

Count on us! NEWSLETTER

APR - JUN
2024



Carers Count Carers Week Celebration

The days are lengthening, birdsong is in the air and Spring flowers are in bloom. Warmer weather is just around the corner and that can mean only one thing – it's time to get excited for our Carers Week Celebration Event!

Hopes are high for a glorious summer this year! To make the most of the sunshine, we will be holding a fun-filled outdoor event in June as part of our wellbeing theme. There will be many activities on the day that you can take part in, such as:

- A guided wellbeing walk
- Arts and Crafts Table
- Gentle outdoor exercise session
- The opportunity to chat with friends while enjoying complementary drinks and snacks
- The chance to just relax and admire the beautiful surroundings and wildlife

Our friendly Information and Advice, Advocacy and Mental Health Teams will also be available to offer help and answer your questions.

However you choose to spend your time with us, you can be sure of good company and a warm welcome. We look forward to seeing you there!

Keep your eye peeled for updates regarding this event via email/social media/WhatsApp.

If you don't have access to this form of information, our team would happily phone you, let us know you are interested in coming along and we can update you nearer the time.

More information to follow soon!

Important Details:

Venue: To be confirmed

Date: Monday 10th June

Time: 11am to 3pm



**Tel: 0300 012 0231 or
email: info@carerscount.org.uk**

**Carers you are not forgotten.
You are appreciated. We value you!**

**Great News! Cloverleaf has been successful in securing the Carers Count
Mental Health Contract again!**

If you would like to unsubscribe from our newsletters, please let us know via telephone: 0300 0120231
or email: info@carerscount.org.uk and we can remove you from our mailing list.

www.carerscount.org.uk 0300 012 0231

Carers Count Kirklees awarded funding to run events during carers week!

We're delighted to announce we have been granted £500.00 from South West Yorkshire Partnership NHS Foundation Trust's Family, Friends and Carers Matter Fund to run three events for unpaid carers in Kirklees to help celebrate Carers Week 2024.

There will be a craft day in the grounds of Tolson Memorial Museum in Huddersfield (weather permitting – inside in the event of poor weather), coffee and cake for our carers attending the regular Coffee and Chat get-together at Taste Café in Cleckheaton, and the opportunity for carers to join in with the uplifting Kirkwood choir at Brian Jackson House.

We hope these events will allow carers to meet up in relaxed settings, maybe try something new, and take some time for themselves.

Dates and details of sessions when released will be on the what's on page on the Carers Count website and via our social media pages.



As usual these are open to both unpaid carers and professionals. Anyone is welcome. Come along to find out what support is in your local area. If you are interested in booking on to one of these sessions please let us know by contacting us using the details below.

**Tel: 0300 012 0231 or
email: info@carerscount.org.uk**

Save the date!

We will be providing a pilot session from Papyrus (SP-EAK: Suicide Prevention – Explore, Ask, Keep-Safe).



SP-EAK covers the attitudes, myths and stigma surrounding suicide and explores the signs that may indicate someone is having thoughts of suicide. We will look at how to have open, safe and sensitive conversations about suicide with a person having thoughts of suicide and how we can support them through the use of a safety plan. We will also explore how you can look after yourself when a loved one is struggling with thoughts of suicide.

**May 9th at Empire house, 11-3pm
Look out for the poster and social media post for more details.**

To book a place or for more information regarding the sessions, accessibility or venue please contact us:

**Tel: 0300 012 0231 or
email info@carerscount.org.uk**

www.carerscount.org.uk 0300 012 0231

What is the Carers Action Group?

The Carers Action Group is an avenue to allow carers to give us feedback, helping Carers Count gauge our service offering and let us know that we are providing a service that our carers in Kirklees want. This feedback helps us improve on what we offer, where we can and what we are doing that works.

The dates and times for all the Action Group dates for the year 2024:-

Wednesday 8th May 2024

10.30am to 12.30pm
Huddersfield Office
Brian Jackson House
New North Parade
Huddersfield
HD1 5JP

Wednesday 11th September 2024

1.30pm to 3.30pm - Dewsbury Office
Carers Count
5th Floor
Empire House
Old Wakefield Road
Dewsbury
WF12 9DJ



Wednesday 13th November 2024

1.30pm to 3.30pm - Huddersfield Office
Brian Jackson House
New North Parade
Huddersfield
HD1 5JP

If you require a map or directions to our offices in Dewsbury and Huddersfield, please give us a ring on 0300 012 0231. If you would like more information we would be happy to have a chat with you, please ask for Yakub Rawat.

**Tel: 0300 012 0231 or
email info@carerscount.org.uk**

Kirklees Carers Strategy Group

Kirklees has a Carers Strategy Group which aims to get carers seen and heard by social care and health services.

