

# Newsletter



## Spring 2021



### Opening Times:

Monday - 09:00 - 17:00

Tuesday - 09:00 - 19:00

Wednesday - 09:00 - 17:00

Thursday - 09:00 - 17:00

Friday - 09:00 - 19:00

Please note: Due to COVID-19 we are unable to offer face to face appointments at this time. All appointments will take place over the phone or through zoom. To speak with one of our staff please contact the number below during the hours listed above.

01226 288772

[BarnsleyCarers@makingspace.co.uk](mailto:BarnsleyCarers@makingspace.co.uk)

# Barnsley Carers Service Groups

Due to the unforeseen pandemic of COVID-19, we at Barnsley Carers Service had to get creative with our groups. Previously we offered face to face groups all across the borough but with the high risk of infection and the eventual lockdown we decided to start brand new groups online through Zoom. In doing so, we aimed to bring a sense of togetherness amongst our carers and help prevent isolation during this difficult time. Many of our carers had not used video calling programmes such as Zoom before but with a little support and courage our carers are now confident and capable. We are now running three successful online groups for our carers as listed below. Alongside our online groups we also offer a WhatsApp support group 09:00-17:00 Monday to Friday for carers on the go.

Name of Group	Days Group Runs	Time Group Runs	How to access Group	Which staff member to contact regarding the group
Coffee and Chat Group	Third Wednesday of every month from 17 <sup>th</sup> February	10:30 – 11:30	Zoom group – Contact Adele to be added	Adele Lacy Adele.lacy@makingspace.co.uk
Coffee and Craft Group	First Wednesday of every month from 3 <sup>rd</sup> February	10:30 – 11:30	Zoom group – Contact Adele to be added	Adele Lacy Adele.lacy@makingspace.co.uk
Parent Carer Group	Fourth Wednesday of every month from 24 <sup>th</sup> March	13:00 - 14:00	Zoom group – Contact Adele to be added	Adele Lacy Adele.lacy@makingspace.co.uk
WhatsApp Support Group	Mon - Fri	09:00-18:00	Contact Gemma Newstead to be added to this group	Gemma Newstead 07970 184254



Hello, my name is Julia and I am a Carer Support Worker at Barnsley Carers Service. I am going to set up a new walking group for carers during the better weather this year. It will be a leisurely walk and talk group lasting between 30-60 minutes in a variety of local areas.

If you are interested in joining or would like further information, please contact me on

07980 705502 or email me at [julia.goddard@makingspace.co.uk](mailto:julia.goddard@makingspace.co.uk)

Be sure to keep an eye on our Facebook page for new weekly Mindfulness activities and low impact and chair exercises with Steph Guest.

# ART Therapy



**Barnsley**  
CARERS SERVICE

We at Barnsley Carers Service are pleased to announce that we are now able to offer Art Therapy to some of our carers.

Art Therapy is a form of therapy in which the making of art work and reflecting on this with the art therapist is a means of communication. It is not necessary to have any artistic skill to benefit from art therapy. It is not an art class and you need not be concerned with making an aesthetically pleasing image or 'good artwork'. You are free to choose the art materials you wish and there is no pressure to have a particular interest in art.

Art Therapy can be helpful if you find it hard to talk about your thoughts and feelings. It can be helpful if you are willing to talk about your problems, even though doing so can be sometimes upsetting. Sessions will take place through zoom on a one to one basis weekly for a maximum of 12 weeks.



My name is Georgia and I am a Trainee Art Therapist currently in my third year of study at Leeds Beckett University studying Art Psychotherapy Practice M.A. I have a Bachelor degree in Interdisciplinary Art and Design and have experience working with young adults and children with learning difficulties.

If you do not have a video calling device but would like to receive art therapy please let us know as we can arrange for a long term loan of a computer tablet to be delivered to your home.

