

August 2021

# CCR & CRS Newsletter

Crossroads Care Rotherham and the Carers Resilience Service  
support and service update



## Inside this newsletter...

- Donations needed (The Corner)
- Free Self Harm Awareness Training
- Free Dementia Carer Workshops
- Carers Trust Funds
- Support services
- Free counselling sessions (RB Mind) for unpaid carers
- Healthwatch Let's Talk: Anxiety & You (event 25th August)
- Work with us!
- SPS GP Link Workers

## Contact Us

CCR: 01709 360272

CRS: 01709 464574

Lottery Projects: 01709 389516

[www.crossroadsrotherham.co.uk](http://www.crossroadsrotherham.co.uk)

## The Corner Coffee & Charity Shop

*(Open: 9.30-3pm Mon-Sat)*

**!!! Sale !!!**

**DEAL: £3.50 coffee & cake**

## Donations Needed!



## Join Us!

\*\*\*Job & Volunteering opportunities\*\*\*

## Carers Funds grants (Rotherham & Doncaster)

A Network Partner of  
**CARERS TRUST**



Grants of up to **£300** for items or activities that will benefit carers in their caring role  
For enquiries, please contact CCR on 01709 360272.

CQC rating

**Outstanding** ☆



# Join Us!



## Job & Volunteering opportunities

### Work with us...

#### Vacancies:

#### Care Support Worker

- We are looking to employ reliable people with a caring, flexible and committed attitude who have access to their own transport.
- Duties include the provision of personal care tasks and carer/family support working in the clients own home.
- Employment is subject to suitable references, medical and enhanced DBS check.

#### Apply:

[Care Support Worker – Vacancy | Crossroads Care Rotherham \(crossroadsrotherham.co.uk\)](#)

For enquiries, please contact

**01709 360272**

Or visit our website

**[www.crossroadsrotherham.co.uk](http://www.crossroadsrotherham.co.uk)**

### Volunteer with us...

#### Volunteer roles:

- **Complementary Therapist Volunteer**
- **Telephone Befriending Volunteer**
- **Administration Volunteer**
- **The Corner Charity Shop & Coffee Shop Volunteer**
- **Carers support and activity group Volunteer**

#### Apply:

We are happy to hear from anyone over 18 years of age. Please contact Mel Marshall on 01709 389516 or by email:

[mel.marshall@crossroadsrotherham.co.uk](mailto:mel.marshall@crossroadsrotherham.co.uk)

### What's it like working with us?

*"They are all so friendly, appreciative, hard working & committed to what they do. I cannot imagine life without volunteering & my four years has been thoroughly enjoyable. As well as feeling I can help others, it also helps me to share thoughts & experiences & keeps my life in context... Being a Crossroads volunteer has been a real positive especially during the lockdowns..." (Julia — Volunteer)*

*"I feel very lucky to be a part of the diverse Crossroads team. They are incredibly caring and supportive and are always encouraging of my career progression and personal development." (Alyssa — Office Staff)*



## Self harm awareness training: Adults & Older Adults Half day

*For those wanting to learn more about self harm in  
adults*

- Causes • Myths • Stigma • Effective Support •
- Managing impact • Brief Interventions •
- Self-care for parents/carers • Recovery •

**Online session dates:**

**Tuesday 10th August 2021 (9am-1pm)**  
**Monday 23rd August 2021 (12.30-4.30pm)**

Training is CPD certified & sessions are delivered via Microsoft Teams. To  
book, please email: [learning-development@rotherham.gov.uk](mailto:learning-development@rotherham.gov.uk)

For questions or queries, please contact Alyssa at Crossroads Care  
Rotherham on 01709 360272.

Delivered by:



Training created by:



Funded by:







**LISTENING EAR**  
someone to talk to  
South Yorks & Bassetlaw

## Support for those bereaved during the Coronavirus Pandemic

A service for anyone who has lost a loved one and who needs support, advice or guidance

Freephone

**0800 048 5224**

for meaningful support, advice and guidance  
or visit

[www.listening-ear.co.uk/refer](http://www.listening-ear.co.uk/refer)

Available Monday to Friday from 10am to 5pm

Who can refer:

- Self
- Police
- Primary Care Staff
- Hospital bereavement services staff
- Mortuary staff
- Funeral directors
- Coroner's office
- GPs
- Crematorium and bereavement services staff



Alyssa, our Mental Health Carers Support Co-ordinator will be attending the session to talk about anxiety and how to support someone experiencing anxiety!

