



carers news

March & April 2020

Carers Leeds
Advice Line
0113 380 4300

WELCOME TO THE MARCH / APRIL EDITION OF CARERS NEWS



Carers Walking Group

We are very pleased to announce that the Carers Walking Group will continue throughout the Spring and Summer months. The group has proved to be very popular, and is a great way to start the weekend - come join us!

Find out more on page 2.



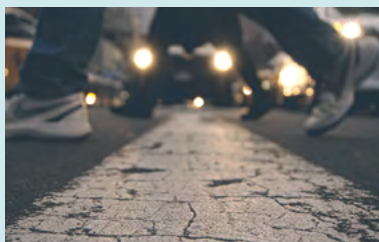
With support from



Kindly printed by



Carers Walking Group



Dates for the Diary:

3rd, 17th April
1st, 15th, 29th May
12th, 26th June
10th, 24th July

The Walking Group is a great opportunity to get fresh air, a change of scenery, a break and some physical activity. Plus it's free!

Meeting fortnightly in Leeds City Centre, together we complete a circular walk taking approximately one hour.

We can't promise that it won't rain but can promise good company, laughs and the occasional fact about the history of Leeds.

Contact Jo Foster

07508 426 656

or Nikki Grace

07908 808 287

directly for more information and find out where the group will meet each week.



Dementia Action Week: 11-17 May 2020



The Alzheimer's Society's national campaign unites people, workplaces, schools and communities to take action and improve the lives of people living with dementia.

Dementia Action Week 2020 will take place from Monday 11th May until Sunday 17th May. Join Carers Leeds as we support friends, families and communities caring for someone living with Dementia.

Dementia Action Week Information Day

Tuesday 12th May
12pm until 3pm at Carers Leeds, The Headrow, City Centre

Caring for someone living with dementia? Come and see what the Carers Leeds Dementia Hub do, who we are and pick up information and advice. No need to book, drop-in to see us.

Dementia Action Week 'Afternoon Tea'

Wednesday 13th May
1pm until 3pm at Carers Leeds, The Headrow, City Centre

As a special event for Dementia Action Week we are hosting an Afternoon Tea in place of our usual De-Caf Central Dementia Café. This will be for both people living with dementia and their carer. Booking is essential as places are limited.

Morley Dementia Carers Group

Thursday 14th May
1.30pm until 3pm at The Church of the Nazarene, Albion Street, Morley LS27 9BX

See what the carers group is all about. A great place to meet others, gather information and seek advice.

Find out More!

There will be information stands at St James's Hospital at various times throughout the week. Information about other events taking place throughout the city will be available via social media @hub_leeds, @carersleeds or on our Carers Leeds facebook page.

A four-week information packed course to provide carers with lots of health related hints and tips, with an emphasis on healthy eating, physical activity and mental wellbeing, including self-care and social isolation.

Due to the popularity of the last 'WAM' courses, we are running them again throughout 2020, taking place in May (Wednesdays), July (Tuesdays) and October (Saturdays), details will be advertised in future editions of Carers News.

You will be able to; meet with other carers for support, assess how you feel about your health and wellbeing, identify small changes that you want to make, set goals and receive support to help you to achieve them.

Previous participants said it was: **“a very useful course that gave me a wealth of information and supportive tips”**. **“It was very inclusive and interesting. I have learnt a lot and it was enjoyable and insightful.”** All attendees said they would recommend the course to someone else.

May 2020 - How to book your place

What About Me will take place over four consecutive weeks starting Wednesday 6th May at Carers Leeds, from 10am until 2pm, lunch is provided. It is preferable that you attend all four sessions of the course.

To book your place please contact Carers Leeds on 0113 246 8338, bookings will be taken from 10am on Tuesday 17th March. Please feel free to contact Jo Foster on 07508 426 656 if you have any questions or want to find out more.



What to expect

This is a course designed by carers for carers, and brought to you by the Carers Good Health Project at Carers Leeds, funded by Bupa UK Foundation in partnership with Carers Trust. It is preferable that you attend all four sessions of the course.

Week 1: Introductory Week

A chance to get to know each other, and take a look at the course content. Complete a self assessment. Understand what we mean by 'health and wellbeing' and why it is so important for carers to be able to prioritise their own.

