

**Autumn 2018**

**Carers Trust 4all is a registered charity providing support to unpaid carers of all ages.**

**How we can help:**

- **Carer breaks**
- **Home based care**
- **Young carers & young adult carers services**
- **Advice, information and guidance**
- **Care at end of life**
- **Aspergers social skills groups**
- **Children's breaks & activities**
- **Singing groups**

*\*many are free*

*Contact us to find out which services are available in your area*

**Grab a cuppa and take a read of our newsletter to find out what we've been up to.....**



**Children in Need support young carers in Cheshire East - Pg 2**



**The Shawbury Military Wives Choir singing for carers - Pg 3**



**Donate a break and change a life - pg 6**



# Welcome to our Autumn 2018 Newsletter!



**More than 50% of people believe they 'don't know' a single friend or family member who cares for someone.**

This was the key finding of a recent report by Carers UK, highlighting the fact that most carers are 'hidden' from society and do not access support until they are struggling to cope with their caring responsibilities.

This is a timely reminder of the reason we exist. It is critical that we identify carers early to ensure they can access the emotional and practical support they need to carry on caring with reduced risk to their own health and wellbeing.

We continue to work in a climate of change, reduced funding and increased demand. In the last six months we have been busy ensuring we can continue to deliver the critical services we know offer positive change for carers, and building on our offer to reach even more carers in 2018. Read about our new services on page three.

People are our thing. From the tenacious Carers Trust 4all team, to our volunteers, community supporters, carers and people with care needs, people are what we are about. If you would like to be involved in our work, from volunteering to climbing a mountain to leaving a legacy, or if you would like to join our friendly staff team, make today the day you pick up the phone. We would love to hear from you.

*Best Wishes...Andrea Kinsey, CEO*

## Interview with the Chair of the Board

**Q:** What did you do before coming to Carers Trust 4all and what brought you here?

**A:** Well, following 35 years in chemical industry management which had taken me to all parts of the globe, it was time to retire and do something useful. Joining the Business Development Committee as a trustee subsequently provided me with valuable insight in to what makes Carers Trust 4all tick.

Last year I was invited to succeed Mike James as Chair, charged with continuing the valuable work that he has done over many years.

**Q:** What is the scariest/most fun experience you have had so far?

**A:** Probably walking in to a large Singing Together group for the first time! They generate quite an atmosphere.

**Q:** Which 3 famous people would you take to a desert island ?

**A:** Almost certainly the ministers for Health, Social Services and the Chancellor of the Exchequer. What an opportunity to get agreement for improved funding of a more joined up health and social services system.



You may have heard about GDPR, but do you know how it affects you?

GDPR stands for the 'General Data Protection Regulation' and is the biggest change in data protection laws for 20 years. It is a new set of rules governing the privacy and security of personal data laid down by the European Commission.

The rules have been designed to give power back to citizens over how their data is processed and used. As an organisation, we have requested permission to communicate with our contacts via our newsletter, by emails and by post and to hold your data for future communications. We will continue to do this in line with GDPR going forward. For queries, call us on 0333 323 1990

**Have fun and help our funds go further - check out our A-Z of fundraising ideas**  
<http://www.carerstrust4all.org.uk/a-z-of-fundraising-ideas>



# What's new at Carers Trust 4all....

## Supporting families in Greater Manchester

*"I have never had a day like this, BEST DAY EVER"*

(child/young person)



Parent carers need a break now and then, plus children and young people with a disability need to have fun and meet new people. Carers Trust 4all are a trusted provider offering local support to parent carers and children and young people with a disability in Greater Manchester. We can offer care both at home and in the community on a flexible basis. If you would like to know more about our services please get in touch:

Contact Manchester on: 0333 323 1990, select option 1, then option 4 or email: [manchester@carerstrust4all.org.uk](mailto:manchester@carerstrust4all.org.uk)

## Taking a break in Cheshire West & Chester



*"It's been life changing for me, there's nothing more I can say really, and I am sure all your clients feel like that too"* carer

Thanks to funding from Cheshire West & Chester Council there is a new integrated carers service. This means adult carers can access a wealth of services, including; information and advice, getting back into employment and specialist support for carers of people with mental health issues or dementia. Carers Trust 4all work within this service to deliver carer breaks, offering practical help in the home, to ensure carers can have some much needed time from their caring role. If you would like to know more about support on offer for carers call 0333 323 1990, option 1, then option 3 or email [cheshirewest@carerstrust4all.org.uk](mailto:cheshirewest@carerstrust4all.org.uk)



## Children in Need support young carers in Cheshire East!

We have been awarded a second successive grant from Children in Need to support 200 young carers living in Cheshire East. This is great news for young carers and means we can continue raising awareness, identifying even more young carers.

