

# WE CARE



The newsletter for carers in the East Riding

SPRING 2016



See inside for  
details of how to  
book your place at  
this year's Carers  
Conference  
on 8 June

'Trees'  
by Nick Elliott



EAST RIDING  
OF YORKSHIRE COUNCIL

Welcome to the spring issue of 'We Care', the newsletter for carers in the East Riding of Yorkshire. 'We Care' is the newsletter for carers to express their views and we therefore welcome your contributions. Please send to:

East Riding Carers Support Service,  
18 Wednesday Market, Beverley HU17 0DJ  
Email: [ERCarers@eastriding.gov.uk](mailto:ERCarers@eastriding.gov.uk)

**FREEPHONE**  
**0800 917 6844**  
or (01482) 396500

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### USEFUL TELEPHONE NUMBERS

ERYC Benefits and Money Advice Line	(01482) 394633	ICA freephone number	0808 802 3000
		Health Watch	(01482) 334999
ERYC Billing and Collections (Council Tax and Rent)	(01482) 394747	Pension Credit	0800 99 1234
ERYC Call Centre, Referrals and Services	(01482) 393939	Hull Citizens Advice Bureau	(01482) 224608
ERYC Carer Relief Services	(01482) 394050	ERVAS	(01482) 871077
ERYC Emergency Duty Team	(01377) 241273	HERIB	(01482) 342297
ERYC Housing and Council Tax Benefit	(01482) 394799	Hull Carers' Centre	(01482) 222220
ERYC Lifeline	(01482) 396050	Hull and East Yorkshire Rethink	(01482) 679723
Age UK	(01482) 869181 (01482) 867383	NRS (equipment return)	0844 893 6375
Aids and Adaptations Self-assessment	(01482) 617719	Macmillan Benefits Helpline	0808 8010304
Alzheimer's Society	(01482) 211255	MediBus	0845 445959
Benefits Agency: (Request AA/DLA forms)	03457 123456	NHS 111	111
Beverley Community Lift	(01482) 868082	RELATE	(01482) 329621
British Red Cross: Medical Loans	(01482) 499830	PSP Helpline	0300 0110 122
Home from Hospital	(01482) 623076	Parkinson's UK	(01482) 667799/ 0844 225 3636
Carers Allowance Unit	0845 608 4321	Penny Brohn Cancer Care	0845 123 23 10
		<a href="http://www.pennybrohncancercare.org">www.pennybrohncancercare.org</a>	
Disabled Car Badge/Radar Key	(01482) 393939		
Carers UK: Advice and Info	0808 808 7777	Macmillan Living with and Beyond Cancer Team	(01482) 461091
Email: <a href="mailto:info@carersuk.org">info@carersuk.org</a>		Samaritans:	
<a href="http://www.carersonline.org.uk">www.carersonline.org.uk</a>		Local Number	(01482) 323456
		UK Number	116 123

Whilst every care has been taken to provide accurate information, no responsibility can be accepted for errors or omissions in this magazine, neither does the inclusion of any resource or service imply any kind of recommendation.

Activity	Date	Time	How To Book
<b>APRIL 2016</b>			
Legal Clinic	21 / 04 / 2016	9.30am - 1pm	Ring to book your appointment
Benefits and Money Advice	29 / 04 / 2016	9.30am - 1pm	Ring to book your appointment
<b>MAY 2016</b>			
Legal Clinic	26 / 05 / 2016	9.30am - 1pm	Ring to book your appointment
Benefits and Money Advice	27 / 05 / 2016	9.30am - 1pm	Ring to book your appointment
<b>JUNE 2016</b>			
Legal Clinic	23 / 06 / 2016	9.30am - 1pm	Ring to book your appointment
Benefits and Money Advice	24 / 06 / 2016	9.30am - 1pm	Ring to book your appointment
Carers Day	08 / 06 / 2016	9.45am - 3.30pm	Ring to book your appointment

## Benefits and Money Advice and Legal Clinics

Please ring to book your free 30 minute appointment.

Legal clinics: If you wish to instruct a solicitor following your appointment this will be at your cost.

The venue for legal clinics and benefits and money advice sessions is 18 Wednesday Market, Beverley HU17 0DJ.



Telephone our Freephone  
0800 917 6844 or  
(01482) 396500 to book your  
place for the above clinics.

## The Optimist Group

Are you caring for someone with learning difficulties? Would you like to meet other carers in a similar situation to your own? Then why not join the Optimist Group.

The Optimist Group meets at the East Riding Carers Support Service, 18 Wednesday Market, Beverley, 10am - 12 noon on the third Tuesday of every month.

