



Cornwall Carers Service

July 2023 Newsletter

Hello & welcome to the July 2023 Edition of the CCS quarterly newsletter. We have a lot of news to cover and share with you, as we have been rather busy during this quarter. So sit back, grab a cuppa and have a read on what we've been up to and what to expect in the next couple of months.

Carers Week 2023

To start this newsletter, we want to bring up this year's Carers Week!

During the week, our whole team and partners were busy with organizing events, raising awareness of what it means to be a carer, and engaging with carers to have their voices be heard.

We hosted a variety of events, including the likes of having a relaxing day at St. Mellion's, where some of the carers had the chance to enjoy a relaxing day at the spa, while the male carers were able to play on the estate's golf courses.

Alongside that, we also organized an event for young adult carers to take part in an Escape Room at Truro, giving them opportunities to step away from their caring responsibilities and to be around those who are in similar circumstances.



We were involved at the Adult Safeguard Event in Newquay, where a variety of different groups, people and even some of our own team

had the chance to discuss what it means to be a carer, while raising awareness and understanding of what they go through on a daily basis.



Alongside all these events, some of our team and young adult carers made media appearances on BBC Spotlight, BBC Radio and Cornwall Council's Facebook page.

Here is a snippet from one of the BBC Radio shows, where our young adult carers had the opportunity to discuss their experiences of being a carer and the challenges that they go through in their role.

If you want to hear more from our young adult carers, you can check out Parker's interview with the Cornwall Council, by clicking the link [here](#).

Promas CIC

Promas have many events and activities lined up for the next quarter of 2023! Alongside that, they are working with SW Coastal Pathways Association to offer male carers Rambling sessions in St. Austell and Penzance's Rambling Men - Walking Group!

If you're a male carer and are interesting in learning more about the walking group, then be sure to contact Promas or go on their website to find out more information.

Here are some events and activities that you can look forward to from Promas:

July

- **4th of July: Contingency Planning in Truro (Half Day)**
- **11th and 12th of July: Caring for Dementia Carers in Liskeard**
- **20th of July: Creative Writing for Carers in Truro**

September & October

- **5th of September: Caring for Carers in Bude**

- **12th, 26th of September and 10th of October: Managing Grief for Carers in St. Austell**
- **28th of September: Effective Communication for Carers in Pool**

Weekly & Periodic Courses and Activities

- **Mindfulness in Pool: Every three weeks on Thursday, 1:30PM-3:30PM**
- **Nordic Walking in Bodmin (Wadebridge): Every week on Wednesday, 10AM-12PM**
- **Nordic Walking in Trelissick and Falmouth: Every two weeks on Friday, 10AM-12PM**
- **Photography and Club (Once a month) in Bodmin: Tuesdays, 10AM-12PM**

Social Outings

- **6th of July: Tremeneheere Sculpture Gardens meet at 10:30 AM**
- **9th of August: Glendurgan Gardens meet at 10AM**
- **6th of September: St. Michael's Mount meet at 10:30AM**

If you are interested in any of the upcoming courses and activities, go to promas.co.uk for more information on what Promas has to offer.

disAbility Cornwall

disAbility Cornwall and the Carers Advice Team have been working hard during these last couple of months, by working with other carers and helping out our partners, including Promas with a couple of events and activities.

Events and Activities w/ Promas

Firstly, many of the Carers Advice Line attended three events that were hosted by Promas, to help and offer advice and support to carers, alongside what the Advice line has to offer.

They attended a trip to Seal Sanctuary in Gweek, alongside a day out to Trerice House and Gardens, and recently, a day in the sunshine at the Lost Gardens of Heligan.

If you're intrigued by these events, make sure to scroll up to the Promas section and see what they have in store for the upcoming months. They are free of charge and take place on a monthly basis.



Adult Safeguarding Conference

In addition to that, they were also helping out manning a stand at the annual Adult Safeguarding Conference, which took place in Newquay (more on that in the next section). The CCS Advice Service Manager and an Adviser were working alongside a Cornwall Memory Cafe Network Coordinator, a Disability Alliance Representative, and a Humans Cornwall Representative.

Throughout the conference, the team was working hard to engage with the many attendees that had attended the event, offering them advice and what the Cornwall Carers Service offers to unpaid and informal carers.

Barnardo's

Barnardo's have been hard at work throughout this quarter, as they bring many news and updates regarding young carers and young adult carers.

Carer Cards for Young Carers

Barnardo's and disAbility Cornwall are excited to announced that they will be rolling out Young Carers Cards. Both partners have been hard at work, promoting a professional understanding and poignancy of showing a card, alongside raising awareness of what it means to be a young carer at schools.

The main benefits of having a card includes:

- **To raise awareness of their responsibilities and to give formal recognition of their role as a carer.**
- **To discreetly let people know about their caring responsibilities without having to share personal details**

over and over.

- **To give confidence to ask for help or understanding from professionals like teachers, doctors and pharmacists.**

Upcoming Events/Activities

In the upcoming months, Barnardo's are going to organize a variety of different events for young carers of different age groups from July up to September. Here are the following events that will be taking place:

- **26th of July - A targeted event for those who attended the 'Cohort Residential this February' - A visit to the Roller-Skating Rink in Redruth (Available by invite only - Level 2)**

Universal Events (Available to those who registered - Level 1 and 2)

- **1st of August - Rockpooling with the Rock Pool Project in Padstow (8 - 10 year olds)**
- **3rd of August - B F Adventures Activity Day - Zip Wires, Kayaking and Low Ropes in Longdowns (11 - 15 year olds)**
- **8th of August - Arts and Craft Day - Clay Face mask creations and pebble painting in St. Austell (11 - 15 year olds)**
- **9th of August - Escape Rooms in Camborne (16 - 17 year olds)**
- **16th of August - Via Ferrata with B F Adventures in Longdowns (16 - 17 year olds)**
- **18th of August - Pony Day with Great Trethew Trekking in Liskeard (8 - 17 year olds)**
- **22nd of August - Rockpooling with the Pock Pool project - Young Carer + 1 Adult in Falmouth (4 - 7 year olds)**
- **24th of August - Football Golf in St. Austell (11 - 17 year olds)**
- **28th of August - Badger Forest School - Blobsters, scavenger hunt, games and twig puppets in Liskeard (7 - 10 year olds)**
- **1st of September - Badger Forest School deliver Bushcraft Skills - Fire, shelter, signalling, food and water survival, and first aid in Liskeard (11 - 17 year olds)**

Closing Thoughts

Thank you for reading the recent edition of the CCS Quarterly Newsletter! We've been working hard throughout the last few months to ensure that we can better support all carers across Cornwall.

If you are interested in any of the courses or activities, then be sure to check out their pages for more information, alongside what they

can offer to further meet your needs.

We will see you all in the next quarterly newsletter in October!