It influences services which carers and the people they care for use and rely on and aims to make these as carer-friendly as possible. The group works to bring about positive change and help carers be identified, listened to and taken seriously.

It's carer-led, is 'multi-agency' (meaning a range of organisations are there) and each meeting has the involvement of a senior manager within health and social care. It's also friendly and welcoming and you're welcome to join, get your voice heard and help make health and care more aware of unpaid carers.

The group meets 4 times a year for around 2 hours. The meetings are online so you can join in from home. We also have people who don't want to meet online so if you prefer you can meet up in person in Huddersfield and share a computer to link to the meeting (someone else will set the computer up, you don't need to do anything more than come!).

The group strives to reflect carers with experience of supporting people with:

- learning disability
- mental health
- physical disability
- sensory impairment
- drug and alcohol misuse problems
- older people
- children and young people with special educational needs and disabilities (SEND)
- dementia
- autism, including social emotional and mental health as well as people who are:
- a working carer (where you work and provide unpaid care outside your job)
- and carers from BAME communities

If this sounds like you, please come and get involved. Please contact me, Lyndon Peasley, Carers Strategy Manager, Kirklees Council, via lyndon.peasley@kirklees.gov.uk or 01484 221000 ext. 71125.

www.carerscount.org.uk 0300 012 0231

A collective voice for family carers of adults with a learning disability

For several years now there has been a group of family carers who care for people with a learning disability.

The group has met regularly to tune into the issues that they and other family carers are experiencing that are harming the quality of life for adults with a learning disability in Kirklees. It is called the **Learning Disability Carers Voice Group**. Our aim is to create a network of family carers who care for adults with a learning disability and build the collective voice of those carers. We want carers to be as well-informed and powerful as the organisations they have to deal with.

For the last few years our main link has been with the Kirklees Learning Disability Partnership Board and we have had a slot at every one of its meetings to present the issues that are currently causing concern, always with the intention of making things happen differently. This board has stopped meeting at present but the group have other places to take their concerns to, so we are intent on carrying on.

The regular group is not large, ten to twelve people, because that allows plenty of space for everyone to contribute. At other times we have organised large events for family carers - about the Care Act, about the Council's needs assessment process, about other major topics but most of the work is in this small group which tries to draw together issues from as wide a range of family carers as possible and to

take them up with those who have the power to resolve them. It is not a means of pursuing your individual concerns unless there is evidence that what is happening to you is happening to other people.

We are wanting to involve a few new people so that we don't get stale and would welcome contact from you if you would be interested. It would commit you to four meetings a year, from 1pm to 3pm on a Tuesday.

Our website has been a bit neglected during Covid but is about to be revived - and it will give you a good background about what we do, what issues we have taken up in the past etc. Do take a look. www.ldcarersvoice.co.uk

If you might be interested feel free to phone Jackie Hughes 01484 660840 or Sarah Marshall 07958764631 or Mark Feeny 01924 496095



Healthwatch

Healthwatch Kirklees is a watchdog for NHS and Social Care services. They want to hear your feedback and experiences of using NHS and Social Care services in Kirklees, whether it be positive or negative.

They are here to make sure that staff working in and managing health and care services put people at the heart of care.

Their sole purpose is to understand your needs, experiences and concerns of using health and social

care services and to speak out on your behalf. They focus on ensuring that your worries and concerns about current services are addressed. They work to get services right for the future.

Find out more on their website <https://healthwatchkirklees.co.uk/about-us/>

**Tel: 0300 012 0231 or
email info@carerscount.org.uk**

www.carerscount.org.uk 0300 012 0231

Kirklees Carers Mental Health Forum

The forum was established in 2014 when a group of carers led by Helen Wiggins (carers support officer, Kirklees) came together to let South West Yorkshire Partnership Foundation Trust (SWYPFT) know that their services were falling short of carers and service users' expectations and asked why? And when would services improve.

Over the years senior directors of SWYPFT have attended the forum and worked with the members to bring about improvements in services and communication, this process is still going on and the forum is now regarded as an expert group and many other service providers, not just SWYPFT, now talk to the forum about their plans and how they can deliver better outcomes. If you would like to be involved, please contact us.



Peer Champions

Our partners at Richmond Fellowship run sessions and training on becoming a peer champion, please have a look or contact them directly.

Our Peer Champion uses their knowledge to help services deliver support that is really focused on what helps people in those communities access the services. A Peer Champion has a voice to improve accessibility to services by working with staff and commissioners to teach us what things we can do to make people within communities feel more comfortable coming to us for support.

What do Peer Champions do?