The group is made up of carers of people with learning difficulties, giving everyone the chance to share their problems and helpful hints.

In the summer the group visits places of interest using the Beverley Community Lift mini-bus and at Christmas they enjoy a festive lunch.

The group was established over 30 years ago and new members are very welcome to join. For more details contact Rayma on (01964) 550018 or Val on (01482) 861855.

## Have your circumstances changed?

If you are a carer in the East Riding and feel that there has been a change in your caring situation then you are being encouraged to contact the Carers Support Service to ensure you are receiving the right sort of support.

Perhaps there has been a change in your caring role which has led to things becoming too difficult for you to cope with, or perhaps you no-longer feel that you need as much support?

If this is the case then please get in touch so the Carers Support Service can ensure your information is up to date and accurate.

If your circumstances have changed you will undergo another assessment to determine your eligibility for support and even if you are not eligible for support you are still entitled to information and advice from the carers support service so please get in touch.

You can call free on 0800 917 6844 or (01482) 396500. Alternatively email [ERCarers@eastriding.gov.uk](mailto:ERCarers@eastriding.gov.uk)

## An afternoon 'Digni-tea'

A traditional afternoon tea awaited visitors to the East Riding Carers Support Service on February 1 as they marked Dignity Action Day.

The afternoon 'Digni-tea' event was organised by the team at the Carers Support Service as a way of celebrating and promoting dignity in care.

Dignity Action Day is an annual opportunity for everyone to play their part in upholding people's rights to dignity and provide a truly memorable day for those who use care services.

It is part of the Dignity in Care campaign which aims to put dignity and respect at the heart of UK care services and in the hearts, minds and actions of the public.

The national campaign has over 58,000 registered Dignity Champions who are part of a movement working to ensure people have a good experience of care when they need it.

Everyone, whether they are caring for a loved one or being cared for, was invited to attend the afternoon tea which Coleen Ellis, team manager at the Carers Support Service, said was a real success.

Coleen said: *"It was fantastic to see some of our carers and those they care for enjoying a cuppa, a home-made cake and a chat."*

*"Our aim was to not only raise awareness of what Dignity Action Day really means but to also celebrate all that our carers do and I think we did just that."*

Director of corporate strategy and commissioning John Skidmore attended the event to chat with some of the carers there and hear of their experiences.

John said: *"The work of carers is absolutely crucial which is why it is so important that events like this help to raise the profile not only of the work that the Carers Support Service does, in terms of offering the right help and support to carers, but also of campaigns like Dignity in Care."*

*"It is vital that everyone, regardless of age or disability, is treated with the dignity and respect they deserve. Dignity Action Day is just one way in which we as a local authority and as a community can raise awareness of that."*

*"The event was really well supported and I would like to thank all those who helped organise the event and who attended on the day for getting involved."*

Head of adult services Rosy Pope added: *"Everyone, whether they are working as health and social care professionals or accessing care services, has a role to play in upholding people's rights to dignity."*

*"Taking part in Dignity Action Day is just one way that we can all help to raise awareness of the Dignity in Care campaign."*

# MONEY MATTERS

## Benefit Cap Victory For Carers

Earlier this year Carers UK hailed a "significant victory for carers" after the Government announced it is set to change the law to exempt all carers who receive Carers' Allowance from the benefit cap.

Carers UK are working to offer support to, and campaign on behalf of, carers nationally.

The announcement was made by Lord Freud, Minister of State for the Department of Work and Pensions, in a House of Lords debate on the Welfare Reform and Work Bill.

The announcement came in response to an amendment tabled by Baroness Pitkeathley following a landmark ruling from the High Court on carers affected by the benefit cap.

In his Judgment Justice Collins cited Carers UK evidence extensively and ruled that the Government was unlawfully discriminating against disabled people and their carers.

Carers UK had campaigned for changes to the benefit cap rules since the policy was first announced in 2010, highlighting the iniquity of further reducing the incomes of carers who already contribute so much to society.

Heléna Herklots, Chief Executive of Carers UK, said: *"This is a significant victory for carers and carers' rights."*

*"By changing the law to exempt carers who receive Carer's Allowance from the benefit cap, the Government has shown that it recognises both the valuable contribution that carers make to society and that the benefit cap unfairly penalises carers – many of whom are already facing significant financial hardship as a result of their caring role."*

*"The Government's response goes one step further than complying with the recent High Court judgment, by exempting all carers on Carer's Allowance from the policy."*

*"It will be welcomed by those carers who are currently affected by the cap, as well as those who were at risk of being affected when the cap is lowered later this year."*

The announcement came just months ahead of the benefit cap being lowered, which would have seen greater numbers of carers impacted by the policy.

