

July - September 2025

# Carers Newsletter



**Celebrating 30 years of York Carers Centre – Join us as we reflect on our journey and look ahead to a bright future supporting unpaid carers in York.**



**What's On?**

**AGM**

**30 for 30**



01904 715 490



[enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)

## Contents

In this issue	Page 2
Annual General Meeting	Page 3
What's On?	Pages 4 to 5
Carer Groups	Pages 6 to 10
Mental Health Carers	Pages 11 to 12
Family Work	Page 13
Young Carers	Page 14 to 15
Young Adult Carers	Page 16
Carers Discount Card	Page 17
50+ Festival	Page 17
Fundraising	Pages 18 to 19

## Welcome to our Summer 2025 Newsletter

I joined York Carers Centre in August 2000 on a three month temporary contract - there were just four of us! This year, as we celebrate our 30th anniversary, it's incredible to reflect on how far we've come. One of the biggest milestones was becoming an independent charity, and since then, we've continued to change and grow. Today, with a dedicated team of 33 staff and support reaching over 5,000 carers, I'm incredibly proud to be the CEO of this amazing charity.

We'd love for you to join us at our AGM for a special celebration - whether you're currently a carer or have been in the past. Your stories and memories of being involved with us are so valuable, and we'd love to hear them.

Sharron Smith, CEO

## Annual General Meeting (AGM)

### An evening of reflection and celebration.

As we mark 30 years of supporting carers, we're taking a moment to reflect on our journey - and we are inviting anyone who has been part of that journey, at any time over the past three decades, to join us at our AGM.



It will be a special evening to look back, share memories, and celebrate the many lives touched along the way. Whether you're a carer or professional who worked alongside us, a former member of staff, or even a young carer from years past (who might now be in your 40's!) we'd love to see you. We'd love to hear how you're doing and what our support has meant to you over the years.

**When:** Thursday 18 September, arrive for 5.15 pm. AGM runs 5.30 - 6.30 pm with time afterwards to meet the team.

**Where:** Friends Meeting House, Friargate, York YO1 9RL. Buffet food and drinks provided.

**Book via <https://York-Carers-Centre-AGM-Sept-2025.eventbrite.co.uk> or email [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk) or call 01904 715 490.**

## £30 for 30 years

As we celebrate 30 years of supporting carers in York, we're also looking ahead, and we need your help to keep going.

While most of our work is funded through the Local Authority and the Integrated Care Board (ICB), much of what we do depends on grants and generous donations from people like you.

This year, we're inviting everyone to take part in our £30 for 30 years campaign - just £1 for every year we've been here for unpaid carers.

Whether you donate, fundraise, or help spread the word, your support will help us reach even more people who need us.

**Together, we can make the next 30 years even stronger. Ready to make a difference?**

**Here's how you can help...**

Please consider donating £30 - either as a one-off gift or, if you're able, by setting up a monthly donation. Every donation helps us continue our vital work supporting unpaid carers in York.

Donations can be made on our website.

**<https://localgiving.org/charity/yorkcarerscentre>**

Do you have an amazing prize (or prizes) worth around £30 that you could donate for our raffle or tombola? To donate, please email **[fundraising@yorkcarerscentre.co.uk](mailto:fundraising@yorkcarerscentre.co.uk)** - Charlotte will be happy to arrange collection.

Challenge yourself to carry out 3 (or more!) acts of kindness for your loved ones or neighbours. Donate with each act and share the love by tagging us on Instagram **[@yorkcarers](https://www.instagram.com/yorkcarers)** or Facebook **[@yorkcarerscentre](https://www.facebook.com/yorkcarerscentre)**.

There are countless, simple ways to brighten someone's day. Every act of kindness makes a difference.

## Lotherton Hall

Join us for a day trip to Lotherton Hall to explore the gardens, historic hall and grounds, and Wildlife World. Enjoy afternoon tea with a selection of sandwiches, cakes, and drinks and unwind in good company in a relaxed setting.

