

Count on us!

Newsletter Oct -Dec 2023



Carers Rights Day 23rd November 2023



Carers Rights Day is about raising awareness of carers' rights and entitlements in order to help carers access the support they need.

This year, we're inviting carers to come along to a special event at Brian Jackson House in Huddersfield. The morning will begin with a self-care/wellness session at 10 am followed by a chance to meet with our information and advice team from 11 am - 1 pm. Here, you will have the chance to learn more about the support available from other services across Kirklees. We will also have a welcoming space for carers to meet up and socialise with a cuppa. Refreshments and snacks will be provided.





CARERS RIGHTS DAY! Thursday 23rd November

Carers Rights Day is about raising awareness of carers' rights and entitlements to help carers get the support they need. This year we are inviting carers in Kirklees to come along to find out more at our open day event at Brian Jackson House.

10 am - carers self-care and wellness * booking required- Room G4
11 am - 1.30 pm Information and Advice session - Room G5
Hot drinks and snacks will also be available

 **Location:** Brian Jackson House,
2 New North Parade,
Huddersfield HD1 5JP

 **10am - 11am**
Self-care / wellness session
Room G4

 **11am - 1pm**
Carers information and advice
Room G5

 0300 012 0231  www.carerscount.org.uk
 info@carerscount.org.uk
 Brian Jackson House, 2 New North Parade,
Huddersfield HD1 5JP



Carers Count is run and facilitated by Cloverleaf Advocacy. Cloverleaf Advocacy has been helping people to be heard since 1995. Cloverleaf Advocacy is a registered not for profit organisation Charity No. 1097608 and is a company limited by guarantee No. 3790911.



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.

New mediative art sessions funded by Creative Minds



We invite you to join us at our Meditative Arts Sessions in January and February 2024. This session will be led by Jill, who runs our weekly meditation group every Tuesday. She has very kindly planned four sessions for us, exploring meditation through art specifically designed to help you with your mental wellbeing, stress and mindfulness.

The session has been made possible thanks to the funding received from Creative Minds. We hope to run the sessions on the following dates:

Tuesday 16th of January 2024
Sizzle n Chat - Female cared for only
11am - 1pm
Howlands Centre, School St, Dewsbury WF13 1LD

Wednesday 24th of January 2024
After Carers - Former carers only 1pm – 2.30pm
Brian Jackson House, 2 New North Parade,
Huddersfield HD1 5JP

Thursday 8th of February 2024
Wellbeing Group - Carers only 11am - 1pm
The Crescent, 40 Station Rd, Batley WF17 5SU

Wednesday 7th of February 2024
Art Group - Carers only
1pm – 4pm
Brian Jackson House, 2 New North Parade,
Huddersfield HD1 5JP

To book a place, or for more information regarding the session, accessibility or venue, please call:

0300 012 0231 / info@carerscount.org.uk

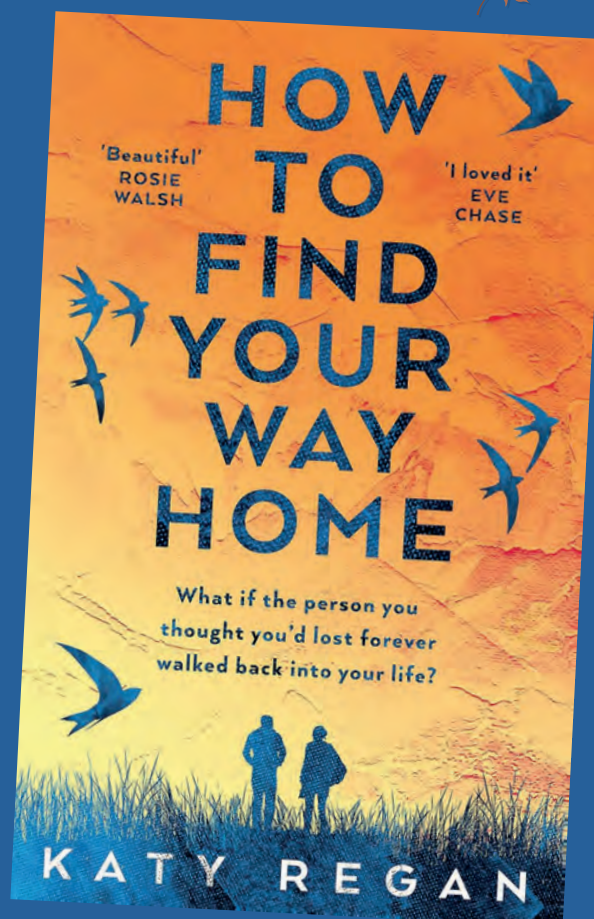


Book Review

How to Find Your Way Home by Katy Reg

Katy Regan's novel *How to Find Your Way Home* is centrally the story of the sibling relationship between Emily and Stephen Nelson. Emily works as a housing officer in London, where her estranged and homeless brother has been living for some nineteen years. Regan writes with a beautiful fluidity which encapsulates all manner of emotions which run just below the surface here. From the strained attempt at atonement from Emily to the bitter resolve and determination of her brother Stephen. Both characters are the by-product of a broken and unspoken incident in their childhood, the ramifications of which are felt decades onwards.

In the acknowledgements to her novel Regan confesses to knowing next to nothing about ornithology or indeed the plight of the homeless on the outset of her writing, but I truly feel that she handles both topics with a degree of sensitivity and knowledge which respects the reader. In addition to this, Regan also takes the time and attention to discuss the emotional range of the carers within the novel. The scope of this will perhaps be appreciated by readers as it tackles everything from the resentment held by Emily and Stephen's mother to the character of Seth who feels somewhat humbled by his role as a carer. I devoured this novel in a couple of days and would encourage others to delve into the elegant and swift prose which kept me enticed to the bitter-sweet end.



Winter Warmer Recipes

Healthy Turkey Chilli Recipe (serves 6)

Ingredients

- 2 teaspoons olive oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 red pepper, chopped
- 450g turkey or chicken mince
- 1 tablespoon chilli powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 2 x 400g tins chopped tomatoes
- 300ml chicken stock
- 2 tins dark red kidney beans, drained and rinsed
- 2 x 200g tins sweetcorn, drained and rinsed

Instructions

- STEP 1
Using a large pan, heat the oil of a medium heat. Add the onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently.
 - STEP 2
Add the minced turkey or chicken to the pan until cooked through and then add the chilli powder, cumin, oregano, cayenne pepper and salt, stirring well.
 - STEP 3
Add the tomatoes, stock, kidney beans and sweetcorn. Bring to the boil then reduce the heat and simmer for 30-45 minutes, or until the chilli thickens and the flavours come together. (Alternatively, add to a slow cooker and cook on low for 6 hours.)
- Serve with jacket potato or brown rice.