To find out more about Art Therapy or to discuss whether this may be the right choice for you, please contact Adele Lacy on 07971 826329 on Tuesdays or Wednesdays or email her at [adele.lacy@makingspace.co.uk](mailto:adele.lacy@makingspace.co.uk).

# A word from one of our Carer Support Workers...



It has been a particularly difficult time for our carers here at Barnsley Carers Service. Being a full time carer for a loved one throughout the Covid-19 pandemic has certainly had an affect on carers physically and emotionally. It has also affected the way we have been able to support carers. We have had to adapt and recognise the impact it has had on the people that we support. Working with other organisations to meet the support needs of our carers, Barnsley carers service has adapted the way we reach out to our carers. This includes social media, video calls and groups and regular welfare check phone calls to ensure everyone is safe and supported. Although everyone has struggled during these difficult times, it has shown us how amazing people are, the way we all come together and offer support and guidance when we need it the most. Carers are much more likely to feel alone than the average person, recent restrictions have left carers feeling more isolated and alone than they ever have before, having their support networks limited or even taken away. That is why it has been important to us at Barnsley Carers Service to ensure we keep in contact with our carers in multiple ways, to help tackle isolation and remain socially integrated.

We're here  
for you.

I feel very fortunate that I have had my dog during this unusual time. She has got me up and out every day since the first lockdown, which sounds like I have been breaking COVID-19 guidance rules, we have kept our social distance, chose early morning walks when less people are about, worn our masks, used our hand/paw sanitizer, waved to our other doggy friends and taken our daily exercise. We have slid together through the snow, dripped together in the rain, rain and more rain and appreciated the warmth of the sun when it has strained to push itself through the mist and cloud. We have steamed together when the sun has given its best like my front wooden fence steams after a wet day when the sun hits it and waved through the window to our neighbours older and younger than us who have gradually dared to take the risk to use their daily exercise allowance.



I feel fortunate I have a husband at home, loving family and good friends who have kept in touch electronically and helped me appreciate FaceTime, Zoom and Teams even though I still say I look better in real life than on screen!

I feel fortunate for the contact and support from work colleagues on a regular basis via Teams which inspired me to tidy my kitchen on view to all before the meeting!

I feel fortunate that I have a positive outlook and have tried to make the best of a bad situation and always seen and felt that there was light at the end of the tunnel.



I feel fortunate that I can feel/show empathy for people who may not have felt the same and who may have struggled with lots of issues personal to them, throughout this unusual time. We will get there, it will take time, but we will.

Avril Pritchard  
Carer Support Worker

# What we've been up to...



**Barnsley**  
CARERS SERVICE

Last week I had a call from one of my carers, thanking Barnsley Carers Service for our help and support at such a difficult time. The carer was elated at the services we have helped put into place. The carer and the cared for person had no support at home and felt overwhelmed and required direction. The carer feeling isolated and tired. The cared for feeling frustrated. I supported the carer with obtaining a care package to help at home and I referred them to the Care2Care dementia wellbeing centre, where the cared for person now has 3 days a week being able to socialise and carry out activities and the carer has been able to return to work and have respite from their caring role to 'recharge' as the carer put it.

Gemma Newstead  
Carer Support Worker



Our free tablet loaning scheme has been really successful over the last lockdown. Many of our carers now have access to these easy to use computer tablets which has allowed them to access our virtual groups from the safety of their own home.

Julia Goddard  
Carer Support Worker

# So what's next...



**Barnsley**  
**CARERS SERVICE**



Hello, my name is Adele and I am the volunteer coordinator at Barnsley Carers Service. One of our longer established and extremely valued volunteers, Michelle Rathbone has begun planning for a brand new watercolour masterclass to be offered free of charge through zoom.

Michelle and I will also be teaming up to offer some small one-off crochet workshops so please keep an eye on our Facebook page for more details.. For more information please contact me at:  
[adele.lacy@makingspace.co.uk](mailto:adele.lacy@makingspace.co.uk)



Hi, my name is Kat and I am one of the Carer Support Workers at Barnsley Carers Service.

