



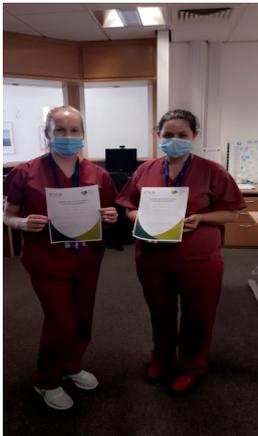
Welcome to the 3rd edition of the CISS Carers Champion Newsletter. Thank you for taking the time to complete the training and becoming a Carers Champion.

Blown Away!!!!!!

This year's carers week theme was Making Caring Visible and Valued. As a service we used this opportunity to further promote the Carers Champion Training.

During carers week we held lots of facilitated sessions and we now have over 450 Carers Champions

Carers Champions. Pictured below are some of our new Carers Champions. Welcome to the network!

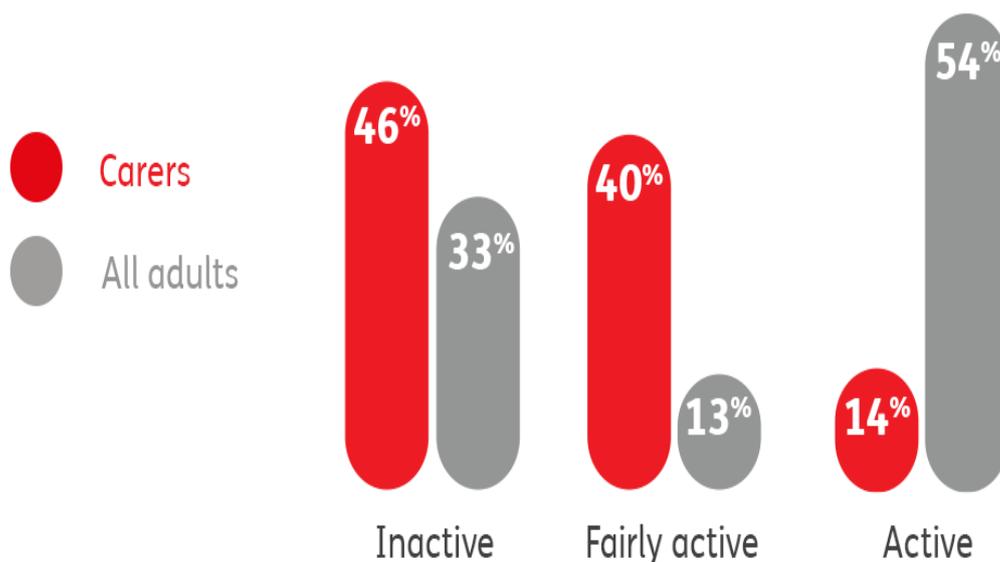


Caring & Health

Caring for someone can be rewarding but it can also be very tiring, putting a lot of demand on your physical and emotional energy. When you are simply coping day to day and responding to the needs of others, it's easy to forget your own health needs.

Research has found that caring for others can have a major impact on a person's health and wellbeing. If you are a carer, you are more likely to be in poor health – both physically and mentally – than people without caring responsibilities.

Just half an hour of physical activity a day is needed to be active! Its not about hitting the gym or running everyday (unless you want to of course). Walking, dancing, cycling and gardening all count. Many carers find it difficult to exercise, as little as 30mins activity a day could support them to keep going with the with the emotional and physical demands of caring for someone.



Carers are **much less likely to be active**

Carers and physical activity report, Carers UK, May 2021

Carers Card

Carers can access the carers card through CISS. This card can provide peace of mind to a carer. The CISS team will support the carer in creating an emergency contingency, so should something happen to the carer whilst they are away from the person they are caring from they can rest in the knowledge that someone will be alerted to their loved one. There are now over 1500 carers card in circulation across the city.

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Get your Carer Card today!

Emergency Response cover for carers

What is a Carer Card?

A Carer Card officially identifies you as a carer and provides emergency response cover and/or discount with local retailers and services. You should carry the card with you at all times.



What will it do for me?

There are two benefits to the card:

- If anything happens to you it notifies emergency services that someone you are responsible for needs support.