Apple Crumble with Oats

Ingredients

- 400g apples peeled, cored and roughly chopped
- 1 teaspoon cinnamon
- 1.5 tablespoon light brown sugar
- 100 g oats
- 1 tablespoon maple syrup
- 2 tablespoon coconut oil melted; for the crumble
- 1 tablespoon coconut oil melted; for the apples



Instructions

1. Preheat your oven to 200°C/180°C(fan)/400°F/Gas 6.
 2. Mix together 100 g oats, 1 tablespoon maple syrup and 2 tablespoon coconut oil.
 3. Add 1 tablespoon coconut oil to a pan and melt. Add 400 g apples and gently cook for 5 minutes until softened. Put 1.5 tablespoon light brown sugar and 1 teaspoon cinnamon into the pan, stir and cook for a further 2 minutes.
 4. Put the cooked apples into a baking dish and top with the oat mix.
 5. Put into the oven for 20 minutes.
- Serve with custard, yogurt or ice cream

Creative Minds funded Carers Count group sessions at Eden's Forest.



Eden's Forest was 'beautiful' and 'calming', it is surrounded by woodland and wildlife. Many carers attended the sessions including our Men's Group, Wellbeing Group, Young Carers Group, Sizzle and Chat.

Many had not been to Eden's Forest but were looking forward to trying something new. The staff at Eden's Forest were very welcoming, friendly and encouraged everyone to take time for themselves, whether this was trying a new activity such as angling, den building and forest bathing or simply sitting by the fire. The staff encouraged everyone to go at their own pace and do what they were comfortable to do.

The Men's group went angling and caught many fish. The staff at Eden's Forest supported everyone to catch a fish and were close by at all times if needed. The fish were cared for and released back into the lake once caught. The Wellbeing group went on a woodland walk, toasted marshmallows on the campfire and tried whittling. The Sizzle and Chat group made sandwiches and had a chat in the cozy den whilst listening to the rain. The Young Carers Group went forest bathing and enjoyed the calmness of the woods.

Carers made sandwiches, one session had halal chilli and another had homemade pizzas (made in a pizza oven and the staff catered for people with allergies).

After spending time on a walk, angling, using the zip slide, whittling, forest bathing and many other activities, carers were able to sit by the campfire and reflect on the day and the surroundings whilst making smores. Some of the feedback we received from carers described the trip as "Very peaceful, I would like to come back again", and another said "Amazing, I will remember it forever".



Banardo's Young Carers

This Summer Young Carers from around Kirklees have been enjoying lots of fun activities to support them to have a break and meet other children who also care for a loved one.

This has included lots of physical play for the primary age children (8-11) such as roller-skating, dance workshops and also getting messy in the sand and on the adventure playground at Crow Nest Park.

The older young people (11-16) have tried their hand at animation and created some short clips with the help of Creative Minds. They have also been to Laser Quest and Eden's forest – to enjoy the zip wire, campfire and bush craft activities.

Lots of fun has been had by all!! A 9 year old who came along to an activity for the first time said he had enjoyed it **'to infinity and back'** when asked for a score out of 10!

Recently all the children and young people came together to put on a performance in front of their families.

Lawrence Batley Theatre and LUNG theatre group hosted a family day for us. A stand-up comedian and dance artist supported the children to create art – Kirklees definitely has a lot of talent!!

If you know of any children who may provide caring support to a family member at home, where there is an illness, disability or condition – please give Barnardo's a ring on 01484 426100 to see if they are eligible for support.

Shout out to those YAC's out there too (Young Adult Carers) we will be meeting shortly to make plans for our monthly meets for the year ahead – if any young people ages 16-23 want to join us – give Jeanette or Bilal a call on 07885 202009 or 07436 102847.



GET INVOLVED TODAY!

Young Carers Group

Are you a Young Adult Carer? Do you give your time to support a family member or friend?

We're here to help! Our regular YAC groups are specifically for Young Adult Carers in Kirklees. Join us to meet other carers of similar ages and find out where to get support locally to help lighten your load.

Last Thursday of every month

If you would like to take part or find out more please contact Carers Count:

Bilal (Carers Count) 07436 102847	Jeanette (Barnardo's) 07885 202009
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 info@carerscount.org.uk
www.carerscount.org.uk

 Believe in children
Barnardo's

Carers Count is here to support all adult unpaid carers in Kirklees.



Kirklees is a diverse community; our service users should be reflective of that. When carers register with us we routinely ask them if they are happy to answer diversity questions such as their age, marital status, gender, gender reassignment, sexual orientation, race, religion and if they class themselves as having a disability.

This is to ensure that our service users are representative of all Kirklees adult communities.

As a service we realise that historically we may not have been that great at asking diversity questions, this is why we are wanting to let you know that we will ask all registered carers when you get in touch with our service, if you would mind answering diversity questions.

If you are happy to do so, this information will help our service to support the whole community who we are here to help.

Diversity information really helps our networking team focus on specific services and community groups that we need to develop links with to ensure we are supporting all unpaid adult carers in need.



LGBTQ+

Carers Count is committed to ensuring that our service is accessible for all who need it.

Currently, we are asking carers if they identify as part of the LGBTQ+ community. We are also inviting them to join a new working group to help us ensure that we are an inclusive and accessible service for all.

If you are interested in being part of this working group please email our service manager Heather Ellis. info@carerscount.org.uk

Employers Supporting Working Carers Forum

If you work in, or own, a business or organisation in Kirklees we'd love to hear from you! Our Employers Supporting Working Carers Forum meets quarterly to share best practices and advice on how to support employees who are juggling work and caring for a loved one.



We will be discussing what support your business or organisation needs from Carers Count moving into 2024 to help support your working carers. We will also be letting you know more about our wellbeing activities for working carers which is great for line managers, HR and wellbeing leads for signposting staff.

Visit our website to find out more!
<https://carerscount.org.uk/working-for-carers.php>

If you are unable to use Zoom and Teams is your preferred platform then please email: anmarie.brabiner@carerscount.org.uk.

Holidays, Holidays, Holidays!

At this time of year we often think about holidays, reflect on past holidays and look to book next year's holidays. For many people this is something that they can arrange relatively easily and look forward to.

Unpaid carers face more challenges when planning holidays. This might be because they need assistance with the mobility of the cared for, or they require adapted or supported breaks. It could be the financial aspect. Holidays are an extra expense and as we know carers face a lot of additional expenses associated with their caring role. Many carers are working less hours or are not able to work due to their caring responsibilities.

It could be that as an unpaid carer you just need a few days for yourself to take a break from your caring role.

Carers Count support carers to take care of their own wellbeing in order to continue caring. Our Information and Advice workers often provide carers with information about holidays, grants, subsidised breaks and companies who provide a range of holidays that are adapted to meet the needs of the cared for, along with care support packages.

We are putting together a resource for carers about different types of holidays and short respite breaks on the 23rd of November.

We would love to hear from carers about your personal recommendations of holidays that have met the needs of you and the person you care for, that could be an adapted caravan or cottage, coach holidays or staycations in beautiful seaside or rural locations, it could be a trip abroad or an adventure type holiday.

