



Carers'
Information
& Support
Service

CISS Newsletter



CARERS NEWSLETTER

August 2022

WANTED!

LOOKING FOR

Carers Voice: Join the Carers Partnership Board

An opportunity for unpaid carers in Hull to join the Carers Partnership Board, ensuring the voice of carers is heard. They would love your ideas on how to improve the health and wellbeing of all carers in Hull.

Contact Julie Bahn on 01482 222220 or email Julie.bahn@nhs.net to have a chat about how you can get involved

Carers' Information & Support Service
The Calvert Centre, 110a Calvert Lane, HULL, HU4 6BH
01482 222220 chcp.carersinfo@nhs.net

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'.





Staff Spotlight

THE CARERS AND INFORMATION SUPPORT SERVICE C.I.S.S TEAM

- * *JULIE BAHN—SERVICE MANAGER*
- * *DAVE ROE—DEVELOPMENT LEAD*
- * *TRISH RICHMOND—SERVICE ADMINISTRATOR*
- * *GRACE BUTCHER—ADMIN ASSISTANT*
- * *REBECCA FLANAGAN - EMPLOYMENT SUPPORT WORKER*
- * *LIANNE WHITE—CARER SUPPORT WORKER*
- * *MICHELLE MOORE—CARER SUPPORT WORKER*
- * *LISA PRESTON - CARER SUPPORT WORKER*
- * *JAMIE PENN—CARER SUPPORT WORKER*
- * *JO NIXON—CARER SUPPORT WORKER*

Offering information, support and advice for all aspects of the caring role.

WE WILL ENDEAVOUR TO HELP AND ASSIST CARERS TO THE BEST OF OUR ABILITY AND MAKE EVERY CONTACT COUNT.

CONTACT US ON 01482 222220 FOR ANY CARER ISSUES



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CARERS WEEK JUNE 2022

Prior to Carers Week 2022 the Carers Partnership Board made the decision to ask carers how they would like to celebrate this annual occasion to ensure the theme: **'Make Caring Visible, Valued and Supported'** was achieved. The results of the consultation allowed the CISS team along with its partners to create a timetable of activities to deliver on how carers would like to celebrate Carers Week 2022. Here is a little bit of what went on...



Raising Awareness During Carers Week

Throughout Carers Week Hull City Council's customer service centres and City Health Care Partnership CIC Urgent Treatment Service lead the way with raising awareness to carers by displaying promotion materials throughout their premises and also asking attendees if they had a caring responsibility and providing them with CISS service information or direct referrals.

The CISS team attended supermarkets with information stalls in the East and West of the city through out the week and providing service information.

We contacted community groups in the city and attended to raise awareness and enjoy a **Cuppa and a Cake** with -

- Men in Sheds
- Unity in the Community
- West Hull Get Em on Side Group
- West Hull Ladies Group
- Hull Churches Home From Hospital Group
- Alzheimers Society Group
- Tai Chi Group
- Movement to Movement Group
- Aim Higher
- Parent Carer Group – Pelation Café



chcp



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CARERS WEEK JUNE 2022



Events

CISS held a carers party at The Vault and hosted a service at Hull Minister within the city centre. These events were well attended and a total of 100+ carers joined us to celebrate carers week.

CISS held Partnership information and support events at:

- Neurodiversity Front Door Service
- Harrison Park Extra Care Facility
- Redwood Glades Extra Care Facility
- Cecil Gardens Extra Care Facility



CISS Carer's day trip to

SKEGNESS!!

The rain stopped, the sun shone, lunch was lovely and everyone enjoyed an ice-cream before they got back



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

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' Information & Support Service

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.

chcp Carers' Information & Support Service

ALL THINGS RUGBY

GET EM ONSIDE

FREE MENS CLUB

A group to help combat loneliness by sharing memories, making friends and chatting all things rugby with like-minded men

West Hull Rugby League Club
East Hull Crooked Billet Pub
Every other Thursdays
Both 11am - 2pm every fortnight



chcp Carers' Information & Support Service

Womens Coffee in the community

Come and join us for a friendly chat and a coffee
Make friends, share memories and combat loneliness by socialising with like-minded people

FREE ladies GROUP
Coffee morning for Older Adults and Carers

Every fortnight
Starting on Thursday 14th April
11am - 2pm
West Hull Rugby Club

For more information please contact CISS Service 01482 222220 or email CHCP.carersinfo@nhs.net