If you would like to find out more about our young carers service in Cheshire East, please call our project worker on 0333 323 1990, selecting option 1 followed by option 2 or email: [yc@carerstrust4all.org.uk](mailto:yc@carerstrust4all.org.uk)

**Skills4Life**



## Supporting young adult carers in Cheshire West & Chester

Funding from Cheshire West & Chester Council has supported us to set up an 18 month project supporting young adult carers between 18 and 24 years old who are caring, unpaid, for a loved one. The service focuses on supporting young people to develop essential life skills that they can take into adulthood such as CV writing, interview techniques as well as working with local colleges and universities to raise awareness of young adult carers. For more information or support email: [yac@carerstrust4all.org.uk](mailto:yac@carerstrust4all.org.uk)

**Great Read** - Letter to Louis, Alison White's detailed insight into life as a carer  
<https://www.theguardian.com/books/2018/jan/16/letter-to-louis-by-alison-white-review>



# Carers Trust 4all continue to support carers

## Shropshire Concert for Carers Week

To celebrate Carers Week 2018, the team at Shropshire enjoyed an afternoon of music and song at Christ Church in Shrewsbury. With performances from the Shawbury Military Wives Choir and Salopian Brass, we had a fabulous turnout from the local community with all ticket sales and donations going to Carers Trust 4all. We were also treated to a very special performance by the Shropshire young carers who sang their very own song called 'Not Alone'.



**Why does singing feel so good?  
The answers might surprise you .....**

**Singing** strengthens the immune system  
**Singing** is a natural anti-depressant  
**Singing** is a workout  
**Singing** can widen your circle of friends



Because of all these reasons and more, Carers Trust 4all offers singing groups so that adults, older people, people with memory problems and their carers can get together, enjoy music and have a great time. In addition to entertaining the office staff, the groups are a lovely social opportunity and reduce isolation and loneliness. For more information about the groups, available in Cheshire East and Bury, contact us on: **0333 323 1990**.

## Making Dementia Friends

Since July 2017 Anne Downey, Carers Trust 4all Training Manager has made a whopping 302 Dementia friends and she continues to increase this number every month. It has been a huge commitment for Carers Trust 4all, and the feedback from the team has been extremely positive having provided them with more of an understanding of how people can live well with Dementia. It has given team members more confidence while working with people with dementia along with enabling them to inform and advise the carers we support. To find out more about becoming a Dementia Friend please visit: [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)



## CarerLinks are making connections

Thanks to funding from the Big Lottery Reaching Communities programme, our brilliant CarerLinks project is now up and running in Cheshire West & Chester, Liverpool and Manchester. The teams have been out and about in their local communities, working in partnership to identify carers earlier and offer them support. Referrals are coming in thick and fast and will continue to grow. If you are a carer and would like to find out how to access information, support and a much needed break, please contact us: 0333 323 1990 or email [help@carerstrust4all.org.uk](mailto:help@carerstrust4all.org.uk)



Pictured are our advisors Camillia and Victoria promoting CarerLinks in Manchester.

## Supporting carers and families in Liverpool at end of life

63% of us wish to die in our own home. Yet only 20% achieve this. Carers Trust 4all work in partnership with Marie Curie and Home Care Liverpool to offer STARS, a community based palliative care service, which enables families to stay together and for people with life limiting conditions to spend their last weeks at home, if this is their wish. Care is delivered by specialist staff in an empathetic and sensitive way, supporting carers to take a much needed break from their caring responsibilities.

**'You matter because you are you, and you matter until the end of your life'** - Dame Cicely Saunders

**'You made what was the hardest time of our life easier'** - Carer

Contact us: **0333 323 1990**, Option 1, then Option 5 or email: [merseyside@carerstrust4all.org.uk](mailto:merseyside@carerstrust4all.org.uk)

We also offer end of life care in other locations.



# Ensuring young carers have fun!

## Singing for success in Shropshire



The last six months have been a busy time for the Shropshire young carers service supporting our 128 young carers. Along with enjoying monthly peer support meetings, young carers have been horse riding, bowling, go karting and having fun in soft play areas - not to mention the Christmas party, the pantomime and residential trips. In other words doing what young people do – learning, making friends and having fun!

Always creative, a group of young carers worked closely with the Hive, our local media centre, to write, perform and record 'Not Alone', an emotive young carers song which was launched on the 25 January at BBC Radio Shropshire to highlight Young Carers Awareness Day. We are looking forward to working with the Hive again to offer music workshops for young carers – next stop the X Factor!



The colourful CD cover designed by Shropshire young carers for the song they wrote themselves called 'Not Alone' (Left)

Meg and Beth attending the interview at BBC Radio Shropshire in aid of Young Carers Awareness Day. (Right)



To ensure young carers have a strong voice in our community, Shropshire young carers were included in a consultation process with Shropshire Council to review their Early Help Offer. It is essential that young people have a say about the services which support them. Young carers are also working with local schools to help identify young carers earlier and make sure they know how to access critical support.