I am also a trainee integrative therapist and I have been working on an online short workshop for our carers titled 'Building Self-Esteem and Confidence.' At times it can be hard managing busy lives alongside a caring role and often the carer begins to put their own needs last. This can result in low mood, stress, a reduction in self-esteem and confidence and overall reduction in wellbeing. That is why I have created this short workshop to help give carers some tools and insights



into their self-esteem and confidence. The workshop will be run over zoom and will last approximately an hour and a half. Date TBC. For more information please contact me at:

[kat.hurst@makingspace.co.uk](mailto:kat.hurst@makingspace.co.uk).

# Your Health This Spring

## Advice from:



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

### Move More, Sit Less



Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

**Eat a Healthy Diet**  
Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.



**TIP**  
Make half your plate fruits and vegetables and half your grains whole grains.

### Rethink Your Drink



Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

### Get Enough Sleep

Adults need at least 7 hours of sleep a night.



**DID YOU KNOW?**  
Kids 6-12 need 9-12 hours of sleep a night. Teens 13-18 need 8-10 hours of sleep a night.

### Quit Smoking



You can do it!  
Call 1-800-QUIT-NOW for free support.

### Be Sun Safe

Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.



**TIP**  
Wear sunglasses that block both UVA and UVB rays for the best protection.

### Brush Your Teeth



Brush twice a day with fluoride toothpaste.

### Get Your Checkups

Visit your doctor regularly for preventive services like cancer and diabetes screenings.



### Learn Your Health History



Talk to your family and your doctor about your family health history.



# Other Useful Services

LAUNCHING NEW LIVE CHAT SESSIONS #COVID19UK

**Concerned about domestic abuse during the pandemic?**

Live Chat for Professionals

10 am -12 noon Monday to Friday



[www.idas.org.uk](http://www.idas.org.uk)



**Join a free and friendly Walking Group**



**Start date 12th April 2021 10am**

- Meet new friends
- Get Active
- Explore your local community
- Meet at Kate's Sandwich Bar Wombwell Lane

Please contact

Tracy

07932 844528 or 01226 776820

[T.hughes@ageukbarnsley.org.uk](mailto:T.hughes@ageukbarnsley.org.uk)

Or

[Hannah.burton@swyt.nhs.uk](mailto:Hannah.burton@swyt.nhs.uk)



**Love** where you **Live**

**South Area Council**  
Darfield, Hoyland Milton, Rockingham, Wombwell

**Here if you need us**  
**Talk to us, we'll listen**

Call free day or night on

**116 123**

Email  
[jo@samaritans.org](mailto:jo@samaritans.org)

**SAMARITANS**

[samaritans.org](http://samaritans.org)



**Could your emotional wellbeing do with a boost?**

Give Umbrella a call on

**01226 704090**

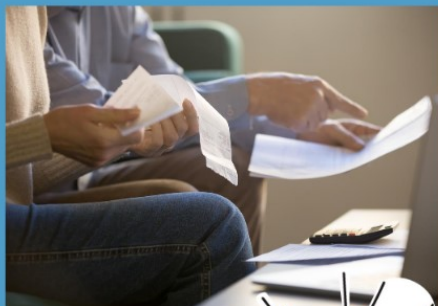
During the current lockdown we continue to offer **Counselling, Groups and 1-1 support sessions by Zoom and telephone.**



## Local Welfare Assistance scheme

What can be considered:

- Referrals to foodbanks
- Provision and replacement of essential white goods and furniture
- Support towards daily living costs
- Support with utility bills
- Support with rent arrears
- Advice and signposting to relevant agencies



**Money advice and support**



PARENT SESSIONS AVAILABLE FOR TIPS TO HELP REDUCE STRESS IN CHILDREN

FREE SESSIONS FOR YOUNG CHILDREN TO HELP REDUCE STRESS IN A FUN AND RELAXING ENVIRONMENT

[Naomib@acorntherapies.co.uk](mailto:Naomib@acorntherapies.co.uk)

**TEL: 07401205050**

WE ARE A NON PROFIT ORGANIZATION. ALL SESSIONS ARE FULLY FUNDED

If this applies to you, please go to [www.barnsley.gov.uk/money-advice-and-support](http://www.barnsley.gov.uk/money-advice-and-support) for further information about the scheme or to apply.