We would also like to know about any carers breaks you might have organised yourself, that is a break for you as a carer, not supporting your loved one.



Perhaps you took a carers respite break and this break refreshed you and enabled you to continue in your caring role. Hearing personal experiences can help other carers to appreciate the importance of looking after their own wellbeing too.

Personal recommendations are useful to be able to share, we appreciate that everyone has different holiday preferences and needs, one size doesn't fit all so to speak. We are not Trip Advisor, however, knowing if a holiday you took met the needs of the cared for could give another carer the confidence to take a holiday and this is so beneficial to them and their loved one's wellbeing.

Carers Count would welcome your positive holiday recommendations so we can add these to our holiday resource for others to benefit. info@carerscount.org.uk.



Technical Problems

In recent months we have been experiencing problems with our phone lines. This has meant we have missed some voicemails.

As soon as we were aware of the problem, we worked to address it. It has now been resolved.

We would like to apologise for any inconvenience caused.

If you have left us a message and not heard back, please do get back in touch again by phone or email.

Tel: 0300 012 0231 / info@carerscount.org.uk

Census 2021 data shows increase in substantial unpaid care in England and Wales

- 152,000 rise in number of carers providing over 50 hours of care to just over 1.5 million.
- Over a quarter of a million rise in number of unpaid carers providing 20-49 hours of care.
- Surprising overall drop in number of carers from 5.8 to 5 million unpaid carers.

Recently the Office for National Statistics has published Census 2021 data about unpaid carers which showed growing intensity of care across England and Wales.

Unpaid carers provide help and support to a relative or friend who has a disability, illness, mental health condition or who needs extra help as they grow older.

There is a distinct increase in the number of people providing substantial care, of 20-49 hours a week (260,000) and 50 hours a week (152,000) between 2011 and 2021 and a deepening of the amount of care provided over time. This is significant because of the devastating impact that substantial unpaid care of over 20 hours per week can have on carers' health, wellbeing and ability to juggle work and care.

However, despite the pandemic, surprisingly the overall number of unpaid carers has fallen from 5.8 million in the 2011 Census to 5 million in the 2021 Census across England and Wales, mostly through a reduction in the numbers of people providing lower hours of care.

The Office National Statistics suggests a number of reasons for this, including changes in the nature of caring during the pandemic and the high levels of deaths during the pandemic. However, it also suggests that the change in question framing could have made a difference. Whilst the 2011 Census question mentioned providing unpaid care for family, friends or neighbours, the 2021 question referred to caring for anyone. This will have had an impact because people don't recognise themselves as unpaid carers.

Helen Walker, Chief Executive of Carers UK, said:

"The increase in the number of hours of care provided by families every week since 2011 is striking and is a continuous upward trend. This is clearly a result of the shortage of adequate and properly funded social care services and health services to support unpaid carers and the people they care for. Funding to help carers take vital breaks and respite, so they can maintain their own health and wellbeing whilst looking after someone, is desperately needed along with significant social care funding."

"We're really surprised that the overall figure of unpaid carers has gone down and it feels out of step with what families are telling us right now. Whilst we'll be able to look more deeply into the data shortly, we know that the change in the wording of the question will have had an impact."

"Many people don't identify themselves as unpaid carers and take years to do so – 51% of carers took over a year even though they were providing substantial care. Most people consider themselves to be a partner, husband, wife, son, daughter, good friend or neighbour and don't recognise themselves as unpaid carers."

"We know that there are potentially many more hidden carers out there that could be getting information, advice and support and it's essential that public services recognise this in their planning and delivery."

"Without the support provided by unpaid carers our health and social care systems would quite simply collapse. It is vital that the Government recognises the pressing needs of this huge swathe of people and develops a funded National Carers Strategy for England."

"This would help millions of carers around the country get the practical and financial support they need to care without putting their health and livelihoods on hold."

Carers UK estimates that the UK figure would be 5.7 million, using the 2011 Census results for Scotland. Scotland's own Census results are due later this year.

Why has the number of hours of care provided every week gone up? Why is this important?

Caring for 50 hours or more per week puts a significant strain on carers. This is why unpaid carers often have worse health outcomes than non-carers. Being able to take a break and having the opportunity to maintain their own health and wellbeing is vital to supporting carers in their continued role. If carers suffer from exhaustion or breakdown, this adds significant cost and extra pressure on the NHS and to social care.

The full census can be read on the UK Government website:

<https://www.gov.uk/government/statistics/health-disability-and-unpaid-care-census-2021-in-england-and-wales>



Do you have questions about Lasting Powers of Attorney?

Carers Count recently partnered with Switalski Solicitors to host a special Lasting Powers of Attorney information session. Carers had the chance to enjoy a cuppa in a relaxed environment and ask Fiona Haigh from Switalski's about the legal processes involved. For some, this was a current situation they were facing, while others wanted to know more about how this may impact them in the future. The session also included time for carers to put their questions to Fiona.



What the session covered:

The two types of Lasting Powers of Attorney (LPA): Property and Financial

A financial LPA involves a trusted person dealing with your financial affairs, speaking to the bank and handling paperwork.

A chosen attorney can speak to doctors on your behalf. You can make LPA when you have mental capacity. If you do not have mental capacity this would go to court of protection. Health LPAs allow a trusted person to challenge a doctor's decision.

If this kind of information session is something you may be interested in again in the future, please contact Carers Count on **0300 012 0231**

YOUR GUIDE TO MAKING A LASTING POWER OF ATTORNEY

What is a Lasting Power of Attorney (LPA)?

There are two types of LPA, one that covers you for financial affairs and one that covers you for health decisions. A financial LPA allows you to appoint someone you trust to be able to make decisions on your behalf if you struggle to deal with your affairs. A health and welfare LPA allows you to appoint someone you trust to make decisions about your health care if you have lost mental capacity.

An LPA relating to your property and finances allows your Attorneys to

- Open, close and operate any account containing the Donor's money.
- Claim and receive on the Donor's behalf, for example, all pensions, benefits, allowances, services, financial contributions, repayments and rebates to which the Donor may be entitled.
- Complete all tax returns and settling any claim for tax.
- Pay your household/nursing expenses.
- Buy, lease or sell and otherwise deal with any interest in property of any kind or description.
- Purchase out of the Donor's income or capital a vehicle or other equipment which may be required on their behalf.
- Implement tax planning or similar arrangements.

An LPA relating to your health and welfare allows your Attorneys to

- Decide what life sustaining treatment you receive.
- What nursing/residential home you live in.
- What religion you follow and other day to day lifestyle decisions.

Who can make an LPA?

You can make an LPA if you are over 18 and have mental capacity. Mental capacity in relation to an LPA is being able to understand information and being able to communicate your decisions about your life. You must also be able to remember the information long enough and not have a disorder of the mind. If you are deemed to not have capacity, then family and or friends will have to apply to court.