You get discounted access to local health and wellbeing services, and selected local shops and businesses.

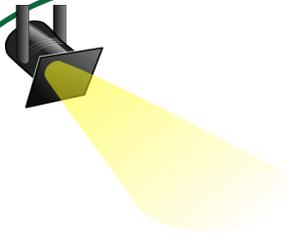
chcpcic.org.uk



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Carers' Information & Support Service



Person in the spotlight— Andrew Burnell Chief Executive City Health Care Partnership

As the Group Chief Executive I and CHCP CIC are fully committed to the ongoing support for those who undertake carers roles. Below you will see some facts and figures that demonstrate not just the worth but also the value, care and dedication these individuals bring to wider society. It goes without saying that without their commitment our health and care system would be in a very different and challenging place to work within. It was a great addition to our portfolio of services many years ago when we managed to secure the carers service contract, the teams since this time have worked tirelessly in making sure the offer is both accessible and adaptable - thank you the work is so important.

Unpaid caring – the figures..

Everyday an extra 6,000 people take on a caring role, this equates to over 2 million people a year!!!

Caring does not discriminate against gender with 58% of carers being women and a further 42% of carers being men, anyone can become a carer at any time and it's very likely that we will all have some caring responsibilities in our own lifetime.

Would you work 35 hours a week for £67.25?

Unpaid carers in receipt of Carers Allowance do, often supporting and caring for their loved ones with no training or induction, no instruction manual and no colleagues to step in to lend a hand or advise of where support is available.

These unpaid carers save the economy 132 billion pound per year!!! Quite often these carers do not see themselves as a carer, particularly when providing a caring role for a family member or friend.

CHCP's Carers Information & Support Service is really passionate that unpaid carers are recognised and able to access support in their own right.

Through the development of a Carers Champion Training Session we are really focussed on:

- raising awareness of unpaid carer's.
- how to refer unpaid carers for a carers assessment,
- support available to unpaid carers,

I hope we can continue to keep supporting and being a champion for our carers.

Parent Carer Coffee Morning

ITS BACK!!! Our parent carer coffee mornings are starting back up in September, we are really pleased to be back with the team at Special Stars and offering support to parent carers.

The group is really welcoming and a great example of how peer support can work at its best.



The poster features a green background with a white coffee cup on the right. The CHCP logo is in the top left, and the Carers' Information & Support Service logo is in the top right. The text is in white and green. The Special Stars logo is in the bottom right.

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Excellence • Compassion • Expertise

Parent Carers Coffee Morning

If you are a parent carer of a child with additional needs please pop along to our coffee morning.

A member of our team will be hosting a monthly coffee morning and will be available to offer information and advice around any additional caring you might be doing.

We plan for this to be a relaxed group and inclusive of all offering a great support network for those who attend.

For more information please contact CISS on 01482 222220 or CHCP.carersinfo@nhs.net

10.30am - 12pm
Last Tuesday of the month at **Special Stars Foundation**
171 High Street, Hull, HU1 1NE

Carers' Information & Support Service

Special Stars
shine brighter together

Lets Talk

Let's Talk is available for all patients 18 years and above with a registered Hull GP. They can see you in various ways, such as telephone, video or face to face. To refer yourself please complete their online referral form via our website <https://www.letstalkhull.co.uk/pages/make-a-referral> or by calling 01482 247111.



The poster has a purple and blue background. It features an illustration of two people sitting at a table with a speech bubble above them. The text is in white and purple. The CHCP logo is in the bottom left, and the NHS logo is in the bottom right.

Let's Talk...
Depression & Anxiety Services Hull

Carers need care too.

It's OK to feel anxious, worried, stressed or down.

Let's Talk

letstalkhull.co.uk | **01482 247111**

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NHS

Fabulous to see that Age UK have restarted socially distanced events. Variation of activities to support Older people reconnecting and preventing social isolation. We know carers are 7 times likelier to be lonely than non carers. Have a look there might be something for someone that you know.....



Social Groups

We are pleased to announce a number of new social groups starting early July 2021!