Week 2: Physical Activity

Includes a talk from Leeds Get Active who tells us about the benefits of physical activity and good nutrition, whilst also discussing some of the theories of 'behaviour change'.

Week 3: How you Feel

This session will explore assertiveness, loneliness, resilience, self care, stress and relaxation.

Week 4: Time for Yourself

We go for a health walk. Look at how to get a break, pursue hobbies and interests. Revisit the self assessment completed during the introductory session.

Events

All activities, educational workshops and courses are for carers only. Booking is essential.

To book your place please contact the Carers Leeds Event Booking Line on 0113 246 8338, bookings will only be taken from 10am on Tuesday 17th March.

Mens Carers Group: The National Science and Media Museum

Thursday 23rd April
Meeting 10am at Leeds
Train Station

At the National Science and Media Museum, in the heart of Bradford, we will explore the science and culture of image and sound technologies and their impact on our lives.

Travel costs will be covered. There will be opportunity to visit the museum cafe, or bring a packed-lunch. Booking is essential.

Mens Carers Group: Canal Cruise

Tuesday 19th May
11am until 2pm meeting at
Thwaite Mills Museum,
Thwaite Lane, LS10 1RP

Come and enjoy a relaxing day on the historic canal system. A great opportunity to get away from the City, chat with other male carers or just simply enjoy the peace and tranquillity of the waterways. Please bring a packed lunch. Booking essential.

Creative Carers: Tissue Paper Flowers

Friday 17th April
1pm until 3pm at Carers Leeds

This month we are turning our hand to making paper flowers with tissue paper and seed beads. So come along and have a go at making these interesting flowers which will brighten up your day!



Creative Carers: Making and Decorating Head Bands with Gill

Friday 15th May
1pm until 3pm at Carers Leeds

Gill will be joining us again to show us how to make stylish and practical head bands. So if you are fed up of your hair getting in your eyes come along and join us. All materials will be supplied but donations towards the costs would be appreciated.



Meanwood **Valley Trail**

Tuesday 7th April
North Leeds

A 7 mile walk along the Meanwood Valley Trail. You will need to bring a packed lunch. Please contact Jo Foster directly on 07508 426 656 to express your interest and obtain meeting times and location.

Temple **Newsam**

Thursday 16th April
East Leeds

A 6 mile walk around the bridleway at Temple Newsam. You will need to bring a packed lunch. Please contact Jo Foster directly on 07508 426 656 to express your interest and obtain meeting times and location.

Local History Group

**First Tuesday of the month:
7th April, 5th May, 2nd June
10.45am until 12.45pm at
Carers Leeds**

Dave Weldrake, expert on the history of Leeds, is delivering more of his extremely interesting sessions for carers.

Dave particularly enjoys people joining in with his talks and sharing their memories and experiences of Leeds. In the past, the group have explored; Leeds Music Halls and Theatres, 17th Century Leeds, Textiles, and Housing.

They make for very enjoyable sessions. You are welcome to bring a friend or the person you care for. Booking is required.

Ardsley Reservoir

**Wednesday 22nd April
South Leeds**

Enjoy a flat walk of 1.5 miles around Ardsley Reservoir. Please contact Jo Foster directly on 07508 426 656 to express your interest and obtain meeting times and location.

Kirkstall to City Centre

**Tuesday 5th May
West Leeds**

A flat walk of approx 2 miles from Kirkstall to Leeds City Centre. Please contact Jo Foster directly on 07508 426 656 to express your interest and obtain meeting times and location.

Introduction to Information Technology

**Starting Monday 6th April for four weeks
11am until 2pm at Carers Leeds**

A series of information sessions starting with a guide to the basics such as terminology and types of IT devices before moving on to practical skills. We will then show you how to use email, develop good internet searching skills, social media, sharing files and photos, internet security/safety and how to make the most of your tablet or mobile phone.

Available to carers only. The information sessions will run over four consecutive weeks, it is preferable that you attend all five sessions of the course.

