



How you can celebrate Carers Week with us

Interview with the Carers Art Group

A guide to all carer activities and groups

..... INSIDE THIS ISSUE



Join us on a day trip to Chester



Young Carers Newsletter Supplement



Staying Well with Nurse Claire

About Us...

Do you support someone who couldn't manage without you? Trafford Carers Centre is a registered charity that supports unpaid carers looking after someone in the Trafford area. Read on to find out how we can help you.

Dear Carers,

As we move into the spring months I would like to wish you all a happy Easter. Our nurse, Claire, has some advice around the temptation of all those treats we face on page 6, as well as tips on how to boost your health and a handy smart phone app to help you stay on track with a healthy lifestyle.

It always seems to come round faster every year but it is most definitely one of the highlights of my year as we bring together carers from across the country to celebrate Carers Week. We are again running a series of activities as well as sending our teams out into the community to raise awareness of the support available to carers. We would very much love as many carers as possible to join us for our 'Walking for Health' Carer's Walk on Monday 10th June at 10:30am at Sale Sports Club. This was a very popular event last year. 'Be Our Guest' at our information, advice, pampering and afternoon tea event, which this year is being held at Stretford Public Hall from 10am on Thursday 13th June. Here you will be able to join in our Power of Attorney Workshop, Flower Arranging Workshop, get pampered by our therapists, enjoy a lovely afternoon tea and there may even be an opportunity to have a little dance (I will polish my dancing shoes off). All the information about Carers' Week can be found on page 3.

Over the last few months I have been meeting with our Carer's Partnership Board and we have drafted a Trafford Carer, Family and Friends Strategy to take us through to 2022. The strategy will be launched during Carers Week and we will be working with partners across the Borough to improve the support to carers.

You may have noticed some subtle changes with a couple of the articles on our last couple of newsletters? We are very pleased to have welcomed Rick Bowen, a former Messenger Newspaper reporter, who has been interviewing staff and carers and helping them to share their stories. This issue you can find his work on page 4 & 5.

Our Young Carers team has been very busy over the last few months, going out to visit schools and professionals to raise awareness of young carers and improve the referral routes; this leads to better and earlier identification of young carers to enable them to access support and work towards lowering the risk of them reaching a crisis point.

I hope you enjoy our latest issue.

Best wishes,
Gavin Williams

Trafford Carers Centre CEO

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Carers Week™ 10th - 16th June 2019

MONDAY 10TH



10:30am from Sale Sports Club, Clarendon Crescent,
M33 2DE

To launch Carers Week, meet us at Sale Sports Club where volunteers from Trafford's Walking for Health will be leading a 45 minute gentle walk.

The walk will be followed by tea/coffee and a buffet which Sale Sports Club are very generously providing. **The buffet will be served at approximately 11:45pm.**

The walk is open to all carers and their loved ones.

In order to cater for the buffet please let us know if you can join us by calling 0161 848 2400

TUESDAY 11TH

Join us at our **carers information point** in Stretford Mall (located outside Re:Love & Care).

We will be running a benefits clinic in addition to offering support, guidance & advice about your caring role as well as giving you all the up to date information about our activities and groups.

The team will be available between 9:30am - 4:30pm

WEDNESDAY 12TH



Haydock Races are again inviting carers to spend a 'Day at the Races'

Tickets are available to both registered carers, families and friends.

Please call 0161 848 2400 to arrange to have your ticket sent to you.

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK

This year we are coming together to help carers get connected. Take a look at how we will be celebrating

THURSDAY 13TH

"Be Our Guest"

10.00am - 2.30pm

Stretford Public Hall, Chester Road, M32

Come along and treat yourself to a lovely day out enjoying tea, delicious cakes, live music, good friends, Flower Arranging & Power of Attorney workshops, pampering treatments & information stalls.



FREE goody bag for all carers attending.

Relax as you mingle, chat, & make new friends

This is a **FREE Event** for registered carers. (There is very limited tickets available for non-registered carers who wish to participate in the afternoon tea and entertainment, priced at £10pp).