You're welcome to bring the person you care for. Transport from York city centre can be arranged.

**When:** Wednesday 3 September, 10.30 - 4 pm

**Where:** Lotherton Hall, Collier Lane, Aberford, Leeds LS25 3EB

**Book via <https://York-Carers-Centre-Lotherton-Hall-Trip.eventbrite.co.uk> or email [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk) or call 01904 715 490.**

\*\*\*Book early as places are limited.\*\*\*

## Howardian Hills Nature Day

We're inviting Adult Carers (18+) to take a break and reconnect with nature at our Creative Nature Day in early August (exact date to be confirmed.)

In partnership with Next Door But One and York Dance Space, we're offering a relaxing day in the Howardian Hills, with gentle, creative activities that encourage rest, reflection, and connection with nature.

Lunch and transport will be provided, and staff from York Carers Centre will be joining to support the day.

**Please email [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk) or call 01904 715 490 to register your interest.**

\*\*\*Please note: This event is for carers only.\*\*\*



## Carers Connect

We run two social groups a month for unpaid carers - a welcoming safe space to connect, share, and find support from people that understand.

Our Carer Support Workers and volunteers facilitate these groups and are on hand to discuss any concerns, challenges and successes related to your caring role.

We welcome any carers to the groups; if you are not registered with us, you can register on the day.



You can bring the person you care for or come on your own. There is no need to book.

## Haxby

**When:** Wednesdays,  
1 – 2.30 pm  
30 July, 27 August and  
24 September.

**Where:** Oaken Grove  
Community Centre, Haxby,  
York YO32 3QW

## Acomb

**When:** Tuesdays,  
1.15 - 2.45 pm  
8 July, 12 August and  
9 September.

**Where:** The Willow Room, The  
Gateway Centre, Front Street,  
York YO24 3BZ

**“I feel really listened to. I didn’t know where to turn as things have gotten quite challenging in recent months. I’m so glad I came.”**



## Carers Action Group

The Carers Action Group brings together carers, York Carers Centre staff and professionals from local organisations.

Coming to this group is an opportunity for you to have your voice heard as a carer. It's a chance to meet representatives from other support services, talk about what's important to you, and share what help you need as a carer.

In our May meeting, we talked about the development of the new City of York Carers Strategy. At our August meeting, we'll focus on the Carers Improvement Plan, which is being developed by the Patient Experience Team at York Hospital.

New members are always welcome! If you'd like to find out more, feel free to contact Alison Wheatley from the Adult Carers team.

**"I didn't know what to expect but am so glad I gathered my courage and came along. You're a really welcoming bunch. Looking forward to coming back next month."**

**When:** Wednesday 13 August, 10 - 1 pm (includes lunch.)

**Where:** Friargate Quaker Meeting House, Friargate, York YO1 9RL

**Book via <https://York-Carers-Centre-Carers-Action-Group-August-2025.eventbrite.co.uk> or email [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk) or call 01904 715 490.**

Please let us know you are coming so we can arrange lunch.

## Substance Misuse & Gambling Carer Support Group

We run support groups for anyone affected by someone else's substance misuse and / or gambling.

Our staff and volunteers with lived experience can talk to you about your caring role and offer tips and coping strategies, as well as signpost you to other support services.

### In-person

**When:** Mondays, 12 – 2 pm  
21 July, 18 August and  
15 September.

**Where:** Tesco Extra,  
Community Room, Askham  
Bar, Tadcaster Road, York  
YO24 1LW

### Online

**When:** Tuesday 5 August,  
6 – 7.30 pm

**Where:** Zoom

**“This is the only place where I can come and talk about my son, I don’t tell my friends or family.”**

**“I keep coming to the group because even though things are good at the moment, you never know what’s round the corner, how quickly everything can change”.**

**To book email events@  
yorkcarerscentre.co.uk or call  
01904 715 490.**

If you haven't attended a group before, please email (as above) to book your place as you will be offered a telephone appointment with group facilitator Sam Sollitt beforehand.