## Cancer Survivorship group's £2,000 grant

An activity group for cancer survivors has been awarded almost £2,000 to purchase new sports and recreation equipment to help them continue their recovery.

The activity group, who affectionately refer to themselves as the 'Mac-Pack', was set up 18 months ago by the council's Sport, Play and Arts Service in partnership with the Macmillan Cancer Survivorship Team.

Based at Castle Hill Hospital the survivorship team supports cancer survivors of all ages on a clinical, physical and emotional level.

The grant of £1,994 has been awarded to the survivorship team from the Connecting Communities Grant Fund which is offered by the council in conjunction with the East Riding of Yorkshire Clinical Commissioning Group.

The money will be spent on new activity equipment, including items for New Age Kurling, Boccia (soft bowls), and a giant Jenga, used by the activity group who meet every Tuesday afternoon at East Riding Leisure Haltemprice.

Sarah Guest, clinical nurse specialist, said: "The grant is fantastic news for us, as it means we can continue to offer people who have survived cancer a way to keep active, meet other people, and share experiences, with the aim of improving their wellbeing overall."

Councillor Richard Harrap, portfolio holder for adult and carer services said: "Beating cancer is an incredible challenge and achievement for anyone, so to be able to support those people who



Community sports coach Adam Gibson, community recreation officer Sarah Johnson, Sarah Guest and Claire Walker from the Macmillan Cancer Survivorship Team with members of the activity group at East Riding Leisure Haltemprice.

have been through it, by providing an opportunity to boost their physical and emotional wellbeing through such activity groups, is essential.

"This is a great example of how by working together the council and the Macmillan Survivorship Team are continuing to support cancer survivors in the East Riding."

For more details about the Connecting Communities grant fund contact Roger Tomlin on (01482) 392226 or email [roger.tomlin@eastriding.gov.uk](mailto:roger.tomlin@eastriding.gov.uk)

## Book your place at Carers Conference 2016

Carers who are registered with East Riding Carers Support Service are invited to book their place on the East Riding of Yorkshire Council's Carers Conference which will be held as part of Carers Week.

Carers week, from Monday, 6 June to Sunday, 12 June, is an annual campaign that raises awareness of caring, highlights the challenges that carers face, and recognises the contribution they make to families and communities across the UK.

This year's Carers Week is focussing on building Carer Friendly Communities – helping all types of communities to help support carers and their families better.

The East Riding Carers Support Service's annual Carers Conference, which takes place on Wednesday, 8 June, recognises and celebrates the invaluable contribution that carers make to the people they care for and their communities.

The morning will be dedicated to information sessions and during the afternoon carers will be able to relax and enjoy a range of activities.

Carers are encouraged to take the opportunity to chat to other carers and gather information from the professionals and organisations who will be attending.

Coleen Ellis, East Riding Carers Support Service manager, said: "The Carers Conference is always a well supported event which gives carers from across the East Riding the opportunity to find out more about the support that is available to them, as well as the opportunity to take some time out and relax.

"We are very much looking forward to the conference and we look forward to seeing you there."

The Carers Conference will be held at Tickton Grange Hotel, Main Street, Tickton, Beverley HU17 9SH. Registration starts at 9.45am and the day will come to a close at 3.30pm.

If you are actively caring, registered with the East Riding Carers Support Service and would like to attend the Carers Conference please call freephone 0800 917 6844 to book your place as spaces are limited.

If you reserve a place and then find you are unable to attend please notify us as soon as possible so we can reallocate your place to carers on the waiting list.



## Hull College Carers Event

Are you a **full-time** or **part-time** carer?  
Are you interested in studying to **gain a qualification**  
or a **new skill**?

Do you need to find out about what  
**support is available**?

Visit our Carers Event and speak to a range of  
professionals for information, advice and guidance  
about returning to part time study at Hull College.

For more information  
call **(01482) 329943**



## Hull & East Riding Citizens Advice Bureau Survey

East Riding residents are invited to take part in a survey  
from the Hull & East Riding Citizens Advice Bureau to help  
support national lobbying and development work into  
welfare reform.

The survey aims to improve understanding of working  
families who will be affected by welfare reform; help  
Citizens Advice understand the needs and options of  
working families affected by welfare reforms and develop  
policies which reflect their circumstances; and to inform  
the support offered locally to working people through  
'Universal Support – Delivered Locally' and local welfare  
schemes such as Council Tax Support, local welfare  
Assistance Schemes and Discretionary Housing Payments.