To book your place please call **0161 848 2400** or email info@traffordcarerscentre.org.uk

Power Of Attorney Workshop

We will be running another Power of Attorney workshop at our 'Be Our Guest' event at Stretford Public Hall from **10:15am—11:30am**

The workshop will be led by Kerry Blackhurst from MLP Law.

These workshops have been very popular and will be limited space so please book by calling **0161 848 2400**

To make our 'Be Our Guest' event more accessible to carers living in Partington, we are looking into hiring a minibus to pick carers up from a couple of locations and drop back to the same points after the event.

If you think you would benefit from this service please call 0161 848 2400.

Trafford Carers Day trip to Chester

Tuesday 14th May 2019



With thanks to a grant from Carers Trust we are pleased to offer carers the opportunity to Join us as we take a coach trip to enjoy the sights and sounds of historic Chester.

Pick up from Trafford Carers Centre at 9am (returning to Manchester for 4:30pm).

You will have free time to explore the city, whether it be to enjoy a cup of tea and slice of cake, walk the city walls, take a stroll down by the River Dee or enjoy the peacefulness of Chester Cathedral, we are sure you will enjoy your trip.

Spaces are limited to **registered carers only** and it is highly unlikely we will be able to accommodate your cared for or other family/friends. We will however operate a reserve list but please be aware that spaces may not become available until very last minute.

Please call 0161 848 2400 to book your place (As this is expected to be a popular event please only book if you know you can definitely make the date)



Please note due to limited funds we have not been able to secure a fully assisted coach.

Have you ever wondered what happens to an item you donate to a charity shop?



Nick Hammond, assistant manager at the outlet run by Trafford Carers Centre's Re:Love&Care Charity Shop, said all donations begin their journey to the shop floor in the stock room.

Items of clothing go through a process he described as similar to being ironed before being tagged and going on sale.

Branded goods, like designer clothes, are sold on the charity's ebay channel after being sent to the organisation's sister shop in Stretford Mall

This decision, Nick said, is only taken after the staff have researched the item online in order to get an idea of its usual retail value.

Clothes by the likes of fashion giants Ralph Lauren or Armani do pass through the doors of the shop, while clothing seen as too past it's sell by date to be sold ends up in the bag marked "recycling."

Donated items are divided into summer or winter stock and placed in suitable bags. Clothing prices are set by the management at Trafford Carers Centre and items of bric-a-brac are set by the team at the shop.



It has also started accepting electrical items which are safety tested before being sold to the public.

Nick, whose sister looks after their mum as an unpaid carer, said the Sale outlet and its sister shop are "very important" when it comes to raising cash for Trafford Carers Centre.

He added: "Saturday's our busiest time. We have between 10 and 12 people in the shop at the same time and the donations help to raise a lot of money."

Nick said the shop always welcomes volunteers. Anyone interested in finding out more about the TCC eBay site should visit www.ebay.co.uk/usr/traffordcarerscentre



(Story provided by Rick Bowen)

'Anyone can paint!' An interview with our Carer's Art Group



"ANYONE can paint," says Tony Turner, who runs the art group at Trafford Carers Centre.

The class is open to people of all abilities and provides its members with both the chance to learn a new skill and share their experiences by meeting fellow carers.

Those who attend, rather than being invited to produce original work, are asked to copy paintings and pictures produced in books to help develop their skills.

He explains: "That's the traditional way of working – if you try to get people to do original work it's very difficult because you can sit in front of a blank canvas for two hours."

While some people come to the classes for the social side – a trip to Chester was being planned at the time of writing - Tony also supports those who wish to take their artistic skills to the next stage.

Learning to paint can, he says, give people's self-esteem a major boost and members do support each other by offering feedback on their work.

Liz, who cares for her mum, said she's been attending the group for the past year and says she enjoys the challenge.

She added: "It's been a surprise, because I didn't think I could paint and it's helped me relax and leave any problems behind at home."