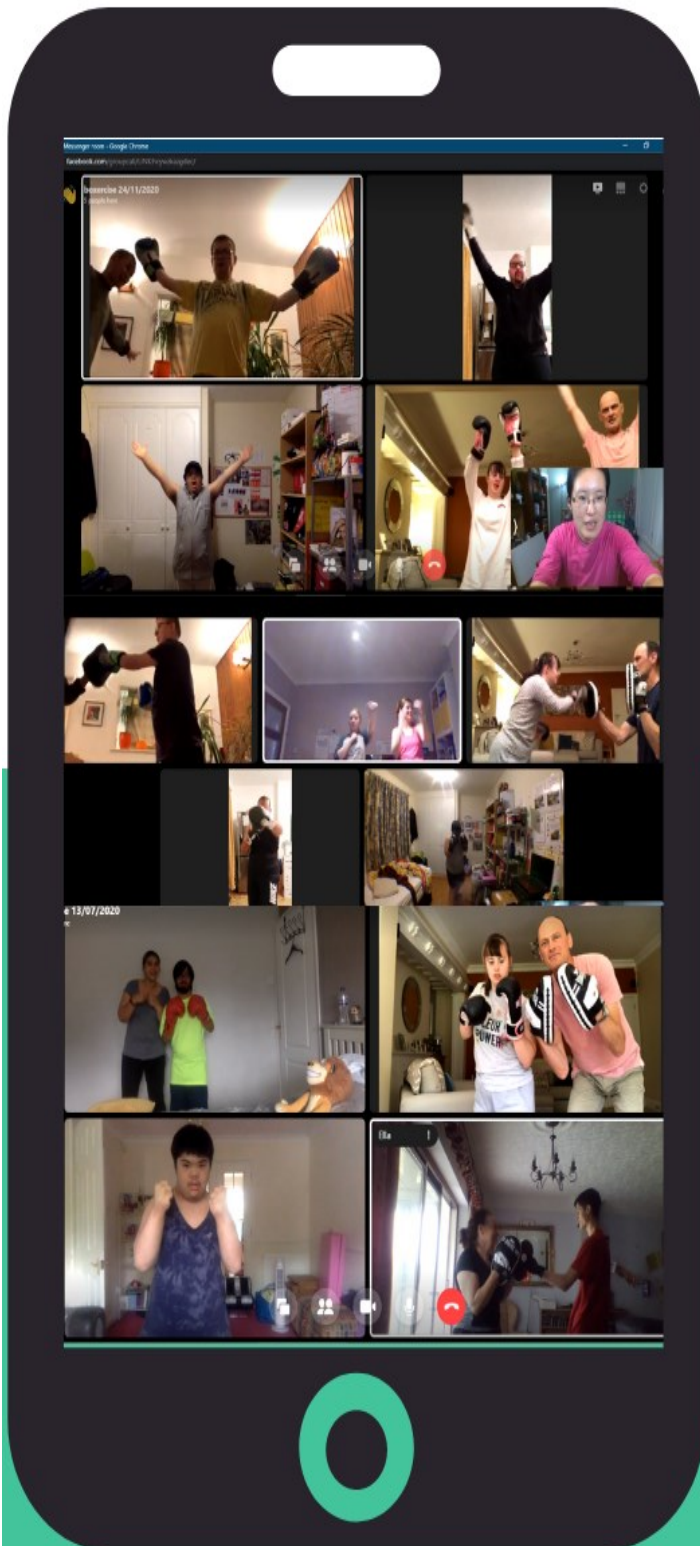
Autism Friendly Online Boxercise

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



Armed Forces Community Hub Hull

The Ship Inn Sutton-On-Hull in Partnership with the Armed Forces Community Hub Hull

Proudly Presents the

***NEW* Teatime Social**

Every Wednesday, starting 20th July 5-7pm

£5 for a 2 course meal

Dart and Pool

For all of the Armed Forces Community

Come along and meet old friends and make new ones

Ship Inn, 44-46 Church St, Hull HU7 4TA

TEL. NO 01482 377352

All of our services are free, If you would like more information, support or advice please contact me on:

01482 485958, 07712321429, jatkinson@goodwintrust.org Facebook @veteranscommunityhubhull





★ 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.



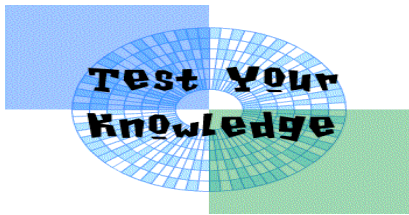
CONTACT -

- ☎ 01482 218115 (ext 1)
- ✉ CARRIE@THEWARREN.ORG
- 🌐 THEWARREN.ORG/SCRAN

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



QUIZ TIME



- 1. From which language is the word 'ketchup' derived?**
- 2. Which is the country with the biggest population in Europe?**
- 3. Who portrayed Edward Scissorhands?**
- 4. What are made and repaired by a cobbler?**
- 5. What is an endoscope used to examine?**
- 6. Apart from womanizing and producing films, what was the other passion of Howard Hughes?**
- 7. What colour are the four stars on the flag of New Zealand?**
- 8. How many states make up the United States of America?**
- 9. Which English football team plays its home matches at Old Trafford?**
- 10. Mr. Carson is the name of the butler in which popular TV costume drama?**
- 11. Comedy duo Ant and Dec are originally from which English city?**
- 12. In the medical profession, what do the initials 'GP' stand for?**
- 13. Which German football team won the Champions League in 2013?**
- 14. Maris Piper and King Edward are varieties of what?**
- 15. H₂O is the chemical formula for what?**
- 16. Which English king married six times?**
- 17. Whom did David Cameron succeed as the British prime minister?**
- 18. Blandenburg, Bremen and Lower Saxony are states in which European country?**
- 19. Complete the title of the play by Shakespeare – 'The Merchant of ...'?**
- 20. By what name is the TV adventurer Edward Michael Grylls more commonly known?**