The survey can be found at  
[www.surveymonkey.co.uk/r/G9DSRTB](http://www.surveymonkey.co.uk/r/G9DSRTB)

### Carer contributions welcome

The East Riding Carers Support  
Service would like to say a big  
thank you to everyone who has  
contributed articles to this edition of  
We Care. We always value any input  
that our contributors make. If you  
have something which you would like  
to see publicised in a future edition  
of the magazine please contact press  
officer Sara Morton on **(01482)  
391435** or email  
[sara.morton@eastriding.gov.uk](mailto:sara.morton@eastriding.gov.uk)



## Royal British Legion support

If you or a loved one is an ex-serving member of the  
armed forces then the Royal British Legion can offer a  
range of help and support.

The Royal British Legion welfare team consists of 2.5 case  
workers and one case manager covering Hull and the  
East Riding. The team supports serving and ex-serving  
military personnel, as well as their spouses, partners, and  
dependent children.

The serving person must have served and been paid for  
at least seven days of service, which covers regular service,  
national service, war-time service, the reservists and  
Merchant Navy hostile waters. The team work on a  
needs-led basis, offering a variety of support including  
mental health support; housing support; benefits and  
financial advice and support; welfare advice and guidance;  
family breaks and much more.

Home visits can be arranged or beneficiaries can visit their  
office at the Goodwin Centre, Icehouse Road,  
Hull HU3 2HQ.

**Normal working hours are Monday-Friday, 9am-5pm but  
times can be flexible. For more details call  
(01482) 217274.**



## Dementia Action Alliance

East Riding Dementia Action Alliance (DAA) is  
looking to hold a dementia involvement  
group in Beverley.

If you would like to join them for a drink and a chat  
as a person affected by dementia in any way the  
group would like to hear from you.

The DAA is working towards making the  
East Riding a Dementia Friendly Community.

For more details about the DAA or joining the  
Dementia Involvement Group East Riding (DIGER)  
contact **Emma Williams** on **(01482) 211255**,  
email [emma.williams@alzheimers.org.uk](mailto:emma.williams@alzheimers.org.uk) or contact  
**Wendy Mitchell** on **(01482) 886157** or email  
[wendy7713@icloud.com](mailto:wendy7713@icloud.com)

The East Riding DAA is also on Twitter  
**@East\_Riding\_DAA**

## Dementia Awareness Week

**Takes place from 15-21 May 2016.** Dementia  
Awareness Week 2015 was a great success  
with people everywhere getting involved and  
doing their bit to help raise awareness and  
understanding of dementia. For more details  
about how you could get involved visit  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## Follow in comedian Jo Brand's footsteps

You may have seen some of the coverage of famous comedian Jo Brand's walk from one side of the country to the other in aid of Sport Relief.

Dubbed 'One Hell of a Walk' Jo's 150 mile trek from the Humber Bridge to Liverpool covered parts of the East Riding on the first two days of the seven day challenge.

If you have been inspired by what you have seen of Jo's walk then you too can experience some of the terrain and scenery of the route thanks to the East Riding's Walking for Health programme.

The Walking for Health programme is aimed at helping people to get back on their feet after illness or injury, to meet like minded people, or to simply boost their physical or mental wellbeing.

The programme, which is run locally by the council's Sport, Play and Arts Service in partnership with a group of dedicated volunteer walk leaders, offers over 40 walks a month in around 18 different locations including Haltemprice, Goole and Brough.

One of the programme's newest walks, starting and finishing at the Petuaria Centre, in Brough, was launched in January and has so far proven popular with those looking for a gentle walk.

Led by two trained leaders the walk, which runs every other week and lasts between 1-1.5 hours, is open to all but it is particularly suitable for those who do not do any physical activity and/or are recovering from an illness or injury.



Comedian **Jo Brand** during the coast-to-coast walk in aid of Sport Relief.

Councillor Richard Harrap, portfolio holder for adult and carer services, said: "Walking is such a good way to get fit, meet new people and experience some of the fantastic scenery that the East Riding has to offer.

"The Walking for Health programme is just one of many offered through our Sport, Play and Arts Service which is working to help East Riding residents, including the over 50s and adults with disabilities, to stay active and engaged."

For more details about Walking for Health contact Laura Hutchinson on (01482) 392527 or email [laura.hutchinson@eastriding.gov.uk](mailto:laura.hutchinson@eastriding.gov.uk)

## Care Act update

A year on from the implementation of the Care Act a new commission has been set up to look at how the changes to the law are affecting carers.

The Care Act represented the most significant reform to Adult Social Care policy in England for over 60 years when it was introduced on 1 April 2015.

The new legislation aims to give unpaid carers new rights for the first time, and to give carers the same rights as those they care for.

The Carers Trust has set up a new Care Act commission to review how the new legislation is having an impact on the lives of carers across the country and is due to deliver its report this April.