Supporting someone 24/7 can lead to some carers failing to look after their own health. With this in mind Claire Baker, the nurse at TCC, drops in to the classes to make people aware of the services she can offer to help make sure they're looking after themselves.

Norman, who has a grown up son who has autism, said he enjoys coming to the classes for a number of reasons.



He said: "They put some nice music on, for a start, we chat and we do a bit of art. The art isn't the most important thing – it's being here and being away from everything else."

The art group meets at Trafford Carers Centre, School Road, Sale, every Monday from **10am to 1pm**. Classes are free and this includes art materials and refreshments. Members are asked to make a 50p donation towards the cost of tea/coffee and biscuits.



(Story provided by Rick Bowen)

Talking Power of Attorney with Kerry Blackhurst



In March Kerry Blackhurst, a solicitor and a trustee at Trafford Carers Centre, gave a talk about Power of Attorney. (See page 3 for details of our next workshop)

Kerry, who works at MLP Law in Altrincham, was impressed by the number of questions she received from the capacity audience.

Power of Attorney is a legal document that lets you appoint one or more people known as attorneys to help you make or make decisions on your behalf. This could be due to an accident or an illness.

While the subject can be daunting, Kerry managed to put people at ease during the informal session.

She said: "Find a solicitor you feel comfortable with and make that appointment and have that initial chat. You'll just be given information to help you make your own decision."

Advice will be jargon free, she said, from firms who take private clients or are experts in Wills, Trusts and Probate.

(Story provided by Rick Bowen)

Keeping well with Nurse Claire



Hi everyone, I hope you are doing well.

It has been lovely working an extra day here this year and meeting even more people for health checks. I am working my way through calling back everyone who I have not yet met who attended for a health check over a year ago. If you previously saw Lorna for a health check and would like a review please do call up and book in, otherwise fear not - I will be calling you soon!

If you have never had a health check and would like one, I would love to hear from you too. If you are unable to attend a health check, be especially sure to check out the 'How Are You?' (Find out more below).

By the time you are reading this, I imagine many of us will have been enjoying delicious Easter chocolates, cakes & hot cross buns! Don't forget, all treats are wonderful in moderation, but if you don't want to see your waistline expanding, the simple way to ensure it won't is to use up more energy than you consume. Most easter eggs contain a whopping **1000 calories**; this means at a walking speed of 2mph you would need to walk an **extra 3 hours just to burn one off**, so definitely get adding in an extra walk or taking the steps where you can.



Give yourself a **Boost**

One of the best ways we can give our health a boost is by ensuring that we get the right nutrients we need for our body to function as well as it can. Each issue we will have a brief look at a vitamin or mineral and learn what it can do for us and where we can find it.

Lets start at the most obvious place with Vitamin A;



Vitamin A's main job is helping our immune system work properly, which allows us to fight off illness and infections naturally. Vitamin A is also really good at protecting our eyes and helping us to see colour and in low light.

Vitamin A keeps our skin healthy by encouraging cells to mature, decreasing the size of our sebaceous glands and reducing the tendency to develop acne.

Vitamin A is one of the most common deficiencies in the UK and diet is our only natural source so be sure to tuck into a small portion of liver, oily fish, cheese, yoghurt, egg, milk, or more ideally plant based beta carotene containing foods (our body will turn beta carotene into vitamin A) which can be found in yellow fruit and vegetables and red and green vegetables; such as carrots, butternut squash, spinach, sweet potato, kale red pepper, cantaloupe melon, papaya, mango and watercress.

Getting **HELP** online

Each newsletter I will be highlighting my current pick of apps or websites related to health and wellbeing.

HOW ARE **YOU?**

This issue I would urge everyone to make use of the NHS's new 'How Are You?' Quiz. Whilst it is not a medical assessment, after answering a few simple questions you will be provided with a free personalised health score and lots of ideas and web links to utilise to improve your health.

The website is really user friendly, and before recommending it, I encouraged all the staff in the office to have a go, which was a very interesting afternoon full of giggles as you can imagine!

