



Carers'  
Information  
& Support  
Service

CISS Newsletter



CARERS NEWSLETTER

Winter 2022

# Merry Christmas

A Big Merry Christmas to you all from all the team at the Carers  
Information and Support Service



Carers' Information & Support Service  
The Calvert Centre, 110a Calvert Lane, HULL, HU4 6BH  
01482 22220 [chcp.carersinfo@nhs.net](mailto:chcp.carersinfo@nhs.net)

## SPOTLIGHT ON SANTA CLAUSE



### Santa Clause AKA Father Christmas/Saint Nicholas

Father Christmas, the man in the red suit, but has it always been like this?

Check out these top 12 festive facts about Santa Claus.

1. One of the most common names for him today is Santa Claus.
2. He has had various names all over the globe, such as Père Noël in France and Papá Noel in Spain.
3. Noel in Spain.
4. In England, he has had three names: Lord Christmas, Old Father Christmas, and Sir Christmas.
5. In English folklore, people used to believe that he was associated with the god Wodan, the carrier of the dead.
6. Saint Nicholas was the original model for Father Christmas, as he used to leave secret gifts for people or put coins in shoes if they were left outside.
7. The original idea of Father Christmas was that he brought good cheer – not gifts.
8. In the Tudor and Victorian Eras, Father Christmas wore a green suit.
9. Nowadays, Europe sees him as a jolly old man in a red suit, lined with white fur and a matching hat. He also wears a black belt and boots.
10. He is usually depicted with a long white beard and a sack of toys.
11. Some people believe that the suit became red after he was featured in a Coca-Cola advertisement, which has nowadays become the symbol of Christmas-time.
12. Father Christmas has a “Naughty List” and a “Nice List,” which children’s names are upon. He checks this when he receives wish letters from those children.

## Carer Christmas Celebrations.

The Carers Information & Support Service know carers often neglect their own Health & Wellbeing as they are busy caring and thinking about the person they care for.

The Christmas period can often be a time of increased pressure for carers and having the time to find things they enjoy doing may be way down on the 'to do list'. With this in mind the Carers Information & Support Service hosted Christmas Themed Activities throughout December to provide activities and celebrations that were fun to make it a little easier when things are difficult.





# Carer Card



Do you have a Carers Card?

Name: .....

Reference no: .....



If found please call  
01482 222220



**THE CARERS CARD IS AN ESSENTIAL PART OF ANY CARERS TOOL KIT AND YOU CAN GET YOURS TODAY FREE.**

The card will enable you to:

- \* **Create an emergency plan** – ensuring there is a plan in place for the person you care for if something happens to you,
- \* **Access Discounts**—we have over 60 local businesses offering a discount in the local area. (Below is a few of the new businesses who have joined the Carers Card Discount Scheme to offer support locally to carers this month)
- \* Official Recognition as a **CARER**

## New Businesses

Mama's Little Sweeties Hull

Address: 910 Spring Bank West, HU5 5BL

Telephone number: 01482 241625



Roisin Dubh Vintage and Retro inspired clothing and gift Boutique

Address: Hepworth Arcade, Silver Street, HULL HU1 1JU

Telephone number: 07796 203904

LA's Candyland

Address: 625 Spring Bank West, Hull, HU3 6LE

Telephone number: 07886 728700



Discount Fishing Tackle

Address: 648 Anlaby Road, HU3 6UU

Telephone number: 01482 500105

To apply for a Carers Card please telephone the service on 01482 222220.

## Community Support



## Freedom Food Ready Meals

EMS (Environmental Management & Solutions) in partnership with The Preston Road Enterprises, are now making a range of nutritious ready meals using the Freedom Centre kitchen and delivering them to Community Fridges located around Hull. There are Community Fridges all over Hull that are stocked.

Anyone can join and membership of the project is FREE!

All meals are cooked by chefs and just require reheating. The meals will feed up to a family of four and cost £3.00 each. There is no limit to the orders you can make. The meals menu is updated on a Friday at 10am on our Facebook page and Twitter account.