- Attend workshops to help peers feel comfortable
- Be at services to be a lived experience point of contact
- Inspire others based on your journey
- Help at events
- Let staff know what will help communities access services
- Help services improve the provision they offer.

Current Champion Areas:

- Autism
- 'LGBTQIA+
- Young People (18-25)
- Veterans
- Dementia
- BAME
- Mental Health

Peer Champion meetings are held monthly, if you have an interest in finding out more and would like to become a Peer Champion see the Richmond Fellowship poster.

PEER CHAMPION WORKSHOP

A 2 session workshop that covers what a peer champion is, building up your confidence to be a peer champion, and the opportunity to ask questions and understand the Peer Champion process

Themes of the Workshop Include:

- What is a Peer Champion and what roles can you Champion for.
- What support you can expect from us
- What we are looking for in a Peer Champion
- What skills and knowledge you will develop
- The benefits of being a Peer Champion
- Boundaries, confidentiality and dealing with challenges.

To find out more or book a place please contact info.kirkleeses@RichmondFellowship.org.uk or visit our website on:
<https://rfrkirkleesemployment.org.uk/referral-forms/>

APRIL - GROUPS AND EVENTS

Call 0300 012 0231 To book



Meditation Group
Every Tuesday - 10.30 am - 12.30 pm
Brian Jackson House, Huddersfield




Ladies Yoga Session
Tuesday 2nd April from 11am - 1pm
Howlands Centre, School Street, Dewsbury



Art Group Sun Wheel Weaving Session
Wednesday 3rd of April 1pm - 3pm
Create Space, Huddersfield




Evening coffee & chat - 5 pm - 6.30 pm
1st Thursday of each month
The Crescent, Batley




Evening wellness session
Thursday 4th April from 5pm - 7pm
The Crescent, 40 Station Rd, Batley



Tai Chi (Qigong)
Every Friday - 11 am - 12 pm
Brian Jackson House, Huddersfield



Morning Coffee & Chat
10.30 am - 12 pm
2nd Monday of each month*
Brian Jackson House, Huddersfield



Evening Coffee & Chat 6.30 pm - 8 pm
1st Monday of each month*
Starbucks, Leeds Road, Huddersfield



Cleckheaton Coffee & Chat
10.30 am - 12 pm
2nd Wednesday of each month
The Taste Cafe, Cleckheaton



Barge Trip along the Canal, Day One
Wednesday 10th April from 10am - 3pm
Huddersfield Rd Shepley Bridge Marina



Scrapbook Journaling group 1 pm - 3pm
Last two Thursdays of the month
Fifth floor, Empire House, Dewsbury



Carers Wellbeing Group Adapt & Recovery from Adversity
Thursday 11th April from 11am - 1pm
The Crescent, 40 Station Road, Batley



Coffee & Chat - 10.30 am - 12 pm
3rd Monday of each month*
The Crescent, Batley



Sizzle 'n' Chat - 11 am - 1 pm
1st & 3rd Tuesday of each month
Howland's Centre, Dewsbury



CLEAR's Emotional Freedom Techniques Workshop
16th of April - 1pm - 2:30pm
Fifth floor, Empire House, Dewsbury



Birkby Himmat Group 1.30 pm - 3 pm
3rd Tuesday of each month
Birkby library



Art & Crafts Group - 1 pm - 4 pm
1st & 3rd Wednesday of each month
Brian Jackson House, Huddersfield



NEW VENUE!
TO BOOK CALL 0300 012 0231
Mental Health Together Group
1.30 pm - 3.30 pm
3rd Wednesday of each month
Brian Jackson House, Huddersfield



Drop-in for unpaid carers who care for...
4th Monday of the month: 11am-2pm
Room 53, Ground Floor, Folly Hall Mills, Huddersfield



Barge Trip along the Canal, Day Two
Monday 22nd April from 10am - 3pm
Huddersfield Rd Shepley Bridge Marina



TO BOOK CALL 0300 012 0231
Himmat ladies' carers group
12 pm - 3 pm
4th Wednesday of each month
5th floor, Empire House, Dewsbury



After Care Group 1 pm - 2.30 pm
4th Wednesday of each month
Brian Jackson House, Huddersfield



Men's Group - 1 pm - 3 pm
4th Wednesday of each month
Fifth floor, Empire House, Dewsbury



National Walking Month
Wednesday the 28th of April 11am - 12:30pm
The Park Cafe/Green House at 10:45

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www.carerscount.org.uk



Scan to find out more

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MAY - GROUPS AND EVENTS

Call 0300 012 0231 To book



Art & Crafts Group - 1 pm - 4 pm
1st & 3rd Wednesday of each month
Brian Jackson House, Huddersfield