The Quiz can be accessed by simply searching 'NHS How are you? Quiz' in your search bar (the full web address is:

<https://www.nhs.uk/oneyou/how-are-you-quiz/>

To access a health check with Claire we ask that you first talk with one of our caseworkers to ensure all your support needs are being met as much as possible. Following this conversation your caseworker can make an appointment with Claire. To talk to one of our caseworkers call 0161 848 2400

YOUNG CAREERS NEWSLETTER



Hi, I'm James!

I'm a first year MA Social Work student at the University of Manchester. I'm glad to be with the team here at Trafford Carers Centre for my first placement.

As the last of six children, while my older siblings were away for school I was the only one left to care for my father when he had a hip replacement surgery. I have also worked as a volunteer to an organization that supports young carers, it has always been a pleasure to work, assist and interact with young people/carers.

I'm happily looking forward to meeting and working with the Young Carers, this is a great opportunity to meet with an amazing group of young personalities.

James



Thank you so much Lewis for supporting Trafford Young Carers as your birthday fundraiser! We were introduced to Lewis last August because of the care he provides for his next door neighbor and were blown away by his caring nature and commitment to help. Lewis pops round most days to see his neighbour and to keep him company.

Lewis, we think you're an inspiration, keep it up!



ROLL UP! ROLL UP!



We've teamed up with THE CIRCUS HOUSE in Manchester to give our Young Carers the chance to learn the skills of the 'big top'.

The Circus House will teach you how to ride a unicycle, stilt walk, juggle, walk the tight-rope, acrobatic and trapeze skills, diablo and rhythmic gymnastics.

You'll then have the chance to show off your skills at this year's Manchester Day Parade on Sunday 23rd June.

Get in touch to find out more or to book.



BRACE YOURSELF,

*Exciting
times
ahead!*

We've listened to our Young Carers and are making some changes...

WEDNESDAY EVENING SOCIAL [Years 7-9]: From the 20th March we're going to be running our Younger Group's Social Evening at the earlier time of 4pm-6pm and at a new venue, Stretford High School.

We'll still provide something to eat while you're with us and we'll have more space to do more activities.

SATURDAYS: We're planning to start running Saturday Activity Sessions for our Young Carers. We'll be in touch with more details when things are finalised.



*We couldn't do what we do,
without your support :)*

THANK YOU TO ALL the schools and organisations who have invited us to talk to their staff teams and pupils this year. It's a great way for us to be able to discuss what we do and the ways in which we can help more Young Carers in Trafford. Without the help from you, hidden carers would remain hidden. Believe it or not, you too can make a big difference to the lives of Young Carers.

Knowing what Young Carers go through, you may see them in a different light. For example a pupil who is regularly late to school can be seen as a nuisance until you discover the reason they're late is that they have to make breakfast and dress their younger siblings in the morning and then take them to school. Suddenly, you realise they're a hero.

We're happy to come and talk to you, your team or your pupils if we haven't already. From experience, we've found our presentations do help to identify more young people who have a caring role.

*Social Workers [North] - Team
Awareness*



Stretford High Staff Awareness



*Assembly at
Altrincham
College of
Arts*

*Staff and Pupil
Awareness at the
Flixton Medical
PRU*



*Deputy Head
Teachers Meeting*

*Carers
Champions
Awareness*



Thanks to everyone who came to our February half-term activities.

Here's a look back at some of the highlights :)



Coming Up

Wednesday Socials

Year 7-9

Wed 17th Apr, 4:00-6:00pm

Wed 22nd May, 4:00-6:00pm

Wed 19th June, 4:00-6:00pm

Year 10-13

Wed 24th Apr, 5:30-7:30pm

Wed 26th June, 5:30-7:30pm

Easter Activities

Bowling @ Atlantic Bowl

Primary School Age Group

Tue 9th April 11.30am-1.30pm

Bushcraft Skills

Year Groups 6 and up

Wed 10th April, 9.15am-3pm

Everyone Can Gaming Session

Young carers and their siblings with health conditions

Thurs 11th April, 1.30pm-3.30pm

Canoeing @ WAC

Year Groups 6 and up

Fri 12th April, 10.15am-2pm

Trafford Youth Cabinet



Thank you to the inspirational members of the Trafford Youth Cabinet who came in to talk to our Young Carers about what they do.

