

September 2021

CCR & CRS Newsletter



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

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- CCR/CRS update
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Contact Us

CCR: 01709 360272

CRS: 01709 464574

www.crossroadsrotherham.co.uk



The Corner Coffee Shop



Charity Shop Donations Needed!

*Available to drop off at The Corner before 10am or after 4pm
(call 01709 372762)*

CQC rating

Outstanding ☆

**CARERS
TRUST**

**CROSS
ROADS
CARE**
Rotherham

NHS
Rotherham
Clinical Commissioning Group

**Dementia
Friends**
An Alzheimer's Society initiative

Crossroads Care Rotherham Unit H, The Point, Bradmarsh, Rotherham, S. Yorks S60 1BP Charity Registration No. 1062664

Want to meet new people or would like to start socialising more? Join a new group!

No More Lonely Arts (Swallownest)

A weekly drop-in craft space for people experiencing mental health problems or loneliness, carers, friends, family, **ANYONE!** Referral via Voluntary Action Rotherham or via the PCN team is required.

Wednesdays between 1pm and 3pm at Swallownest Baptist Church.



Beacon South Yorkshire Carer Support (Rotherham)

'Drop-in' sessions/coffee mornings are a chance to chat with likeminded others, who may share similar experiences and stories.

September dates:

- 7/8/21 (10:30 – 13:30)
- 21/8/21 – Coffee Morning (11:00 – 13:00)

For more info, contact: 01226 814 012 or email info@beaconsy.org.uk
www.beaconsy.org.uk

Friendship Lunches (Rotherham)

Lunches are aimed at older people, but we don't exclude other client groups.

Bookings are taken directly by each venue (includes a two course meal and entertainment for just £7.00 per person)

- Ring O Bells, Kimberworth Park,
 - Sir Jack, Bramley,
- The Drawbridge, Kimberworth
 - Red Lion, Todwick.

[Rotherham Friendship Lunches – upcoming events -](#)
[Voluntary Action Rotherham : Voluntary Action Rotherham \(varotherham.org.uk\)](#)

Men in Sheds (Kimberworth Park)

A project for men, some of whom have physical and mental ill-health conditions, who want to get together to share their existing skills and learn new ones.

Contact: 01709 559805

[Men in Sheds | kimberworth-park \(kimberworthpark.org.uk\)](http://kimberworth-park.kimberworthpark.org.uk)



Or passionate about reducing social isolation?

Loneliness Awareness (RMBC)

FREE 90-minute training sessions to help people in Rotherham manage the impacts of loneliness and isolation. Session dates and times

Friday 1 October 9:30am to 11am

Thursday 7 October 1:30pm to 3:00pm

Friday 8 October 9:30am to 11am

Email:

Learning-Development@rotherham.gov.uk

Volunteer with b:friend



Sign up to volunteer and befriend an elderly neighbour in your area:

letsbfriend.org.uk

Let's end loneliness together.
Let's b:friend.





ROYAL
VOLUNTARY
SERVICE

Virtual Village Hall

Virtual Village Hall Notice Board



[Online Activity Classes](#) | [Virtual Village Hall](#) | [Royal Voluntary Service](#)

A programme of themed online activities designed to enjoy at home.

Sessions led by expert tutors, Royal Voluntary Service activity coordinators, volunteers and some well-known faces.

You'll find a wide range of sessions to take part in, like creative arts and crafts, music and singing, cooking and baking, dance and exercise, and technology skills. Join in with live sessions or catch up on demand when suits it you.

Brinsworth Art Group

Brinsworth Art Group (BrAG) is a well-established art group based in the village of Brinsworth. We're an enthusiastic bunch of amateur artists with a mix of abilities and styles. All abilities are welcome and there's no selection process to join. Numbers are restricted though and priority is given to people who live locally.

