

Carers News

Happy New Year!

All of the team at Trafford Carers Centre would like to wish you a Happy New Year!

We ended 2014 with our Annual General Meeting on Friday 28th November at the Carers Centre; thank you to all the carers and partner organisations who attended and made it such a fantastic day. It was a pleasure to share our year with you, as well as our plans for the future. Thank you in particular to James Eckersley, who came and shared his experiences of being a carer and using our services, and to Kate Green MP and Graham Brady MP for coming to show their support for Trafford's carers.



Martin Gill, our new trustee, speaking to the group about his experience as a carer and why he chose to volunteer as a trustee.



James speaking to the group about his experiences as a carer.

Warm Homes Healthy People

If you or someone you know is struggling to keep warm this winter, Warm Homes Healthy



People can help. The project, now in its 4th year, supporting vulnerable Trafford residents by offering a comprehensive assessment, advice and information on keeping warm and practical help such as warm packs and temporary heaters. For more information on how Warm Homes Healthy People can support you, phone 0161 848 2405.

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News, Events and Training

Carers Coffee Afternoon

Following feedback from carers, we are launching a new Carers Coffee Afternoon. This group is open to all carers. It is an informal session (although we do hope to have some guest speakers over the next few months), where carers can come and relax, chat to other carers and staff from the Carers Centre. You are welcome to bring the person you care for along with you, or to come on your own if you prefer. Come along and join us on every Wednesday at different venues across Trafford. Please see Dates for Your Diary on pages 15 and 16 for details.

Supporting Male Carers

Our first Male Carers Support Group will be on Tuesday 13th January, 6.30pm at Trafford Carers Centre, 13 Warwick Road, Old Trafford M16 0QX. We will be looking at how to establish the direction of the group and deciding what events, training and social activities the group would like to do over the coming year. For more information contact us on 0161 848 2400 or at info@traffordcarerscentre.org.uk

Flower Arranging

Wednesday 28th January, 10.00am—1.00pm.

Wednesday 25th February, 10.00am—1.00pm.

If you would like to attend, please contact the Helpline on 0161 848 2400, as spaces are limited.



Carers Choir

Our fantastic Carers choir has grown from strength to strength over the past year. The choir have performed at venues across the borough, entertaining people and raising awareness of carers. Individual members of the choir have said that it has improved their health and wellbeing, given them more confidence. Some carers had no previous experience of singing, and some had not sung for many years, all of them have said how coming to choir rehearsals has had a positive impact on their lives. With funding from Thrive Trafford, we are hoping to take the Choir even further in 2015; we are recruiting for new members. If you would like to join the choir, come along to any of the rehearsals; every Monday, 4.15pm—5.30pm at Sale West Community Centre, Newbury Avenue, Sale, M33 4QW.



The Choir meets every Monday evening, contact us on **0161 848 2400** for more information

Local and National News

Campaign to Save Stretford Public Hall

The Friends of Stretford Public Hall are asking for support with their bid to save the Grade II listed building on the corner of Chester Road and Kingsway, and open it to the public again. You can sign the petition and sign up to receive email updates by visiting www.stretfordpublichall.org.uk

Caring Causing Absence from Work

A survey by the professional body for Human Resources and people development has shown that more than one in three employers have found that their staff are struggling to cope with their caring responsibilities outside of work. Unfortunately only one in six businesses have any policies in place to help staff manage the balance between work and personal responsibilities. Carers UK estimates that around 2.4million people find themselves juggling caring responsibilities for elderly relatives and family while also raising younger children and often working as well. Some employers have put in place support and policies to help their staff manage their caring roles alongside work; these include flexible working, compassionate leave and paid or unpaid carers leave. We have been working with local solicitor Freeths to develop guidance for local businesses on how they can support their



Carer employees. To find out more about how we can help support both Carers and businesses, contact us on 0161 848 2400 or visit

www.traffordcarerscentre.org.uk



Healthwatch Trafford Drop-Ins

Healthwatch Trafford will soon be having a presence at Trafford General Hospital, with a regular drop-in, based in the restaurant area. The aims of the sessions are to:

- Listen to and record patient experiences of care at Trafford General, as well as those of carers and relatives.
- To encourage people to report their experiences of health and social care to Healthwatch Trafford.
- To increase awareness of Healthwatch Trafford.