The commission has invited anyone who is a carer, or supports carers, to get involved and share their experiences of what is working well under the Care Act or what could be working better.

They are particularly keen to hear from anyone who has received a carers' assessment or support as a carer from their local authority since 1 April 2015.

Rosy Pope, head of adult services at East Riding of Yorkshire Council, said: "It is really important that all carers, or those who support carers, in the East Riding share their views on how the new legislation brought in under the Care Act is impacting on their daily lives. I would encourage as many people as possible to take part in this important review and play their part in helping to shape future policies and services."

For more details or to take part visit [www.carers.org/CareActCarers](http://www.carers.org/CareActCarers) and follow the links to the survey which needs to be completed by 18 March.



## Service to celebrate carers

Carers, the cared for and civic dignitaries will be among those who are set to gather within the majestic surroundings of Beverley Minster on 6 July for the Carers Celebration Service.

The ever popular annual event, which is organised by the East Riding Carers Advisory Group in partnership with the East Riding Carers Support Service, is an uplifting and joyful celebration of the invaluable role of carers.

The service, which will be led by the Reverend Jeremy Fletcher, will start at 1pm after the arrival of the civic party. It is requested that everyone is seated by 12.50pm.

All carers, past and present, are very welcome to attend the service together with the person/s they care for, friends, neighbours or relatives.

The service will feature an address from a keynote speaker, along with music, hymns, readings and prayers.

At the end of the service there will be an opportunity to light a candle for a loved one.

Refreshments will be served after the service at the rear of the Minster giving everyone the chance to meet and socialise.

There is good wheelchair access in and around Beverley Minster. Car parking for Blue Badge holders is available in the Minster car park.

**Above:** The Makara Morris Dancers, East Riding of Yorkshire Council chairman Councillor Peter Turner and his lady Dorothy Turner, Mary Everington and Elaine Peirce of the Carers Advisory Group at last year's Carers Celebration Service.

## LDPB News

The work being carried out to help children, young people and their families and carers prepare for the transition to adulthood under the council's Disability service (0-25) project was the subject of a presentation given at the latest Learning Disability Partnership Board (LDBP) meeting.

The presentation, by Futures+ team manager Liane Kirk and the council project and practice development officer Julie Arnold, gave an overview of the project and highlighted what is working and not working well, with a number of positive outcomes being discussed.

The project comes on the back of the significant changes made by national government when they published the Children and Families Act and the Care Act in 2014.

Worklink team leader Kevin Holder also attended the meeting to talk about an 'employment sub-group' which meets four times a year. Kevin spoke of the 'stepping stone approach' model to securing employment.

Kevin highlighted the fact that 7.84 per cent of people with a learning disability in the East Riding are in paid work and he spoke of his hopes for an employment strategy being formed based on the above model.

Senior policy officer at the council, Beverley Palmer, gave the board an update on the Equality Act 2010, giving an overview on equality standards which is to become law for all organisations providing NHS or adult social care, with standards needing to be followed in full by this July.

**The next meeting of the LDPB will be at 10.30am on Thursday, 21 April at the Hexagon Centre, Coltman Avenue, Beverley.**

## QUIT 16 campaign Stop Smoking Day 9 March



You might know smoking can cause lung cancer, but it can also cause 15 other cancers, consisting of cancers of the mouth, nasal cavities, pharynx and larynx, stomach, kidney, bowel, liver, pancreas, ureter, oesophagus, cervix, bladder and ovaries, as well as myeloid leukaemia.

