



Working to improve the lives of carers

Young Adult Carers News

April 2015

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

Welcome!

Welcome to the latest edition of Young Adult Carers News. Once again we have a full activity diary including our annual residential and a trip to Flamingo Land!!

As always I am keen to get any ideas and suggestions on the sort of activities and training sessions you would like me to try and arrange so if you have any ideas to put forward please let me know.

I am also continuing to offer one-to-one sessions with any YAC's that feel they would benefit from a bit of extra support and if you would like to arrange to meet up just let me know. You can contact me on 01422 369101, 07858714068, lydia@calderdale-carers.co.uk.

Update on the Partnership with Calderdale College

As some of you may already know around 12 months ago we were approached by Carers Trust to pilot some work in trying to ensure young adult carers are supported within colleges. We have been working very hard to set up a partnership with Calderdale College to ensure that young adult carers who attend the college receive appropriate support. This work has been going very well and we are hoping this continues. Calderdale College now has an official commitment to identifying and supporting young adult carers and they are now referring young adult carers to our service. The pilot work has recently been published in a new national Carers Trust publication, a mini tool-kit for colleges called 'Supporting Student with Caring Responsibilities: An Introduction to Ideas and Practice for Colleges to Help Student Carers Succeed in Further Education'. The toolkit is available to download with the following link: <https://professionals.carers.org/collegetoolkit>. A full version of the tool-kit should be ready by the end of the year. As a result of this work I recently attended the Carers Trust Young Carers and Young Adult Carers Regional Conference in Leeds to deliver a workshop on what we've been doing in Calderdale! It has been fantastic to be involved in this piece of work and is a great example of how Calderdale is striving to support carers. If anyone would like more information about this work or feel they could benefit from some additional support from college then please get in touch!

New Carers Personal Budgets

The Carers Needs Fund payments of £200 every 3 years have now been replaced by Carers Personal Budgets due to the Care Act coming in on 1 April 2015.

Carers still need to complete a Carers Needs Assessment then if you meet the new national eligibility criteria for carers (below), a worker from Calderdale Carers or Adult Social Care will complete a Carers Support Plan with you.

The Carers Support Plan asks about any needs you have as a carer and how they can be met. It could lead to funding for a service or a personal budget for you as a carer, which is paid by Adult Social Care at Calderdale Council. For example, if you are struggling to keep on top of your housework due to your caring role and there is no one else to help you with it, you may be entitled to a cleaning service.

As the Care Act only covers carers of adults (18+) the new scheme doesn't apply to carers of children or young people under 18, unfortunately.

You meet the national eligibility criteria for carers by answering yes to these 3 questions:

1. Are the carer's needs the result of providing *necessary* care?
2. Does your caring role have an effect on you?

Your caring role has an effect on you if your physical or mental health is at risk of getting worse, or you are unable to achieve at least one of the following outcomes:

- look after any children you have responsibilities for
- provide care to any other person
- maintain your home in a fit and proper state
- eat properly and maintain proper nutrition
- maintain and develop your relationships with family and friends
- take part in any education, training or volunteering you may wish to
- have time for social activities, hobbies etc

3. Is there, or is there likely to be, a significant impact on the carer's well-being?

The definition of 'well-being' in the Care Act is very broad and includes things like personal dignity, control over your day to day life, participation in education, work or social activities, relationships with other people, having suitable accommodation, protection from abuse and neglect.

Contact Gateway to Care on 01422 393000 or GatewaytoCare@Calderdale.gov.uk to request a Carers Needs Assessment to complete and return to them.

<p><u>Contraception Now Available Through Calderdale Carers Project</u></p> <p>Calderdale Carers project is now able to give information about a range of issues regarding sexual health and now have a stock of condoms, femidoms, dams, lubes and pregnancy tests to distribute to YAC's if necessary. We will be able to register YAC's up to the age of 25 with a C-Card meaning they can access free contraception from us or a range of other venues across Calderdale at any point. As part of the training we are also now registered as a venue to come for Chlamydia tests so we also have a stock of these and YAC's can approach us if they would like to come in and do a test. All contact will remain confidential. To find out more please get in touch with Lydia.</p>	<p><u>Talent Match</u></p> <p>Talent Match is a programme, delivered by Groundwork, that works with unemployed 18-24 year olds to get them into work or closer to it through individualized support and coaching. We work with young people on their employability skills, CV development, interview techniques, job search, and career aspirations as well as signposting clients to suitable agencies to address their needs or barriers to employment if needed.</p> <p>To be eligible for Talent Match you must live in Calderdale, be between 18 -24 years at the start of the programme and have been unemployed for 12 months or more. You do not need to be on benefits to be eligible.</p> <p>We are now taking referrals for the programme so if you are interested in accessing support from Talent Match please contact:</p> <p>Diane Halford, Talent Match Key Worker, on 0113 238 0601 for more information.</p> <p>Find out more at http://www.yourconsortium.org/talentmatch</p>
<p><u>Activities For Carers</u></p> <p>Did you know young adult carers can also attend any of the activities and courses advertised in the generic carers newsletter? Activities and courses over the next few months include: an introduction to manual handling course and a Looking After Me course.</p> <p>To book on any of the activities simply ring the office on 01422 369101.</p>	
<p><u>Low Mill Residential</u></p> <p>Coming up we have our annual 2 night residential to Low Mill Outdoor Resort in North Yorkshire. We will be going in the morning of Friday 24th July and returning in the evening of Sunday 26th July. There will be a range of outdoor activities available over the weekend including archery, canoeing, raft building and gorge walking and all meals are provided by the centre. Please note there are only 6 places available for this residential and priority will be given to those that haven't been before. Full details will be sent at a later date. To book contact Lydia on 01422 369101.</p>	

Event	Date/Time	Availability	Details	Cost
Paintballing	Saturday 16 th May	8	Full day paintballing session. Please wear appropriate clothing and footwear. Pick up from Rimani House at 8.15am . Paintballing starts at 9am. Drop off after back at the office.	Can bring money for drinks/snacks.
TGI Fridays	Wednesday 17 th June		Meeting at 5.30pm at TGI Fridays in Broad Street Plaza. Everyone will have £15 to choose what they want from the menu.	Extra spending money if going over the £15.
Low Mill Residential	24-26 th July	6	See above for full details	
Flamingo Land	Wednesday 12 th August	6	Days trip to Flamingo Land. Pick up from Rimani House at 8.45am, drop off back the office after.	Can bring money for drinks/snacks or bring packed lunch.

To participate in any of these activities please contact Lydia on 01422 369101, 07858714068, lydia@calderdale-carers.co.uk