This will enable Healthwatch Trafford to compare patient experiences with the hospital Patient Experience Team and identify where services are working well and where improvements are needed.

The drop-in sessions will run from 10.00am—4.00pm, and will be staffed by trained volunteers. You can speak to Healthwatch Trafford at the drop-in sessions on Tuesday 13th January and Tuesday 10th February 2015.

For more information on Healthwatch Trafford, visit www.healthwatchtrafford.co.uk

Fundraising

Christmas Appeal

We would like to give a heartfelt Thank You to all the carers, former carers and members of the public who donated towards our Christmas Appeal. We were overwhelmed by the praise for our services for carers, and for the support offered to us through donations. So far your incredible donations have reached a fantastic £2,651. All the money that we raise goes towards supporting unpaid carers in Trafford, and every penny really helps.



Carers Art Work Display at John Lewis

If you have visited the Place to Eat in John Lewis, Trafford Centre, during November and December, you may have seen the fabulous artwork that was on display created by our very own Carers Art Group. Six paintings, spelling the word 'Carers' were exhibited on the Community Art Wall in the

restaurant. As seen here with some of the artists, each one chose a letter and created a design. Thank you to Mary McGreal, Kate Mottershead, Normal Felton, Dorothy Higman, Jo Farrington, Seigrun Brunt and Lynne Jones. The group were invited by John Lewis to view the exhibit and talk about their experiences as carers and what the Art Group means to them. Kate said *"looking after someone with a disability is intense and can be frustrating too. The art group gives us the opportunity to switch off, it is a lovely way to relax. Most importantly though, when you are a carer it gives you the chance to do something you wouldn't normally do."* This marks a great partnership with John Lewis which will see Trafford Carers Centre hold a number of carer awareness days with staff and customers throughout 2015. In addition to this we will be holding an awareness stand at the Peel Avenue entrance to John Lewis on Saturday 7th February from 10.00am. If you would like to join us at the stand and talk to shoppers about your experience as a carer and help reach out to other carers, please email info@traffordcarerscentre.org.uk

Key103 supports Young Carers

In December three of our young carers visited the Key103 studios, and shared their experiences of being young carers. Their stories were so emotive that offers of support came flooding in. A catering company have offered to come and cook Christmas dinner for a young carer and her family, a cleaning company are coming to help sort out a family's home to make life easier for them and one individual has donated a large sum of money to help buy Christmas presents for the young carer and their family. We are hoping to share the interview on Facebook and Twitter soon.

Volunteering

Festive Bag Packs

A fantastic team of volunteers was out in full force throughout December at bag packing events at various supermarkets across Trafford, to raise money for Trafford Carers Centre. The month started out at Sainsbury's in Sale, where they were joined by the Carers Choir, who entertained the shoppers whilst the volunteers packed their shopping. Other stores visited throughout the events were Asda in Trafford Park and Sainsbury's in Urmston. Michelle our Community Fundraiser said *"it's great to see the supermarkets in Trafford continue to support Trafford Carers Centre, particularly over the festive period. The volunteers have been fantastic in giving up their time and bringing bags of enthusiasm to help us raise money. We really couldn't have done it without them. These bagpacks not only offer a great opportunity to raise funds, but more importantly they often identify hidden carers within the community, who may not have been aware of our services."* Over £800 was raised through the bag packs, and many more have been scheduled throughout 2015. If you would like to join our database of volunteers and be kept up to date with all the latest volunteer opportunities, please email info@traffordcarerscentre.org.uk or call 0161 848 2402.

Focus on: Therapy Volunteers

Peter Sandy runs a Clinical Hypnotherapy practice and works with the Christie Cancer Hospital providing support to patients to overcome needle phobias, nausea and pain control as well as smoking cessation. He is also a volunteer at Trafford Carers Centre. Peter says *"Trafford Carers Centre holds a very important place in my heart and mind, in part because nine years ago my*



brother was diagnosed with a terminal illness and he required full-time care (mostly from his wife) and it made me understand just how isolating and difficult life as a carer can become. There is much value in having a place for people that offers useful information, friendly help, a place to escape to and a place to connect with other people". Hypnotherapy can help to change ways of thinking and feelings that are below the surface of conscious control, and can be used for a variety of issues including stopping smoking, alcohol control, weight loss and eating habits, confidence and managing stress, anxiety, phobias and low mood. It can be helpful to learn self-soothing techniques that can be useful in day-to-day situations. Peter said *"I would urge anyone considering helping out at the Carers Centre to go for it; there are always people who will benefit from an open ear or helping hand"*.