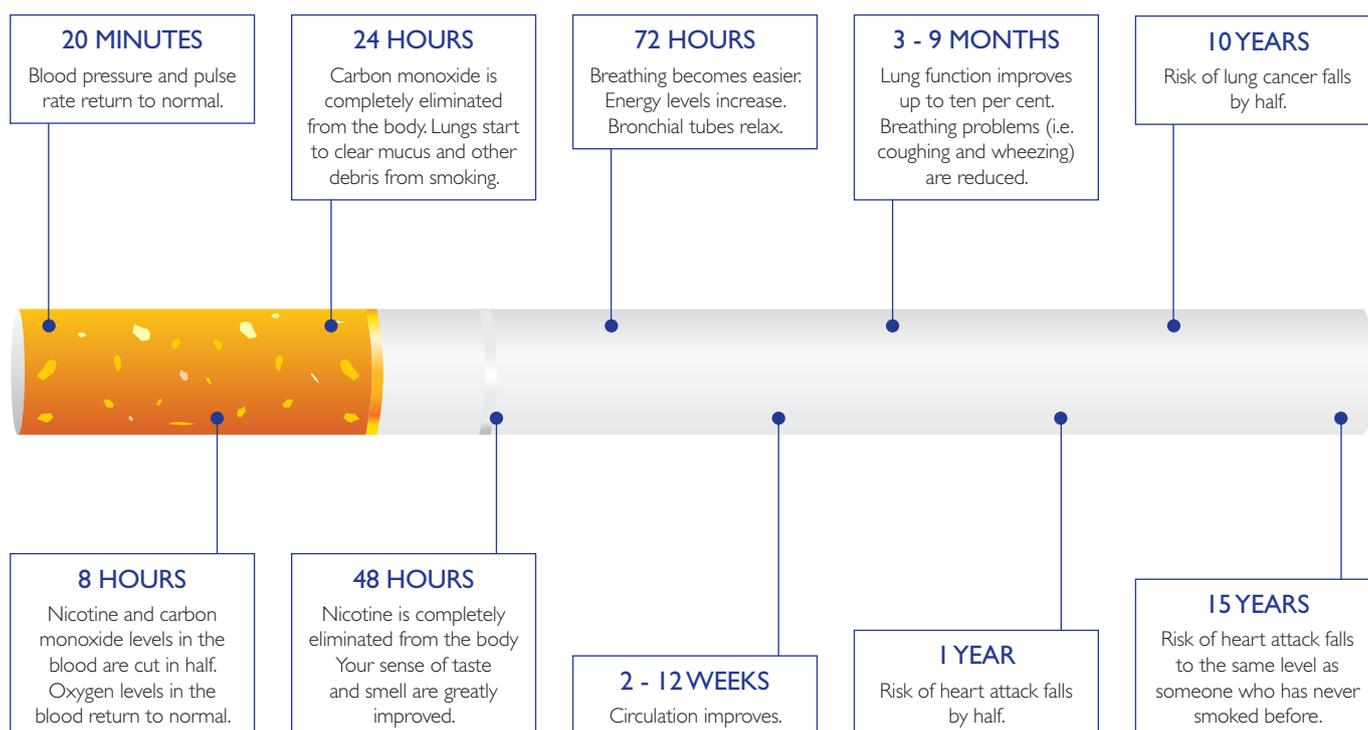
When you smoke a cigarette or roll up, you breathe in more than 5,000 chemicals, including dozens known to cause cancer like Radioactive Polonium-210 and formaldehyde. These enter your lungs and spread through your body.

The reason why smoking can cause cancer is it damages our DNA, including genes that protect us against cancer.

This is bad news, but it's made worse by other chemicals in cigarettes which make the poisons stick more strongly to DNA, increasing the chances of serious damage. Other chemicals also interfere with the body's ability to repair damaged DNA - making it even more likely that damaged cells may eventually turn cancerous.

Research has shown that for every 15 cigarettes smoked, there is a DNA change which could cause a cell to become cancerous. This is why it's better to stop smoking sooner rather than later. Stopping smoking can make a massive improvement to your lifestyle and health and once you stop smoking, some of the benefits are more immediate than you realise and some more long term.

## BENEFITS OF STOPPING SMOKING OVER TIME



The East riding stop smoking service is run by the award winning NHS Healthtrainers who are able to guide you through the full quitting process over an eight week period.

On your first session they will look at your reasons to quit, the triggers to why you smoke and set a quit date.

With the help of free Nicotine replacement therapy and behavior support they will be on hand to give you the support and guidance to give you a good chance to become a non-smoker.

The East Riding stop smoking service is only available to anyone living in the East Riding council area and is available across 17 locations, meaning you're never far away from help.

The Healthtrainers can be contacted on free phone **0800 9177752** or via email [HNF-TR.healthtrainers@nhs.net](mailto:HNF-TR.healthtrainers@nhs.net) or visit their website at [www.nhs-health-trainers.co.uk](http://www.nhs-health-trainers.co.uk)

## Time To Be Revitalised

My name is Barry and I am a carer for my wife Nancy who has Alzheimers.

We have always enjoyed our holidays together, many of which were spent on coach excursions around the UK, but over the last two years it's been impossible going on holiday together.

However, last summer I was trawling websites looking for a holiday where we could go together, where Nancy could be looked after, and where I would be able to pursue my walking, wildlife and photography passions, but still be with Nancy in the evenings.

I found a holiday that ticked all the boxes with a company called Revitalise.

Revitalise runs respite holidays for disabled people and carers in three centres - Jubilee Lodge Chigwell, Essex; Netley Waterside House, Southampton; and Sandpipers, Southport.

They specialise in providing respite holidays for adults with physical disabilities, as well as dementia, and care for over 150 different disabilities in total, providing around 5,000 much needed breaks every year.