Youth Cabinet Worker, Mark Bailey, explains "The Youth Cabinet is here to make the voice of young people heard loud and clear in Trafford. Our members are aged between

11 and 18 and each member lives, works or studies in Trafford. We normally meet weekly in term time at 4.30pm on Wednesdays at the Talkshop in Sale. Any member of the cabinet can represent the cabinet in any regional or national meeting or event and you would be reimbursed for transport costs for attending meetings.

For more details, email mark.bailey@trafford.gov.uk or phone Mark on 0161 912 5094

We Need

YOU

We want to hear what sort of activities you'd like us to run for our Young Carers in the future.

We've designed a short survey that you can find on our Trafford Carers website and on Facebook: @TraffordYoungCarersProject

Everyone who completes the survey will be entered in to our prize draw to **win a £20 Amazon gift voucher.**

And finally.....

We couldn't go without sharing a few photos from our Christmas Party back in December. Thank you to all 154 of you who came along to celebrate with us.

Special thanks to Darth Vader and friends and to Santa for taking the time out of their busy schedule to pop in. And finally, to The Play Factore for hosting us :)



If you are a Young Carer or you know a young carer who would like to access our project please call Jules or Shay on 0161 848 2400 or email youngcarers@traffordcarerscentre.org.uk

Cervical Screening (Smear Test)

You may have seen lots of adverts for smear tests popping up on the television, billboards and social media over the last month. The NHS Cervical Screening Programme has made significant impact on preventing deaths from cervical cancer since it launched in 1988, saving an estimated 5000 lives per year, however the number of people attending for their smear is currently at a 20 year low.

Cervical screening checks the health of your cervix. It is not a test for cancer, though it does help to prevent cancer by checking for abnormal cells and viruses, finding these cells early means they can be monitored or treated and do not get a chance to turn into cancer, therefore it is a really important part of our self-care that we attend the screening.

Who needs to have a smear test?

All people with a cervix, including trans men, regardless of sexuality or the number of sexual partners you have had, aged 25-49 will be routinely invited for a smear test every 3 years, people aged 50-64 will be called every 5 years. Once you are over 65 you will only be routinely called if 1 of your last 3 tests was abnormal. If you are over 65 and have never had a cervical screening, or not had once since you were 50, you can call your GP to arrange one.

How and when do I book my smear test?

You'll be sent a letter in the post approximately 10 weeks prior to when your smear is due (even if you're not registered with a GP). This letter will explain how to book. I recommend that you book as soon as you receive your letter.

What will happen at my smear test?

The whole appointment usually takes no longer than 10 minutes and the procedure itself around 5 minutes and is nearly always done by a female member of staff, you can request/confirm the gender of your preferred staff member when you call to make your appointment. The Dr or Nurse will explain what will happen during the test and answer any questions that you have before starting the procedure, once you are both ready:-

1. You will need to undress from the waist down, you will be given a sheet to put over you.
2. You will be asked to lie on a bed, usually with your legs bent, feet together and knees apart.
3. The nurse will gently put a smooth, tube shaped tool (a speculum), into your vagina.
4. The nurse will open the speculum to they can see your cervix.



5. Using a soft brush the nurse will take a small sample of cells from your cervix.

6. The nurse will close and remove the speculum and leave you to get dressed.

Following your smear test

Your cervical screening results are usually sent to you in a letter within 14 days, do not panic if they haven't come within this time as sometimes, they take a little longer. If you are concerned about how long you have been waiting for your results call your GP surgery to see if they have any updates.

My words of comfort

Try to relax! Even though you have to undress, please do not be embarrassed about this, as a nurse, I absolutely promise you we do not even notice, let alone care, if you have not shaved your legs, have wobbly bits (don't we all!) or your underwear is greying!

