

## WELCOME TO THE JULY / AUGUST EDITION OF CARERS NEWS



# GSK IMPACT Award Winners!

**Carers Leeds has beaten more than 400 organisations from all over the UK to be one of the 10 winners of the 2017 GSK IMPACT Awards, a national award that recognises excellence in charities improving health and wellbeing in their communities.**

Carers Leeds is committed to improving the lives of the city's unpaid carers. We are here, based in Leeds city centre, to offer carers confidential one-to-one and group support, as well as advice over the phone and online.

Carers Leeds has played a key role in reshaping local services around the needs of carers. In 2014, we became the single point of access to services for carers in Leeds, which had previously been divided between five separate organisations. Carers now have just one telephone number to remember - 0113 380 4300 - and can access a greater range of services.

As a team we are determined to reach out to different groups of carers and

to tailor our support to the diverse communities in the city. Carers Leeds has established partnerships with Mental Health Services, Gypsy and Traveller Communities, Black, Asian and Minority Ethnic groups, The Alzheimer's Society, Age UK, Forward Leeds (drug and alcohol service), Leeds Hospitals and GP Practices across the city.

Lisa Weaks, Head of Third Sector at The King's Fund, said: **'As more and more people take on caring responsibilities, organisations like Carers Leeds provide crucial support. Carers Leeds has demonstrated excellent leadership in developing new and improved approaches to meeting the needs of carers. By becoming the single point of access for carers in**

**Leeds, it's helping people navigate a complex system and receive the advice and support they need. It's a very impressive accomplishment.'**

Val Hewison, Chief Executive of Carers Leeds, said: **'We're all extremely proud of our success and the recognition the GSK IMPACT Award brings to our work supporting carers. This achievement has been possible only because of the fantastic team at Carers Leeds, who are committed to supporting people who use our services. We're determined to keep growing and developing our support to make things better for carers. Winning the GSK IMPACT Award will spur us on even further.'**

# The Leeds Commitment to Carers



**Just think what a huge difference we could all make by just doing that little bit more to identify carers and to recognise the huge contribution carers make to life in our city.**

Leeds has a bold ambition to be the best city for health and wellbeing in the UK. Unpaid carers are crucial both to our communities and to the sustainability of health and social care in Leeds. If we are to be the best city for health and wellbeing, we need to be the best city for carers!

That means being the best at identifying carers, the best at recognising and valuing the contribution that carers make, the best at promoting carers own health and wellbeing and the best at supporting working carers.

Every high street, every community service, every leisure facility has a role to play in making sure they are accessible to carers. Indeed, many are in a perfect position to make a difference by recognising carers and connecting them to the help and support available.

## Local Businesses to Commit to Supporting Carers in the Workplace

**The Leeds Commitment to Carers asks organisations, businesses and services in Leeds to commit to identifying carers, and truly support and value all that carers contribute to life in our city.**

Signing up to the Leeds Commitment to Carers is one simple way of making that difference,

and demonstrates that your organisation:

- Is a carer-friendly employer.
- Trains and supports the workforce to be 'carer aware'.
- Works in partnership with others to support carers.
- Supports carers to be healthy and make informed choices about their caring role.



## SIGN UP NOW!

To the Leeds Commitment to Carers and be part of making Leeds the best city for carers! Contact Val Hewison at Carers Leeds [val.hewison@carersleeds.org.uk](mailto:val.hewison@carersleeds.org.uk) or Ian Brooke-Mawson Strategic Commissioning Manager (Carers) [ian.brookemawson@leeds.gov.uk](mailto:ian.brookemawson@leeds.gov.uk) for more information.

## SAVE THE DATE Friday 24th November

Carers Leeds would like to invite colleagues and professionals from throughout the public, private and voluntary sector to sign up to Leeds Commitment to Carers.

At this event we can demonstrate that together we care about carers in Leeds, and by developing new partnerships we can strengthen our communities.

## Exciting new support available to Young Adult Carers

Carers Leeds are delighted to have been awarded funding from the Leeds Hesco Programme to work with young adult carers aged 16-18 years.

Jo Foster (pictured second from the right), who already works with young adult carers, will begin this

new project shortly. With a focus on the LS9, LS14 and LS15 areas of Leeds, teachers and other staff will be trained in understanding the issues faced by young adult carers, encouraged to identify students as carers and work with Carers Leeds to support them.





# Parent Carer Family Fun Day!

**Taking place on Wednesday 30th August  
from 1pm until 3pm at The Vinery Centre,  
20 Vinery Terrace, LS9 9LU.**

An invitation to all Parent Carers caring for a child or young person with additional needs; Carers Leeds would like to welcome you and your family to our **FREE** Summer Family Fun Day.