Court of Protection

Please note that if LPAs are not in place and you do lose your mental capacity, you would then not be able to create LPA documents. Should this happen, someone would have to apply to the Court of Protection to be appointed as your Deputy which is a very lengthy and expensive process (we see Court of Protection orders costing between £2000-£4000) with yearly audits being required from whoever has applied for this. An appointment of a Deputy for health and welfare matters is also difficult to obtain. It is advisable to avoid this if possible, by having LPAs in place.

**Switalskis
Solicitors**

For more information

Fiona Haigh Wills and Probate
Adviser and Trainee Solicitor
Switalskis Solicitors
Fiona.Haigh@Switalskis.com
Reception- 01924 882000
Direct dial- 01924 882077

Wellbeing Group

The Wellbeing Group is designed to provide support for carers looking after someone with a mental health diagnosis, drugs and alcohol dependence or dual diagnosis. The group consists of peer support and information and advice from our group workers Rachel and Sandra. The group provides an opportunity for carers to connect with each other and form relationships that extend to outside of the group.



"The place is perfect, the groups are very good, I just wish it was every 2 weeks, it's good that we have different people coming in to give talks on different things"



"The venue is just right, lovely rooms make you feel good. I like having activities and people coming in to talk to us."

Guest speakers are invited from other organisations to chat with and explain what else is available to support them. Many of the carers who attend the group have been doing so for many years and are very welcoming to new members.

The group takes place at The Crescent in Batley in the downstairs lounge as well as the library upstairs depending on carers mobility. The staff at The Crescent are very welcoming and provide hot and cold drinks to all who attend the group, in addition to this there are times where the staff at The Crescent surprise the carers with something they call 'Random acts of kindness', this usually consists of gifts such as snacks, useful items and gift cards.

The group also have their own dedicated WhatsApp support group, this is used by the carers to maintain contact with each other in between group, and also allows the group workers to inform carers of any events, activities and groups they may be interested in.

If you'd like to find out more or be added to the WhatsApp group, please call us on 0300 012 0231.

Men's Group

Our Men's group takes place every second Wednesday of the month in Dewsbury and every fourth Wednesday of the month in Huddersfield. The men who attend the group are cared for with various diagnoses such as Dementia, Schizophrenia, Autism, brain injury, physical disability, learning disability and depression.

By having regular groups, it enables the group members to have a more active social life and helps them to develop their confidence, managing anxiety, independence, physical wellbeing, social skills, and mental wellbeing.

This is achieved through group discussions, guest speakers, shared experiences and coping strategies. We help our members to access other services that may be beneficial to them and offer practical advice.

We encourage them to get involved with the future planning of the groups and share feedback and suggestions of other groups they attend and services they have used.

We also promote the benefits of healthy eating and how to be more physically active.

Many of the group members who attend have developed friendships within the group, which is encouraged by our group workers as this encourages social activities outside of the group. We also have a WhatsApp group which was established

during the COVID epidemic when all face-to-face group had been placed on hold. This has proved to be very beneficial to our members especially during lockdown as it allowed group members to maintain contact with their peers. The WhatsApp group is now less active but is still used to inform group members of various activities taking place in their area as well as group members occasionally posting funny videos and pictures.

The Men's group access activities such as Eden's Forest and barge trips.



Men's group trip to Trafford Centre 2021

If you'd like to find out more or be added to the WhatsApp group, please call us on 0300 012 0231.

Mental Health Lunch & Learn

Our next Lunch & Learn is coming soon! A great way for carers, professionals and staff to gain an awareness of local support available in Kirklees.



LUNCH & LEARN!
TUESDAY, 10TH OCTOBER, 1PM - 2PM
Are you or anyone in your workforce caring for someone with a mental health condition? Join us on Teams for our online Lunch & Learn session. You will hear from the Working Together Partnership, The Recovery College, Kirklees Mental Health Carers Forum and more.

Carers Count in partnership with
KMHCF
Set up by Carers - Run by Carers - For Carers

WORKING TOGETHER BETTER
Calderdale and Kirklees Recovery and Wellbeing College
Kirklees COUNCIL

The Lunch & Learn will focus on mental health and local services available to support carers. Hear more about support through Carers Count Mental Health Service and The Working Together Better Partnership. The Recovery College and the Kirklees Mental Health Carers forum will be joining us as well as hearing about support through Kirklees Council.

Our Lunch & Learn is planned for the 10th of October 1pm - 2pm on Teams.

Book your place through Eventbrite using the link below or call the office on 0300 012 0231 or Info@carerscount.org.uk All welcome!

<https://www.eventbrite.co.uk/e/676508383787>

Groups and Training Calendar

Call 0300 012 0231 to Book a place as limited spaces available.

Oct ◀

Oct Mon 2
 Mental Health Drop in at Empire House
10:00 - 15:00

Evening Coffee and Chat
 Starbuck Leeds Road
 Huddersfield **18:30 - 20:00**

Oct Tue 3
 Meditation Group
 Brian Jackson House
11:00 - 12:30

Sizzle n Chat
 Howland's Centre Dewsbury
11:00 - 13:00

Oct Wed 4
 Huddersfield Art Group
 Brian Jackson House
13:00 - 16:00

Oct Thu 5
 Evening Coffee and chat
 The Crescent, Batley
17:00 - 18:30

Oct Fri 6
 Tai Chi
 Brian Jackson House
11:00 - 12:00

Oct Mon 9
 Morning Coffee and Chat
 Brian Jackson House
10:30 - 12:00

Kirklees Mental Health Carers Forum.
 Empire House / Zoom
13:00 - 15:00

World Mental Health Day

Oct Tue 10
 Meditation Group
 Brian Jackson House
11:00 - 12:30

Carers Pamper Afternoon
 The Cresnet, 40 Station Road, Batley
13:00 - 16:00

Lantern Parade
 Dewsbury Town Hall
16:30 - 20:00



Oct Thu 12
 Mental Health Carers Wellbeing Group
 The Crescent, Batley
11:00 - 13:00

Oct Wed 11
 Cleckheaton Coffee and Chat
 New Venue - The Taste Cafe
 30-32 Northgate, Cleckheaton
 BD19 5AE
10:30 - 12:00

Men's mental health group
 5th Floor Empire House
 Dewsbury
16:00 - 18:00

Oct Fri 13
 Tai Chi
 Brian Jackson House
11:00 - 12:00

Oct Mon 16
 Batley Coffee and Chat
 The Crescent
10:30 - 12:00

Oct Tue 17
 Meditation Group
 Brian Jackson House
11:00 - 12:30

Sizzle n Chat
 Howlands Centre Dewsbury
11:00 - 13:00

Birkby Himmat Group
 Birkby and Fartown library
13:30 - 15:00

Oct Wed 18
 Huddersfield Art Group
 Brian Jackson House
13:00 - 16:00

Together group for Mental health Carers and cared for
 The mission Huddersfield
13:30 - 15:30



More October dates on the next page

Groups and Training Calendar

Call 0300 012 0231 to Book a place as limited spaces available.