Scrapbook Journaling group 1 pm - 3pm
Last two Thursdays of the month
Fifth floor, Empire House, Dewsbury



Evening coffee & chat- 5 pm - 6.30 pm
1st Thursday of each month
The Crescent, Batley



Tai Chi (Qigong)
Every Friday - 11 am - 12 pm
Brian Jackson House, Huddersfield



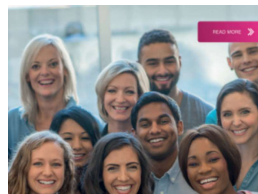
Meditation Group
Every Tuesday - 10.30 am - 12.30 pm
Brian Jackson House, Huddersfield



Sizzle n' Chat - 11 am - 1 pm
1st & 3rd Tuesday of each month
Howland's Centre, Dewsbury




Cleckheaton Coffee & Chat
10.30 am - 12 pm
2nd Wednesday of each month
The Taste Cafe, Cleckheaton



Carers Count Action
Call for more info



Men's Group - 1 pm - 3 pm
4th Wednesday of each month
Fifth floor, Empire House, Dewsbury



SP-EAK Suicide Prevention
Thursday 9th May from 11 am -2:30pm
5th Floor, Empire House, Dewsbury



Morning Coffee & Chat
10.30 am - 12 pm
2nd Monday of each month*
Brian Jackson House, Huddersfield



Evening Coffee & Chat 6.30 pm - 8 pm
1st Monday of each month*
Starbucks, Leeds Road, Huddersfield




LUNCH & LEARN!
TUESDAY 14TH MAY, 1PM - 2PM
Learn about the support available for you and your family, including support for your carer's health and wellbeing.

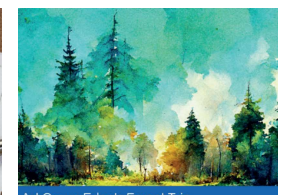
Carers Count in partnership with:







CLEAR's Confidence Workshop
14th of May - 5.30pm - 7.30pm
Brian Jackson House, Huddersfield



Art Group Eden's Forest Trip
Wednesday 15th May from 12pm - 2.30pm




Mental Health Together Group
1.30 pm - 3.30 pm
3rd Wednesday of each month
Brian Jackson House, Huddersfield



Eden Forest Trip for Carers of People with Dementia and those they care for
Thursday 16th May from 1pm - 3:30pm



Coffee & Chat - 10.30 am - 12 pm
3rd Monday of each month*
The Crescent, Batley



Birkyb Himmat Group 1.30 pm - 3 pm
3rd Tuesday of each month
Birkyb library



Himmat Barge Trip
Wednesday 22nd of May 10am - 3pm
Huddersfield Rd Shepley Bridge Marina



After Carers Group 1 pm - 2.30 pm
4th Wednesday of each month
Brian Jackson House, Huddersfield



Free Jam Making Session
Thursday 23rd May 12:30 pm - 2:30 pm
5th Floor, Empire House, Wakefield Old Road, Dewsbury

**CALL
0300
012
0231
TO BOOK**



Scan to find out more


www.carerscount.org.uk

JUNE - GROUPS AND EVENTS

Call 0300 012 0231 To book



Evening Coffee & Chat 6.30 pm - 8 pm
1st Monday of each month*
Starbucks, Leeds Road, Huddersfield



Meditation Group
Every Tuesday - 10.30 am - 12.30 pm
Brian Jackson House, Huddersfield



The Impact of Physical Inactivity on Mental Health
MENTAL HEALTH
Sizzle 'n' Chat
Tuesday 4th June from 11 am - 1 pm
Howlands Centre, School Street, Dewsbury



Art & Crafts Group - 1 pm - 4 pm
1st & 3rd Wednesday of each month
Brian Jackson House, Huddersfield



Evening coffee & chat- 5 pm - 6.30 pm
1st Thursday of each month
The Crescent, Batley



Tai Chi (Qigong)
Every Friday - 11 am - 12 pm
Brian Jackson House, Huddersfield



Tolson Museum Visit
Monday 10th June from 11 am - 3 pm
Ravensthorpe Park, Wakefield Rd, Molsgreen, Huddersfield



LUNCH & LEARN!
TUESDAY 11TH JUNE, 1PM - 2PM
Online (Zoom) session of coaching services for carers. Learn about the support available through your family. Bring for a treat one in a tin. All welcome!
In partnership with:
Carers Count, Carers Trust, The Yorkshire Eye, Wellbeing Hub



Confidence
CLEAR
CLEAR's Confidence Workshop
11th of June - 5.30pm - 7.30pm
Fifth floor, Empire House, Dewsbury