If you are interested in volunteering at the Carers Centre, perhaps if you have a qualification in an alternative therapy such as massage, hypnotherapy, or a beauty therapy, contact us at info@traffordcarerscentre.org.uk

Young Carers

Young Carers Groups

Our Young Carers group is changing a little: In order to support young carers of all ages, we are setting up two different groups, which will run on alternate weeks. If you are interested or know someone who would be interested in attending either of the groups, please contact the helpline on 0161 848 2400. Dates for both the **Young Children's Group** (aged 5– 12) and the **Teenage Group** (aged 12-18) are on the Dates for Your Diary on pages 15 and 16. The Young Carers Groups will now run from 5.30pm—7.30pm. This is to give everyone a bit more time after school.

Funding for Young Carers

At the end of 2014, we were awarded £1500 from Key103's Cash For Kids fund to help support our Young Carers Project. The money will help us run our Young Carers groups, and we will be looking at activities for 2015.



Carers of Children



CIL Transition Fund

Trafford Centre for Independent Living have been awarded some money from BBC Children in need to support disabled young people and their families as they approach school leaving age. The new Transitions Project will support disabled people to make choices about their futures. The project will work with people aged 14-18, 1:1 and in group sessions and their families. Young people are invited to attend monthly fun discussion groups on topics such as confidence building, money management, and relationships. Trafford CIL will be working with other organisations such as Brook Advisory and Contact a Family to support both young people and families. For more information about the Transitions service and how it can support young people and their families, contact Caroline on 0161 850 0645 or email transitions@traffordcil.co.uk



"I really enjoyed the workshops. They are fun and very useful. I got a chance to meet new people and they give me a chance to give my opinion."

Autism

Autism Carers Subgroup

The next Autism Carers Subgroup is on Thursday 19th February, from 1.00pm—3.00pm at Trafford Carers Centre, 13 Warwick Road, Old Trafford, M16 0QX. All carers of someone with an Autism spectrum condition or Aspergers are welcome to come along. The subgroup is a drop in session, so please don't feel you need to stay for the whole session.



John Williams Live for the Together Trust.

The Together Trust are hosting a night of live comedy with John Williams, based on his successful blog "*My Son's Not Rainman*". All proceeds from this event will be used to help support the beneficiaries of the Together Trust. Tickets are £20 and include a hot supper and drink. For more information or to book tickets call 0161 283 4822 or email fundraising@togethertrust.org.uk

together trust
real differences for real lives

Learning Disability

March Subgroup

The next Learning Disability Subgroup will be on Tuesday 17th March, from 1.00pm—3.00pm, at Trafford Carers Centre, 13 Warwick Road, Old Trafford, M16 0QX. The subgroup is a great chance to meet new people and find out about services, as well as discussing issues related to caring for someone with a learning disability.

December Learning Disability Subgroup

The last subgroup discussed how to develop and take the subgroup forward. The group looked at feedback from questionnaires that were sent out. Most people felt that they would be better accessing feedback and information from emails or letters. It was agreed to try and change the days and times of the subgroups to make them more accessible. If you have any suggestions or ideas for the subgroup, please contact the Helpline on 0161 848 2400.

Your Feedback

At the December subgroup we fed back that Trafford Carers Centre is working in partnership with the Trafford Learning Disability Team to complete a triangle of care carer feedback questionnaire. The care is a set of standards that ensure family and friends and carers are included and supported by health and social care services. Your feedback would be very helpful. You may be asked to complete one of the questionnaires when your caseworker visits you. For more information, please contact the Helpline on 0161 848 2400.