Oct ◀

Oct Fri 20
 Tai Chi
 Brian Jackson House
 11:00 - 12:00

Oct Mon 23
 Afternoon Coffee and Chat
 Brian Jackson House
 13.00 - 14:30

Oct Tue 24
 Meditation Group
 Brian Jackson House
 11:00 - 12:30

Creative Arts. For carers and their loved ones with Dementia
 Empire House Dewsbury
 13:30 - 15:30

Clear Self Care Workshop
 Brian Jackson House
 17:30 - 19:00

Oct Wed 25
 Himmat Group. 5th Floor
 Empire House Dewsbury
 12:00 - 15:00

Men's Group
 Brian Jackson House Cafe
 13:00 - 15:00

After Carers Group
 Brian Jackson House
 13:00 - 14:30

Oct Thu 26
 Young Adult Carers Group
 Please call for details

Oct Fri 27
 Tai Chi
 Brian Jackson House
 11:00 - 12:00

November ◀

Please note that group dates and times of face to face may be subject to change.

Bugs and viruses
 Just a quick reminder that if you are feeling at all unwell, we would kindly ask that you consider not coming along to a group and waiting until you feel better before joining us. There seems to be bugs of all kinds going around and if we can do what we can to keep one another well that would be fabulous.
 Thanks for your understanding
 The Carers Count Team

Nov Wed 1
 Huddersfield Art Group
 Brian Jackson House
 13:00 - 16:00

Nov Thu 2
 Evening Coffee and chat
 The Crescent, Batley
 17:00 - 18:30

Nov Fri 3
 Tai Chi
 Brian Jackson House
 11:00 - 12:00

Nov Mon 6
 Mental Health Drop in at
 Empire House
 10:00 - 15:00

Evening Coffee and Chat
 Starbuck Leeds Road
 Huddersfield 18:30 - 20:00

Nov Tue 7
 Meditation Group
 Brian Jackson House
 11:00 - 12:30

Sizzle n Chat
 Howlands Centre Dewsbury
 11:00 - 13:00

Nov Wed 8
 Cleckheaton Coffee and Chat
 New Venue - The Taste Cafe
 30-32 Northgate, Cleckheaton
 BD19 5AE
 10:30 - 12:00

Men's mental health group
 5th Floor Empire House
 Dewsbury
 16:00 - 18:00

Nov Thu 9
 Mental Health Carers
 Wellbeing Group
 The Crescent, Batley
 11:00 - 13:00

Nov Fri 10
 Tai Chi
 Brian Jackson House
 11:00 - 12:00

More November dates on the next page

Groups and Training Calendar

November ◀

Nov Mon 13

Morning Coffee and Chat
Brian Jackson House
10:30 - 12:00

Nov Fri 17

Tai Chi
Brian Jackson House
11:00 - 12:00

Nov Tue 21

Meditation Group
Brian Jackson House
11:00 - 12:30

Sizzle n Chat
Howlands Centre Dewsbury
14:00 - 17:00

Birkby Himmat Group
Birkby and Fartown Library
13:30 - 15:00

Nov Fri 24

Tai Chi
Brian Jackson House
11:00 - 12:00

Nov Tue 28

Meditation Group
Brian Jackson House
11:00 - 12:30

Creative Arts. For carers and their loved ones with Dementia
Empire House Dewsbury
13:30 - 15:30

Nov Tue 14

Meditation Group
Brian Jackson House
11:00 - 12:30

Carers Pamper Day
Brian Jackson House
Room G5
13:30 - 15:15



Nov Wed 22

Himmat Group. 5th Floor
Empire House Dewsbury
12:00 - 15:00

Mens Group
Brian Jackson House
13:00 - 15:00

After Carers Group
Brian Jackson House
13:00 - 14:30



Nov Wed 29

Carers Pamper Session
Empire House
13:00 - 16:00

Nov Thu 30

Young Adult Carers Group
Please call for details

Nov Wed 15

Huddersfield Art Group
Brian Jackson House
13:00 - 16:00

Mental Health Together Group
(for carers and cared for)
The Mission Huddersfield
13:30 - 15:30

Nov Mon 20

Batley Coffee and Chat
The Crescent
10:30 - 12:00

Carers Rights Day

Nov Thu 23

Self-care wellness session
Brian Jackson House
11:00 - 12:30

Carers Information and Advice
Brian Jackson House
11:00 - 13:00

Nov Mon 27

Afternoon Coffee and Chat
Brian Jackson House
13:00 - 14:30



Bugs and viruses

Just a quick reminder that if you are feeling at all unwell, we would kindly ask that you consider not coming along to a group and waiting until you feel better before joining us. There seems to be bugs of all kinds going around and if we can do what we can to keep one another well that would be fabulous.
Thanks for your understanding
The Carers Count Team

Please note that group dates and times of face to face may be subject to change.

Groups and Training Calendar

Please note that Group dates and times of face to face may be subject to change.

Call 0300 012 0231 to Book a place as limited spaces available.

Dec ◀

Dec Fri 1
 Tai Chi
 Brian Jackson House
 11:00 - 12:00

Dec Mon 4
 Mental Health Drop in at Empire House
 10:00 - 13:00

Evening Coffee and Chat
 Starbuck Leeds Road
 Huddersfield 18:30 - 20:00

Dec Tue 5
 Meditation Group
 Brian Jackson House
 11:00 - 12:30

Sizzle n Chat
 Howland's Centre Dewsbury
 11:00 - 13:00

Dec Wed 6
 Christmas Trip to Beverley Market

Huddersfield Art Group
 Brian Jackson House
 13:00 - 16:00

Dec Thu 7
 Evening Coffee and chat
 The Crescent
 17:00 - 18:30

Dec Fri 8
 Tai Chi
 Brian Jackson House
 11:00 - 12:00

Dec Mon 11
 Christmas Craft Group
 Brian Jackson House
 10:30 - 12:30

Kirklees Mental Health Carers Forum
 13:00 - 15:00



Dec Wed 13
 Cleckheaton Coffee and Chat
 New Venue - The Taste Cafe
 30-32 Northgate, Cleckheaton
 BD19 5AE
 10:30 - 12:00

Men's mental health group
 5th Floor Empire House
 Dewsbury
 16:00 - 18:00

Dec Thu 14
 Christmas Craft Group
 The Crescent, Batley
 11:00 - 13:00

Dec Tue 12
 Meditation Group
 Brian Jackson House
 11:00 - 12:30

CLEAR Anxiety Management
 Brian Jackson House
 13:00 - 14:30

Dec Mon 18
 Batley Coffee and chat
 The Crescent, Batley
 10:30 - 12:00

Dec Tue 19
 Meditation Group
 Brian Jackson House
 11:00 - 12:30

Sizzle n Chat
 Howlands Centre Dewsbury
 11:00 - 13:00

Birkby Himmat Group
 Birkby and Fartown Library
 13:30 - 15:00

Dec Fri 15
 Tai Chi
 Brian Jackson House
 11:00 - 12:00

The Kirkwood Christmas chorus
 Brian Jackson House
 14:00 - 15:00

Nov Wed 20
 Huddersfield Art Group
 Brian Jackson House
 13:00 - 16:00

Mental Health Together Group
 (for carers and cared for)
 The Mission Huddersfield
 13:30 - 15:30





information & advice drop-in sessions

Do you care for a family member or friend and have questions about the support available in Kirklees? Come along to meet with one of our information and advice workers for a free and confidential 20-minute one-to-one chat. Just pop into our office on the day or contact us to book a call.