[Environmental & Management Solutions Ltd | Kingston upon Hull | Facebook](#)

**Support available during the cost-of-living crisis** by getting help from EMS

EMS Offices Unit C, Preston Road Village Centre, Hull

<https://www.emsyorkshire.co.uk/>

CALL ANDY ON **01482 709810** FOR MORE INFORMATION.



# DFN PROJECT SEARCH HULL



DFN PROJECT SEARCH provides internships and employment training for people with a variety of learning disabilities and Autism Spectrum conditions aged 18-24 with a Educational Health and Care Plan (EHCP). Each intern completes three rotations in different departments to learn a job role that will help them to achieve their employment ambitions.

On the 16<sup>th</sup> of November, the DFN Project SEARCH team celebrated their first anniversary working in partnership with Wilberforce College, City Health Care Partnership (CHCP), DFN Project SEARCH, Hull City Council and East Riding of Yorkshire Council. The interns talked about the skills they have learned so far, the job tasks they have been doing in their internships and they got to eat lots of cake.

We have had one intern working with us at CISS or the past three months, **Charlie** has been helping us out with administration tasks and contributed to this newsletter. Our intern has done an amazing job sending out letters to businesses in hope of getting more discounts for the Carers Card.

If you would like to find out more about DFN Project SEARCH Hull or hosting an intern in your business check out our Facebook page or LinkedIn (DFN Project Search Hull) alternately email pro-

jectsearch@wilberforce.ac.uk

[projectsearch@wilberforce.ac.uk](mailto:projectsearch@wilberforce.ac.uk)

# Books and Biscuits



## PLAYGROUP FOR ALL 0–5-YEAR-OLDS

Come and join us for a fun playgroup!

Enjoy free play, arts and crafts and story time!

£3 per child (multi child discount)

All materials, drinks and snacks included.

No booking necessary.

Mondays during term time 10 AM – 11.30AM

LOCATION: aScEND Hull, 423 Endlike Lane, Hull, HU6 8AG

For more information:

Call 01482 259069 or view online at [admin@ascendhull.com](mailto:admin@ascendhull.com)



# Send sessions

## CRAFT SESSIONS FOR ADULTS WITH SEND

Come and join us for a fun craft session!

£5 per person (parents/carers go free)

All materials, drinks and snacks are included

No bookings

Wednesdays & Thursdays 10:30 AM – 12 PM

LOCATION: aScEND Hull, 423 Endlike Lane, Hull, HU6 8AG

For more information:

Call 01482 259069 or view online at [admin@ascendhull.com](mailto:admin@ascendhull.com)



# WORKING CARERS



- \* **Do you balance work and caring?**
- \* **Does your 'real job' start when you leave work?**

If you are a carer who is juggling work and caring and would like to know what support is available please contact our Employment Support Worker Rebecca on 01482 222220 or drop us an email to [chcp.carersinfo@nhs.net](mailto:chcp.carersinfo@nhs.net)

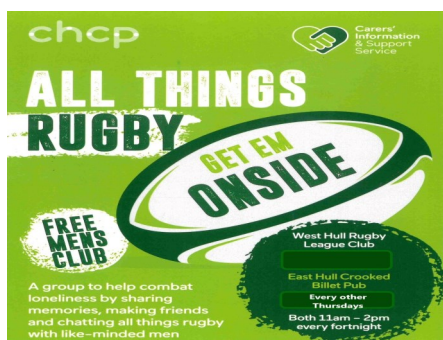
Rebecca works flexibly and offers appointments over the telephone, face to face and if required can visit you in the workplace to enable you to access information, advice and support on your caring role.



# CISS Support Groups

At CISS we understand that your caring role can sometimes leave you feeling isolated and lonely. You are warmly welcomed to join us for a chat and a coffee at one of our carer support groups.