# Volunteers with Vision



## A word from our volunteer coordinator

### Adele Lacy



Firstly I would like to offer a warm welcome to our newest volunteer Gemma Wynn! Gemma who usually works with our Warrington branch, has kindly offered to lend her time to us to offer some of our carers befriending phone calls.

Earlier this year we decided to combine some of our online groups which have now formed two groups; Coffee and Craft and Coffee and Chat which have been really well attended are coming on fabulously. We have also just started a new Parent Carer Group which had a great turn out on the first session.

As always, if you have any questions or would like to volunteer with us please contact me at [adele.lacy@makingspace.co.uk](mailto:adele.lacy@makingspace.co.uk)



# VOLUNTEERS



## Barnsley Hospital Personal Carers

Are you the main carer for someone? If so please come along to our Coffee and Chat group for Barnsley Hospital personal carers.

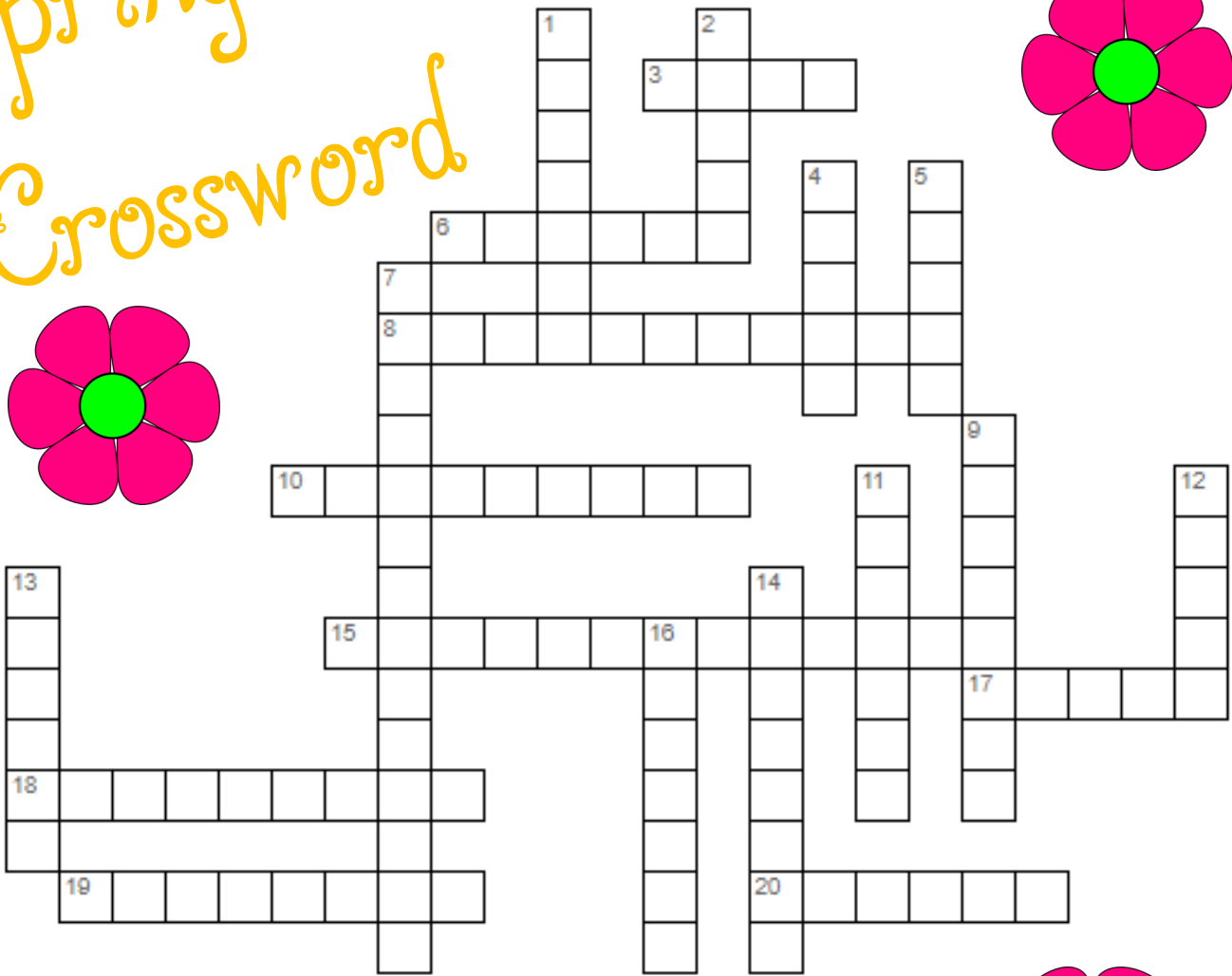
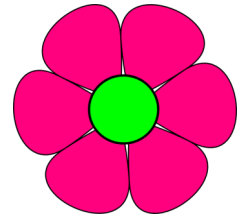
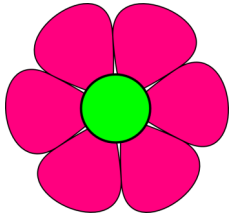
The group will be held virtually over Zoom which can be joined from your mobile device or computer so you can stay connected whilst remaining at home.

