



It has been a busy time for the service since the last CISS Newsletter.

To support and offer help with the cost-of-living crisis the CISS service provided 1000 free meals to carers between January and March this year, this was well received and lots of carers picked up freshly prepared ready meals from the community fridges located across Hull.

To follow up on the successful Carers Day Trips to Skegness and York last year the service provided a Parent Carer Day Trip to Gulliver's World during February half-term. The numbers of Parent Carers and their families who wanted to attend the trip was huge, so we quickly organised an additional coach and two coaches set off for the trip, the weather was kind to us and all report having a great time.

Joint working with Hull University has allowed us to work in partnership to deliver a lecture and training session to social work students at both Apprenticeship and Masters level, Julie and Dave from the CISS Team delivered two workshops to really concentrate on the needs of carers and the support available.



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

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.

Carers Week 2023 - Monday 5 June 2023 – Sunday 11 June 2023

Save The Day – We are pleased to update you that the CISS service will be hosting a Market Place Event on Friday 9th June at the Guildhall in Hull. Between 10:30am and 2:30pm they will be a large marketplace of services and organisations who providing information, advice and support to carers – we do hope you are able to come along.



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 supports groups.

Every Tuesday 11am - 2pm at Hull Churches Home from Hospital, Lindsay Place, Arcon Drive, Hull, HU4 6BS.



Join us at our groups and together we can combat loneliness and social isolation. You can have a chat, play dominos and participate in different crafting activities.

Meet old friends and make new ones, the Tea & Coffee is free, and the team are on hand to give advice for your caring role.

If you would more information, please call the CISS Team on: 01482 222220.

FOOD PARCELS

The Warren Youth Project provides a food parcel service for young people, our food parcel service can be accessed by calling The Warren on 01482 218115 option 6 or just drop in and speak to a member of staff.

For more information www.thewarren.org/scrans

CASE - GET READY FOR A JOURNEY OF A LIFETIME...

It is a privilege to welcome you to CASE, an extraordinary learning community where everyone is actively engaged and achieving excellent things, every day.

We believe that everyone has the right to an independent and fulfilling life.

Life at CASE offers a rich trainee experience and we believe everyone has the potential to achieve what they want to. We provide an exceptional environment, permanent support via our in-house dedicated welfare team and help create healthier lifestyles. Trainees can expect to get the best experience possible at CASE, as we place them at the heart of everything we do. We work closely with families, social workers and partner organisations to make sure every trainee makes the most of their time with us.

If you are thinking about the future and not sure which direction to choose, we can offer you help with that. We hope that this brochure paints a true picture of what CASE is about. We are really proud of our trainees and staff and everything we achieve together here.

We look forward to welcoming you to CASE.

For more information visit: casetraininghull.co.uk

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.

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 they is a plan in place for the person you care for if something happens to you,
- Access Discounts—we have over 60 local business's offering a discount in the local area.
- Official Recognition as a Carer

Contact CISS ON 01482 222220 to book an appointment.





Your voice matters...

Hull's Carers Partnership Board believe you as a carer 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. If you would like to get involved and have your 'Carers Voice' please contact Julie Bahn, CISS Service Manager on 01482 222220 to have a chat about how you can get involved with the Hull's Carers Partnership Board.

Carer UK Campaign updates

Carer Poverty Coalition

In February, Carers UK launched the Carer Poverty Coalition – a new grouping of over 100 national and local organisations that are collectively campaigning to end poverty amongst unpaid carers and ensure they get the financial support they need. The Carers Information & Support Service (CISS) are pleased to have joined the coalition.

Carers UK research released last autumn revealed that one in four carers (25%) were cutting back on food or heating to make ends meet during the cost-of-living crisis, rising to 35% of those receiving Carer's Allowance – the main benefit of £69.70 a week for those caring 35 hours or more each week. A significant number of carers were also using food banks – 8% of those in receipt of Carer's Allowance.

The coalition is campaigning to see a benefits system that better supports people providing high amounts of unpaid care, along with changes to help carers stay in paid work for longer while caring. A small steering group of current and recent former unpaid carers is providing insight and comments on major policies and plans.

We are very pleased that Age UK, Carers Trust, Joseph Rowntree Foundation, MND Association, MS Society, Oxfam GB, Rethink Mental Illness and We Are Carers will form the Strategic Group for the Coalition alongside Carers UK



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.