Carers Communicating Clearly

**Thursday 21st May
10am until 4pm at Carers Leeds**

As part of the Carers Good Health project, this free one day workshop will look at:

- Assertiveness and confidence
- Boundaries and saying no
- Communicating effectively
- Problem solving
- Having difficult conversations
- Positive thinking

Please feel free to contact Jo Foster on 07508 426 656 if you have any questions or want to find out more.

Solutions on Stress - SoS!

**Tuesday 14th April or Saturday 16th May
10am until 4pm at Carers Leeds**

As part of the Carers Good Health project, this free one day workshop will look at:

- Stress, what it is, signs and symptoms and causes
- Learn how to switch off by practicing various relaxation techniques
- Learn more about the importance of self care for carers
- Explore options re: getting breaks
- We will learn how you can let off steam by going for a health walk

Please feel free to contact Jo Foster on 07508 426 656 if you have any questions or want to find out more.

Leeds Homeshare

Are you looking for support, peace of mind and company around your home for yourself or a loved one? Homeshare could be for you.

Leeds Homeshare pride themselves on providing a service that makes a huge difference in the quality of life for people who need some support with tasks around the home, and have a spare room.

Homeshare is a flexible arrangement where people are carefully matched. By contributing an affordable monthly

fee to cover the running costs of the scheme, Leeds Homeshare provides a safe and supportive service with background checks, references and on-going support.

Sharers provide their Householder with support in exchange for affordable accommodation in a spare room. This enables people to remain

independent in their own homes for longer and is a positive alternative to more formalised support.

Support includes up to 10 hours a week of help with daily living tasks, such as cleaning, shopping, cooking and gardening and the reassurance of someone else at home at night. The service does not offer personal care.

Homeshare Story: Margaret & Holly Housemates with a 78 year age gap

Holly is 21 and is studying music at the Arts University, she is an excellent match for Margaret as she loves music. Holly moved in with Margaret who is 99 at the beginning of July and is loving living with her and spending time together playing scrabble.

This is what Holly says about her Homesharing with Margaret:

"It felt like an exciting experience because it's not like anything I've done before. We have vastly different lifestyles and it's quite fun how they crossover and I really enjoy the time that we spend together. Margaret is very friendly and has lived a very interesting life so she's great to talk to! I guess the best thing is forming a friendship with someone who I wouldn't typically interact with in a student lifestyle. I like our scrabble evenings."

And Margaret says:

"I wanted a sharer so that I had the reassurance of someone with me in the house overnight. Holly is a very kind, caring young woman she sometimes treats me to a Walnut Whip. She is a vegan and likes cooking. My house has always been busy with my 3 boys and then my granddaughters. I get on well with younger people and I didn't want to live on my own, I have a lot of life experiences and knowledge to give back to a sharer. Holly and I get on very well and have never argued, I even let her win at scrabble sometimes."

This match highlights Leeds Homeshare quality service. Homeshare is a tried and tested solution that empowers Householders and provides a homely family environment for sharers.



The benefits of Homeshare are:

- Support with everyday tasks that you are starting to find difficult
- The peace of mind of another person at home at night
- Company around the home
- Getting out and about and doing more of the things you enjoy
- Save money by sharing bills
- Stay part of your Community

With Homeshare you could stay independent and give something back. Find out more:

Email: homeshare@leeds.gov.uk Tel: 0113 378 5410

Web: www.leeds.gov.uk/homeshare

Innovative Hub at St James's University Hospital



Leeds Oak Alliance, a partnership of five citywide charities working together, has opened a new innovative hub at St James's University Hospital in Leeds.

Leeds Oak Alliance is a joint initiative between Carers Leeds, Age UK Leeds, Care and Repair, Wheatfields Hospice and St Gemma's Hospice.

The charitable organisations behind Leeds Oak Alliance all share the same values of delivering high quality services.

By working closely with health and care organisations Leeds Oak Alliance aims to improve services for carers, people with frailty and at end of life.

What We Do

Leeds Oak Alliance is piloting a new service based within Leeds Teaching Hospitals Trust offering information and support to patients, carers, staff members and hospital visitors.

The friendly, experienced Leeds Oak Alliance team will talk through their visitors' individual circumstances and requirements, before signposting or referring people to the most appropriate support services.