I was interested in the Alzheimers breaks. They have three weeks per year dedicated to people with dementia, in January, March and October.

In January 2016 we went to Sandpipers, in Southport. It was just like staying in a hotel.

We had a twin room, en-suite with shower, special beds, overhead and manual hoists, call system, TV and tea/coffee making facilities.

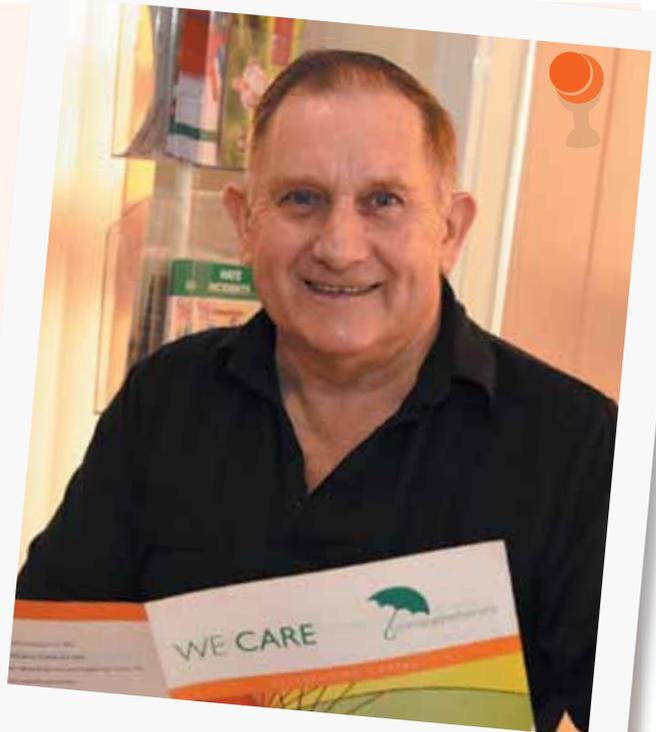
Accommodation includes full-board, access to a heated indoor hydrotherapy pool, licensed bar and entertainment lounge.

In-centre entertainment includes a variety of daytime activities throughout the break and continues in the evening.

The staff includes 24 hour nursing care, full-time care staff and around 2,000 volunteers who stay at the centres each year to provide a helping hand and companionship throughout the break.

Nancy has not been able to wash, dress and feed herself for the last few years, so it was a delight for me to leave her in the hands of the brilliant care staff.

They were excellent with at least one member of staff being with Nancy from waking up in the morning until she had been put to bed at night.



*Barry Sedgwick*

They also included her in whatever activity was possible for her to do. There are many trips and excursions throughout the week for both carer and the person being cared for and these are all included in the price.

I took advantage of a couple of the trips myself, mostly taking advantage of the diverse wildlife around the area.

I enjoyed visits to Martin Mere - Wildfowl and Wetlands trust, which was only 15 minutes by car from the resort, Formby Red Squirrel Trust, again only 15 minutes away by car, and I travelled by train to Liverpool for a reunion with my ex-army friends who I had not seen for over 20 years.

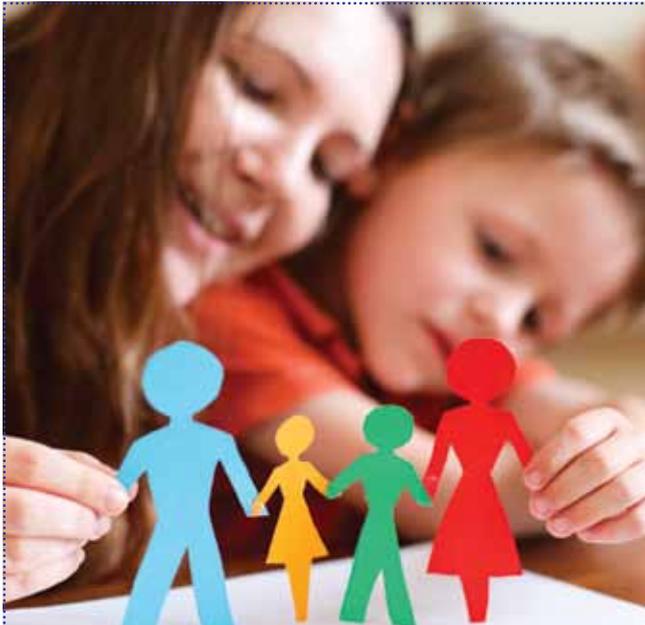
At the centre it was nice to meet and talk to others guests, exchange experiences and share information that would be of benefit to individuals.