Older People

Older People Urged Not to 'Store up Health Problems'

The NHS have launched a campaign to encourage people aged over 60 to seek early help from health care professionals over the winter, if they are 'feeling under the weather'. Over the winter months the NHS sees an increase in emergency admissions to hospitals of older people, and they are advising people to try and 'nip problems in the bud' by consulting their local pharmacist. Dr Nigel Guest, Trafford GP and Chief Clinical Officer of NHS Trafford Clinical Commissioning Group said: *"Every winter, doctors and nurses see a big increase in the number of older and frail people who are admitted to hospital because of respiratory or other chronic conditions usually worsened by immobility, the cold and other viral illnesses. Older people often don't seek advice for wheezes, coughs and sneezes because they don't think it's serious enough and they don't want to waste anyone's time. We want to get the message across that local pharmacists are highly trained and will be please to give expert advice. Pharmacies have long opening hours, you don't need an appointment and many have private consultation areas, so they are a good first port of call."* The NHS will have 'Feeling Under The Weather' posters, with this advice on, on bill boards, bus stops, at shopping centres and supermarkets. For more information visit www.nhs.uk/asap

Dementia

Dementia Friends

Dementia Friends is a scheme that helps people support members of their community who have dementia. With support, people with dementia can often carry on living in their communities for some time, retaining their independence and quality of life. Dementia Friends aims to help people by spreading information on what it can be like to live with dementia and about how you can offer every day support; whether it be helping someone find the right bus or tram or having patience when queuing behind someone with dementia. Small acts of friendship can help make life easier and more fulfilling for dementia sufferers and their carers. For more information and to sign up and receive your Little Book of Friendship, visit www.dementiafriends.org.uk



If you support a loved one with dementia, who is unable to cope without you, please contact us on 0161 848 2400 to find out how Trafford Carers Centre can help you.

Stroke

Carers Coffee Afternoon

Following feedback from carers, we have decided to replace our Dementia Carers and Stroke Carers support groups with a universal Carers Coffee afternoon. This will take place every Wednesday at different venues across the borough. Please see Dates for Your Diary on pages 15 and 16 for more details.

Therapy Tool for Vision Loss

Around one in five stroke survivors are left with some, or total, vision loss after their stroke. In November research was published into the use of an online therapy tool for helping stroke survivors with vision loss. The tool, Eye-search, helps people search their visual field better, and the research found that within under two weeks of practice, it can improve the speed at which stroke survivors can find items in a visual search. You can find out more about Eye-search on www.stroke.org.uk



Cancer

Macmillan Wellbeing Centre

The Macmillan Wellbeing Centre is available for people affected by cancer or any other life limiting illness; it supports both people who have the illness, and their carers. The Centre offers information and opportunities to learn more about the impact of life limiting illness, they also provide counselling, complementary therapies, relaxation and other therapeutic activities. To find out more about how the Centre can support you and your loved one, through cancer or a life limiting illness, contact them on 0161 746 2080 or visit www.macmillancentretrafford.org

Christie Set To Offer Proton Beam Therapy

The Christie NHS Foundation Trust, together with Central Manchester University Hospitals NHS Foundation Trust and Salford Royal NHs Foundation Trust are working with the Department of Health to bring the first high energy proton beam therapy to the UK. Proton beam therapy is a form of radiation therapy that can target particular cancers very precisely. It can have less side effects than other forms of treatment and stronger rates of success. Currently people have to travel overseas to access the therapy, however the Christie hopes to launch the therapy in 2015.

End of Life

Research at Bereavement Support Group

Researchers from the University of Manchester have asked if they can attend the Bereavement Support Group on Wednesday 4th February to speak to carers about their experiences of caring for a loved one with cancer at the end of their life. The researchers are looking to develop a national questionnaire for people who looked after someone, and are asking carers to help. Family members (relatives and friends) provide vital support for patients with cancer towards the end of their life but little is known about the scale and personal costs of this contribution. Without proper information on the support they provide, the contribution of family to end of life care remains largely 'invisible' and unrecognised in current policy. The researchers aim to design a questionnaire that will go out to 5000 people in England in 2015. This should only take approximately 20 minutes, and we will be doing it at the beginning of the session. All responses will be anonymous, however if you do not wish to take part we understand and it may be best to arrive 20 minutes later than usual to the sessions.

Bereavement Support Group

Wednesday 7th January and Wednesday 4th February from 1.00pm—3.00pm and 6.00pm—8.00pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford, M16 0QX. Anyone who has lost someone they care for is welcome to attend these informal sessions. For more information on the Bereavement Support Group and the End of Life project, please contact the Helpline on 0161 848 2400.