*"We have been very impressed by what is on offer to Ellie. She seems to be very content knowing that help is there if she needs it, and is very proud to be recognised as a young carer" - Parent*

For more information call 0333 323 1990 or email [shropyc@carerstrust4all.org.uk](mailto:shropyc@carerstrust4all.org.uk)

**Text a donation to help give young carers a vital break**

**Text CTFA10 £25 to 70070 to donate \*£25**

**\*You can add any amount you wish to donate to the text**

## What a 12 months we have had in Cheshire West & Chester!

In April 2017, Carers Trust 4all won the Cheshire West & Chester commission to deliver the young carers service in the county. It has been a busy 12 months with lots of young carers accessing the service. The young carers group sessions have been fun filled and packed with creativity, energy and enthusiasm. We have made slime, played team games, lots of cooking and creative arts and crafts projects.

In our annual survey completed by the young carers, 100% said they had made new friends since coming to our sessions, 90% said that they have enjoyed coming to our sessions and getting the support we offer, 90% said that staff make them feel welcome and are available for them when they need us.

**100% made new friends**

**90% enjoyed the sessions**

**90% felt welcomed**

We are working with the Storyhouse in Chester as they have kindly offered 12 spaces for our young carers to take part in their Young Leaders programme.

**Exciting times!**

If you want to find out more about our young carers projects in Cheshire West & Chester call 0333 323 1990 or email [cwacyc@carerstrust4all.org.uk](mailto:cwacyc@carerstrust4all.org.uk)





# Be part of the Carers Trust 4all team!

## Interview with Val

Val started working at Carers Trust 4all on 16 November 1992 as a Carer Support Worker.

### What do you enjoy about the role Val?

I like meeting different people who have had different occupations. It's wonderful to find out what interesting lives people have lived, what they have done for a career and where they have travelled.

I think that people are very brave and I am in awe of how they cope with their caring role.

### Why work for Carers Trust 4all?

My husband had a stroke prior to me joining and I had no support, so when the role came along, I wanted to do something to help people who are in a similar situation that I previously found myself in. I believe my experience as an unpaid carer helped with my application.

At Carers Trust 4all, I like the variety of care that we can give; palliative, chronic illness and children's care for those with disabilities or complex needs.

### Any final thoughts?

My job role makes me reflect on life, I feel more content and thankful for my health, my husband and my family.

## Become a volunteer!



As a registered charity supporting unpaid carers and the people they care for, we rely on our dedicated team of volunteers to fulfill key roles such as:

- Drivers
- Befriending
- Support for events
- Reception
- Administration
- Host/support groups

### We will offer you:

- A first class induction, training and support
- A reference to future prospective employers
- An opportunity to make a real difference to an individual
- A chance for you to meet some new people and make friendships

☎ 0330 124 4526  
✉ [volunteer@carerstrust4all.org.uk](mailto:volunteer@carerstrust4all.org.uk)  
🌐 [www.carerstrust4all.org.uk](http://www.carerstrust4all.org.uk)

**Apply  
Today**

## Get paid to meet amazing people



*"This week I spent time with Frank, he won awards for his photography"*



## We are recruiting

To find out more about our fantastic roles, get in touch today

☎ 0330 124 4526  
✉ [hr@carerstrust4all.org.uk](mailto:hr@carerstrust4all.org.uk)  
🌐 [www.carerstrust4all.org.uk](http://www.carerstrust4all.org.uk)

Apply online: [www.carerstrust4all.org.uk/current-vacancies](http://www.carerstrust4all.org.uk/current-vacancies)

## Become a Trustee

We are looking for new trustees to join our enthusiastic board. Ideally candidates will have strategic vision, independent judgement and an ability to think creatively. Although passion and commitment are the most important qualities, we are looking for individuals with experience in:

- Health & Social Care
- Accountancy
- Legal Services

We aim to maintain a board where 50% of our trustees are or have been carers themselves and we are therefore particularly interested in applications from individuals who have an understanding of the needs of carers. Carers Trust 4all works across Cheshire & Warrington, Greater Manchester, Merseyside and Shropshire and we welcome interest from across our footprint.

If you are interested, please email your CV or alternatively our Chief Executive would be happy to have an informal discussion. Please email: [ho@carerstrust4all.org.uk](mailto:ho@carerstrust4all.org.uk) or telephone 0333 323 1990 Option 4.

**Great read** - How I persuaded my partner to become a support worker like me  
<https://www.theguardian.com/lifeandstyle/2017/oct/21/scared-angry-inept-thats-me-the-carer>



# Help a carer take a break - help us raise money!

Every year we need to generate over £4 million to continue providing vital support to carers in our locations and we can't do this without your support.