Our informal, friendly sessions are held on *Mondays, from 1.30 pm to 4 pm at St Andrew's Church, 85 Bonet Lane, Brinsworth, Rotherham, S60 5NF.*

Contact: brinsworthartgroup@gmail.com or 07763 973 459

www.brinsworthartgroup.org



Improve Your Health & Wellbeing with Rotherham United Community Sports Trust

Outdoor sessions will re-start w/c 12th April 2021

All sessions require booking at this time in order meet Covid-19 guidelines. Please email

Project area	Activity	Day	Time	Venue	Cost
Older Adults	Mature Millers social group (RUFC game review)	Monday	10.30-11.30	Parkgate Astro Greasborough Lane S62 6HQ	Free
Older Adults	Mature Millers Walking Football	Monday	11.45-12.45	Parkgate Astro Greasborough Lane S62 6HQ	£2
Mental health	Walking football	Monday	1.00-2.00	Parkgate Astro Greasborough Lane S62 6HQ	£3
Mental health	Fishing group	Tuesday	1.00-4.30	Location varies contact for details	£2
Open access	Coffee morning (online)	Tuesday	11-12	Zoom	Free
Mental health	Football	Wednesday	2.00-3.00	Parkgate Astro Greasborough Lane S62 6HQ	£3
Mental health	Walking Group	Thursdays	1.00-3.00	Various	Free
Mental Health	Fitness	Mondays	3.30-4.30	New York Stadium New York Way S60 1AH	£3
Man v Fat - Men with BMI over 27.5	Man v fat football and weight loss league	Friday	7.00-9.00	Parkgate Astro Greasborough Lane S62 6HQ	£27.50 per month
Open access	Tai Chi	Wednesday	11.30-12.30	Parkgate Astro Greasborough Lane S62 6HQ	£5
Adults 35-65 BMI 28+ *Booking essential*	FIT MILLERS 13 week weight loss programme	Mondays & Thursdays	6.00-7.30	New York Stadium	Free
Ladies only	Walking football	Thursdays	6.00-7.00	Parkgate Astro Greasborough Lane S62 6HQ	Free

health@rotherhamunited.net or call 01709 827767 to book.

Please note all sessions will be outdoors



01709 827767



@ community@rotherhamunited.net



www.rucst.co.uk



@RU_CST



BROADSWORD
supporting education in sport

Carer Support



Goodbye from Alyssa!



After the past two years working at Crossroads as Mental Health Carers Support Coordinator (and one year volunteering prior) it is sadly time for me to seize new opportunities. I would like to thank my team, all internal and external colleagues and carers for making the past two years so enjoyable. I have met some incredible people whilst working here, who I will never forget! Thank you to everyone :-)

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



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

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 is here to help.



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

DISC

"Dementia Information and Support for Carers"

DISC

Dementia Information and Support for Carers

DISC is for carers and family members of people living with dementia. It is an 8 week programme of weekly sessions which aims to do the following:

- Improve your knowledge about Dementia
- Improve your confidence as a carer
- Give you practical information and advice about local services to help you and the person you care for
- Help you and the person you care for, to plan for the future
- Help you to prepare well for hospital visits, stays and discharges
- Help you to get the most out of your GP surgery
- Offer advice to improve the safety of your home and the person you care for
- Look after YOU and your wellbeing
- Help you and the person you care for to live well with Dementia
- Offer you follow on support after DISC

DISC 1 will take place on

- September 22nd and 29th
- October 13th, 20th, and 27th
- November 3rd, 10th, and 17th

DISC 2 will take place on

- January 12th, 19th and 26th
- February 2nd, 9th and 16th
- March 2nd and 9th

Each session will take place:

- From 10am - midday each week
- At Tesco, Drummond Street, Rotherham, S65 1HY

All COVID-19 regulations will be followed and will be explained upon arrival. Please contact Rotherham Dementia Support Service on 01709 910889 to book a place.



Rotherham Dementia Support Service (Making Space) and Tesco are offering a programme over 8 weeks for a maximum of 16 Carers.
Contact: 01709 910889