Advance Care Plan Focus Group

NHS Trafford CCG are developing the opportunities for people in Trafford to record their Advance Care Plans, and in particular would like to provide a system that works for people with dementia and their carers. Intelesant are a local company that have been commissioned to support this process as an addition to their work with care homes. In order to develop something that really works we would like to hear from carers in Trafford at a workshop on Wednesday 25th February at 11.00am at Trafford Carers Centre, 13 Warwick Road, Old Trafford, M16 0QX. Lorraine Burgess (Nursing Times Nurse of the Year 2014 who specialises in End of Life Care and dementia) and Emma Norton (Hospice at Home Team Manager from St Ann's Hospice) will be there to work with us to share their experiences. The focus group is a great chance for carers to give their feedback on advanced care planning, if you would like to attend, please contact the Helpline on 0161 848 2400.



We Have Moved!

All of the team at TCCP hope that you have had a lovely Christmas and a great New Year. As some of you may be aware, at the end of 2014 we moved from our Urmston office to Trafford Carers Centre on Warwick Road. Trafford Caring for Carers Partnership will still be offering the same services to carers of people with mental health and substance misuse problems. As we are now in the same building as the Carers Centre, you can reach us on the Helpline number: **0161 848 2400**. You can also fax us on 0161 848 2408 or email info@traffordcarerscentre.org.uk

Lack of Sleep and Negative Thinking

A study of 100 university students has shown that less sleep and problems getting to sleep are associated with repeated negative thoughts, which are unhelpful, unwanted and often distressing. The American students filled in surveys about their sleep patterns and moods and how often they experienced these types of thoughts.



February Carers Forum

The next Mental Health Carers Forum will be on Monday 16th February, 1.00pm—3.00pm at Trafford Carers Centre, 13 Warwick Road, Old Trafford, M16 0QX. We will be discussing services available to carers and their families, and have invited The Hope Centre, Bluesci Wellbeing Centre and Phoenix Futures to attend, to speak to carers. If you have any question or would like to attend, please contact us on 0161 848 2400.

Back-to-work Schemes and Mental Health

A survey by mental health charity Mind has found that many people feel that government back-to-work schemes are ineffective and potentially damaging to people with mental health problems, and suggested that people be moved onto specialist schemes. The Work Programme, introduced by the coalition government in 2011, is a key part of the reform of welfare and benefits. Mind found that 83% of the people surveyed felt that using the government's Job Centre services had worsened their mental health, and only 5% had been helped back into work. Mind is calling for the government to develop specialist schemes for people with mental health problems. Paul Farmer, Chief Executive at Mind said *"it's perverse that programmes which are supposed to help those who are unwell and struggling to get into work are having the opposite effect, damaging their health."*

Health and Wellbeing

Mediterranean Diet Could Keep People Young

A study in the British Medical Journal has suggested that a diet high in vegetables, fresh fish, fruit and olive oil might stop our DNA being damaged as we age, as well as cutting the risk of heart disease. The study looked at the health of nearly 5000 people over 10 years, and found that those who followed this type of diet had less evidence of aging in their cells. The report concluded that they were not entirely sure how the diet helped reduce aging, however the benefits of a diet low in animal fats, red meat and butter are already well known.



Pregnancy App

Best beginnings, a charity that works to end child health inequalities and improve health of young children, has launched a pregnancy app for smart phones called Baby Buddy, supported by funding from the Big Lottery Fund. The app aims to support women through pregnancy and as a new parent, helping them engage with midwives and health care professionals, offering information and advice on all things to do with pregnancy, and improve the health outcomes for their baby. The app tailors it's advice to your circumstances, you can ask it questions and set reminders of things to ask at antenatal appointments. The app has been designed with healthcare experts including midwives, health visitors and doctors. You can find out more about it at www.bestbeginnings.org.uk

Safeguarding

Care Quality Commission on Complaints about Health and Social Care

The Care Quality Commission (CQC) has urged health and social care organisations, including the NHS, primary care services, and adult social care services to take complaints more seriously. The report, published by the CQC and titled 'Complaints Matter', looked at feedback the CQC had received, inspection reports and information from health and social care providers. The report said that many people are put off making a complaint about services because providers were not always willing to listen to concerns, and this meant that opportunities to improve could be being missed. Professor Sir Mike Richards, Chief Inspector of hospitals for the CQC said; *"we know from the thousands of people who contact CQC every year that many people do not even get as far as making a complaint, as they are put off by the confusing system or worried about the impact that complaining might have on their on their loved ones' care. More needs to be done to encourage an open culture where concerns are welcomed and learned from."*

