



# Carers In Touch

The free newsletter for Carers in Staffordshire

## SPECIAL POINTS OF INTEREST:

- **New Carers Café Launches in South Staffs (p1)**
- **Come and see CASS in the Community (p3)**
- **Could you support CASS? (p4)**

## Message from CASS -

CASS are keen to reduce our carbon footprint, if you would like to receive an electronic version of our newsletter please call CASS on 01785 222365 or email [enquiries@carersinformation.org.uk](mailto:enquiries@carersinformation.org.uk) Alternatively if you would like our newsletter in a larger font or different format please call our main office on 01785 222365. Paper copies of the newsletter are available at all our group sessions.

**W**elcome to the first edition of the new CASS newsletter, Carers In Touch! Our Carers newsletter will be produced four times a year with lots of useful information and advice for Carers in the Staffordshire districts. CASS knows how important it is for you to keep up with the latest information to support you and the people you care for, so enjoy your read and let us know what you think.

*Megan Cann - Community Project Development Worker*

**BRAND  
NEW**

## Wombourne Carers Café

CASS are bringing our popular Carers Café to Wombourne!

The new café, supporting unpaid Carers, will launch on **Wednesday March 13th** and then meet on the second Wednesday of every

month thereafter, from 10:30am - 12:30pm at the Wombourne Civic Centre in The Brook Room.

The café, which mirrors the model of CASS's successful Penkridge, Tamworth and Eccleshall support groups,



If you are looking after a family member or friend, join **CASS The Carers Association** for information, support and advice at our new Cafe for Carers.

Pop in for a cuppa and a cake on our launch day! 

offers the opportunity for unpaid Carers to have a break, receive information from local support services and meet other Carers to socialise in a supportive environment. Each month Carers are welcome to come and chat with CASS to receive advice, information and support.

"We know that Carers sometimes feel isolated

whilst they are caring, but coming to our groups not only gets you out of the house but gives you a chance to socialise with other people who are in similar situations. Carers are welcome to bring the person they care for with them. We hope that this helps Carers feel more relaxed knowing that they are in a supported environment" commented CASS Chief Operating Officer, Karen Leighton.

If you are a Carer and are interested in attending our Wombourne Café, or any of our other support groups, please contact the CASS main office on 01785 222365 or CASS Caring Communities Link Worker on 07918603929 for more information.

## Young Carers Awareness Day



It is Young Carers Awareness Day on January 31st, with this year's focus on mental health. Each year the Carers Trust organises a day to raise awareness of the challenges

young Carers face because of their caring role. The **#CareForMeToo** campaign has been launched to raise public awareness around mental health and the issues

experienced by Young Carers. The aim is to improve availability of support for those who are caring. Young Carers can access more information via the Carers Trust website.

## Chief Operating Officer Update



Hello everyone. I hope you are enjoying reading the first edition of **CARERS IN TOUCH** newsletter. Some of you may recognise my name as I previously worked at CASS The Carers Association for 15 years. I am sure you already know that CASS has a very supportive team of employees, volunteers and Trustees who work tirelessly behind the scenes to support family Carers and I

would like to take this opportunity to thank everyone involved, especially for the fantastic fundraising effort and donations during the past few months.

I have been to visit most our groups as I am gathering evidence of what you would like to see CASS provide in the future. We have to be sensible about what we can provide at the moment – but watch this space! Please contact me if you would like to discuss this.

I would like to welcome Liz Tolhurst as the new CASS Health

Liaison Worker (see page 3). Liz will provide the important link between health care and home to ensure that you are supported when you access your G.P. practice and if the person you care for is admitted to hospital. Liz's contact details are on the back page.

You can contact me anytime by ringing the main office number or emailing me on;  
[karen.leighton@carersinformation.org.uk](mailto:karen.leighton@carersinformation.org.uk)

Karen Leighton

**7TH FEBRUARY 2019**  
**TIME TO TALK DAY**

Mental health problems affect 1 in 4 of us, but there is still a stigma about talking about it.