Cleckheaton Coffee & Chat
10.30 am - 12 pm
2nd Wednesday of each month
The Taste Cafe, Cleckheaton




Men's Health Week Session
Wednesday 12th June from 1pm - 3pm
5th Floor, Empire House, Dewsbury



Carers Wellbeing Group Building Resilience
Thursday 13th June from 11am - 1pm
The Crescent, 40 Station Road, Batley



Coffee & Chat - 10.30 am - 12 pm
3rd Monday of each month*
The Crescent, Batley



Sizzle 'n' Chat - 11 am - 1 pm
1st & 3rd Tuesday of each month
Howland's Centre, Dewsbury



TO BOOK CALL 0300 012 0231
Birkby Himmat Group 1.30 pm - 3 pm
3rd Tuesday of each month
Birkby library




LUNCH & LEARN!
TUESDAY 14TH MAY, 1PM - 2PM
Online (Zoom) session of coaching services for carers. Learn about the support available for you and your family. Bring for a treat one in a tin. All welcome!
In partnership with:
Carers Count, Carers Trust, The Yorkshire Eye, Wellbeing Hub



Art & Crafts Group - 1 pm - 4 pm
1st & 3rd Wednesday of each month
Brian Jackson House, Huddersfield



Mental Health Together Group
1.30 pm - 3.30 pm
3rd Wednesday of each month
Brian Jackson House, Huddersfield



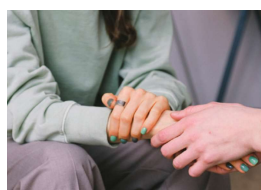
Coach Trip to Scarborough
Thursday 20th June Pick-up:
Brian Jackson House - 9:45 am
Batley Baths - 10:30 am



Drop-in for unpaid carers who care for...
4th Monday of the month: 11 am-2pm
Room 53, Ground Floor, Folly Hall Mills, Huddersfield



Himmat ladies' carers group
12 pm - 3 pm
4th Wednesday of each month
5th floor, Empire House, Dewsbury



After Carers Group 1 pm - 2.30 pm
4th Wednesday of each month
Brian Jackson House, Huddersfield



Men's Group - 1 pm - 3 pm
4th Wednesday of each month
Fifth floor, Empire House, Dewsbury

CALL
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Scan to find out more

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JULY - GROUPS AND EVENTS

Call 0300 012 0231 To book



Evening Coffee & Chat 6.30 pm - 8 pm
1st Monday of each month*
Starbucks, Leeds Road, Huddersfield



Meditation Group
Every Tuesday - 10.30 am - 12.30 pm
Brian Jackson House, Huddersfield



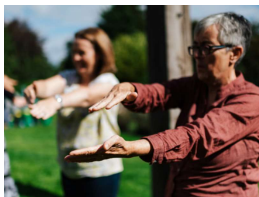
Sizzle 'n' Chat - 11 am - 1 pm
1st & 3rd Tuesday of each month
Howland's Centre, Dewsbury



Art & Crafts Group - 1 pm - 4 pm
1st & 3rd Wednesday of each month
Brian Jackson House, Huddersfield



Evening coffee & chat- 5 pm - 6.30 pm
1st Thursday of each month
The Crescent, Batley



Tai Chi (Qigong)
Every Friday - 11 am - 12 pm
Brian Jackson House, Huddersfield



Morning Coffee & Chat
10.30 am - 12 pm
2nd Monday of each month*
Brian Jackson House, Huddersfield



Cleckheaton Coffee & Chat
10.30 am - 12 pm
2nd Wednesday of each month
The Taste Cafe, Cleckheaton



Men's Group First Aid Session
Wednesday 10th July from 3pm-4:30pm
5th Floor, Empire House, Wakefield Old Rd,
Dewsbury

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TO BOOK**

www.carerscount.org.uk



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MEET THE TEAM

Holly - Carers Advocate



Holly

My name is Holly and I am a Carers Advocate for Carers Count.

My role is to support carers navigate their way into and through the services to ensure they receive all the assistance and funding they are entitled to and help carers to feel valued and heard, promoting self-advocacy, to equip the carer with all the information and tools they need to receive a good outcome, supporting them through the process.

I enjoy my role as every case is different and brings new challenges and process - every day is a learning day.

It is important to me that the carers I work with receive a great service, feel supported and understood.

