



Carer support

Information for Calderdale residents

Caring
Always there
Ready to give their all
Encouraging
Gracious
Incredible
Valuable
Exceptional
Respected

"Remember that it's important to take time for yourself, away from your loved one. I didn't and when I finally did, I found that I was a much better, more loving care giver."

"Be kind to yourself and don't take on the guilt. Just do your best... but remember you can't do it all."

"Breathe. Don't be afraid to ask for help. Don't try to be a hero if your health or stress is at risk. Finally, don't try and do it alone."

Welcome

You may have a family member or friend who is currently or was previously using South West Yorkshire Partnership NHS Foundation Trust's services. They can identify individuals who they believe to be carers.

We identify a carer as someone who provides unpaid support to family or friends who could not manage without this support. This may be practical or emotional support and could be due to illness, frailty, disability, mental health or substance misuse problems.

Teams within our Trust work with family/carers if your loved one consents. We recognise the vital role family/carers play in the care and support of their loved ones and we value their expertise in the knowledge of the person they care for.

This booklet will help identify what support is available to you and give you ideas for what you can do to look after yourself while caring for someone else.

Even if your loved one does not agree for information to be shared with you, if you have any concerns which you would like to pass on, you have the right to do this.



Family, friends and carers commitment

These are our three commitments to carers:

1

We will work with you as a partner

This means we will:

- Listen to what you say and communicate clearly with you without jargon
- Respect your role as a carer and trust that you are the expert in the support of the person who uses our services
- Work with you to overcome barriers to giving support and sharing information and respect carer and patient confidentiality



2

We will support you to get help and assistance when you need it

This means we will:

- Respond in a timely way to your needs especially during time of crisis
- Signpost you to relevant information and advice
- Provide support which is tailored to suit your personal needs
- Have a 'whole family' approach to supporting carers, recognising the needs of young carers



3

We will train our staff to be aware of carers' needs

This means we will:

- Ensure our staff can identify carers and recognise their role as partners
- Enable our staff to respond quickly and flexibly
- Involve our staff in developing information and support for carers



Scan this QR code with your smartphone to be taken to our carer resources online.

The Dales carer's group

We hold monthly carer support groups for anyone caring for someone with mental health needs. We offer peer support and information and advice from Trust staff.

Laura Mitchell Health and Wellbeing Centre

Great Albion Street, Halifax, HX1 1YR

Third Tuesday of every month

6-8pm

Meet in rear car park

For more information:



dalescarergroup@swyt.nhs.uk



@CarerDales

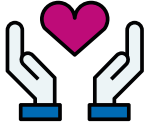


External referrals

We work closely with external carer support agencies. If a person consents, we can make a referral to their service.

Our main external carer support agency is Making Space.

How they can help:



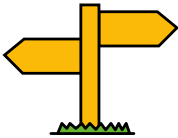
Give you emotional support



Offer advice and guidance to assist you as a carer



Support you to enjoy your life outside of your caring role



Signpost you to other services and organisations that can help you



Provide information about mental health conditions, treatments and local services



Support you to communicate with mental health services

Please ask for further information



07815493439, 07813342856, 07815493442



carers.calderdale@makingspace.co.uk



Laura Mitchell Health and Wellbeing centre, Great Albion Street, Halifax, Yorkshire, HX1 1YR

Self care

We understand that caring and support someone else can make it difficult for you to make time for yourself, but it is key for you to remember your own health and wellbeing is important too.

Giving yourself time to enjoy your own interests and hobbies can help you take your mind off your responsibilities and gives you time to recharge your batteries.



Keeping active—Exercise can have a positive impact not only on your physical health but your mental wellbeing also. It can boost your self-esteem and make you happier.



Hobbies—Joining classes and groups is a good way to meet other people, as well as learning new activities and skills.



Socialising—Seeing friends and family members can allow you to talk about other things than your caring responsibilities.



Social media—Social media support is becoming bigger and better, it may be worth looking for online support which is also available.



Healthy eating—Eating well is important to our bodies to keep us physically and mentally well. Planning meals, online shopping and batch cooking could help ease the pressure on you.



Taking a break—Even though you are providing care and support for someone else, you may need to take a break to take time out, go to classes, work or appointments. It maybe that you arrange alternative care or support for these periods. It may also be possible to explore flexible working or taking longer breaks from work.

Looking after yourself

It may also be helpful to try breathing techniques and mindfulness.