If you want to talk to someone about your own mental health call -  
**116 123**  
 (24 hours a day, free to call)

## Beating the Winter Blues



Carers have beaten off the winter blues by talking to 'Beat the Cold' advisors at our monthly support groups in Burton and Burntwood. Carers were helped to access relevant forms and were assisted to fill them in, ultimately resulting in Carers enjoying a reduction in their gas and energy bills!

Beat the Cold services include advice on how to get the most out of your current heating system, find the best tariff and switch companies (if needed) and improve energy efficiency.

If you missed Beat The Cold at our groups but would like to speak to someone about whether you could be saving

money, call the Beat the Cold advisors on 01782 683813.

**"After I spoke to Beat the Cold at the group they came to my house and I now save nearly £100 a year!"**

*Carer from Stafford Living Well with Dementia Group*

## New for 2019

CASS are looking forward to introducing seated yoga to our Living Well with Dementia groups over the forthcoming months.

Have you set yourself a resolution to get healthier this year or are looking for a way to relax and distress, then seated yoga could be a great option for

you and the person living with dementia.

You can find seated yoga at our Stafford, Codsall and Burton groups.

Call the CASS Living Well with Dementia coordinator on 07740418650 for more information.

## Holiday Offer

If you are a Carer who is looking to take a short break away with the person you are supporting this year, Stafford and District Carers Holiday Trust might have the perfect opportunity.

The static caravan, is sited in between Rhyl and Abergele, is

available for short breaks for Carers and the person they are caring for on a not for profit basis.

If you would like more information on this opportunity please contact the main CASS office on 01785 222365 for more details.

## South Staffordshire Lottery

Fancy your chances to win up to £25,000 whilst raising money for CASS and other local good causes?

CASS is proud to be one of the good causes supported by South Staffordshire Community Lottery. The lottery is drawn weekly with 60% of ticket prices going directly to good causes like us! That's a whole 60p per ticket, straight to CASS!!

If you would like to purchase your £1 ticket and support CASS head over to the South Staffordshire Community Lottery website and click on 'Buy Tickets' now.



## New Staff

We are pleased to welcome Liz Tolhurst to the CASS staff as our new Health Liaison Worker.

Liz's work coincides with our current GP project, where CASS has conducted training to frontline staff in 68 practices to help raise awareness of Carers and the impact caring has on someone.

The role will also see Liz working in local hospital providing 'Carer Aware' training for staff and identifying Carers who may require additional support within the hospital.

## CASS in the Community

All support groups meet **once a month**. For more information on what to expect at our groups, call CASS on **01785 222365** or email **enquiries@carersinformation.org.uk**

Group	Dates	Time	Address
Stafford Living Well with Dementia	<b>Wednesday</b> - January 2nd, February 6th, March 6th	11am—1pm	St. Bertelins Church Hall, Holmcroft Road Stafford, ST16 1JF
Cannock Living Well with Dementia	<b>Thursday</b> - January 3rd, February 7th, March 7th	11am—1pm	St Lukes Church, Church Street, Cannock WS11 1DE
Burton Living Well with Dementia	<b>Wednesday</b> - January 16th, February 20th, March 20th	11am—1pm	Burton Library, Riverside, Burton DE14 1AH
Burntwood Living Well with Dementia	<b>Thursday</b> - January 17th, February 21st, March 21st	11am—1pm	The Scout Hut, Ironstone Road, Burntwood, WS7 1LL
South Staffs Living Well with Dementia	<b>Tuesday</b> - January 22nd, February 26th, March 26th	11am—1pm	Codsall Village Hall, Wolverhampton Road, Codsall WV8 1PW
Tamworth Carers Café	<b>Monday</b> - January 14th, February 11th, March 11th	10:30am—12:30pm	Victoria House, Cygnet Drive, Lichfield Street, Tamworth B79 7RU
Wombourne Carers Café	<b>LAUNCH</b> <b>Wednesday</b> - March 13th	10:30am—12:30pm	The Brook Room, Wombourne Civic Centre, Wombourne WV5 9HA
Penkridge Carers Café	<b>Monday</b> - January 28th, February 25th, March 25th	10:30am—12:30pm	The Haling Dene Centre, Cannock Road, Penkridge ST19 5DT
Eccleshall Carers Café	<b>Thursday</b> - January 31st, February 28th, March 28th	10:30am—12:30pm	Eccleshall Community Centre, Shaw Lane, Eccleshall ST21 6AU