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Book Review

London, With Love by Sarra Manning

Sarra Manning's novel is equal parts a love story between protagonist Jennifer and her teenage crush Nick, and equal parts a love letter to the Nation's capital city. As the title suggests, Manning not only uses London's 270 tube stations as a backdrop to this budding romance but almost as an integral third wheel to the love story. In fact, as someone who has only ever visited London once, briefly, on a school trip, I almost felt side-lined myself as I couldn't entirely relate to this image of a woman hardwired to love the grit and stoicism of her home city. Having said that, there was a lot of warmth and nostalgia to Manning's novel which meant I consumed it greedily with all the gusto I had in me! For any fans of One Day by David Nicholls, London, With Love posed as an almost uncanny carbon copy. Boy meets Girl. Working-class Girl falls for Middle-class Boy. Boy and Girl meet intermittently over the course of the next two decades at various London tube stations.

Predictably, but quite comfortably, Jennifer and Nick fall in and out of one another's favour and lives over the course of the book. Their turbulent twenties roll into their thirties where they each try to settle down with a significant other. Manning makes good use of nationals and international events sideswiping her characters and their life choices; a literary tool which I love! For those looking for a hug in a book, get ready to wrap your arms lovingly around London, With Love.

We would love to hear from you, what are you reading? What books would you recommend for other carers? Which book have you got lost in? Send your book recommendations and reviews to us at info@carerscount.org.uk

Carers Wellbeing Group Building Resilience

RESILIENCE

Thursday 13th June, 2024
11am - 1pm

The Crescent,
40 Station Road, Batley, WF17 5SU

Are you an unpaid carer looking after someone with a mental health diagnosis?

Join Guest Facilitator, Farrah Haq, from Kirklees Wellness Service, for a session on building resilience.

Places are limited.
If you would like to book a place or find out more please contact Carers Count:

0300 012 0231

info@carerscount.org.uk
www.carerscount.org.uk



Free Jam Making Session

Learn how to make your own jam - and take a jar home at the end of the workshop!

Thursday 23rd May 2024
12:30 pm - 2:30 pm

5th Floor, Empire House, Wakefield Old Road, Dewsbury WF12 8DJ

This session is open to all carers. However, spaces are limited!

For more information or to book, please call

0300 012 0231

info@carerscount.org.uk
www.carerscount.org.uk



Mental Health Service provided by Carers Count

Cloverleaf/Carers Count have been funded for the past 5 years by Kirklees Council and we are pleased to announce that we have been successful in retaining the contract for a further 5 years.

At Carers Count we recognise that caring is both physically and emotionally demanding. So, if you care for a loved one 18 and over who has dementia, mental health or drug and alcohol dependency, we can help. Here at Carers Count we provide a Mental Health Service, supporting carers on a 1 to 1 basis providing emotional support for those who may need to talk through their problems and concerns with someone. We also offer Carers' Breaks where staff will spend time with someone you care for, to enable you to attend appointments, go shopping, or simply to have a break from your caring role.

Alongside the individual support at Carers Count we run dedicated groups, an opportunity to seek advice from carers and share ideas. A member of the Carers Count team will also be available to answer your questions. At the groups you can meet other carers, support each other as peers and relax and enjoy refreshments and presentations/information sharing in a supportive safe space.

To find out what is happening in the Mental Health Service or any other queries please call our office on 0300 012 0231 or email info@carerscount.org.uk Or take a look at our website [whats on](https://www.carerscount.org.uk)

Volunteers Week June 3rd – 9th 2024

Carers count will be celebrating and thanking our wonderful volunteers in June this year.

Often our volunteers have been or still are carers and they really enjoy helping others when they can, when they have the time. Some people are not carers now, but really appreciate the hard work that goes into caring for someone else and want to support them.

We have various roles in both Huddersfield and Dewsbury, some of the roles are below. They maybe befriend a carer by making regular a 20-minute phone call or meeting them in a café or for a walk in their favourite park when the weather allows.

Other volunteers take part in our groups, by helping the facilitators to run successful groups, Tai Chi, Meditation or Coffee & Chat, to name a few.

Volunteers also help carers views to be heard in public meetings, by speaking up about their caring experience and helping decision makers, NHS, council health and social care agencies to change/ make policy.

Our Information & Advice volunteers help carers apply for Blue Badge permits and with Plan B forms, this helps carers to plan for the "What If".

Some volunteers distribute leaflets and information in various venues and at other events. They might help at our events, such as Carers Week, Carers Rights Day, Sanctuary Days: sometimes by making food, sometimes setting up and packing away, meeting and greeting or helping to publicise the days in advance.

We want to thank all our volunteers for their support and dedication to carers helping to improve the lives of others.

If this sounds like something you might want to get involved in, please get in touch, and we can tell you more about it. We'd love to welcome you.

Elaine Peaker
Volunteer Co Ordinator for Carers Count Kirklees
elaine.peaker@carerscount.org.uk

Kirklees Wellness Service: Carers Wellness Sessions

When I first realised I was a carer I didn't really share it with many people. I think I was a little embarrassed and scared and didn't want anyone to know about my family member having mental health problems.