Mindfulness helps by allowing people to become more aware of the present moment. When you become more aware, you can stand back from your thoughts and feelings and realise how to manage these better.

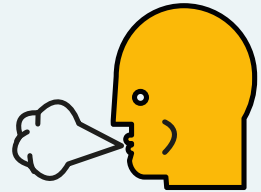
Mindfulness techniques and teaching is available in books, online and via music/video streaming services.

Breathing exercises can help reduce stress levels in the body, reduce heart rate, lower blood pressure, reduce depression, better regulate the body's reaction to stress and fatigue and reduce the possibility of burnout for care givers.

A quick breathing exercise:

Let your breath flow as deep down into your belly as is comfortable, without forcing it.

Try breathing in through your nose and out through your mouth.



Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.

Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.

Keep doing this for 3 to 5 minutes.

Getting practical support

Social care

Contact adult social services at your local council to ask for a carer assessment. This is free and anyone over 18 can ask for one.

The support offered could make your life a little easier and allow you some time for yourself. Support offered might include:

- Someone to take over caring to give you some respite.
- Information about exercise classes and offers of gym memberships.
- Help with taxi fares when going to appointments

Work

You have the right to ask your employer for flexible working to make it easier to look after the person you are caring for.

This may allow you to work from home sometimes or avoid the rush hour traffic or peak fares when travelling to work. Check with your manager or HR department to find out what support they can offer.

Carers UK

Carers UK has many fact sheets and resources available on their website. This includes information regarding carers' rights, carers' assessments, guides on looking after yourself, and other support.

<https://www.carersuk.org/>



Local support

Calderdale Carers (for all carers)
01422 393966

Making Space (for carers caring for someone with mental health conditions in Calderdale)
07815493439, 07813342856, 07815493442

Carers Count (Kirklees)
0300 012 0231

Barnsley Carers Service
01226 288772

Carers Wakefield and District
01924 305544

Carers Digital
www.carersdigital.org
Local code for Calderdale: DGTL 7421

Local social services contact details

Calderdale Gateway to Care
01422 393000

Kirklees Gateway To Care
01484 414933



National support

MS Society

www.mssociety.org.uk

Versus Arthritis

www.versusarthritis.org

Alzheimer's Society

www.alzheimers.org.uk

Carers UK

www.carersuk.org

Carers UK: Your upfront guide to caring

<https://www.carersuk.org/upfront/>

NHS UK: Benefits for carers

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/benefits-for-carers/>

NHS UK: Carers' assessment

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/carer-assessments/>

NHS UK: Carers' breaks and respite care

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/carer-breaks-and-respite-care/>

NHS UK: Time management tips

<https://www.nhs.uk/conditions/stress-anxiety-depression/time-management-tips/>

Government information

www.gov.uk/employment-status/worker

Age UK

www.ageuk.org.uk

Helplines and support services

Useful helplines and support services which can offer guidance, advice and support.

Mental Health Helpline

0800 183 0558

Hours: 24/7

Night Support Line (Local)

01422 255455

Hours: 12am—8am

National Text Line

85258

Hours: 24/7

Safe Space (Local)

01422 345154 or 07388

9990227

Hours: 6pm—11pm

(Wed, Fri, Sat, Sun)

Samaritans

01422 349349 (Local)

0845 90 90 90 (National)

Hours: 24/7

Sane Line

0845 767 8000

Hours: 6pm—11pm

IAPT

Offers counselling to explore problems and identify how to deal with these

Self refer: 01484 343700

Vita Healthcare

Offers talking therapies to understand and manage your mental health

Self refer:

0333 0153 494

Andy's Man Club

Support group

www.andysmanclub.co.uk

Unmasked Mental Health

Support groups and support app

www.unmaskedmentalhealth.co.uk

Healthy Minds

Peer support groups

01422 345154

Northumberland Self Help Guides

Self help guides which can be downloaded and printed

<https://web.ntw.nhs.uk/selfhelp/>

MIND

Self help guides and information

www.mind.org.uk

Helpline: 0300 123 3393
(9am–6pm Mon–Fri)

Rethink Guides

Self help guides and information

www.rethink.org

Helpline: 0300 500 0927
(09:30—4pm Mon–Fri)

CBT Online

Free online CBT courses

www.getselfhelp.co.uk

Silver Line

Helpline for older people

0800 470 8090

Hours: 24/7

Recovery Steps

Calderdale alcohol and drug services

01422 415550

Single point of access (SPA)

01924 316830

Mon-Fri 8am–8pm