



# Young Adult Carers News

January 2019

Please note all information in this section can only be accessed by carers between the ages of 18 and 25.

Welcome to our special NEW YEAR newsletter. As the new year starts it can be a good opportunity to look at making some positive changes and how to achieve these. This special newsletter will give some suggestions of things we think can help improve carers lives for the better. It might be that over the year you want to try all 5 or that 1 is just enough for you! To access further information or support with anything you read in the newsletter please get in touch. We wish everyone a very happy 2019!

## Improving Health and Wellbeing

**As a carer you may feel you have very little time to focus on your own health and wellbeing, but it is so important! There is lots of support available in this area and sometimes it just requires a small amount of time to start making changes!**

Did you know that Calderdale has a Better Living Service; This service offers advice on issues such as Weight Management, Increasing Exercise, Stopping Smoking, Reducing Alcohol Intake and advice for Expectant Mums. They have information through their website:

<https://www.calderdale.gov.uk/v2/residents/health-and-social-care/bls> and also have a Facebook page: <https://www.facebook.com/BetterLivingCalderdale/>

We have arranged an information drop in at Rimani House on Monday 28<sup>th</sup> January at 4pm. At this session you will be able to find out all about this service and have opportunity to get some 1-1 advice on any issues you may have.

## Managing Your Money

**Issues with finances are often very common with carers, from understanding the benefits system to learning budgeting skills, there are lots of difficulties carers face but also lots of advice and support available. Our caseworkers are able to offer some advice but also have a good knowledge of other services if you require in-depth specialist support.**

Money Advice Service: Did you know that the money advice website offers advice and guides to help improve your finances, handy tools and calculators to help keep track and plan ahead, information about benefits, pensions, and a whole lot more. They offer support over the phone and online. Their advice is free and impartial and the website is definitely worth a look!

[www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)

Carers Personal Budget: In Calderdale carers can apply for a one off payment of up to £300 to pay for a break, social or leisure activities, driving lessons, laptop etc. or up to £20 a week towards cleaning, ironing or gardening. To apply you need to complete a Carers Needs Assessment which Calderdale Carers can help you with or you can request a form from Gateway to Care on (01422) 393000 or [Gatewaytocare@calderdale.gov.uk](mailto:Gatewaytocare@calderdale.gov.uk). The award lasts for one year and then you can reapply if you wish.

### **Making more Time To Socialise**

**Carers often tell us they don't have enough chance to meet with their friends, family or other carers. We feel that these relationships are essential to all of us.**

The Young Adult Carers Service has a monthly meet up to do something such as a meal out, bowling and not forgetting an annual residential trip. The activities give you chance to meet other young people who might be in a similar caring situation to you. They may have experienced similar issues and can give you that much needed peer support. They are also a chance to have a break from caring and to have a bit of fun! If you are interested in getting involved Lydia can give you some support to attend.

If you are on Facebook why not give us a like: Calderdale Young Adult Carers Service. We share information about upcoming events, share information about services that you might be interested in and you can also drop us a message on there!

If you like using online forums Carers UK has one where you can speak with other carers about a huge range of issues. Why not have a look and see if it's for you! [www.carersuk.org/forum](http://www.carersuk.org/forum)

### **Taking up a new Hobby or Learning A New Skill**

**Have you ever thought about going back to education to learn a new language, find out about your family history or complete a first aid course? Then Calderdale Adult Learning might have a course for you.**

Calderdale Adult Learning (CAL) offers a wide range of learning activities and courses, with more subject choice than ever before. As well as a varied programme of evening classes, CAL offer classes during the day, so you can fit your learning around your lifestyle and caring role. We have some copies of their course brochure we can post out or alternatively you can download them from; <https://www.calderdale.gov.uk/v2/residents/education-and-learning/adult-learning>

### **Sorting Out Your Affairs**

**The new year can be a good time to start thinking about and preparing for the future. At Calderdale Carers we can offer you advice and information on lasting power of attorney, making a will and funeral planning. This can include sending you out printed information, talking through a specific issue or signposting you to where you can get help.**

Another good way of planning for the future is by completing an emergency back up plan. This pulls together relevant information that would help arrange care for the person you look after in an emergency situation. If you would like to complete one, please ring the office and we can send you one in the post. Our caseworkers can also help you complete one if necessary. If you already have a back-up plan maybe you could check through it to make sure all the information is up to date and notify us of any changes.

Event	Date/Time	Info
Mini Golf	Monday 7th January 5pm	Session at Galactic Golf, Halifax: includes 18 hole game, food and drink
Better Living Session/ Cinema Trip	Monday 28th January 4pm	Info session at Rimani House with the Better Living Team (See above) Followed by a film at the Vue in Halifax (will be chosen nearer the time) Includes entry to cinema and £7pp for drink and snacks.
Tea out at Pizza Hut	Thursday 7th March 5pm	Meeting at Pizza Hut. £20 allowance for food and drink.
LaserZone	Wednesday 17th April 4pm	Pick up at the office at 4pm. Session includes 2 games of laser tag, a drink and snack.
Bowling	Tuesday 14th May 5pm	Meeting at Electric Bowl for 2 games, food and drink.

To participate in any of the following activities please contact  
Lydia on 01422 369101 or 07858714068