**Our Caring Communities Link Worker will be working across the South Staffordshire District visiting - Perton / Great Wyrley / Codsall / Wombourne Libraries and Great Wyrley CO-OP. If you are a Carer in South Staffordshire contact our Caring Communities Link Worker on 07918603929 to discuss how you can keep connected to the community.**

# Thank You!



Over the festive period we received so many wonderful donations. We cannot thank you all enough for all the donations and well wishes.

Some of our fabulous fundraisers included -

- Sandon Hall Christmas Fair which raised a huge £700!
- Our annual Cannock Christmas Raffle hosted by Eileen Hawthorne raised £208.
- Two sequence dances provided CASS with donations of over £200.

Also, a huge thank you to James Smith (pictured) from One Stop in Burntwood who visited our Burntwood Living Well with Dementia group to

deliver a hamper full of goodies for one of our lucky Carers to win. The raffle resulted in an extra £78 being raised.

We would also like to say thank you to all our volunteers who helped at our Christmas parties. At such a busy spell of the year we are grateful for the time you shared to create a fun and festive atmosphere at our groups.

# Get Involved

Did you make a new years resolution to volunteer this year? Volunteering may help you to make new friends, boost your self esteem or even access employment opportunities.

If you would like to volunteer with CASS, we have plenty of opportunities including; raising awareness in the community, volunteering at our support groups or be a part of our team in the main office. If you would like to discuss our volunteering opportunities contact our Volunteer Coordinator on

07740418643.

If you aren't able to commit as a regular volunteer, you could choose to become a Trustee or member. Our elected Trustees meet quarterly and participate in shaping both the present and future pathways of how CASS will be supporting Carers. We encourage all those who would like to be a member of CASS to call us on 01785 222365.

Alternatively if you are an active fundraiser and would like to get involved

in any of our fundraising efforts or make a donation to CASS, please call our main office on 01785 222365.

We also encourage corporate companies to volunteer for short periods of time, to either assist with fundraising or development of our services. Please call or email the main office (see below).



CASS The Carers Association is a company limited by guarantee with charitable status.  
Registered Number - 4184030      Registered Charity number - 1086979

## CASS The Carers Association *Supporting Carers to Care*

F2/F4 Tollgate Court  
Tollgate Drive  
Stafford  
ST16 3HS

Phone: 01785 222365  
E-mail: [enquiries@carersinformation.org.uk](mailto:enquiries@carersinformation.org.uk)  
Visit: [www.carersinformation.org.uk](http://www.carersinformation.org.uk)



## Useful Numbers

### CASS Team

#### Main office

01785 222365

#### Chief Operating Officer

01785 256313

#### Living Well with Dementia

07740418650

#### CASS Café Coordinator

07740418643

#### CASS Café Coordinator (Wombourne)

07918603929

#### Caring Communities Link Worker (South Staffs)

07918603929

#### Volunteer Coordinator

07740418643

#### Health Liaison Worker

**07740418647** (After the 25th Feb)

### External Organisations

#### Action on Hearing Loss

07960 407595

#### Adult Social Care (Staffordshire)

0330 111 8010

#### Age UK (Staffordshire)

01785 788477

#### Alzheimer's Society (Staffordshire)

01543 573936

#### Carers Hub (Staffordshire)

0330 123 1937

#### Carers UK Helpline (National)

0800 080 7777

#### Citizens Advice Centre

03444 111 444

#### Dementia Hub (Stafford)

01785 215678

#### Dementia UK (National)

0800 888 6678



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