*Please note that we are unable to complete or assist with forms during drop-in sessions.

Every Wednesday, 10 am - 12 pm

Carers Count, Lower ground floor, Brian Jackson House, New North Parade, Huddersfield, HD15JP

0300 012 0231

info@carerscount.org.uk

Carers Count is run and facilitated by Cloverleaf Advocacy. Cloverleaf Advocacy has been helping people to be heard since 1995. Cloverleaf Advocacy is a registered not for profit organisation Charity No. 1097508 and is a company limited by guarantee No. 3790911.



CARERS PAMPER SESSION

TUESDAY, 14TH NOVEMBER, 1.30 PM - 3 PM
BRIAN JACKSON HOUSE, 2 NEW NORTH PARADE,
HUDDERSFIELD HD1 5JP

Join Carers Count for a special afternoon pamper session. Starting with a gentle Yoga session followed by some delicious refreshments. Participants will then be able to choose from a variety of activities such as nail polish, hand scrubs, meditation, adult colouring books and a Body Shop stall. Treatments are free, however, donations are always welcome. Spaces are limited so please get in touch to secure your place.

0300 012 0231
info@carerscount.org.uk

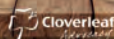


CARERS PAMPER SESSION

WEDNESDAY, 29TH NOVEMBER, 1 PM - 4 PM
EMPIRE HOUSE, 5TH FLOOR, WAKEFIELD OLD ROAD,
DEWSBURY WF12 8DJ

Join Carers Count for a special afternoon pamper session. Starting with a gentle Tai Chi session followed by some delicious refreshments. Participants will then be able to choose from a variety of activities such as nail polish, hand scrubs, meditation, adult colouring books and face masks. Treatments are free, however, donations are always welcome. Spaces are limited so please get in touch to secure your place.

0300 012 0231
info@carerscount.org.uk



Tai Chi Group

Every Friday 11 am - 12.30 pm
Brian Jackson House, 2 New North Parade,
Huddersfield HD1 5JP

The Tai Chi exercises can be done sat down.
Tai Chi involves slow movements.

If you would like to take part or find out more please contact Carers Count:

0300 012 0231

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



Support for Working Carers & Evening Sessions in 2023

Many individuals looking after a family member or friend who depend on their help are struggling to actually identify as carers. Many say 'I'm their daughter, son, wife, or husband', 'I don't do this all the time'. 'I'm not registered as their carer yet or 'I'm just helping out'. The list is not exhaustive but an idea of the challenge it can be to identify as a carer to access the support available.

At Carers Count, we offer Information and advice, and a range of support options for individuals and families juggling full-time or part-time work and managing caring responsibilities for a loved one. This situation can often develop overnight or gradually over time as health deteriorates and it's vitally important to understand what your rights are as a carer and what support is available locally to help.

Support at Carers Count

Refer yourself or signpost to Carers Count

It's as simple as calling us on 0300 012 0231. Find out more about local support available if you live in Kirklees or look after a family member in Kirklees.

Quarterly Newsletter

Carers, employers and professionals all find it very informative! If you would like to register to have it sent directly to your inbox then please get in touch! We just need your permission and email address. Did you know? You can also view past newsletters on our website!

<https://carerscount.org.uk/resources/info-leaflets>

Evening Coffee & Chat for working carers

First Monday of the month at Starbucks, Leeds Road Retail Park 6.30pm - 8pm. Drop in for a cuppa, no need to stay the whole time. We have Carers Count workers who can listen and offer support. Learn from others in similar situations and feel supported. Want to know more? Give us a call and we would be happy to chat.

Help with the 'What if'?

It's never nice to have to consider the 'What if' scenario. We can assist and advise you on the options available and help to pull together a well-thought out and considered contingency plan. We have a range of tools and a dedicated page on our website.

<https://carerscount.org.uk/contingency-planning.php>

Groups at Carers Count

Take a look at what's on. When working many carers work different hours of the day so having a selection of support groups available across the day and week may give you the opportunity to come and join us. Either call the office for our timetable or click on the link for more information about face to face support groups across Kirklees and virtual events.

<https://carerscount.org.uk/carers-count-events.php>

Online Events

SAVE
THE
DATE

We have worked with our local partners in Kirklees to give you a snapshot of what services are available, how they can help and information on how to access them. Come along to find out more about the support for carers.

Mental Health Lunch & Learn - Navigating Carer service for families in Kirklees (On Teams)

10th October 1pm - 2pm

You can provisionally book on by calling Carers Count on 0300 012 0231 or look out for our invite coming out soon.

Carers Rights Lunch & Learn- Carers being heard and your rights. (on Teams)

21st November 1pm - 2pm

You can provisionally book on by calling Carers Count on 0300 012 0231 or look out for our invite coming out soon.

Teams

Teams Joining instructions will be emailed before the event. Not sure about using Teams? Give Carers Count a call and we can help get you set up.

So, as we navigate 2023 please take note that we are only a phone call away. We would love to hear about your new self-care routines as well as what has helped you the most in your caring role. Sharing golden nuggets of information could help other carers. You can provisionally book on by calling Carers Count on 0300 012 0231 and letting us have your email address or look out for our invite on eventbrite coming out soon on our social media channels.



**Are you a parent or carer of a child with SEND?
The Kirklees SEND Local Offer is coming to life with a FREE live event!**

Come along and chat face to face with providers of a range of activities and services who support children and young people with SEND.

There will be three 45 minute workshops on the following:

- Working together to support successful transitions (between education stages and when leaving education)
- How mainstream schools support SEND and what families can expect from school.
- Exploring parenting approaches

Paid parking available in Dewsbury town centre. There is a cafe on site.

To find out more and book a place on the workshops, please visit the Kirklees Local Offer website or scan the QR code.

This is a fantastic opportunity to find out more about SEND and see what support is available.



We look forward to welcoming you on the day!



Are you the parent of a child or young person with additional needs?
Would you like to meet other parents for support and friendship?

Then come along to some of our informal events for a coffee and a chat - bring a friend.

