

# Carers News Herefordshire

  
**carerstrust**  
4all  
Crossroads care service  
action · help · advice

**Aug - Dec 2019**

*Your latest news  
and information for  
and about carers  
in Herefordshire*



*Page 3 - Volunteer  
Befriending*



*Page 4 - Jointly App*



*Page 5 - Young carer  
clubs*

**Carer  
Links**



**Commissioned by  
Herefordshire  
Council**

## Welcome to Carers Trust 4all, Herefordshire CarerLinks very first Newsletter!

CarerLinks was commissioned by Herefordshire Council on 1 April 2019 to provide an information and advice service to support individuals who are new to caring for someone or for existing carers who need additional support.

A team of five Carer Advisors, Chrissy, Jude, Lauren, Meloney and Michelle are working in the community to identify hidden carers or carers needing support.

### CarerLinks can help by:

- ⇒ Supporting carers to think about their own needs and plan action for change
- ⇒ Listening and offering a range of services and support to help carers improve their health and wellbeing, including; 1:1 support, information, advice, advocacy and signposting
- ⇒ Working in partnership to link carers with all other sources of help and support

### Contents

#### **Pg 3** - Volunteering

Carer Grants

#### **Pg 4** - Jointly App

Young Carers  
Launch

#### **Pg 5** - Young Carer Clubs

#### **Pg 6** - Message in a bottle

Carers Timebank

#### **Pg 7** - Carers Week

Elsie's Story





## Could you volunteer?

Volunteering offers vital help to charities, worthwhile causes and the community, but the benefits can be even greater for the volunteer.

### What do we offer volunteers?

- A first-class induction, training and support
- A reference to future prospective employers
- An opportunity to make a real difference to the life of a carer
- A chance to meet some new people and make new friendships

**Roles:** Befriending, Office Administrator, Community Champion

### What is Befriending?

Befriending provides support for people who are experiencing loneliness or social isolation, which can affect all of us at any stage of life. Befriending offers one way to decrease loneliness and increase well-being.

If you would like to offer your support as a volunteer, please contact us and we can discuss what roles we have available.

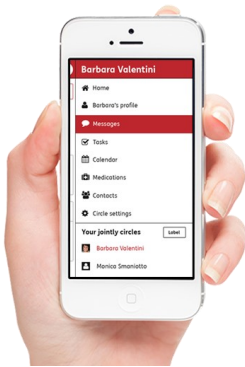
**Call 0333 323 1990 or email [volunteer@carerstrust4all.org.uk](mailto:volunteer@carerstrust4all.org.uk)**

## Grants available to support carers

As a Network Partner of Carers Trust we have access to grant funding 'Carers Funds'. The grant programme is open to carers aged 16 and over. Carers can apply for grants of up to £300 for items or activities that will benefit them in their caring role e.g:

- Breaks for carers, with or without the person they care for
- Items for the home including cookers, fridges, beds, etc
- Courses and materials to develop carers skills or hobbies
- Home repairs
- Short term or time limited replacement care

**To find out more call 01432 663057**



## Jointly App for Carers

**Developed by Carers UK, Jointly is an innovative mobile and online app that is designed by carers for carers.** Jointly makes caring easier, less stressful and more organised by making communication and coordination between those who share the care as easy as a text message.

The Jointly App requires a one off payment of £2.99 to sign up and that allows you to invite as many joint users as needed for the person you care for. Our CarerLinks team have received some funding to enable us to offer the Jointly App free of charge to carers across Herefordshire. For more information call 01432 663057 or email [herefordshire@carerstrust4all.org.uk](mailto:herefordshire@carerstrust4all.org.uk)

**Sign up today:** <https://www.jointlyapp.com/#signup>

## Young Carer Service Launches

Carers Trust 4all currently support over 300 young carers by offering time away from their caring responsibilities, time to talk to other young carers and an opportunity to enjoy some fun activities.



A young carer is someone under 18 who helps to care for someone in their family, who due to illness, a disability, a mental health problem or an addiction, cannot cope without support.

We are delighted to launch our young carers service across key areas of Herefordshire including Pembridge, Bromyard, Peterchurch and Ledbury. The service is commissioned by Herefordshire Council.

***Quote from parent - "Carers Trust 4all have been a fantastic support. The Young Carers project has helped his self-confidence and given him wonderful opportunities to get out with other children in similar situations. He has benefited immensely from the group sessions."***

## Young Carer Groups

In Herefordshire, Carers Trust 4all offer young carers the chance to have a break from their caring responsibilities through activities, outings, holidays, one-to-one's and peer support.

If you know a young carer who would benefit from our support, contact us today.