Wear comfortable clothes (a skirt or dress) so you won't need to remove everything.

And let them know if you are feeling uncomfortable. They will really do all they can to help you.



Focus on your wellbeing

Supporting carer's of someone with a drug or alcohol addiction.

Greater Manchester Mental Health NHS Foundation Trust (GMMH) is proud to be the lead provider of CQC 'outstanding' rated substance misuse treatment and recovery service in the boroughs of Bolton, Salford and Trafford.

Their approach, under the name 'Achieve' focuses on delivering innovative and high performing substance misuse treatment and recovery with key partners, using a proven approach that promptly identifies and supports people affected by alcohol or drug misuse into appropriate treatment. They are committed to improving health and social outcomes for service users and families allowing more people to make a meaningful recovery from drug and alcohol misuse.

Early Break, one of the partners in Achieve Trafford Recovery Service, along with the Psycho-Social Intervention team are delivering the 5-Step method group programme for anyone living with a relative's drug or alcohol use. The 5-Step approach is based on the stress-strain-coping-support model (Copello, 2003) and is concerned with supporting family members who are usually trying to respond to highly stressful experiences. The method is flexible in supporting family members to cope more effectively with the substance use of a relative. This will be delivered at Trafford Carers Centre's Health & Wellbeing Centre enhancing existing support available to carers the Trafford Borough.

The programme will run from March 2019 and run over five sessions (one per month) at the Health & Wellbeing Centre, 2a Curzon Road, Sale, M33 7DR. Please speak to your Holding Families Coordinator or Recovery Coordinator for more information. Alternatively contact Vicky Seed: 07590 224459 or Claire Foster 0161 358 1530. For more information about the full service www.gmmh.nhs.uk/achieve



Creative Relationships

A small therapy group, led by Sarah, looking at different ways of coping with stress and the caring role.

The carers that attend the group said they would highly recommend it and find it more beneficial than one to one therapy. The group has allowed them to gain a different perspective on difficult situations and say they feel safe and relaxed in a confidential environment.

Carers feel they can talk openly about their feelings without being judged in any way, while getting support from the other members of the group which has really helped them feel more able to cope with their caring role.

When: **Every Wednesday, 1pm– 3pm***

Where: **Wellbeing Centre, 2a Curzon Road, Sale**

Booking is essential. Please call Andrea on 0161 478 0173

Mindful Yoga

Tuesday* 11am-12noon

Avenue Methodist Church, Sale.

We ask carers for a £2 contribution to help towards the room hire cost.

*Please ring 0161 478 0173 to check before attending for the first time as Claire will sometimes take a break



Let your creative flair shine and meet like minded people at our Sale Scribblers group. Held on **Sundays** every fortnight from **1:30pm - 4:30pm.**

Where: **Wellbeing Centre, 2A Curzon**

Road, Sale

When: **14th & 28th April, 12th & 26th May, 9th & 23rd June**

To book a place for any of our upcoming activities or for more information contact Andrea on 0161 478 0173 or drop in to the Health & Wellbeing Centre, 2A Curzon Road, Sale, M33 7DR.

Mindfulness Relaxation Workshop

If you are feeling stressed and anxious learn how to relax using mindfulness techniques.

Lorraine one of our volunteer counsellors will give an introductory talk on mindfulness and how it can help you to relax and unwind.

Lorraine will also demonstrate some simple relaxation techniques which can easily be incorporated into your everyday routine.

When: **Thursday 11th April from 2pm - 3:30pm**

Where: **Wellbeing Centre, 2a Curzon Road, Sale,**

Booking is essential. Please call Andrea on 0161 478 0173

Anxiety
Management
Group



Do you suffer from anxiety?

We are continuing to run our Anxiety Management group.

The group offers a non-judgmental and sympathetic space to explore different ways of coping and managing your emotional wellbeing.

Led by Imogen, self-help groups are a great place to support others in a similar situation, and to share ideas on how to manage anxiety.