## Crafty Social

Do you enjoy crafts? Do you have an unfinished craft project? Then join our relaxed craft group for carers.

Bring your own work or use our card-making supplies. Light refreshments provided.



**When:** Wednesday 20 August, 2 - 4 pm

**Where:** York Carers Centre, 17 Priory Street, York YO1 6ET

**Book via** <https://York-Carers-Centre-Crafty-Social-August-2025.eventbrite.co.uk> or email [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk) or call 01904 715 490.

## Carer Awareness Training

This group training is an opportunity for professionals to learn more about York Carers Centre, and the support available for unpaid carers in York.

This training will help to improve your understanding of:

- the role of carers
- the effect this role has on their lives

It's also an opportunity to explore how professionals can:

- help identify carers early
- recognise carers as 'partners' in care
- help carers look after their own health and wellbeing

**When:** Wednesday 23 July, 10.30 - 12.30 pm

**Where:** Zoom

**To book visit** <https://york.learningpool.com/course/view.php?id=1950>

## Creative Workshops - Exploring Loss and Grief

Our creative workshops are continuing, and we'd love for you to join us. We will be using creative writing, art, music and performance to explore feelings of grief and loss.

Matt from Next Door but One theatre group will be facilitating the workshops, and we welcome all loss experiences; from bereavements to changes in identity, the loss of a relationship, the loss of a job and everything in-between.

You are welcome to come to one or all the workshops. Each workshop will have a different theme, and staff from York Carers Centre will be on hand to support and join in. Sessions will be ongoing until December 2025.

**"I felt really fragile today. Like a watering can with lots of holes in it, you need to find ways of filling it up again. And doing this with everyone has done that for me."**



**When:** Tuesdays,  
10.30 - 12.30 pm  
22 July and 23 September

**Where:** York Theatre Royal,  
St Leonards Place, York  
YO1 7HD

**To book please email  
[events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk) or call  
01904 715 490.**

\*\*\*Please note: These sessions are for carers only.\*\*\*

## Mental Health Carers Group

This group is for anyone supporting someone with a mental health condition, offering a break from caring responsibilities and a chance to connect with other carers.

Some sessions feature guest speakers, while others focus on providing mutual support and sharing coping strategies.

New members are always welcome. This group is run in partnership with Rethink Mental Illness York Group.

**When:** Wednesdays,  
7 - 8.45 pm  
9 July, 13 August and  
10 September.

**Where:** Friends Meeting  
House, Friargate, York  
YO1 9RL

There is no need to book, just drop-in.

If this is your first time attending the group, please email

**[lindsey.foster@yorkcarerscentre.co.uk](mailto:lindsey.foster@yorkcarerscentre.co.uk)**.

You will be offered a telephone conversation before attending. Please also email Lindsey to be added to the mental health carers mailing list.

## Mental Health Carers Afternoon Tea

Following the positive feedback from last year's event, we're thrilled to once again invite Mental Health Carers to a special Afternoon Tea in York this September.

Keep a look out in our July and August ebulletins for further details.

We look forward to welcoming you!

## Wellbeing Group for Mental Health Carers

This is a friendly and relaxed group for anyone who supports someone with a mental health condition.

It's a time to focus on your own wellbeing, connect with others who share similar experiences, and take part in gentle activities.

\*\*\*Please note: the group now meets on the last Tuesday of each month (previously the last Wednesday).\*\*\*

**When:** Tuesdays,  
6.15 - 8.15 pm  
29 July, 26 August and  
30 September.

**Where:** 30 Clarence Street,  
York YO31 7EW

**To book please email**  
[julie.kay@yorkcarerscentre.co.uk](mailto:julie.kay@yorkcarerscentre.co.uk)

If this is your first time attending the group, please let us know. You will be offered a telephone conversation beforehand.

## Mental Health Care - An Update

We're delighted to have successfully recruited for York Carers Centre roles within the new second Mental Health Hub, set to open in Acomb Garth in the coming months.