I looked for support online and came across the Carers Wellness Sessions and decided to attend just to see what it would be like.

I remember within 10 minutes of being at the session sharing my name and who I cared for I felt a form of release, I finally said things out aloud which I hadn't shared with anyone. Listening to the other carers I no longer felt alone or that it was "just me".

Kirklees Carers Wellness Sessions:

Building Resilience Tuesday 16th April 2024

10:00am-12:00pm Crosland Moor Community Centre, Huddersfield.

Building Resilience Wednesday 15th May 2024

6:00pm-8:00pm Brian Jackson House, Huddersfield.

Caring for Someone with Memory Deterioration

Wednesday 22nd May 2024 1:00pm-3:00pm, Dewsbury.

I learnt about about the caring journey, the emotional and physical impact of caring and learnt simple things I could do everyday to look after myself which have helped me so much. I am no longer critical of myself; I manage my expectations of being a carer and give myself permission to look after myself.

I would recommend the Carers Wellness Sessions to Carers.

Caring for Someone with Memory Deterioration

Tuesday 11th June 2024 1:00pm-3:00pm
Huddersfield Fire Station.

Contact Kirklees Wellness Service to book your place to attend, or for further sessions April- June 2024 on 01484 234095 or email wellness.service@kirklees.gov.uk

For more information on Carers Wellness Sessions and the Kirklees Wellness Service www.kirkleeswellnessservice.co.uk

FREE Vodafone SIM Card

We have been kindly gifted some Vodafone SIM Cards to distribute to carers.

20GB Data, Unlimited UK calls and text each month for 6 MONTHS.

The SIM has to be activated by 17th NOV 2024 to receive this offer. Can be cancelled or removed after the 6-month period.

If you would like one let us know by calling 0300 012 0231 or sending us an email to info@carerscount.org.uk

Unfortunately we are unable to post these out to carers. If you would like one, please ask a member of staff to pass you one at a group session. Alternatively, pop into our Huddersfield office at Brian Jackson House, between the hours of 9:30 - 4:30 to pick one up.



www.carerscount.org.uk

0300 012 0231

Hospital Dates

Carers Count will have stalls at Dewsbury Hospital, Huddersfield Hospitals and Calderdale Royal on the dates below:

If you are visiting a family member or a friend and would like advice or someone to chat to about your caring role, pop over and see us in the main foyer of each hospital.

Dewsbury District Hospital

Thursday 25th April 10.00 - 2.00	Thursday 19th September 10.00 - 2.00
Thursday 16th May 10.00 - 2.00	Thursday 17th October 10.00 - 2.00
Thursday 13th June 10.00 - 2.00	Thursday 14th November 10.00 - 12.00
Monday 15th July 10.00 - 2.00	Thursday 12th December 10.00 - 2.00
Thursday 15th August 10.00 - 2.00	

Huddersfield General Infirmary & Calderdale Royal dates:

Wednesday 17th April 10.00 - 4.00	Thursday 12th December 10.00 - 2.00
Wednesday 15th May 10.00 - 4.00	Wednesday 11th September 10.00 - 4.00
Wednesday 5th June 10.00 - 4.00	Wednesday 9th October 10.00 - 4.00
Wednesday 3rd July 10.00 - 4.00	Wednesday 6th November 10.00 - 4.00
Wednesday 7th August 10.00 - 4.00	

Get Set Goal

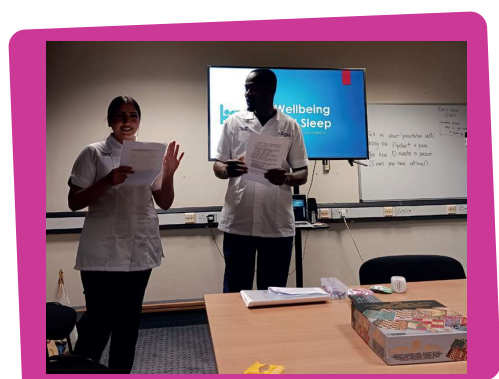
'Get Set Goal' ran a session about sleep at the Carers Count Dewsbury Men's group, we discussed the importance of a good night's sleep.

We learnt about how different exercises and encouraging movement during the day can promote a better sleep. We discussed the physical and psychological factors that may affect our sleep such as our diet, stress and our environment. We took part in exercise activities and a quiz to guess which foods would help or hinder sleep. We found the information about technology very interesting as we identified things such as watching TV until late that may affect our quality of sleep.

Some of the feedback from the session included that it 'was very helpful' and 'I learned something new'.