When: **30th April, 14 & 28 May, 11 & 25 June**

Where: **Wellbeing Centre, 2a Curzon Road, Sale, M33 7XX**

Please call Andrea on 0161 478 0173

Carers of Someone with Autism Group

Come along to our Carers Of Someone With Autism Group for support, advice and to meet other carers with similar experiences. Call for more information on 0161 848 2400

When: **Thursday 16th May, 1pm - 3pm**

Where: **19B School Road, Sale, M33 7XX**



Saturday Coffee Morning

11am - 1pm



A Drop-In for People with Learning Disabilities/Difficulties



Join us at our friendly drop-in for games, chat, music, coffee, biscuits and fun activities!

Fiona Gardens, 29 Atkinson Rd, Sale, M33 6GG

Carers also welcome!

To find out more, contact Louise or Ellie on 0161 912 2810

Do you care for someone who has had a stroke?

On the first Thursday of every month carers come together at Trafford General Hospital to meet with peers and health professionals to find out information and offer support to each other over a hot drink. The group is also attended by our caseworker Joanne Coote.

When: **1st Thursday of the month, 1:30pm - 3pm.**

Where: **Ward 11 (Stroke Ward) at Trafford General Hospital, Moorside Road**

Our BME Caseworker Razia will be providing information and advice in different South Asian languages (Hindi, Gujarati, Urdu, Punjabi) and also in English at her carer sessions being held in 'Limelight' in Old Trafford

When: **3rd Thursday of the month, 12pm - 2:30pm.**

Where: **Limelight, Old Trafford**

Carers Activities & Groups - What's On When

MONDAY'S

- **Art Group** (Weekly) 10am - 1pm at Trafford Carers Centre, 19B School Road, Sale
- **Gardening Group** (Weekly) 9:30am - 12:30pm at Gorse Hill Allotments, Burleigh Rd, Stretford (please call 0161 478 0173 to arrange for someone to meet you at the gate)
- **Carer's Choir** (Weekly) 4:15pm - 5:40pm at Sale West Community Centre, Newbury Ave, Sale
- **Carer's Walk** (10th June) 10:30am - 12:30pm at Sale Sports Club, Clarendon Road (Includes buffet)

TUESDAY'S

- **Flower Arranging** (1st Tuesday of the month) 10am - 12pm at Trafford Carers Centre, 19B School Road, Sale
- **Mindful Yoga** (Weekly) 11am - 12pm at The Avenue Methodist Church, The Avenue, Sale
- **Anxiety Management Group** (Fortnightly) 6pm - 7pm at Health & Wellbeing Centre, 2a Curzon Road, Sale (Booking is essential, please call 0161 478 0173)
- **Chester Day Trip** (14th May) - Call 0161 848 2400
- **Carers Information Point** (11th June) All day at Stretford Mall outside Re:Love & Care

WEDNESDAY'S

- **Genealogy Group** (1st & 2nd Wednesday of the month) 1pm - 3pm at Broomwood Community Centre, Mainwood Road, Timperley
- **Creative Relationships** - Group Therapy Sessions (Weekly) 1:15pm - 3:15pm at Health & Wellbeing Centre, 2a Curzon Road, Sale (Booking is essential, please call 0161 478 0173)
- **Haydock Races** (12th June) - call 0161 848 2400 to request your tickets.

THURSDAY'S

- **Mindfulness Relaxation** (11th April) 2pm - 3:30pm at Health & Wellbeing Centre, 2a Curzon Road, Sale (Booking is essential, please call 0161 478 0173)
- **Meditation Classes** (2nd Thursday of the month) 11am - 12pm at The Hope Centre, Hampden Road, Sale
- **Mental Health Support Group** (Last Thursday of the month) 2pm - 3:30pm at Moorside Unit, Trafford General Hospital, Urmston
- **Be Our Guest Carer Event** (13th June) 10am - 2:30pm at Stretford Public Hall (Workshops, Information stands, pampering and afternoon tea)
- **Power of Attorney Workshop** (13th June) 10:15am - 11:30am at Stretford Public Hall