From the start, a Senior Carer Support Worker and a Carer Support Worker will be in place to offer valuable support to carers.

They'll work closely with our partners at York Mind, Adult Social Care, and TEWV to make sure carers get the help they need. The Hubs will provide easy-to-access mental health and carer support in the community. They'll also help people, including carers, find and connect with other local services.



## Families

For our latest young carer family activity, we enjoyed a sunny stroll around Museum Gardens. These sessions vary, with activities such as board games, boat trips, crafts, coffee, and cake. They are a great way to connect with others in similar situations and enjoy a change of pace.

This summer, we've planned family trips to Filey and Lightwater Valley for young carers registered with us and an adult family member. We know it can be challenging for families with more than one child, but these trips offer valuable one-to-one time with the young carer.

We will also be at the York College 'Getting Sorted' events on 29 July and 5 August, which are to support anyone starting at the college in September.

Chris will be running monthly drop-ins there too.

Starting in September, we'll be running another 10-week course for parents and guardians of young carers, exploring how our own life experiences affect the way we feel and parent.

**When:** Wednesdays,  
10 - 12 pm  
24 September and 1, 8, 15, 22  
October and 5, 12, 19, 26  
November and 3 December.

**Where:** Door 84 Youth  
and Community Centre, 84  
Lowther Street, York  
YO31 7LX

Chris Edeson also provides one-to-one support for families on a range of issues, including emotional wellbeing, accessing grants and funding, and working with schools. For more information about any of the support mentioned, please email **chris.edeson@yorkcarerscentre.co.uk**

## Youth Club

We run youth clubs just for young carers (aged 5 – 16 years old). We have separate groups - primary and secondary - so that young carers of the same age can be together.

### Primary School Youth Club

**When:** Tuesdays, 5 - 6.30 pm  
1 July, 5 August and  
2 September.

### Secondary School Youth Club

**When:** Tuesdays, 5 - 6.30 pm  
15 July, 19 August and  
16 September

### What we've been up to lately...

During the Easter holidays, we enjoyed a fun-filled Forest School session and a fantastic family day out at Cannon Hall

Farm. Over the May half term, our adventures continued with a visit to Go Ape – always a favourite – and a visit to Clip 'n Climb for primary school-aged young carers.





## Our Work in Education

Millthorpe School has become the first school to receive the 'Young Carers in Schools Award', and many more are working towards the award. In a major step forward, every mainstream secondary school in York now offers a monthly drop-in session for young carers.

## Young Carers National Voice



The group are launching a campaign to ensure young carers are formally recognised in school inspection frameworks.

A group of young carers travelled to Birmingham to collaborate with other centres and help shape the campaign.

## What's Next for Young Carers?

We've got lots of fun activities planned for the summer.

These include a trip to Dalby Forest, cooking sessions, a visit to Oxygen, and another Forest School session. Our regular LAFFS sessions will also be running.

**To find out more about the Young Carers service please email [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk) or call 01904 715 490.**

## YACs Social

We run social groups for Young Adult Carers aged 18 – 25, but young carers aged 16+ are welcome too.

Take a break from your caring role, meet other young people who live in similar circumstances, get involved, eat food and relax!

**Where:** SPARK York, 17 – 21 Piccadilly, York YO1 9PB

**When:** Wednesdays, 5 – 8 pm  
30 July, 27 August and  
24 September

Drop in anytime - stay as long as you like.

**Follow @YACsYork on Instagram to see what they get up to or send a DM to find out more.**

**Alternatively, please email [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk) or call 01904 715 490.**

In July, Young Adult Carers, will showcase their artwork at Vandal Fest 25, a three-weekend exhibition in a disused York office block.

Created with artist Zoe Phillips and inspired by the York Human Rights City Annual Lecture by Professor Ann Skelton, the artwork explores the Right to Protest - with powerful results!