For more information contact PCAN on 07754102336

Email us at info@pcankirklees.org

The Zone
St Andrew's Road
Huddersfield
HD1 6PT

Drop In 9:30 until 12.30

Thursday 7th Sept
Thursday 5th Oct
Thursday 9th Nov
Thursday 7th Dec

Play Gym £2 per child

Thornhill Lees
Community Centre
53 Brewery Lane
Dewsbury
WF12 9DU

Drop In 9:30 until 12.30

Wednesday 13th Sept
Wednesday 11th Oct
Wednesday 15th Nov
Wednesday 13th Dec

Holmfirth Library
47 Huddersfield Road
Holmfirth
HD9 3JH

Drop in 6pm - 8pm

Monday 11th Sept
Monday 9th Oct
Monday 13th Nov
Monday 11th Dec

Hive Cafe
46, John William St
Huddersfield
HD1 1ER

Drop in 6pm until 7.30pm

Wednesday 20th Sept
Wednesday 18th Oct
Wednesday 22nd Nov

Music Therapy Groups at WomenCentre
Connect with other women in Kirklees through music



Group music therapy can support your wellbeing in lots of ways: It can be uplifting, give you a chance to express yourself, explore your emotions through creativity and meet new people.

No musical experience is needed!

Wednesdays at 10.30 am-12

WomenCentre, 15 Lord Street, Huddersfield, HD1 1QA

- 20th September
- 4th October
- 18th October
- 1st November
- 22nd November
- 6th December



Groups are led by music therapist, Emily Druce and supported by peers from WomenCentre's music therapy community

To book a place please contact: emily.druce@womenscentre.org.uk

Or call WomenCentre: 01484 450866



Locala
Health & Wellbeing

Caring for our communities

Locala Caring for Carers Survey 2023

We are keen to understand more about the experiences of Unpaid Carers and Young Carers. Your feedback will help us improve how our colleagues work with you to ensure you and your loved one receive the best care possible.

Please help us by completing this short survey.



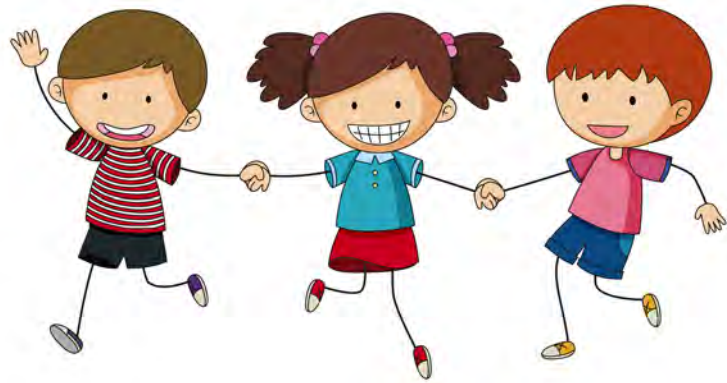
<https://www.smartsurvey.co.uk/s/caringforcarers/>

If you would like to tell us more about your experiences or need help to complete this survey please contact: Sarah True, sarah.true@locala.org.uk or call Sarah on 07766 557313.

Sarah would also like to hear from anyone who would like work with us to review the findings of this survey and help improve the experience for Carers.

CARERS TRUST MID YORKSHIRE OPERATES TWO ACTIVITY SESSIONS FOR CHILDREN AND YOUNG PEOPLE, FROM 6 – 17yrs WITH ADDITIONAL NEEDS.

Fun
Independent
Nurturing
Caring
Healthy
Exciting
Saturdays!



WEEKLY ON SATURDAYS AT TWO LOCATIONS:
Oxford Court in Dalton near Huddersfield, from 10am - 1pm
Sensory World in Central Dewsbury, from 2pm - 5pm

FUN AND FRIENDLY ENVIRONMENT:

Specially trained staff to encourage and support young people to join in and try new things

TERM TIME AND DURING SCHOOL HOLIDAYS (EXCLUDING CHRISTMAS AND NEW YEAR):

Different areas available at each location, based on age, through use of separate zones to enable friendships to develop

STAFFING: A minimum of 4:1 ratio

INCLUDES SUPPORT WITH: Personal care, managing behaviours that challenge, communication and sensory needs

AIMS TO IMPROVE: Self-esteem, communication, friendships and problem solving

PLANNED ACTIVITIES TO INCREASE:

Independence: Picnics, making and trying new food, making shopping lists and shopping

New Skills: Designing and making games, snacks and craft items

Health: Growing and trying new foods and tastes

Wellbeing: Fun and active games whilst making new friends

Problem solving: Scavenger hunts, treasure trails and obstacle courses

ACCESS TO SERVICE:

Self-referral! To request a referral form and check if the activities are appropriate for a child or young person, please email admin@ctmy.org.uk

WORKING WITH YOU AND OUTCOMES:

We are keen to work with Children, Parents, Carers, and Social Care Staff to understand what outcomes you would like to see for children and young people accessing our provision; this will enable us to best understand how to structure activities for the young person attending the activity.

Understanding outcomes will help us to measure young people's achievements and celebrate their successes

We would welcome a call to discuss this activity. If you feel this may be of interest, and would like more in depth discussion, please telephone 01484 537036 or email admin@ctmy.org.uk and we will arrange for someone to contact you

<https://carerstrustmidyorkshire.org.uk/childrens-activity-centre/>



CALLING ALL CARERS



Could you help make health and social care carer-friendly?

The Kirklees Carers Strategy Group is looking for carers and ex-carers to join us. If you are a carer or used to be a carer then we want to hear from you!

The Carers Strategy Group 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.

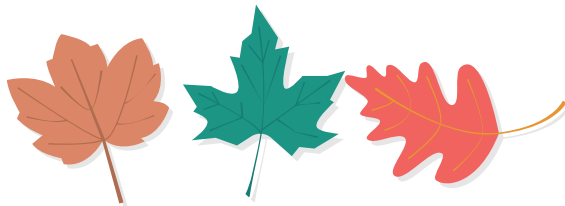
The Group meets four times a year for around two to two and a half hours a time. At the moment the meetings are online, but we also have people who don't do online so if you prefer you can meet up and share a computer with someone who does.

Membership includes carers as well as staff from the public, private and voluntary sector. 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.

Looking forward to hearing from you.



Have a say on the Kirklees Carers Strategy

How can we make Kirklees a carer-friendly place?

What are the principles health, care, public spaces, and workplaces need to adopt to make things better for carers?

What are the main things carers need?

We'd like your views!

The Kirklees Carers Strategy tries to make life for carers in Kirklees as good as it can. Caring is difficult and hard and stressful and exhausting, as well as brilliant and loving and kind and giving purpose to people. Because anyone, anywhere can be a carer the strategy has to be very wide ranging and include social care, health, voluntary sector partners, employers, the public and everyone. Which is quite a big ask.

Carers and professionals are part-way through writing a new Kirklees Carers Strategy and we'd like to hear what you think, if we're on the right track, and where we've missed something important.

We have a questionnaire which takes just a few minutes to complete and if you can spare that we'd love to hear from you and for you to help guide our thinking and our services in the future.