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

Dove House is re-opening

Dove House carers Group

Held on the Last Wednesday of the month 12:30pm-2:30pm

At the Amy Johnson Community Hub, Dove House Hospice HU8 8DH

for more information visit: dovehouse.org.uk/carersgroup

Dove House also have

Bereavement café Welcome Wednesdays

1pm-3pm

Amy Johnson Community Hub, Dove House Hospice HU8 8DH

1st and 3rd Wednesday of the month

www.dovehouse.org.uk/bereavement-cafe

Friday friends community group

Every Friday

1pm-3pm

Amy Johnson Community Hub, Dove house Hospice HU8 DH

www.dovehouse.org.uk/fridayfriends

Hull 4 Hero coffee morning

As the library temporary closed for refurbishment the H4H coffee morning has moved to a new location and a different day until further notice. It will now take place on the first Monday each month from 10:00 AM to 11:30 AM at the CLB building in George St car park Beverley

All veterans are welcome come along pull up a sandbag and have a cuppa and a chin wag just like having an naafi break

CBL building George st car park Beverley HU17 0AP

For more information visit: hull4heroes.org.uk

Age UK Hull Group information

Bee Social Every Monday 12.30 pm - 2.30 pm
£3.00 per session
Springhead Golf Club, Willerby Road, Hull HU5 5JE
Village People
Every Wednesday
9.30am - 11.30am
£3.00 per session

The Club House Community Centre, Elm Avenue,
Garden Village Hall, Hull HU8 8PZ
Feel Good Thursdays
Every Thursday
Session 1: 10.00am - 12.30pm
Session 2: 1.00pm - 3.30pm
Sessions include refreshments and an activity
£5.00 per session
Barrington Pop In, Florence Nightingale Court, Barrington Avenue, Hull HU5 4BW

The Brunch Bunch
Every Thursday
9.30am - 11.30am
£3.00 per session
Anlaby Park Community Library, The Greenway, Hull HU4 6XH

For more information visit: ageuk.org.uk/hull/activities-and-events/social-groups or [click Here](#)



The Monday Adult social sessions

The Monday Adult Social Sessions - Monday 4:30 - 7:00pm at the Zoo Café, Newland Avenue, Hull, HU5 3AB.

If you have any question contact: grace@matthewshub.org or call 01482 221028



At Alzheimer's Society, we vow to help end the devastation caused by dementia through dedicated support and research into life changing treatments and together we are help and hope for everyone living with dementia, providing support before, during assessment, at diagnosis and beyond.

Living with dementia can be overwhelming but you are not alone. From a listening ear on the phone, to a visit at home by one of our dementia advisors we can support with practical tips and advice, to opportunities to connect with others. Alzheimer's support is here for you no matter how you need us.

For more information go to www.alzheimers.org.uk

Carers Champions Training

We are also now able to offer free online training to become a Carers Champion. Do you or someone you know work with carer's. Do you want to learn more about the role of a carer.

The training is aimed at professionals, volunteers and members of our communities who are interested in increasing their awareness about:

- Recognising unpaid carers
- Find out what support is available locally and nationally to carers
- How to refer a carer for support

If you would like to become a Carers Champion and would like to carry out the training session, please use the link below or click **CarersChampionTraining**

If you have any queries, please do not hesitate to contact us on our main number which is 01482 222220.

Foodcycle Hull Marfleet



The graphic features a yellow background with two circular images. The top image shows a person in a blue apron with a 'FOOD CYCLE' logo holding a plate of food. The bottom image shows an elderly woman in a red and white striped shirt sitting at a table with a glass of juice. To the right of the images, the text reads: 'Free meals Thursdays 6.30pm', 'Everyone is welcome', and 'FoodCycle Hull Marfleet Marfleet Community Centre, Rear of 22-24 Swanfield Road, HU9 4PX'.

**Free meals
Thursdays
6.30pm**

Everyone is welcome

FoodCycle Hull Marfleet
Marfleet Community
Centre,
Rear of 22-24
Swanfield Road,
HU9 4PX

Friday 14th April

11am — 2pm

**AT FENCHURCH
CENTRE**



Fenchurch St, Hull HU5 1JF

FAMILY FUN EVENT

Come along to the centre for a family fun event

Enjoy meeting the animals—you might even get to hold one!!

There will also be crafting and the Healthy Lifestyles team will have some activities for you to enjoy too.

Open to all ages, (children must be accompanied by an adult)



NO booking required—just turn up - Call 01482 497800 for more information

Useful number

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: Dementia.academy@hullcc.gov.uk
Direct Payments	Tel: 01482 616 057
Drug and Alcohol Team	Tel: 01482 300 300
Fairer Charging Team	Tel: 01482 300 300
Tim Fincham—Benefit Advisor Age UK	Tel: 01482 324644
East Riding Carers Service	Tel: 01482 396500 0800 9176844
Early Help Children's Services	Tel: 01482 300300
Hull churches Home From Hospital	Tel: 01482 447673
Independent Mental Capacity Advocate Service	All queries to be routed through Safeguarding 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: SocialServicesSafeguardingServiceAdults@hullcc.gov.uk