Fun Page

Giant Sudoku

Fill each empty space so that each row, column and 4X4 box contains the number 0-9 and the letter A-F

			A		D			5		4		C	B	3	
9			3	E	2	4	7					D	A		6
D				9		C		6			1		7		0
		6			A		1		D	F		2		9	E
	A		5	1	0	E			4	9		3	2		D
3		E	7	6	8		5	1	0			F			
			8		3			B		6		5			
	9	2					D				C		0	B	
	4	D		0				C					3	E	
			F		E		A			B		1			
			6			1	2	0		E	9	B	F		5
2		5	E		7	B			6	1	3	9		8	
5	6		A		9	F		2		C			8		
0		B		3			4		1		6				A
E		8	C					4	7	3	5	6			F
	1	3	D		5		8				0		E		

Your Comments

"The new Carers Newsletter is bright, bold and very interesting. I like it very much. Thank you for the good work you and all the others are doing to help the ones in need."

"Just having someone listen to me without judging me for the way I feel is so helpful and I can't tell you how valuable the service was."

Carers Centre

Carers Centre Team

Kelly Hunter	Chief Executive Officer
Lynne Berry	PA to CEO (part-time)
Jennie Barnes	Fundraising Co-ordinator
Michelle Grogan	Community Fundraiser
Heather Kerr	Marketing Officer (part-time)
Joanne Parker	Project Co-ordinator
Helen Peart	Senior Caseworker
Rachel Tsang	Senior Caseworker
Marcus Pritchard	Helpline Co-ordinator
Anne Lucas	Caseworker (part-time)
Martina Crilly	Caseworker (part-time)
Josie Thomas	Caseworker (part-time)
Glenda Burrows	Caseworker (part-time)
Joanne Coote	Caseworker (part-time)
Jane Rennie	Caseworker
Madeeha Mubarak	Caseworker (part-time)
Kirsty Round	Caseworker
Janine Pates	Caseworker
Caoimhin O'Keeffe	Helpline Worker
Martine Connolly	Temporary Caseworker (part-time)
Gill Egili	Temporary Helpline Worker (part-time)
Imogen Nevard	Temporary Helpline Worker (part-time)
Sonia Johnson	Finance Co-ordinator (part-time)
Reinis Salna	Finance Administrator
Christina Roscoe	Personal Budgets Administrator
Claudia Graham	Personal Budgets Administrator
Tony Dagnall	Support Services and Volunteer Co-ordinator (part-time)
Tina Swindells	Temporary Counselling and Therapy Volunteer Co-ordinator
Shabana Motala	E-book Administrator (part-time)
Darren Tobin	Office Cleaner (part-time)
Grace Quansah	Office Cleaner (part-time)
Andrea Fawcett	WHHP Co-ordinator

Carer Co-facilitators

Mary J Margaret

Helpline Volunteers

Diane Naomi Parvin Joanne Ismaa

Counselling Volunteers

Gill Jen Sue Helen Claire
Alison Melissa Diana Julia Amanda
Sharon

Administrations Volunteers

Sima Dominic Tim

Therapy Volunteers

Janet A Jane Ellie Pam Angie
Pat Jacqui Ingrid Stella Sue
Alison Jeanette Lola Lorraine

TCCP (Trafford Caring for Carers Partnership)

Sue Shackleton Mental Health Caseworker (part-time)
Yasmin Choudry Mental Health Caseworker (part-time)
Grace Whelan Mental Health Caseworker
Denise Jeffers Mental Health Caseworker (part-time)



Carers Helpline: 0161 848 2400

Telephone: 0161 848 2402

Fax: 0161 848 2408

E-mail: info@traffordcarerscentre.org.uk

www.traffordcarerscentre.org.uk

Trafford Carers Centre

13 Warwick Road

Old Trafford

Manchester

M16 0QX

Opening Times

Monday 9.00am—8.00pm

Tuesday 9.00am—8.00pm

Wednesday 9.00am—8.00pm

Thursday 9.00am—8.00pm

Friday 9.00am—4.30pm



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[@TraffordCarers](https://twitter.com/TraffordCarers)