## Men's Group



### 'Get 'em onside'

- Men's Group to combat loneliness and social isolation
- Advice for your caring role.
- Dominoes/cards/ Old books of old Hull
- Game from the past screening every week
- Come along for a chat and a laugh and reminisce about

old times

- Meet old and new friends
- Free Tea & Coffee

Every Thursday at West Hull Rugby League Club North Road Hull HU4 6JP 11-2pm

The group is FREE to attend and bar is open.

## Women's group

Coffee in the Community Group

- Chat, coffee, and company
- Advice for your caring role.
- Regular activities such as crafting, knitting, making Wreaths etc. (ring for details)
- Free Tea & Coffee
- Bar is open

Every Thursday at West Hull Rugby League Club North Road Hull HU4 6JP

11-2pm

The group is FREE to attend and bar is open.



Ring 01482 222220 for any other enquiries



## CISS SPECIAL STARS GROUP

- MEET FIRST WEDNESDAY IN EVERY MONTH
- 10-12PM
- FREE TEA AND COFFEE
- SOCIAL SUPPORT
- ADVICE AROUND THE CARING ROLE
- CHAT AND ADVICE
- PEER SUPPORT
- HELP WITH SEND ISSUES

### WHAT DO WE DO?

Special Stars Foundation is a registered not-for-profit charity. (Registered charity number: 1156237). Our focus is to improve the quality of life for people with significant learning and physical disabilities and their families across Hull and East Yorkshire. We achieve this by providing a diverse calendar of creative learning and social activities. We also offer a range of support, social, training and advice services for parent carers

### WHO DO WE HELP?

We support just over 2,100 families affected by disability in the Hull and East Yorkshire region, operating from our new location on the 3rd floor within Princes Quay in the heart of Hull City Centre

Here we have a huge event space from which we run inclusive activities for disabled children and creative learning and social events for adults with learning disabilities. We also run support groups, craft workshops, seminars and training sessions here for parent carers

Next door, in our adjacent unit, we have a specialist shop stocking disability-specific equipment, sensory toys, learning resources and much more! Our shop is open to the general public seven days a week. Customers are welcome to pop in and browse, or order online using our free click-and-collect service or have their order posted out

Within our building, we also have a large sensory room which is kitted out with some fantastic sensory equipment. Our Sensory Room is fully wheelchair accessible, and we also have a mobile hoist so that absolutely everyone can enjoy this amazing sensory experience

Should you have any queries about our charity, or would like to volunteer or fundraise for us, we would love to hear from you! **Contact us at 01482 227657 or via email at [admin@heyspecialstars.co.uk](mailto:admin@heyspecialstars.co.uk)**