**healthwatch**  
Rotherham



## Let's Talk... Anxiety and You

Join Healthwatch Rotherham for our monthly Zoom chat. In our next session we will be talking about anxiety. We will be joined by representatives from Mental Health services and you can ask questions or raise any issues or concerns you have on these topics.



Wed 25th August 2021

11am-12 noon

Zoom Meeting ID: 926 2412 6885

Password: 313280

For more details, contact us on  
[info@healthwatchrotherham.org.uk](mailto:info@healthwatchrotherham.org.uk) or 01709 717130

# Carer Support



**Carers UK  
Helpline**

advice@carersuk.org  
0808 808 7777  
Monday to Friday, 9am - 6pm

You and Your Wellbeing -  
Carers UK

**CARERS  
TRUST**

[www.carers.org](http://www.carers.org)

**Rotherham  
Metropolitan  
Borough Council**

[www.rotherham.gov.uk  
/carers/advice-carers/1](http://www.rotherham.gov.uk/carers/advice-carers/1)

 **carersUK**  
making life better for carers

[www.carersuk.org](http://www.carersuk.org)

 **Beacon™**  
South Yorkshire  
Carer Support

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

## Carers Resilience Service Update

The Carers Resilience Service (CRS) is a free and impartial support service for those who are looking after someone affected by memory issues and Dementia. Throughout the pandemic, the team have continued to support carers in a flexible way, ensuring everyone gets the support they need, in the safest way we can.

We offer; -

- ♦ One-to-one telephone support with a dedicated Dementia Advisor
- ♦ Information, guidance and support around caring for someone with Dementia
- ♦ Resources and strategies for living with memory loss and keeping safe
- ♦ Signposting and referral with consent, to other sources of help and support
- ♦ Access to benefits checks, assistive technology and carer's wellbeing activities
- ♦ Someone outside to family to talk to about any concerns or worries you have
- ♦ Support around planning for the future

Call **01709 464574** to learn how to access this service



  
**Rotherham**  
Clinical Commissioning Group

## Are you supporting someone with memory loss who is at risk of going missing?

The Herbert Protocol is here to help.

Come along to a Herbert Protocol & This Is Me Workshop!

Workshops are to support families of those with living with dementia. Please enquire at Crossroads Care Rotherham on **01709 464574**.

THE  
**HERBERT  
PROTOCOL**  
Safe & Found

**CROSS  
ROADS  
CARE**  
Rotherham

  
Alzheimer's  
Society  
United Against  
Dementia

  
**Rotherham**  
Clinical Commissioning Group

# Rotherham Social Prescribing GP Link Workers

*Do you need to see your GP? Or do you need to see your GP Link Worker?*

## Your GP Link Worker can help with:

- Connecting to local groups, activities and volunteer opportunities
- Accessing benefits, debt, housing, employment and welfare rights advice/support
- Access to mental well-being support and resources
- Supporting you to become healthier and more active (e.g., food and medication support)
- Access education and training



[Link Workers \(Primary Care Networks\) : Voluntary Action Rotherham \(varotherham.org.uk\)](#)

Your Social Prescribing GP Link Worker can support you to access resources such as...



We provide a number of services including:

- Employability.
- CVs And Job Applications.
- Practice Interviews.
- English And Maths Qualifications.
- Digital Inclusion.
- English/Learn My Way

Referrals are via the Social Prescribing Service & GP Link Workers

[The Learning Community](#)

## Meet your GP practice Link Worker:

[Your Link Worker : Voluntary Action Rotherham \(varotherham.org.uk\)](#)

### Referrals:

Your GP practice can refer you to their practice Link Worker.

To refer yourself please contact your Link Worker directly.

Please note you must be over 18 years old and be registered with a GP practice in Rotherham.



## Counselling Sessions available for Rotherham Unpaid Carers

Are you being affected by carer-related issues or concerns that are stopping you from enjoying life or reaching your full potential?

Counselling offers a safe, non-judgemental space to explore any concerns that may be affecting you in your life and are impacting on your mental wellbeing.

If you are an **unpaid carer living in Rotherham** and feel you could benefit from counselling, Crossroads Care Rotherham have received funds to support carers to access up to six counselling sessions provided by Rotherham & Barnsley Mind.

*A **carer** is anyone who looks after a family member, partner or friend (unpaid or may receive carers allowance) who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support.*

For enquiries, please contact Crossroads Care  
Rotherham on 01709 360272

Crossroads Care Rotherham, Unit H The Point, Bradmarsh Way, Rotherham S60 1BP  
charity registration no. 1062664