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Dates for your Diary January

January 2015

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2 Craft Club	3	4
5 Carers Choir Gardening Club Art Group	6 Genealogy at the Carers Centre	7 Bereavement Support Group Carers Coffee Afternoon at Newhaven	8	9 Craft Club	10	11
12 Carers Choir Gardening Club Art Group	13 Male Carers Support Group	14 Carers Coffee Afternoon at Fiona Gardens Genealogy at Newhaven	15	16 Craft Club	17	18
19 Carers Choir Gardening Club Art Group	20	21 Carers Coffee Afternoon at Newhaven	22 YCP—Younger Children's Group	23 Craft Club	24	25
26 Carers Choir Gardening Club Art Group	27	28 Flower Arranging Carers Coffee Afternoon at Fiona Gardens	29 YCP—Teenagers and Young Adults	30 Craft Club	31	

Carers Art Group from 10.00am-1.00pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford M16 0QX

Carers Craft Club from 10.00am—1.00pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford, M16 0QX

Carers Choir from 4.15pm-5.30pm, Sale West Community Centre, Newbury Avenue, Sale, M33 4QW

Bereavement Group from 1.00pm—3.00pm and 6.00pm—8.00pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford, M16 0QX

Genealogy Group at Trafford Carers Centre from 11.00am—1.00pm

Genealogy Group at Newhaven from 1.00pm—3.00pm

Young Carers Project Groups, from 5.30pm—7.30pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford

Training Sessions please see page 2 for details of training sessions

Carers Coffee Afternoon 1.00pm—2.00pm either at Newhaven, Tulip Drive, Timperley, WA15 6LN or at Fiona Gardens, Atkinson Road, Sale, M33 6GG

Male Carers Support Group see page 2 for details

Dates for your Diary February

February 2015

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 Carers Choir Gardening Club Art Group	3 Genealogy at the Carers Centre	4 Carers Coffee Afternoon at Newhaven Bereavement Support Group	5 YCP—Younger Children's Group	6 Craft Club	7	8
9 Carers Choir Gardening Club Art Group	10	11 Genealogy at Newhaven Carers Coffee Afternoon at Trafford Carers Centre	12 YCP—Teenagers and Young Adults	13 Craft Club	14	15
16 Carers Choir Gardening Club Art Group Mental Health Carers Forum	17	18 Carers Coffee Afternoon at Newhaven	19 YCP—Younger Children's Group Autism Carers Subgroup	20 Craft Club	21	22
23 Carers Choir Gardening Club Art Group	24	25 Flower Arranging Advanced Care Planning Focus Group Coffee Afternoon at Fiona Gardens	26 YCP—Teenagers and Young Adults	27 Craft Club	28	

Carers Art Group from 10.00am-1.00pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford M16 0QX

Carers Craft Club from 10.00am—1.00pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford, M16 0QX

Carers Choir from 4.15pm-5.30pm, Sale West Community Centre, Newbury Avenue, Sale, M33 4QW

Bereavement Group from 1.00pm—3.00pm and 6.00pm—8.00pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford, M16 0QX

Genealogy Group at Trafford Carers Centre from 11.00am—1.00pm

Genealogy Group at Newhaven from 1.00pm—3.00pm

Young Carers Project Groups, from 5.30pm—7.30pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford

Mental Health Carers Forum please see page 11 for details

Learning Disabilities Subgroup please see page 7 for details

Autism Carers Subgroup please see page 7 for details

Training Sessions please see page 2 for details of training sessions

Carers Coffee Afternoon 1.00pm—2.00pm either at Newhaven, Tulip Drive, Timperley, WA15 6LN or at Fiona Gardens, Atkinson Road, Sale, M33 6GG or at Trafford Carers Centre, 13 Warwick Road, Old Trafford, M16 0QX

Break Away



Day & Short Break Services

Our caring partnership provides services for adults with learning difficulties. We provide day activities and an excellent, modern short break service. We offer a friendly, supportive environment which is personal centered and promotes inclusion within a varied range of activities

Out & About are also pleased to be providing Specialist Services for wheelchair users and those with complex needs; including: hoist, changing and transport facilities

For more information about our services, including our unique and exclusive wrap-around service, please contact



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Break Away

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Making a Difference Together

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