**** Answers on page 19**

QUIZ TIME



- 1. How many months of the year have 28 days?**
- 2. What has hands and a face, but can't hold anything or smile?**
- 3. It belongs to you, but your friends use it more. What is it?**
- 4. If you don't keep me, I'll break. What am I?**
- 5. There's only one word in the dictionary that's spelled wrong. What is it?**
- 6. You're running a race and at the very end, you pass the person in 2nd place. What place did you finish the race in?**
- 7. I have a tail and a head, but no body. What am I?**
- 8. What 2 things can you never eat for breakfast?**
- 9. Which word becomes shorter when you add 2 letters to it?**
- 10. I go all around the world, but never leave the corner. What am I?**

QUIZ TIME



- a) **You'll find me in Mercury, Earth, Mars and Jupiter, but not in Venus or Neptune. What am I?**
- b) **What can go up a chimney down, but can't go down a chimney up?**
- c) **I make a loud sound when I'm changing. When I do change, I get bigger but weigh less. What am I?**
- d) **A bus driver was heading down a busy street in the city. He went past three stop signs without stopping, went the wrong way down a one-way street, and answered a message on his phone. But the bus driver didn't break any traffic laws. How?**
- e) **It has keys, but no locks. It has space, but no room. You can enter, but can't go inside. What is it?**
- f) **I can fill a room, but I take up no space. What am I?**
- g) **It's the only place in the world where today comes before yesterday. Where is it?**
- h) **If I have it, I don't share it. If I share it, I don't have it. What is it?**
- i) **What goes away as soon as you talk about it?**
- j) **A railroad crossing without any cars. Can you spell that without any R's?**

**** Answers on page 19**



**CHRISTMAS IS JUST AROUND THE CORNER AND
AFTER OUR FANTASTIC TRIP TO SKEGNESS IN
CARERS WEEK WE ARE AT IT AGAIN WITH A
CISS CARERS TRIP TO YORK AND THE CHRISTMAS
MARKETS.**



**If you are an unpaid Carer and would like to join us, please
contact the CISS Service for more information on 01482
222220.**



Carers'
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Hull
City Council

Carer 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 business's offering a discount in the local area.
- * Official Recognition as a **CARER**

CONTACT CISS ON 01482 222220 TO BOOK AN APPOINTMENT.



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

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

 @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 image shows two women, one with blonde hair and one with brown hair, smiling and talking. The text is in white and yellow-green.



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

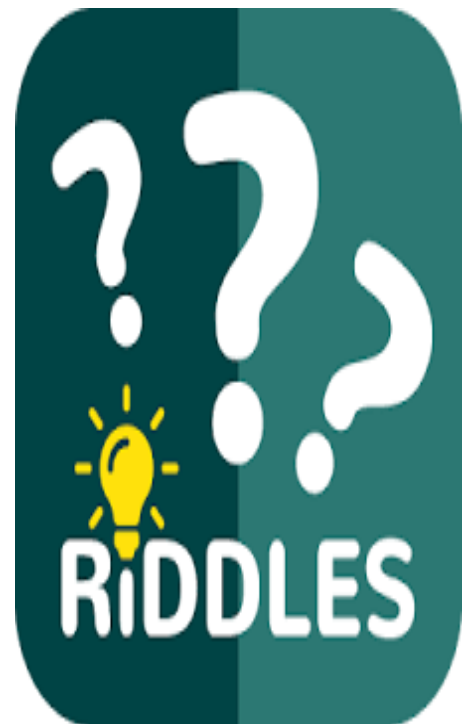
If you would like to get involved please get in touch with the CISS Service Development Lead Dave Roe on 01482 222220.



1. Chinese
2. Russia
3. Johnny Depp
4. Shoes
5. The inside of the body
6. Aviation
7. Red
8. 50 states
9. Manchester United
10. Downton Abbey
11. Newcastle upon Tyne
12. General practitioner
13. Bayern Munich
14. Potato
15. Water
16. Henry VIII
17. Gordon Brown
18. Germany
19. Venice
20. Bear Grylls

ANSWERS

1. All of them! Every month has at least 28 days
 2. A clock
 3. Your name
 4. A promise
 5. Wrong
 6. You finished 2nd
 7. A coin
 8. Lunch and Dinner
 9. The word short
 10. A stamp
-
- a. The letter R
 - b. An umbrella. If your umbrella is 'down', it can fit through a chimney, but if it's up it won't fit...
 - c. Popcorn
 - d. He was walking, not driving.
 - e. A keyboard
 - f. Light
 - g. The dictionary
 - h. A secret
 - i. Silence
 - j. T-H-A=T



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: 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
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
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