There will be entertainment from Shabang! Also known as Kim Reuter and Russ Elias who are musicians,

performers, designers, makers, Makaton signers and are both qualified teachers, together creating a blend of peculiar educational tomfoolery (<http://www.shabang.org.uk>).

We also have cakes, party games, soft play and sensory play. Siblings are more than welcome to join in the fun.

## **Booking is essential.**

Bookings will be taken from 10am on Tuesday 18th July via the Carers Leeds event booking line on 0113 246 8338.

## **Celebrate Leeds Pride with Carers Leeds**

**Leeds Pride is Yorkshire's biggest celebration of lesbian, gay, bisexual and trans (LGBT) life, this year taking place on Saturday 5th and Sunday 6th August.**

This year Carers Leeds launched a new monthly support group welcoming carers who identify as lesbian, gay, bisexual, transgender or questioning their sexuality (LGBTQ). This group meets on the 3rd Monday of each month, for more information contact Carers Leeds on 0113 380 4300.

Carers Leeds has attended Pride for a number of years and have very much enjoyed having the opportunity to promote our service as being LGBTQ friendly. You will find us again this year on Sunday at our stall on Lower Briggate.



## **Be Part of the Parade - Sunday 6th August!**

To celebrate our new LGBTQ Carer Support Group, for the first time, Carers Leeds will be participating in the Pride parade. Come join us under the Carers Leeds banner,

starting at Millennium Square at 2pm we will create a sea of rainbow winding through the city, finishing on Lower Briggate in the heart of the Leeds LGBT Scene.

# What's on at Carers Leeds

## Time for Us Café: Stress Management and Wellbeing Goals



**Thursday 14th September**  
**11am until 3pm**  
**Carers Leeds, 6-8 The Headrow, City Centre**

Life Coach Nikki will be here to give you tips on stress management, including an introduction to mindfulness. Nikki will also help you with making and maintaining goals that will improve your own wellbeing.

Lunch will be provided. Please note booking is essential for all Time for Us Café events. This is a rearranged event that was due to take place in May and is expected to be very popular.

Please contact the Carers Leeds event booking line on 0113 246 8338 to book a place. Bookings will be taken from 10am on Tuesday 18th July.

## Crafty Carers: Frame Art with Meaghan

**Friday 22nd September**  
**1.30pm until 3.30pm**  
**Carers Leeds, 6-8 The Headrow, City Centre**

Meaghan will be joining Crafty Carers to show us how to make pictures using scrabble letters and canvas frames – a wonderful opportunity to make personalised gifts for loved ones. So come along and learn a new craft with us.

A voluntary contribution of £2 would be greatly appreciated to help towards the costs of materials. Light refreshments will be served.

Please contact the Carers Leeds event booking line on 0113 246 8338

to book a place. Bookings will be taken from 10am on Tuesday 18th July.



## Please Note

There will not be a Time for Us Café or Crafty Carers Group taking place in August.

## Get Involved! Join our Advisory Group

Carers Leeds is always looking to improve the way we engage with carers to ensure we are meeting the needs of all carers across the city. One key part of our engagement process is through our Focus and Advisory Group.

The Focus and Advisory Group meet every 2 months and give valuable input to help shape the Carers Leeds service and ensure carers are supported effectively.

We are looking for new carers to join this group. If you are interested in helping us to make sure that we are doing the best we can for carers in Leeds then please contact Helena Bladon on 0113 380 8916 [helena.bladon@carersleeds.org.uk](mailto:helena.bladon@carersleeds.org.uk)

## LS17 Carers Support Group: Same time, same place, NEW VENUE

Please note from Monday 3rd July (10.30am until 12pm) the LS17 Carers Support Group will now meet at Moor Allerton Elderly Care, 57 Cranmer Bank, LS17 5JD, except on Bank Holiday Mondays.

For any further details please call Angie Thompson, Carers Group Coordinator, on 07854 481 011 or 0113 246 8338.



# Afternoon Tea Dance

National Dementia Carers Day 2017

Friday 8th September - 1pm until 4pm



**The Dementia Carer Support Team at Carers Leeds, are working in collaboration with the Alzheimer's Society Memory Support Workers, to proudly celebrate National Dementia Carers Day 2017 with an afternoon of entertainment.**

To accompany your cream tea, join us for a sing along with the ever popular singer Terry Williams. There will also be a display of professional ballroom dancing, and the opportunity to dust off those dancing shoes!

This free event will take place at Leeds Civic Hall Banqueting Suite, Calverley Street, Leeds City Centre on Friday 8th September from 1pm until 4pm. Booking is essential. Bookings will be taken from 10am on Tuesday 18th July via the Carers Leeds event booking line on 0113 246 8338.