Where to Find Us

The service will be run from an eye-catching addition known as 'The Hub' in the Atrium of the Bexley Wing at St James's Hospital.

Leeds Oak Alliance staff are available Monday to Friday between 10.30am and 3.30pm. Although these times and the location may change as the project develops, as we hope to have a presence in other parts of the Hospital over the year.

Scope Success

Scope, the national disability charity, have just successfully completed their second wave of 'Parents Connect' courses, which launched in Leeds in October.

Parents Connect helps parents of children with disabilities and additional needs to build resilience and take care of themselves whilst raising their children; along with building a longterm support network of parents.

The 6-week course, which is run by parents of children with needs, also provides emotional support and practical advice for parents, helping them to feel better equipped for the journey ahead.

After great success in the first five cohorts, Parents Connect will now be running regular courses for the

rest of the school year.

This new service completes a trio of Family Service offers from Scope in Leeds.

Since April, their Sleep Right service has helped over 150 families across Leeds with their children's sleep issues.

In addition, the long-established Activities for All supports and develops inclusive activities across the city, enabling children with additional needs to access mainstream activities.



All three services are free to families in Leeds and don't require professional referrals.

Visit scope.org.uk/family-services or telephone **0808 800 3333** for more information.

SCOPE

= Equality for disabled people

Meet our Friends at: 'Bee Friends' Friendship Groups

Part of the Bee Together Time to Shine Project aimed at combating loneliness in older people with learning disabilities.

Many of the people involved in the project said they wanted to make friends. Bee Friends groups are now in different venues around the city.

- **The Barn Coffee Shop, Meanwood Valley Farm**
- **Toast Love Coffee Community Café, Harehills**

- **The Bridge Café, Cross Flatts Park**
- **The Café at TVC Hollybush, Kirkstall**

Offering safe places for people of any age with and without learning disabilities, their family, carers and friends to come to chill, chat and meet new people.



Contact: Anna-Marie Garbutt on 07375 700 117 or email anna-marie.garbutt@healthforall.org.uk
Facebook: @BeeTogether18
Twitter: @BeeLeeds



Bee Friends
#bringingpeopletogether

Meet our Friends at: Inkwell Arts and Secret Cinema

A safe creative art space and café in Leeds, part of Leeds Mind Project, a national mental health charity. Enriching lives through creativity and promoting positive mental health.

In addition to mindfulness, arts and pottery classes, every last Friday of the month Inkwell host a movie and meal night.

Enjoy a delicious homecooked three course meal followed by a film chosen by

Inkwell's Secret Cinema team. Showing films from cult classics to cinematic gems that you may have missed.

Food served at 6.30pm
Film starts approx 7.30pm
Cost: £6



31 Potternewton Lane LS7 3LW
Phone: 0113 307 0108
Website: www.inkwellarts.org.uk



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.

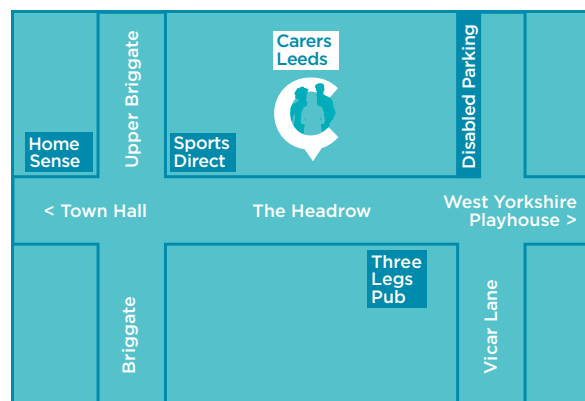
Contact Details

- **Carers Advice Line 0113 380 4300**
(Mon, Tues, Thurs & Fri: 9:00am to 4:30pm | Wed: 8:00am to 6:30pm)
- **Drop-In to Carers Leeds City Centre office**
(10 am – 3.30 pm Monday - Friday)
- **Email: 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.



[f /carersleeds](https://www.facebook.com/carersleeds)

[f youngadultcarersleeds](https://www.facebook.com/youngadultcarersleeds)

[t @carersleeds](https://www.twitter.com/carersleeds)