

January 2022

# CCR & CRS Newsletter



Crossroads Care Rotherham and the Carer's Resilience  
Service support and service update

## Inside this newsletter...

- [Happy New Year](#)
- [Vacancies](#)
- [Care-free break](#)
- [Carer's Trust Grants](#)
- [Information Support Services](#)
- [Free services](#)
- [Free services timetable](#)
- [Carer's Group](#)
- [Social media](#)

## Contact Us

CCR: 01709360272

CRS: 01709464574

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

## Happy New Year!

Happy New Year from everyone at  
Crossroads Care Rotherham!

Thank you for all of your help and  
support over the last year.

We really appreciate everything  
you've done to help us.



## The Corner Coffee & Charity Shop

### Open: 9am - 4pm



CQC rating

**Outstanding** ☆

**CARERS  
TRUST**

**NHS**  
Rotherham  
Clinical Commissioning Group

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

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

# Vacancies

## Care support workers

- We are looking to employ reliable people with a caring, flexible and committed attitude who have access to their own transport.
- We are also looking for flexible working & bank staff care support workers.
- 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.

## Volunteer roles

- Complementary Therapist Volunteer
- Telephone Befriending Volunteer
- Carer's support and activity group Volunteer
- Car drivers

### To apply:

For volunteer roles, contact Mel Marshall on **01709 389516** or email at **[mel.marshall@crossroadsrotherham.co.uk](mailto:mel.marshall@crossroadsrotherham.co.uk)**. For CSW vacancies, please visit our website: **<https://crossroadsrotherham.co.uk/vacancies/care-support-worker-vacancy/>**

# Care-free short Breaks for unpaid carers

We know all too well how challenging a full-time caring role can be, so a few days away with someone can work wonders. It may seem like a small thing, but it can make a huge difference.

Carers can take one break a year at either a hotel of their choice. Hotel breaks are usually 3 nights with one adult companion, twin/double room and breakfast included.

To qualify for a break, carers must be:

- Aged 21 or over
- A full-time unpaid carer (30+ hours a week)
  - Able to arrange interim care
- Able to pay for extras (£25 Admin fee). transport, food & drink, travel insurance, etc.)

## Carer's Trust Grants (Rotherham & Doncaster)

Grants of up to **£300** for items or activities that will benefit carers in their caring role.

For enquiries, please contact CCR on **01709360272**



**Carers UK  
Helpline**

[advice@carersuk.org](mailto:advice@carersuk.org)

**0808 808 7777**

Monday to Friday, 9am - 6pm

You and Your Wellbeing -  
Carers UK



## The Corner Charity Shop Donations

Please contact The Corner and arrange a time between 9am - 10am & 4pm - 5pm to drop them off at The Corner. Thank you!

The Corner:  
**01709372762**



### Carer Support

**CARERS  
TRUST**

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



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



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



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

## 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 living with dementia. Please enquire at Crossroads Care Rotherham on **01709 464574**.

THE  
HERBERT  
PROTOCOL  
Safe & Found



Rotherham  
Clinical Commissioning Group

# Free services for carers

Everyone gets stressed out, especially carers. That's why Crossroads Care Rotherham offers **free** services for carers. Here are all of the great services that we have to offer:

- Reiki
- Reflexology
- Indian head massage
- Back massage
- Neck & shoulder massage
- Hypnotherapy
- Walking group
- Yoga sessions
- Telephone & home befriending
- Carer's Group



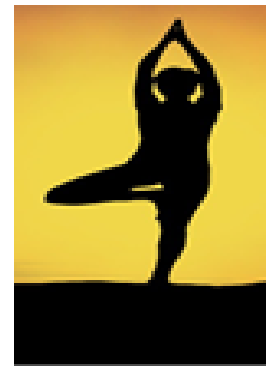
To book a service, please contact Emily on:  
01709 389516

# Carer's Group

From January, 26th onwards, Carer's Groups will be held every Wednesday.

## **Activities included:**

- **Afternoon tea**
- **Crafts (flower arranging, clay art & card making, macramé, etc.)**
- **Game days (Bingo, playing cards, quizzes, Wii Sports, etc.)**
- **Culture days**
- **Fitness (yoga, dancing, belly dancing, etc.)**
- **Therapy tasters (including hypno-therapy)**
- **Guest speakers and therapy pets**



Suggestion box including for more ideas. Each day will have something new.

For more information, contact Christine Barnes at [christine.barnes@crossroadsrotherham.co.uk](mailto:christine.barnes@crossroadsrotherham.co.uk)

# Free services timetable

Monday: Walking Group: 13:30 – 15:30

Tuesday: Therapies: 10:30 – 13:30 & Telephone befriending

Wednesday: Carers' Group: 14:00 – 16:00, Therapies: 10:30 – 14:00 & Telephone befriending

Thursday: Telephone befriending & Carers' fitness session: 12:00 – 13:00



Facebook:

[https://www.facebook.com/  
CrossroadsCareRotherham/](https://www.facebook.com/CrossroadsCareRotherham/)



Instagram:

[https://www.instagram.com/  
crossroadsrotherham/](https://www.instagram.com/crossroadsrotherham/)



YouTube:

[https://www.youtube.com/channel/  
UCIrljRQr17qPjVHS2-uFcl8w](https://www.youtube.com/channel/UCIrljRQr17qPjVHS2-uFcl8w)

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