For more information about Get Set Goal call 01484 472 201 or visit the website <https://www.hud.ac.uk/gsg/>

More info can also be found here: <https://kirkleeswellness-er-vice.co.uk/health-and-well-being-academy-our-new-get-set-goal-service/>





Coach Trip to Scarborough

Thursday 20th June

Pick-up:

Brian Jackson House - 9:45 am

Batley Baths - 10:30 am

Return Journey - 4:30 pm

£15 per person - payable by 17th May 2024 to guarantee a place

Payment Options:

Cash at Empire House or Brian Jackson House

Card at Brian Jackson House

Online via Payment Link (provided on request)

For more information or to book, please call

0300 012 0231

info@carerscount.org.uk
www.carerscount.org.uk



Eden Forest Trip for Carers of People with Dementia and those they care for



If you are a carer of someone with Dementia, join us - and the person you care for - for a day at Eden Forest

Activities will include:

Pizza Making

A Camp Fire

A Forest Walk, and more.

Thursday 16th May from 1pm - 3:30pm

Minibus pick up:

Batley Train Station - 11.30 am

Brian Jackson House, Huddersfield - 12 noon

or carers can make their own way there

For more information or to book, please call

0300 012 0231



info@carerscount.org.uk
www.carerscount.org.uk



This Learning Disability Week, join us for a...

Trip to Eden Forest

For carers of people with a learning disability and the people they care for

If you are a carer of someone with a Learning Disability, join us - and the person you care for - for a day at Eden Forest

Activities will include:

Pizza Making A Camp Fire

A Forest Walk, and more.

Tuesday 18th June from 1pm - 3:30pm

Minibus pick up:

Batley Train Station - 11.30 am

Brian Jackson House, Huddersfield - 12 noon

Places are
free but space
is limited

To book a place or find out more
please contact Carers Count:

0300 012 0231

info@carerscount.org.uk

www.carerscount.org.uk



Men's Health Week Session



As part of International Men's Health Week, join Guest Speaker, Janet, from Prostate Cancer UK to find out more about how to take care of your physical health.

When:

Wednesday, 12th June 2024

1pm - 3pm

Where:

5th Floor, Empire House, Wakefield Old Road,
Dewsbury WF12 8DJ

Places are limited.

If you would like to book a place or find out more
please contact Carers Count:

0300 012 0231

info@carerscount.org.uk
www.carerscount.org.uk



World Wildlife Day

We asked you to help us celebrate World Wildlife Day, by sending us pictures of the wildlife you had spotted and captured. You sure delivered with some amazing photos. Here are a few, others will be shared during Carers Week at our Monday Event. Thank you to all who submitted an image.



Creative Minds Summer Funding



Thanks to the generous funding given to us by Creative Minds we were able to run 10 Eden's Forest sessions during the summer of 2023

These sessions benefited various groups of people that access our service such as general carers, former carers, young carers, mental health carers, female cared for and male cared for. These sessions focused on detaching people from the stresses of life by introducing them to nature and giving them the opportunity to take part in various therapeutic activities such as forest bathing, forest yoga, whit-tling, forest walks, zip wire, fishing, climbing, metal casting, pizza making, marshmallow roasting and relaxing by the campfire. People who attended the sessions chose what activity they wanted to take part in without any pressure and always had the option not to do anything and just relax if they wanted to do so.

**"Excellent, peaceful & calming
No pressure to do anything whilst there
Thanx Adam Kate & the team for a wonderful place to escape"**

"Was a very pleasing day"

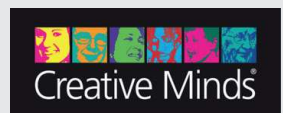
**"Excellent place so peaceful & calming.
Forest bathing is brilliant. Also the home made food."**

**"I loved going to edens forest as it was a chance for all young carers
to go out and have a good time together"**

"It was really fun, and would love to go again and try other activities."



Creative Minds Winter Funding



Following on from our summer 2023 funding we were awarded some additional funding for sessions in the winter months.

Thanks to this funding we were able to run a total of 15 sessions, these consisted of Christmas craft sessions, meditative arts session, Support 2 Recovery craft sessions and Eden's Forest session. These sessions benefited various groups of people that access our service such as general carers, former carers, young carers, mental health carers, female cared for and male cared for.

"Brilliant session. Great teachers. Fantastic activities. Really enjoyed myself. Very well organised and appreciated everyone involved. Thanks again."

"Very helpful as it helped me relax, I could do it all day."

"I've really enjoyed it, it's been nice to focus on a new thing."

"I think it helps with my anxiety and socialising with people."

"Really enjoyed it..... learning something new, talking to people, making friends."

