23rd Feb: Wakefield Library Speaker 30th Mar: Air Ambulance Speaker 27th Apr; 25th May
The Evening Carers Group (Formally the Working Carers Group) (Includes hot soup and sandwich)	1st Thursday each month 5.30pm - 7.00pm	Carers Wakefield 25 King Street Wakefield WF1 2SR	2nd Mar; 6th Apr; 4th May
Care Home Carers Support Group For Wakefield	4th Monday each month 10.30am - 12.30pm	Upstairs Training Room Morrisons Supermarket Dewsbury Road Wakefield (There is a lift available in Morrisons to the upstairs room)	27th Feb; 27th Mar; 24th Apr; 22nd May
Online Daytime Support Group	1st Wednesday each month 10.00am - 11.00am	Please call (01924) 305544 for log in details or email tracym@carerswakefield.org.uk	1st Mar; 5th Apr; 3rd May
Online Evening Support Group	3rd Thursday each month 6.00pm - 7.00pm	Please call (01924) 305544 for log in details or email tracym@carerswakefield.org.uk	16th Feb; 16th Mar; 20th Apr; 18th May

For more information about the Groups or to book on any of the activities, please ring Carers Wakefield & District on (01924) 305544.



THE LADIES GROUP

In Celebration of international Women's day and to reach out to all Women we are extending our current BAME Group. From Tuesday 28th March 2023 this will become the Ladies Group and as it suggests is open to all ladies who are carers.

Venue: Carers Wakefield & District, 25 King Street, Wakefield. Last Tuesday of every month, 10.30am - 12.30pm.

We very much want to make this an enjoyable group so are open to ideas. As an example we have a relaxation event for our first session and hope to arrange other activities to suit the needs of the group. Soup and Sandwiches will be available free of charge. The theme for this year's international women's day is to Embrace Equality. This is what Carers Wakefield believe in, unconditionally. Join us in March and every month thereafter and be a part of this exciting new ladies group. For more information and to register your interest, please contact us:

email info@carerswakefield.org.uk or telephone (01924) 305544.

Soup and Sandwich Club

NEW drop-in session offering a warm space and warm food for carers to relax, meet other carers or speak to a Support Worker.

You may also attend with the person you care for.





Monday - Friday
11.00am to 1.00pm
at our offices at
Carers Wakefield & District,
25 King Street, Wakefield, WF1 2SR.

Please email us at info@carerswakefield.org.uk or telephone (01924) 305544 to let us know you are planning on attending and to let us know of any special dietary requirements.



SUPPORTING EMPLOYERS TO SUPPORT WORKING CARERS

We have received funding from UK Community Renewal Fund to offer free training to a small number of local small to medium employers to improve their knowledge and understanding on working carer issues. The aim is to retain experienced staff in the workplace. This offer will also include some individual life coaching sessions for working carers. If you are an employer or a working carer and would like your employer to become involved, please contact ruths@carerswakefield.org.uk.



This project is part-funded by the UK Government through the UK Community Renewal Fund

YOUNG ADULT CARERS

If you are aged 17 to 25 years and you live with/care for someone who has an illness or disability then come and join us on our fun social events.

Next planned events are:

Thursday 16th February at Xscape 10.00am - 2.00pm Thursday 16th March to be confirmed (Evening) Thursday 6th April 10.00am - 5.00pm - Go Ape

If it's your 1st time attending you may be able to bring a friend (numbers depending). Ring (01924) 305544 to express an interest or email annab@carerswakefield.org.uk or rebeccav@carerswakefield.org.uk and you will be added to our whats app group.

CARING FOR Wakefield ME AND YOU Recovery College

and 5 Towns

We will once again be delivering the 'Caring for Me and You' self-management course for carers in partnership with the Wakefield & Five Towns Recovery and Wellbeing college.

The course runs over 6 weeks in 2.5 hour slots and will enable you as a carer to focus on your own health and wellbeing, as well as that of the person you care for. It will give you the confidence and skills to make changes that will be of benefit to vou both.

We follow the course up a few months after the event with a coffee morning to chat and see how things are going and give further support/suggestions if required.

Venues, Dates and times to be confirmed, but to register your interest, please contact: info@carerswakefield.org.uk

or telephone 01924 305544.

COOK AND EAT

Cook and Eat sessions for carers & carees - running throughout the Wakefield area due to funding from Haribo Happiness Fund.

Next 2 programmes will run from:



West Wakefield Church 19th April: 3rd,10th & 17 May. 10.30am - 12.30pm

25 King Street (main office), Wakefield Thursdays 1st - 22nd June 5.30pm - 7.30pm

To book, please ring our office on:



(01924) 304455 or email:

sams@carerswakefield.org.uk or rebeccav@carerswakefield.org.uk

VOLUNTEERS WE NEED YOU!

If you have a few hours spare every month and would like to join a committed friendly group of existing volunteers then we would like to hear from you. We are currently looking for individuals who could offer our carers a listening ear and friendly support within our befriending team and this could be offered face to face or over the phone. We are also looking for volunteers at our support groups. If you would like more information or an informal chat, please ring Rebecca on 07717849640 or email rebeccav@carerswakefield.org.uk.



UNDERSTANDING DEMENTIA BETTER

In partnership with Dementia Adventure, Carers Wakefield & District are hosting an information event - Understanding Dementia Better.

Past attendees' report:

- 97% now know how to support family with Dementia.
- 95% now know the support available to them.
- 80% feel better equipped to cope at home.

Free training for friends and family - join us at either venue or from home via zoom for an interactive, informative event. A free lunch will be provided at both venues after the event.

TO BE HELD ON:

Wednesday 1st March, 10.30am to 12.30pm

VENUES:

Pontefract Library Cinema Room 28 Market Place, Pontefract WF8 1BD

and

Hepworth Care Home
City Fields, Stanley, Wakefield WF3 4NG

or join via zoom.

Booking and information for all events, email info@carerswakefield.org.uk or call (01924) 305544 at Carers Wakefield & District.

TRUSTEES WANTED!

We are looking for trustees to work alongside our existing board of trustees. We are looking for individuals who are passionate about ensuring that the carers of Wakefield District are appropriately supported and valued and who would like to have a say in the direction that our organisation takes. If you are able to commit to giving two hours of your time every two months to attend our Trustee meeting, then please get in touch with our CEO Justine Bilton on (01924) 305544 or email justineb@carerswakefield.org.uk for an informal discussion.

HELP SAVE POSTAGE COSTS

If you have Internet access, we can send your news-sheet by e-mail, please email: **info@carerswakefield.org.uk** with your name, address and email address.

If YOU DON'T WANT TO RECEIVE OUR NEWS-SHEET
If you do not want to receive any further News-sheets,
please tel: (01924) 305544

or E-mail: info@carerswakefield.org.uk