FRIDAY'S

- **Craft Club** (Weekly) 10am - 12pm at Trafford Carers Centre, 19B School Road, Sale

SUNDAY'S

- **Sale Scribblers** (Fortnightly) 1pm - 4pm at Health & Wellbeing Centre, 2a Curzon Road, Sale (14th & 28th April, 12th & 26th May, 9th & 23rd June)



Join our Carer's Choir

Our Carer's Choir is looking for new members to join them at rehearsal's held every Monday and led by a professional choir master, at Sale West Community Centre. This is a fun, friendly and enthusiastic group of carers who enjoy a good natter while learning new songs and occasionally performing at various events. For more information call Andrea on 0161 478 0173.

CARERS WEEK 10th—16th JUNE 2019

To book a place for any of our upcoming activities or for more information contact Andrea on 0161 478 0173 or drop in to the Health & Wellbeing Centre, 2A Curzon Road, Sale, M33 7DR.

Donation Form

Trafford Carers Centre, as an independent charity relies on donations to help provide support to carers across Trafford such as counselling, therapies, workshops and activities for young and adult carers.

If you would like to make a donation and you are eligible to Gift Aid your donation please fill in your details below and return to: **Trafford Carers Centre, 19B School Road, Sale, M33 7XX**

Charity Gift Aid Declaration

Boost your donation by 25p of Gift Aid for every £1 you donate Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

I want to Gift Aid my donation £5 £10 £20 Other £ and any

donations I make in the future or have made in the past 4 years to: **TRAFFORD CARERS CENTRE**

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Name (Mr / Mrs / Miss /Ms)

Address

Postcode

Email

Please notify the Trafford Carers Centre if you:

- want to cancel this declaration
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Registered Charity Number 1102075

Company Limited by Guarantee Number 4695523

Dear Supporter,

We would love to stay in touch with you via email, but due to changes in the law, we need your consent even if you have given it to us before. This will not effect any post you receive from us.

Please complete the details below so we can keep you up to date by email, with our news and how we help to support carers looking after someone in Trafford. We will keep your details safe and will not share them with any other organisation. You can (un)subscribe at any time.

Email:

First Name:

Surname:

I would like to receive emails from Trafford Carers Centre*: YES NO *by completing the details you confirm you are 16+

For more information about how we use your data or to consent online please visit www.traffordcarerscentre.org.uk/stayingintouch

Join our Membership Scheme

Trafford Carers Centre is managed by a committee of local professionals and carers, who are directly elected by the organisation's members. Members have a direct say in how the organisation is run and the development of future services.

There is no membership fee, however, every member of the Charity undertakes to contribute such amount as may be required (not exceeding £10) to the Charity's assets if it should be wound up while he or she is a member or within one year after he or she ceases to be a member, for payment of the Charity's debts and liabilities contracted before he or she ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the right of the contributories among themselves.

To become a member please complete the following:

| | | | |
|----------|--|-----------|--|
| Name | | | |
| Address | | | |
| | | | |
| Postcode | | Telephone | |
| Email | | | |

Please state if Carer Organisation Other

Please return your form to: **Trafford Carers Centre, 19b School Road, Sale, M33 7XX**

Trafford Carers, Family & Friends Strategy 2019-2022

On Monday 10th June, Trafford Council, Trafford CCG, Trafford Carer's Partnership Board and a number of other key providers and carers will be coming together to launch the Trafford Carers, Family & Friends Strategy and look at how each organisation can help to deliver the strategy and work together to provide carers with the support they require.

A draft of the strategy can be found on our website at <http://www.traffordcarerscentre.org.uk/support-for-carers/consultation-trafford-carers-family-friends-strategy-2019-2022/>

Carers Helpline: 0161 848 2400

Wellbeing Centre: 0161 478 0173

Fax: 0161 848 2408

e: info@traffordcarerscentre.org.uk

w: www.traffordcarerscentre.org.uk



Opening Times

Monday to Friday 9.00am—4.30pm

 /TraffordCarers

 @Trafford Carers