**DONATE** - Give a carer a break and a child the chance to take part in fun activities with their peers: £36 can support a child with complex needs for 2 hours to attend an activity session.



**FUNDRAISE** - Just £50 can provide a 3 hour carer break, imagine how many others you could help. Think of a fun idea, set yourself a target and go for it!



**LEAVE A GIFT IN YOUR WILL** - Help others tackle loneliness: £250 will support two people to attend regular singing groups for a year.

**Text Donations** - You can now make a donation via text, it's really easier to do:

Text CTFA10 £10 to 70070 to donate £10  
Text CTFA10 £25 to 70070 to donate £25  
Text CTFA10 £50 to 70070 to donate £50

You can add any amount you wish to donate to the text, just follow the examples above.

## Single Donation

I am donating:

£10 ☐ £20 ☐ £50 ☐ Other £..... ☐

I enclose a cheque/postal order payable to  
Crossroads Care CMM Ltd

Name.....

Address.....

(in capital letters please)

## Regular Donation

I would like to make a regular donation by  
standing order

To the manager of .....Bank

Date.....

Branch Address.....

The sum of.....

(amount in words)

Every month/quarter/year\* on same day until  
further notice\*

Commencing on.....

(date)

Account Number.....

Sort Code.....

Name.....

Address.....

Postcode.....

Email.....

Carers Trust 4all is the trading name of  
Crossroads Care Cheshire, Manchester  
& Merseyside Ltd.

Registered Charity No. 1075268 and  
a company limited by guarantee.

Please return this form to Carers Trust 4all,  
Overton House, West Street, Congleton, CW12 1JY

You can donate via our website at [www.carerstrust4all.org.uk/donations](http://www.carerstrust4all.org.uk/donations) or if you have donated via a different means, cheque etc..., then we would be really grateful if you could complete and return a Gift Aid form which can be found at the back of this edition of News 4all along with the address.



## Gift Aid

### Making your money go further

You can make every £1 you give us worth 25p more at no cost to you by agreeing to one of the below:

Gift Aid declaration: I would like all past, present and future donations to Crossroads Care Cheshire, Manchester and Merseyside to be treated as Gift Aid donations:

Today ☐ in the past 4 years ☐ in the future ☐

Please tick all boxes above you wish to apply.

Mr/Mrs/Miss/Ms (circle) Name.....

Address.....

Postcode.....

Tel. No.....

Signed .....

Date.....

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give. ☐

Yes, I would like to help; Please send me details as indicated below:

Volunteering <input type="checkbox"/>	Collection Box <input type="checkbox"/>
Fundraising <input type="checkbox"/>	Street Collections <input type="checkbox"/>
Join 100 Club <input type="checkbox"/>	Leaving a Legacy <input type="checkbox"/>

I consent to receive marketing information ☐

Name: .....

Email Address: .....

**Please return this form to Carers Trust 4all, Overton House, West Street. Congleton, CW12 1JY**



## Contact Us

### Cheshire East

[cheshireeast@carerstrust4all.org.uk](mailto:cheshireeast@carerstrust4all.org.uk)

Call 0333 323 1990  
Option 1, then Option 2

### Cheshire West & Chester and Wirral

[cheshirewest@carerstrust4all.org.uk](mailto:cheshirewest@carerstrust4all.org.uk)

Call 0333 323 1990  
Option 1, then Option 3

### Shropshire

[shropshire@carerstrust4all.org.uk](mailto:shropshire@carerstrust4all.org.uk)

Call 0333 323 1990  
Option 1, then Option 6

### Bury

[bury@carerstrust4all.org.uk](mailto:bury@carerstrust4all.org.uk)

Call 0333 323 1990  
Option 1, then Option 1

### Manchester and Tameside

[manchester@carerstrust4all.org.uk](mailto:manchester@carerstrust4all.org.uk)

Call 0333 323 1990  
Option 1, then Option 4

### Liverpool, Sefton, Warrington & Knowsley

[merseyside@carerstrust4all.org.uk](mailto:merseyside@carerstrust4all.org.uk)

Call 0333 323 1990  
Option 1, then Option 5

### Support Services

General enquiries: [help@carerstrust4all.org.uk](mailto:help@carerstrust4all.org.uk)

Recruitment: [hr@carerstrust4all.org.uk](mailto:hr@carerstrust4all.org.uk)

Volunteering: [volunteer@carerstrust4all.org.uk](mailto:volunteer@carerstrust4all.org.uk)

Finance: [finance@carerstrust4all.org.uk](mailto:finance@carerstrust4all.org.uk)



**Carers Trust 4all**



**@carerstrust4all**



**[www.carerstrust4all.org.uk](http://www.carerstrust4all.org.uk)**



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