- **Every Monday:** 'Bee Social' (from 5th July)
1.30pm – 3.30pm
Springhead Golf Club, Willerby Road, HU5 5JE
- **Every Tuesday:** 'Chinwag Tuesday' (from 6th July)
9.30am – 11.30am
Springhead Golf Club, Willerby Road, HU5 5JE
- **Every Wednesday:** 'Village People'* (from 7th July)
9.30am – 11.30am
The Club House Community Centre, Elm Avenue
Garden Village Hall, HU8 8PZ
- **Every Thursday:** 'Stitch in Time' (from 8th July)
Craft Session*
9.30am – 11.30am
Springhead Golf Club, Willerby Road, HU5 5JE
- **Every Thursday:** 'The Brunch Bunch'* (from 8th July)
9.30am – 11.30am
Anlaby Park Community Library, The Greenway, HU4 6XH

For more information and to book a place, get in touch:

01482 324644

hello@ageukhull.org.uk

www.ageuk.org.uk/hull

**Please note there is a small charge of £3 for these groups*

Age UK Hull is a registered charity number 1101418 and a company limited by guarantee. Registered in England company number 04792749. Registered office: Age UK Hull, Silvester House, Silvester Street, The Maltings, Hull HU1 3HA



Hull connect to support

Manage your health, care and support needs with Connect to Support Hull

Connect to Support Hull is your local information and advice website for adults who need some additional help and support. It is packed full of useful links, information and advice for you and your loved ones to:

- Find out about different types of adult activities and social groups taking place across Hull.
- Find care providers, personal assistants and support to match your needs.
- Ideas and tips about how you and your loved ones can stay happy, healthy and fit
- Detailed information, advice and support so you can continue to live independently.

You will find comprehensive advice along with a community directory of self-help groups and activities to keep you active and connected in your community.

Get advice. Get support. Get Connected with Hull Connect to Support.

Visit www.hull.connecttosupport.org

Follow us and share

Twitter

@ConnecttoHull

Facebook

@connecttosupporthull



HULL
Connect to Support

Live your life. Take control.

Connecting you and your loved ones to a wide range of adult social care, information, advice and support.

For people in Hull aged 18 or over.

www.hull.connecttosupport.org

 @connecttosupporthull
 @ConnecttoHull

 Hull City Council

 Hull Connect to Support
Live your life. Take control.

The banner features a teal background with a row of stylized human figures in white and grey at the top. A circular inset image shows a woman with blonde hair being supported from behind by another person. The text is in white and yellow, with social media icons and logos at the bottom.

PPE

If you or someone you know provide care for a family member, your partner or a friend you may be entitled to receive free PPE.

From Monday 8th August our PPE collection site at Calvert Medical Centre will be moving to:

Home From Hospital

Lindsey Place

Hull, HU4 6BS

Tel: 01482 447673



The Champions Corner

Carers Champions we want to hear from you. We are keen for this newsletter to contain information that supports you in your Champions role. Please share any ideas or suggestions that you would like to see appear in future editions.

It would be great to include a your experiences as a Champion sharing how you have identified hidden carers raising awareness of the support available .

Please contact us : Chcpcarersinfo@nhs.net



Where you can find us.....

We continue to increase our support out in the community, also offering the option of late night and weekend appointments. We have availability across the city in the following areas, Westbourne Health Centre, Bransholme Health Centre, Bilton Health Centre, Wilberforce Health Centre and Orchard Park Health Centre. We continue to be accessible over the telephone and virtually for those carers that need the convenience of an appointment within their home settings.

We have increased our access and added more appointments so carers will receive an appointment within 48hrs for point of contacting the service

Carers can also access an online assessment through Hull City Councils Connect to Support website www.hull.connecttosupport.org

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Carers' Information & Support Service

Its never been so easy to access a member of the CISS team! We are now offering virtual appointments.

For more information call 01482 222220

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Carers' Information & Support Service

You only need to follow these 3 easy steps to get connected:

1. Call 01482 222220 and we will book your Livi appointment
2. When it's time for your appointment, you'll get a text
3. Follow the link in the text to start your video appointment

For more information call 01482 222220

chcpic.org.uk/chcp-services/carers