The group session will be held on the 23rd April 2021 at 10:00am.

For more information and details on how to join the group, contact the Patient Experience team on 01226 436302 or email us at [bhnftpatientexperience@nhs.net](mailto:bhnftpatientexperience@nhs.net).

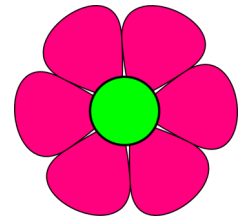


# Spring Crossword



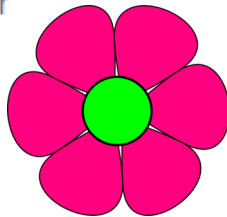
## Across

- 3 Begins on Ash Wednesday and ends the night before Easter Sunday
- 6 They 'spring' forward in March
- 8 Animals begin waking from this in spring
- 10 You may start to notice this in your pond
- 15 Taken to relieve the symptoms of hay fever
- 17 Baby sheep
- 18 You start to hear a lot of these in people's gardens in spring
- 19 A popular spring flower
- 20 Christian holiday commemorating the resurrection of Jesus



## Down

- 1 A tall wooden pole with ribbons to dance around
- 2 Birds build their own homes
- 4 A day for fools is held in which month
- 5 Fluffy animal that brings Easter eggs
- 7 A process used by plants to convert light energy into chemical energy
- 9 Protects you from the rain
- 11 Occurs twice each year, in March and September. The moment when the centre of the Sun is directly above the equator
- 12 Saint David is the patron Saint of
- 13 Make sure you're wearing your wellies before you jump in this
- 14 Jewish holiday that occurs in spring
- 16 Drip drip drop little April....



Answers  
Across  
3. Lent; 6. Clocks; 8. Hibernation; 10. Frogspawn; 15. Anthistamine; 17. Lambs; 18. Lawnmower; 19. Daffodil; 20. Easter

Down  
1. Maypole; 2. Nests; 4. April; 5. Bunny; 7. Photosynthesis; 9. Umbrella; 11. Equinox; 12. Wales; 13. Puddle; 14. Passover; 16. Showers