## Your voice matters.....

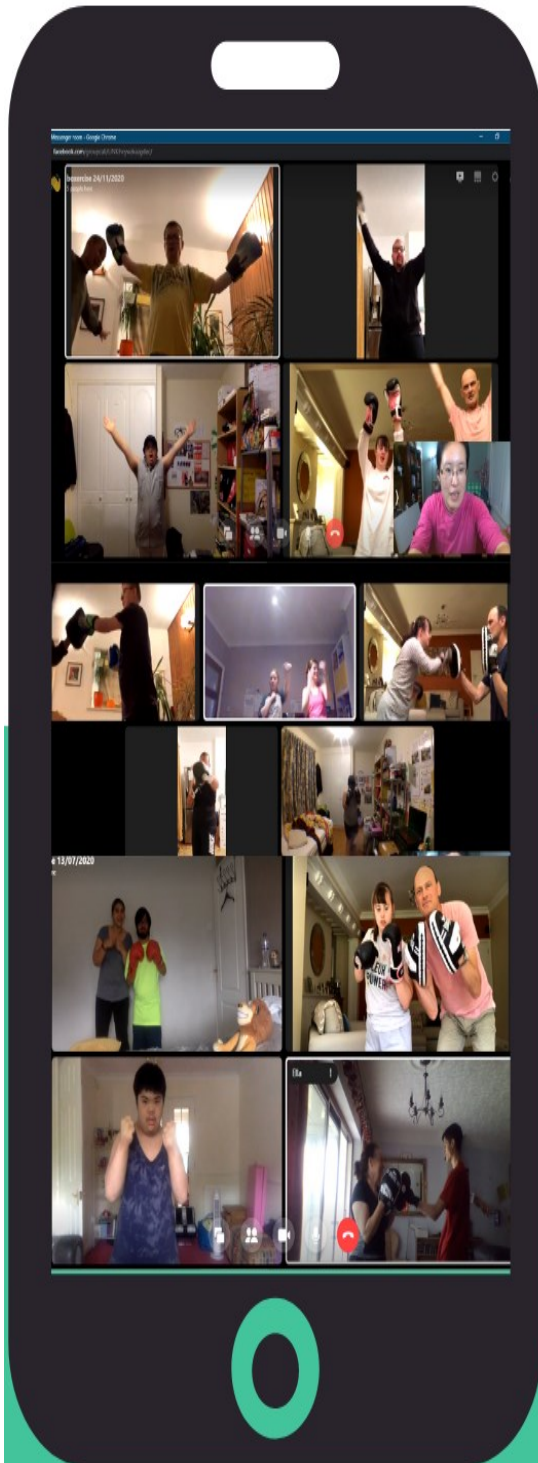
### Carers Partnership Board Hull

As a Carer, we believe you have a voice that should be heard. Every caring situation is unique and no carer or cared for are the same. You are an 'expert' in your situation as you are the one living through your 'experience' of caring and should be able to have a say in services, policies and decisions that affect you and the people that you care for. We call this the 'Carers Voice'. The Carers Partnership Board in Hull want to ensure carers are involved in decisions at every level. From helping us to decide how services should use their time and resources to best meet your needs and those of other carers, to looking at how effective services are in what they do.

The Carers Partnership Board want the independent voice of carers. Its vision is to ensure that unpaid carers throughout Hull are valued, recognised and supported with equal access to a good quality of life that is not prejudiced by their caring role. Together, we are working to improve the health and wellbeing of all carers in Hull through partnership working to ensure that the voice of carers is heard and listened to. Enabling support and services to be designed and delivered that reflect carers' needs and interests.

We encourage all services to work in co-production which means 'delivering public services in an equal and reciprocal relationship between professionals, people using services, their families and their neighbours'.





**envolve**  
wellness

## Autism Friendly Online Boxercise

Every Tuesday at 5pm

Starting 11th Jan 2022

Build strength and confidence

Reduce anxiety

Adapted techniques

Inclusive coaching

£10 per session

Booking Essential

### Contact

Noraboxercise@hotmail.com

07707 931 439

Supporting carers in the Kitchen!!!



## ★ SCRAN! ★

### LEARN SKILLS, HAVE FUN, GET COOKING!

#### ARE YOU AGED 16- 25?

Scran! sets out to provide training, an accredited qualification and employment opportunities for young people from a variety of backgrounds.

We regularly host cooking workshops to help young people build their confidence in the kitchen and create delicious meals! It's completely free so if you want to learn some new skills, meet like-minded young people, contact us via the details below.



#### FOOD PARCELS -

The Warren Youth Project also provides a food parcel service for young people, our food parcel service can be accessed by calling The Warren or dropping in and speaking to a member of staff.

#### CONTACT -

- ☎ 01482 218115 (ext 1)
- ✉ [CARRIE@THEWARREN.ORG](mailto:CARRIE@THEWARREN.ORG)
- 🌐 [THEWARREN.ORG/SCRAN](http://THEWARREN.ORG/SCRAN)

THE WARREN YOUTH  
PROJECT, 47-49 QUEENS  
DOCK AVE, HULL, HU1 3DR



Take a break, grab a cuppa and have a go at the Christmas Quizzes....