**When:** July, 11 - 6 pm  
11, 12, 13, 18, 19, 20, 25, 26 and  
27 July.

**Where:** 2 Low Ousegate, York  
YO1 9QU.

## Carers Discount Card

### Help shape the Carers Discount Card.

We're expecting new funding soon to expand our Carers Discount Card and we'd love to hear from unpaid carers about what would be most helpful to you.

We're already exploring discounts to support your wellbeing – such as reduced gym memberships and complimentary therapies – but we want to know what matters most to you.

Is there a product, service, or treat you'd love to see included? Let us know! These discounts are for you, so we want them to make a difference.

**Please email enquiries@yorkcarerscentre.co.uk with your ideas.**

## 50+ Festival

This year, the festival is organised by York Older People's Assembly (YOPA) and Age UK York and is a celebration of the experience and talents of those aged 50+. Over 1,850 carers registered with us are aged 65+, including 640 over 80. If you're in this age group and haven't accessed our support, we'd love to know why – are there barriers we're missing? If you have used our services, tell us how they've helped. Your feedback helps us improve support for all carers. Get in touch by phone, letter, or email – whatever suits you best.

The 50+ Festival runs from 20 September to 1 October. Don't miss the all-age Grand Parade on 27 September, 1:30 pm, starting at York Theatre Royal, passing through Museum Gardens, and ending at St Helen's Square, where the Lord Mayor will give a warm welcome.

## York Rotary Dragon Boat Challenge

We have a stall at the York Rotary Dragon Boat Challenge! Visit us for games, prizes, and a chat - it's a fun-filled day of community spirit and local charities.

**When:** Sunday 13 July  
(all day)

**Where:** Between Scarborough Bridge and Lendal Bridge, River Ouse.



## Joint Fundraiser with York Dementia Forward

We're excited to announce a joint fundraiser with York Dementia Forward on Wednesday 29 October, 1 – 3 pm.

Join us for a musical afternoon of singing, tea and cake. Booking information coming soon...

## Marcos Miles

Marco Polledri, General Manager at Radfield Home Care, has cycled 837 miles (the equivalent of Lands' End to John O'Groats) in his living room and raised £833 for us. What an amazing achievement, we are so grateful for every mile and every penny.

**If you feel inspired, please get in touch [fundraising@yorkcarerscentre.co.uk](mailto:fundraising@yorkcarerscentre.co.uk)**

## Don't Tell Jane Live Music Fundraiser

We had a fantastic evening at the Moxy Hotel with an evening of live music.

It was amazing to see so many unpaid carers come together to enjoy live music, connect, and be part of something special – helping us raise much needed funds to continue and improve our services.

A big shoutout to the performers: Crowded Shed, Ruby Salter and Don't Tell Jane – thank you for giving your time and talent to support our cause. This was our first event of its kind, and we loved seeing the Young Adult Carers getting involved too – it means a lot to us.

**If you've got a fundraising idea, get in touch - [fundraising@yorkcarerscentre.co.uk](mailto:fundraising@yorkcarerscentre.co.uk) We'd love to hear it!**

## Marathon Mayhem

A team from York Carers Centre are gearing up to take on the York Relay Marathon in October to raise vital funds.

Follow their training journey on our Instagram and Facebook pages and donate if you can.

Let's cheer them on every step of the way!



# Stay in touch



Stay informed with our monthly e-bulletin, delivering the latest information and news for carers straight to your inbox. To subscribe, email [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk) or call **01904 715 490**.

If you no longer wish to receive this newsletter by post, email [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk) or call **01904 715 490**.

Please let us know if you need a large print version of our postal newsletter.

If you're unable to access the links in this newsletter, call us on **01904 715 490**. We'll be happy to print the articles and send them to you by post.



CITY OF  
**YORK**  
COUNCIL



Humber and North Yorkshire  
Health and Care Partnership



## Contact us

We are an independent charity that helps unpaid carers in York (or caring for someone in York) find the support they need. We are a network partner of Carers Trust.



01904 715 490



@yorkcarerscentre



[enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)



@yorkcarers



[www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)