This event is for informal and family carers who are supporting a person living with dementia. You are very welcome to bring the person that you are caring for, we look forward to meeting you!



## Performance of 'The Purple List'

Guests are welcome to stay and join us for a performance of 'The Purple List - A Gay Dementia Venture' taking place from 4pm until 5.30pm.

This one man performance explores the highs and lows of Sam and Derek's lives, as Derek's dementia progresses.

We will be joined by colleagues from health and social care for the performance, which will be followed by a discussion with the actor and director.

**Reviews say it is '...a truly fantastic play that touches your heart and soul.'**

# What's on in Leeds

## M&S Memory Café

For people living with dementia and their family carers. Enjoy relaxed chat, crafts, reminiscence, and of course tea and cake!

The M&S Memory Cafe runs from 1pm-3pm on the third Friday of the month at M&S Company Archive, Michael Marks Building, off Clarendon Road, LS2 9LJ. Upcoming dates are 21st July, 18th August, 15th September.

The cafe is free of charge, and we have crafty activities each month.

Please ring M&S Company Archive on 0208 718 2800 to book your place.



## Different Strokes Leeds - Younger Stroke Survivors

A support group provided by stroke survivors for stroke survivors, taking place at Armley Leisure Centre from 1pm to 2pm every Friday. A health trainer and a neuro physiotherapist also attend. Family and informal carers welcome.

For more information contact Geoffrey Render by email [GEOFFRENDER@hotmail.com](mailto:GEOFFRENDER@hotmail.com)

For those on the outskirts of West Leeds, groups also meet in Bradford on the 2nd Monday of the month at the Alhambra Theatre Bradford, and in Bingley on the 3rd Wednesday of the month at the Myrtle Tavern pub.



## Community Gardening and Wellness Groups

There are 8 weekly community groups taking place across various green spaces in Leeds. Exercise, learn about gardening and building, and make a change in your local community. Get out of the house and breathe some fresh air.

Also available are weekly peer support groups (hosted by Leeds Mind) where people can talk about and help improve their wellbeing.



For more information please visit: [www.outdoorsactivewell.org](http://www.outdoorsactivewell.org) or contact Outdoors Active and Well at [info@outdoorsactivewell.org](mailto:info@outdoorsactivewell.org) or on 0113 226 2623.

## Leeds Light Cinema Seniors Club



Every Thursday at 1pm at The Vue Cinema located within The Light on the Headrow in Leeds City Centre. Offering those aged over 60 years of age a chance to meet up with friends and see a recent movie for £3.99 which includes tea and coffee. For more information contact Customer Services on 0345 308 4620.

## Horizons: Peer Support



These sessions provided by Leeds Mind in partnership with Horizons Help Through Crisis Project, will help you to share your experiences with people who understand, whilst learning about mental health and identifying ways to manage your wellbeing.

All courses take place 1.30pm until 3.30pm at Better Leeds Communities, Burley Lodge Road, LS6 1QF.

**Managing Anxiety**  
Monday 31st July

**Building Resilience**  
Monday 7th August

**Skills, Strengths and Abilities**  
Monday 14th August

**From Chaos to Calm**  
Weekly sessions on a Monday  
4th September to 16th October

# Black, Asian and Minority Ethnic (BAME) Carers Service in partnership with Carers Leeds and Touchstone

**Zaira, Shuria and Eulalee support carers from Black, Asian and Minority Ethnic (BAME) communities. We are thrilled to be included in this summer edition of Carers News! Together we support carers by looking at their health, finances, impact of the caring role, how they are managing at home and a work life balance for working carers.**



BAME Carers at Touchstone Carers Support Group

## A service for carers, led by carers.

To meet the needs of BAME Carers, between us, we are able to speak most South Asian languages and also have support from the volunteer service at Touchstone to access communication support in other languages.

We would like to hear your comments on how you would like support and services to be provided. Please don't hesitate to contact the team and tell us, for example what would you like us to include in the support groups?

All our BAME Carers Support Groups and events take place at Touchstone Support Centre, 53-55 Harehills Avenue, LS8 4EX.

## Do you work with Black, Asian and Minority Ethnic Groups?

If you are a professional and would like Carers Leeds to work with you in supporting carers please do get in touch. Help us reach out to more diverse communities and all BAME Carers in Leeds.

## Touchstone BAME Carers Support Group - NOW WEEKLY

**Thursday 14th September  
11am until 1pm**

Offering a range of structured activities to carers including educational, information, advice and therapeutic support. Currently on the third Thursday of the month, from Thursday 14th September we are **RELAUNCHING** the group to meet weekly. We look forward to seeing you at the launch!