You can call during office hours (9am - 5pm Monday - Friday) on 01432 663057 or email [herefordshire@carerstrust4all.org.uk](mailto:herefordshire@carerstrust4all.org.uk)



### **Pembridge Young Carers**

Fortnightly during term time only  
beginning **September 2019**

**6pm-8pm**

Pembridge Village Hall  
Bearwood Lane, Manley  
Crescent, Pembridge,  
Leominster HR6 9EB

### **Bromyard Young Carers**

Fortnightly during term time only  
beginning **September 2019**

**6pm-8pm**

HOPE Family Centre  
Hereford Rd,  
Bromyard  
HR7 4QU

### **Peterchurch Young Carers**

Fortnightly during term time only  
beginning **September 2019**

**6pm-8pm**

Peterchurch/Golden Valley  
Community Centre  
HR2 0RP

### **Ledbury Young Carers**

Fortnightly during term time only  
beginning **September 2019**

**6pm-8pm**

Ledbury Primary School  
Long Acres, Ledbury  
HR8 2BE

## Are you a Parent Carer?

We are currently working with a family who would like to reach out to other parents caring for a teen/young adult who suffers from a mental health condition. If you are a parent carer looking for a support network in Herefordshire please contact the office on 01432 663057 between 9am - 5pm, Mon-Fri. or email [herefordshire@carerstrust4all.org.uk](mailto:herefordshire@carerstrust4all.org.uk)



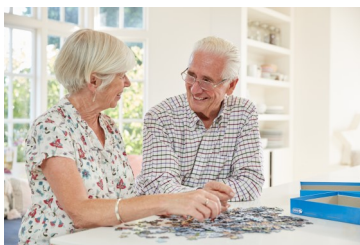
## Carers Week 10-16 June 2019



During National Carers Week the CarerLinks team held eight information events across the county. These events were organised 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 helped people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. Read more: <https://www.carersweek.org/about-us>

This year's focus was to help carers get connected. CarerLinks have been busy connecting carers to services across Herefordshire during the last few months by linking with Social Prescribers, Adult Social Care, Community Brokers, Department for Work and Pensions, SAFFA, Taurus, 2gether NHS Trust, Wye Valley NHS Trust, WISH, HVOSS, Healthwatch, Connexus, HOPE Family Centre, Herefordshire Clinical Commissioning Group plus many more!

### Elsie's Story



Elsie cares for her husband who has Alzheimer's.

Elsie was referred to CarerLinks as she was feeling isolated and needed time for herself. She also felt low and was finding her caring role hard at times.

Carer Advisor Michelle linked Elsie to a carer led Carers Support Group in her local community along with a Creative Carers Group that runs monthly as Elsie enjoys doing crafts, crocheting and knitting. Elsie now regularly meets with one of the carers from the group for a coffee and chat.

Elsie expressed her appreciation of being able to talk with a Carer Advisor and that she felt reassured that if she requires any further information or advice that she can make contact and has the contact details for the Support Line - 01432 663057

## Emergency Planning - Message in a bottle

Data Link is more commonly known as the 'message in the bottle' scheme. It's a simple way of ensuring that if ambulance, police or fire crews have to attend the property, essential information is readily available, which can save vital minutes and ensure the correct actions are taken in an emergency.



How does it work? A canister has a form inside which you fill in with the relevant information. Medication information can be completed in pencil in case it changes, or a repeat prescription can be inserted into the canister. The canister is sealed and put in the fridge.

**Bottles are available in your local chemist, GP surgery or contact your local Lions Club 0845 833 9502**

To find out more about emergency and future planning, download our full pack [here](#)



## Carers Timebank

Timebanking unlocks unused time, skills and care, allowing carers to live as independently as possible. Although facilitated by a CarerLinks coordinator, this is very much a carer led initiative.

Carers will be supported to join the timebank and will discuss what they can offer e.g. befriending, dogwalking, errands and what they would like to access e.g. gardening, DIY...etc.

All skills and contributions are valued equally. Each time swap is recorded to ensure a fair and equal process. Weekly social meetings will provide the opportunity for participants to meet up and try new activities as a group.

**If you are interested in joining, please call our team on 01432 663057 or email [herefordshire@carerstrust4all.org.uk](mailto:herefordshire@carerstrust4all.org.uk)**



**Carers Trust 4all  
Room 14  
The Fred Bulmer Centre  
Wall Street  
Hereford  
HR4 9HP**

**Carers Support Line: 01432 663057**

**General Enquiries: 0333 323 1990, Option 1, then Option 7**

**Email us:**

**General Enquiries: [herefordshire@carerstrust4all.org.uk](mailto:herefordshire@carerstrust4all.org.uk)**

**Would you like to receive our newsletter by email on a regular basis?**

**If you would like to join our mailing list, please let us know by calling or emailing us using the details above.**



**[Carers Trust 4all](https://www.facebook.com/CarersTrust4all)**



**[@carerstrust4all](https://twitter.com/carerstrust4all)**



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

Carers Trust 4all is the trading name of Crossroads Care Cheshire, Manchester and Merseyside Limited. Registered charity No. 1075268. Registered office: Overton House, West Street, Congleton, Cheshire, CW12 1JY. A company limited by guarantee registered in England No. 3554493. Registered with the Care Quality Commission.