

Welcome to the Carers Information & Support Service newsletter

It's busy time for the service as we work with our partner's to plan the activities taking part in Carers Week 2024. Please do look out for our promotional information or updates on our social media platforms, you can also contact the service for more information too.

This year the focus is: 'Putting Carers on the Map' and they are theme's for each day:

- Monday: Research launch
- Tuesday: Health and social care
- Wednesday: Work and employment
- Thursday: Younger carers
- Friday: Older carers
- Saturday: Mental health and wellbeing
- Sunday: Reflections on Carers Week

I'm pleased to advise that following the successful Marketplace event last year we are hosting another event:

Carers Market Place Event

Tuesday 11th June, 11am-2pm

**Information & Advice to support
your caring role from a host of
services and organisations.**

The Guildhall, 77 Lowgate Hull HU1 2AA

Contact us: 01482 222220 or chcp.carersinfo@nhs.net



Carer's Card Discount Scheme Update!!!



In addition to the 80 local businesses & services who have joined the Carers Card Discount Scheme, we are pleased to advise during Carer's Week Little Monkeys are offering concessions to carers. For more information or if you would like a Carers Card please contact the team on 01482 222220.

CISS Carers Groups



The CISS **Book Group** meet on the first Monday of each month (unless it's a Bank Holiday!!!) at Hull Central Library. Jen the newest member of the CISS Team will be hosting the group moving forward and is currently reading this month's chosen book along with the group members. If you would like to join the group or would like a more information, please contact Jen on 01482 222220.

Our East Hull Carers Group is Moving...



From Wednesday 22nd May the group will be meeting at Redwood Glades, Leads Road, Hull between 1pm -3pm. The group will continue to meet at the same time on the 4th Wednesday of each month just at the new venue. If you would like to join the group or would like a more information, please contact Jamie on 01482 222220.



Service Update

We are pleased to advise this month we have two further locations available for carers to book an appointment. If you would like to book an appointment at one of these locations or one that is local to you please get in touch with the team.



Carers Guidance Leaflets

Did you know the CISS Service have developed guidance for carers? Working in partnership with CHCP Learning & Development we have developed a number of leaflets to enable carers to build up their own bespoke reference pack.



The CISS Carers Guidance Leaflets are designed to support you in your role as a carer. They can be used as a reference guide to promote awareness of certain health needs and when to seek professional assistance.

As a carer you are in the ideal position to recognise changes in an individual's condition and wellbeing because you have a knowledge of what is normal for them. The CISS Carers Guidance Leaflets aim to increase your awareness and give you support to contact the appropriate health professional when needed and to give you additional information about different health conditions.

Have your Say!!! Share Your Experience, Hospital Discharge Survey.

We want to hear from you about your discharge from hospital!

The NHS and local government have come together in Hull and the East Riding of Yorkshire to think about how discharges from hospital can be a more positive experience.

If you, a family member, or someone you care for has recently been discharged from hospital we want to hear about your/their experience - take a 5-minute survey by scanning the QR code.

Please note - we are only asking for information for people who are 18 and over.

1. Scan this QR code to share your views!



2. Or access the survey at:

[Experience of discharge from hospital](#)



Survey on unpaid carers' experiences of Carer's Allowance overpayment in relation to earnings



Carers UK is collecting a dossier of evidence from both unpaid carers and advisors about overpayments. This will help us to develop a better model for Carer's Allowance and to campaign to prevent overpayments from building up to such high levels in the future. This evidence will feed into a wider project to look at the earnings limit for Carer's Allowance and how well it works in supporting carers who would like to combine paid work with unpaid care alongside receiving Carer's Allowance.

No personal details from this will be shared at any point and any information that you provide to us is given in the strictest confidence. You are welcome to submit your evidence to us anonymously.

Survey link - <https://www.surveymonkey.com/r/CAoverpayment>