## Mehfil Group

**Last Thursday of every month  
1.30pm until 3.30pm**

A support group for South Asian women who support someone with mental health issues.

## Hamari Yaadain

**First Thursday of every month  
1pm until 3pm**

A Dementia Café for people with dementia and their carers to reminisce make friends and have a good time in a friendly and relaxing atmosphere.

## NEW South Leeds BAME Carers Support Group

Do you live in South Leeds? Would you like to attend a Carers Group at Hamara Centre on Tempest Road? Please get in touch with us if you would like to be a part of this.

## Contact the BAME Carers Support Team

### Zaira:

**0113 380 4303  
Carers Leeds, The  
Headrow, City Centre.**

### Shuria and Eulalee:

**0113 219 2727  
Touchstone Support  
Centre, Harehills.**

## Trip to Scarborough Thursday 21st September

To celebrate the success of the Carers Leeds and Touchstone partnership, we would like to invite BAME Carers to join us for a trip to the seaside! Spend the day on the beach or indulge in a spot of retail therapy. There are plenty of cafés and restaurants if you choose not to take a packed lunch.

For more information and to book your place please contact Shuria and Eulalee on 0113 219 2727. Please note places are limited and we do ask for a contribution to cover transport costs.





# One Treadmil, One Grandma and One Marathon...

Jane, 67 year old Grandma and Carers Leeds Volunteer set herself the challenge of running 42.195 Kilometres over 5 days during Dementia Awareness Week to complete a fundraising May-rathon for a Carers Leeds Dementia Café. This is her story...

"My journey with Carers Leeds started back in the early Leeming House days. My history with Dementia Cafes began when myself and two colleagues hosted the first Dementia Cafe to open in Leeds. My story with people living with dementia and their carers covers 30 years of my working life.

The effort and energy I put into training and completing the May-rathon is nothing compared to the effort and energy required to get through each day if you are a person with dementia or their carer."

"Training started on Monday 27th March when I huffed and puffed my way to 3 kilometres on a treadmill at Scott Hall Leisure Centre. Slowly over 7 weeks I increased my speed and distance.

There were days when I didn't want to get up...but I did!

There were days when I didn't want to go to Scott Hall Leisure Centre...but I did!

There were days when I wanted to get off the treadmill...but I didn't!

Dementia Awareness Week dawned. Monday 15th May. Now or never. Monday 8.5km, Tuesday 8.65km, Wednesday 8.70km, Thursday 8.74 km and finally Friday 8.03km. I DID IT. In fact I over did it!"

"Encouragement and support from family, friends, Dementia Cafe customers, Carers Leeds staff, members and staff at Scott Hall Leisure Centre all kept me going for which I thank them. Oh yes



and a small matter of around £800 sponsorship money I have raised so far for the Dementia Café."

**A huge congratulations to you Jane, from all at Carers Leeds.**

## Want to Show Your Support?

You can still make a donation to Jane and the Carers Leeds Dementia Café.

Send a cheque payable to 'Carers Leeds' to Dementia Café, Carers Leeds, 6-8 The Headrow, Leeds, LS1 6PT or sponsor online at <https://localgiving.org/fundraising/may-rathon>

**If you are able to receive the newsletter via email, if you are no longer caring, or if you have received more than one copy at the same address, please let us know.**

## Contact Details

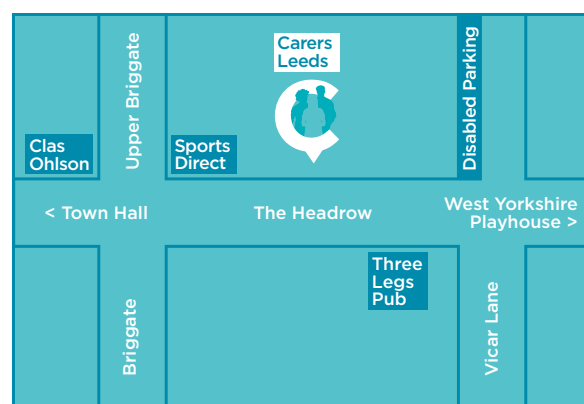
- **Carers Advice Line 0113 380 4300**  
(9 am – 4.30 pm, Monday - Friday)
- **Drop-In to Carers Leeds City Centre office**  
(10 am – 3.30 pm, Monday - Friday)
- **Email: [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)**
- Message via the website, Facebook or Twitter

For support for carers aged 5-17, contact Willow Young Carers on 0113 262 2851

6/8 The Headrow, Leeds, LS1 6PT

**Admin telephone number: 0113 246 8338**

Carers News is also available in large print and on audio tape or CD. Please contact Brenda James at Carers Leeds on 0113 246 8338 to request your copy.



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