The whole week was a very pleasant experience in which we made many friends, laughed a lot and even sang.

You can also take advantage of the help funding package provided through Revitalise Charities to help with the cost of your holiday.

The only disappointing thing is, because of Nancy's advanced illness, we may not get the chance to go again. My only wish is I had found this place years ago.

You can request a brochure by calling **0303 303 0145** or email [revitalise.org.uk](mailto:revitalise.org.uk)



## Everyone Welcome! FiND Family Support

We are a group of families who support family members with Learning Disabilities and/or Autism Spectrum Condition.

Anyone can join us, and we usually meet on the first Tuesday in the month from 7.30pm, venues vary.

There's no fee and no commitment. We're here if you want to drop in on us now and again!

FiND is a charity supporting those with learning disabilities and/or autism in Hull and the East Riding at FiND1, FiND2, FiND3, FiNDers and Matthew's Hub and many of our family members attend their services, but this is not a necessity to joining in with us.

We have information evenings as well as informal get-togethers, so please contact Sally if you want to find out more.

We can add you to our text or email list to keep you updated.

Email: [thestoakes@thestoakes.karoo.co.uk](mailto:thestoakes@thestoakes.karoo.co.uk) or [info@findcharity.org.uk](mailto:info@findcharity.org.uk)

Text: 07530 903229 or visit the websites [www.findcharity.org.uk](http://www.findcharity.org.uk) or [www.matthewshub.org](http://www.matthewshub.org)

## POETS CORNER

### CHILDHOOD DAYS

by Valerie Scrafton

I remember when we were small  
The happy times we'd share  
Food upon the table  
Our mothers always there.

Sometimes we'd have a sing song  
Or say some little rhymes  
Our bread and milk at bedtime  
Our knickers on the fire.

Our mam would never leave us  
To go out for a drink  
We'd always see her singing  
Beside the kitchen sink.

So if you love your mother  
Tell her now today  
Don't leave it until it's too late  
And she has gone away.

### SPRING IN JANUARY

by Mollie Thornton

It is January, and a new year begins, will it snow?  
The weather is topsy turvey, did you not know  
In winter the lawn is never a pretty sight,  
But this year the grass is vivid green and bright.

The garden is amazing, daffodils blooming, standing tall  
Yellow trumpets blowing beneath the garden wall.  
Primulas and pansies in abundance in colours yellow,  
blue and pink.

What is happening to the weather, really makes you think!

The tulips have grown, the leaves six inches high.  
The rhubarb is amazing, but not quite ready for a pie.  
The sun bursts through the clouds, a bunch of crocus  
say "hello".

The snowdrops hang their heads looking for the snow.  
The garden is alive, the birds chirp and sing.  
Will all this happen again in the season called spring?

# Carers Support Group Dates for 2016

## Beverley

Carers Support Service Office, 18 Wednesday Market, Beverley HU17 0DJ

**Third Wednesday of the month 1.30 – 3.30pm**

20 April • 18 May • 15 June • 20 July • 17 August • 21 September

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## Bridlington

Applegarth Court, Applegarth Lane, Bridlington YO16 7NE

**Last Monday of the month 1 – 3.30pm**

25 April • 23 May • 27 June • 25 July • 22 August • 26 September

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## Goole

The Courtyard, Boothferry Road, Goole DN14 6AE

**Second Tuesday of the month 1.30 – 3.30pm**

12 April • 10 May • 14 June • 12 July • 9 August • 13 September

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## Hessle

The Grange Primary Care Centre, Hull Road, Hessle HU13 0AH

**First Wednesday of the month 2 – 4pm**

6 April • 4 May • 1 June • 6 July • 3 August • 7 September

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## Hornsea

Hornsea Cottage Hospital, Eastgate, Hornsea HU18 1LP

**Last Monday of the month 10am – 12 noon**

25 April • 23 May • 27 June • 25 July • 22 August • 26 September

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## Market Weighton

All Saints Church, Church Side, Market Weighton YO43 3AS

**Second Wednesday of the month 1.30 – 3.30pm**

13 April • 11 May • 8 June • 13 July • 10 August • 14 September

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## Pocklington

The Old Courthouse, George Street, Pocklington YO42 2DH

**First Tuesday of the month 1.30 – 3.30pm**

5 April • 3 May • 7 June • 5 July • 2 August • 6 September

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## Withernsea

Meridian Centre, 201 Queen Street, Withernsea HU19 2HH

**Third Monday of the month 1 – 3pm**

18 April • 16 May • 20 June • 18 July • 15 August • 19 September

All support groups offer an opportunity to talk to and get to know other carers in similar situations.

Please note that when it is a bank holiday dates can be subject to change.