## QUIZ TIME

1. Which country first started the tradition of putting up a Christmas tree?
2. How many ghosts show up in *A Christmas Carol*?
3. What do people traditionally put on top of their Christmas tree?
4. What colour are mistletoe berries?
5. How do you say Merry Christmas in Spanish?
6. In *Home Alone*, where are the family going on holiday?
7. How many of Rudolph's fellow reindeers' names start with 'D'?
8. What is traditionally hidden inside a Christmas pudding?
9. If you're born on Christmas day, what's your star sign?
10. What colour suit did Santa wear until Coca Cola rebranded him in red?
11. What is the Grinch's dog called?
12. How many reindeer drive Santa's sleigh (including Rudolph)?
13. How many *Home Alone* films are there?
14. What is the name of the ballet that takes place at Christmas?
15. When were gingerbread houses believed to be invented?
16. What plant is sometimes known as the 'Christmas flower'?
17. What fruit is traditionally put inside a Christmas stocking?
18. Which country did eggnog originate?
19. How many gifts were given in total in 'The Twelve Days of Christmas' song?
20. What was the UK Christmas number one in 2010?

## How well do you know your Christmas music...

# QUIZ TIME

Guess the UK Number One Hit from the first line of the song (Please give yourself 1 point each for identifying the song and the artist)

1. 'Snow is falling...'
2. 'Baby if you've got to go away...'
3. 'Are you hanging up a stocking on your wall?...'
4. 'Is this the real life?...'
5. 'It's Christmas time, there's no need to be afraid...'
6. 'Oh yeah, I'll tell you somethin'...'
7. 'A ray of hope flickers in the sky...'
8. 'Candlelight and soul forever...'
9. 'Now we have been through the harvest...'
10. 'I saw him standing there in the bakery...'
11. 'Mary's boy child Jesus Christ was born on Christmas Day...'
12. 'C is for the candy trimmed around the Christmas tree...'

1 point for the song and 1 point for the artist



## Money Matters - Power Of Attorney.



**The person I look after can currently make their own decisions but wants help managing their money.....**

### **Appointee**

If the person you look after needs help to manage their benefits and there is not already a lasting power of attorney in place, you could apply to be their appointee

This means that you become responsible for making and maintaining any benefit claims on behalf of the person you look after.

For more information on appointees you can visit the gov.uk website.

### **Third party agreement (mandate)**

If the person you look after wants help managing their bank account then they could make a third party mandate with their bank. This means that they name a specific person (for example you as their carer), and this gives you the authority to manage the bank account. You should speak to the bank of the person you look after to request a third party mandate arrangement.

### **Ordinary power of attorney**

If the person you look after wants help managing their bank account **and** other financial affairs then they could grant an ordinary power of attorney to a specific person (for example you as their carer). This means that the specific person has the authority to deal with any financial affairs specified in the ordinary power of attorney. If the person you look after wants to grant an ordinary power of attorney they could contact a local advice centre to see if they can help or they could contact a legal adviser.

### **Lasting power of attorney**

If the person you look after is 18+ and wants help managing their bank account and other financial affairs, both now and if they are unable to make decisions in the future, then they could grant a lasting power of attorney for property and financial affairs to a specific person (for example you as their carer). This means that the specific person has the authority to deal with any financial affairs which the lasting power of attorney specifies. This can be used as soon as it is registered, and can continue to be used if the person you look after becomes unable to make their own decisions (so if they lack mental capacity). See below for some further information on lasting power of attorneys.



## 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](http://www.hull.connecttosupport.org)

Follow us and share

Twitter

@ConnecttoHull

Facebook

@connecttosupphull



**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](http://www.hull.connecttosupport.org)

@connecttosupphull  
@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. A circular inset photo shows two women, one with blonde hair and one with brown hair, smiling and talking. The text is in white and yellow-green. Logos for Facebook, Twitter, Hull City Council, and the organization itself are at the bottom.