To complete the questionnaire go here:
<https://forms.office.com/e/RN7GDGzb8N>

Retired? Registered disabled?
Interested in something different and making new friends?

Ukulele Drawing Spanish French Chess
 Watercolour Voice Choir Wood carving
 Trips Embroidery Bridge Poetry
 Russian Painting Dressmaking Boules
 Patchwork History Photography
 Guitar Italian German Table tennis Tai Chi
 Embroidery Scottish dancing Cycling Street band Bowling Mahjong
 Philosophy




Interested in something that you don't see here? Or maybe you'd like to teach something you are passionate about? Why not start a new group?

FIND OUT MORE:

Website: www.huddersfieldu3a.org

Phone: 01484 308482

Email: office@huddersfieldu3a.org

Facebook: Huddersfield & District U3A

(Take a photo of this poster on your phone to record the contacts.)

Learning Disability Carers Voice

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

For several years now there has been a group of family carers of people with a learning disability which has met regularly to tune in to 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 with which they have to deal.

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 12.30pm - 2.30pm on a Tuesday.

Our website will give you a good background about what we do, what issues we have taken up in the past etc.
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

Or just come along to our next meeting which is at 1.00 pm on 3rd October at the Brian Jackson Centre, Huddersfield - you'd be most welcome.



Consultation on the Disability Action Plan

The UK Government is seeking views on its proposed Disability Action Plan for 2023 - 2024.

The consultation will close at 11:59 pm on 6 October 2023.

This consultation is aimed at anyone with an interest in the actions the Government will take to improve the lives of disabled people during 2023 and 2024.

They are particularly keen to hear the views of disabled people, their families and carers, and disabled people's organisations and charities. However, all individuals are welcome to respond.

Consultation documents

• <https://www.gov.uk/government/consultations/disability-action-plan-2023-to-2024#documents>

Ways to respond

You can respond to the consultation online: <https://equalityhub.citizenspace.com/disability-unit/disability-action-plan-consultation/>

• Or email disabilityactionplan@cabinetoffice.gov.uk

If you would like to respond by post, please mark your response:

'Disability Action Plan' and send to:
Disability Action Plan team
Disability Unit, Cabinet Office
Ground Floor
10 Victoria Street
London
SW1H 0NB
Tel: 0808 175 6420



Kirklees Wellness Service - Carers Wellness Sessions

“It was a big shock when my husband was first diagnosed with dementia, even though I had known for some time that something wasn’t quite right, but having the actual diagnosis did make me feel very sad and numb. It felt life had changed and would never be the same again. Initially it was overwhelming to receive lots of information, leaflets and it took me sometime to process the information and access the professional and social support to help me in my caring role and my husband with his diagnosis and treatment.”

“It was my daughter who had initially suggested that I attend the Carers Wellness Sessions delivered by Kirklees Wellness Service, I was a little hesitant to be in a room with fellow carers and wondered what I could learn, but I agreed to attend and booked on to both sessions the Caring for Someone with Memory Deterioration and Building Resilience.”

“I am so pleased that I attended the sessions, though at times it felt a little emotional, I left both sessions feeling a lot better about myself and my situation. The content of the sessions felt just right, I was able to share as much or as little as I wanted to, I learnt new information and new ways of managing my own wellbeing and my caring role. The discussions we had with each other as carers as well as with the session facilitators were extremely useful, I was able to relate and learn.”

“I would recommend the Carers Wellness Sessions to carers”.

Kirklees Wellness Service

Are you supporting a family member or friend with a long-term health condition?

Join our free Carers Wellness sessions

Building resilience session includes:

- ▶ Exploring emotions
- ▶ Learning about acceptance
- ▶ Managing worry
- ▶ Recognising to be 'kind to yourself'

Caring for someone with memory deterioration includes:

- ▶ Behaviours associated with memory problems
- ▶ Accepting the changes in the person you care for
- ▶ Understanding emotions of the person you care for
- ▶ Managing your emotions
- ▶ Simple tips and practical ways of coping

Session details

Tuesday 7th November 2023
6:00pm-7:30pm
Virtual

Tuesday 30th January 2024
10:30am-12:30pm
Huddersfield Fire Station

Monday 2nd October 2023
10:30am-12:30pm
Brian Jackson House, Huddersfield

Monday 11th December 2023
10:30am-12:00pm
Virtual



For further information or to book your place on a session please contact Kirklees Wellness Service on **01484 234095** or book online at www.kirkleeswellnessservice.co.uk



Kirklees COUNCIL



What's on in your community

Did you know? You can find out about local community groups and events taking place across Kirklees by visiting our website. Take a look and see what's on near you www.carerscount.org.uk/resources/events

Beverley Christmas Market 6th December 2023

Carers Count is excited to invite you to join us on a fun-filled trip to the Made in East Yorkshire Christmas Market, in Beverley on the 6th of December. The market will offer many festive treats, crafts and delights to help you prepare for Christmas - all exclusively produced by businesses in East Yorkshire. This will be the perfect place to pick up some unique Christmas gifts!

Carers will be collected from two designated collection points (Brian Jackson House, Huddersfield at 10am and Dewsbury train station bus stop at 10.30am) and will travel by coach, arriving in Beverley at approximately 12pm. The return journey will commence around 4pm, with an estimated arrival time at Dewsbury of 6pm, Huddersfield 6.45pm. The cost of the trip is £15, payable upon booking. Payment options include cash, card and online payment.

For further information or to book a place please call us on 0300 012 0231.



Carers Count

Christmas Chorus with The Kirkwood

15th December 2023

Brian Jackson House, Huddersfield
2pm - 3pm

Come and join Carers Count and The Kirkwood Chorus on the 15th of December for a festive Christmas carol session.

No experience is needed it's about getting together and having some fun. You don't even have to sing if you don't want to. Just come along to meet new people and enjoy a mince pie!

THE KIRKWOOD SUPPORT LIFE

Carers Count is a service run and facilitated by Cloverleaf Advocacy. Cloverleaf Advocacy has been helping people to be heard since 1995. Not for profit company limited by guarantee. Company no: 3790911. Charity Reg no 1097608.



JOIN US FOR A FUN-FILLED FESTIVE DAY OUT AT BEVERLEY CHRISTMAS MARKET!

6th December
£15.00 per person
Coach pick-ups from Dewsbury & Huddersfield

Pick up from Brian Jackson House 10 am
Pick up from Dewsbury Train Station Bus stop 10:30 am
Return coach from Beverley 4 pm

Limited spaces are available so please contact the number below to book a place and for details on how to pay

0300 012 0231

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

Carers Count



CHRISTMAS CRAFT GROUPS!

11th December - 10.30am - 12.30pm

Brian Jackson House, Room G5,
2 New North Parade, Huddersfield HD1 5JP

14th December - 11am - 1pm

The Crescent, 40 Station Rd, Batley WF17 5SU

Join our Christmas craft sessions and create your own Rudolf the Reindeer out of natural materials from Eden's Forest.

0300 012 0231

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



Carers Count