Would you like to contribute to this newsletter in the future? Have you any **top tips, upcoming events, advice or information** that you would like to share with other carers? We would love you to share with us:

- ◆ STORIES
- ◆ ADVICE
- ◆ SOCIAL GROUPS
- ◆ PEER GROUPS
- ◆ JOKES
- ◆ PUZZLES
- ◆ USEFUL WEBSITES

If you would like to get involved please get in touch with the CISS Service Development Lead Dave Roe on 01482 222220.

## Christmas Quiz—Answers

1. Germany
2. Four
3. An angel
4. White
5. Feliz Navidad
6. France
7. Three - Dancer, Dasher, Donner.
8. A coin
9. Capricorn
10. Green
11. Max
12. Nine
13. Six - The newest film, *Home Sweet Home Alone*, was released in Nov 2021
14. *The Nutcracker*
15. The 16th century
16. Poinsettia
17. Orange or tangerine
18. Britain
19. 364
20. *When We Collide* by Matt Cardle

# Quiz Answers—How well do you know your Christmas music...

## Guess the song from the first line – UK Christmas Number 1s – Answers

1. Snow is falling  
'Merry Christmas Everyone' – Shakin Stevens (1985)
2. Baby if you've got to go away  
'Stay Another Day' – East 17 (1994)
3. Are you hanging up a stocking on your wall?  
'Merry Xmas Everybody' – Slade (1973)
4. Is this the real life?  
'Bohemian Rhapsody' – Queen (1991)
5. It's Christmas time, there's no need to be afraid  
'Do They Know It's Christmas?' – Band Aid (1984)
6. Oh yeah, I'll tell you somethin'  
'I Want to Hold Your Hand' – The Beatles (1963)
7. A ray of hope flickers in the sky  
'When a Child is Born' – Johnny Mathis (Soleado) (1976)
8. Candlelight and soul forever  
'2 Become 1' – Spice Girls (1996)
9. Now we have been through the harvest  
'Saviours Day' – Cliff Richard (1990)
10. I saw him standing there in the bakery  
'I Love Sausage Rolls' – LadBaby (2019)
11. Mary's boy child Jesus Christ was born on Christmas Day  
'Mary's Boy Child / Oh My Lord' – Boney M. (1978)
12. C is for the candy trimmed around the Christmas tree  
'Christmas Alphabet' – Dickie Valentine (1955)

## Useful numbers:

Carers Information & Support Service	Tel: 01482 222220
Young Carers Project	Tel: 01482 300304
Out of Hours Call Centre	Tel: 01482 300 304
West Long Term Support Team	Tel: 01482 572911
East Long Term Support Team	Tel: 01482 822819
Community Team Learning Disability	Tel: 01482 303733
Disability Services (Occupational Therapy)	Tel: 01482 318700
Disability Services (Sensory Impairment)	Tel: 01482 318700
Continuing Health Care (CHC) Team	Tel: 01482 335511
Dementia Academy	Email: <a href="mailto:Dementia.academy@hullcc.gov.uk">Dementia.academy@hullcc.gov.uk</a>
Direct Payments	Tel: 01482 616 057
Drug and Alcohol Team	Tel: 01482 300 300
Fairer Charging Team	Tel: 01482 300 300
Independent Mental Capacity Advocate Service	All queries to be routed through Safe-guarding Tel: 01482 616092 Cloverleaf Tel: 01724 854952
Safeguarding Adults Team	Brunswick House Strand Close Hull City Council Kingston Upon Hull HU2 9DBTel: 01482 616092 Email: <a href="mailto:SocialServicesSafeguardingServiceAdults@hullcc.gov.uk">SocialServicesSafeguardingServiceAdults@hullcc.gov.uk</a>
Tim Fincham—Benefit Advisor Age UK	01482 324644
East Riding Carers Service	01482 396500 0800 9176844
Early Help Children's Services	01482 300300
Hull churches Home From Hospital	01482 447673